

Top tips for supporting your child through their revision, study leave and GCSEs are:

Have good snacks available/Cook them their favourite meals/Keep them hydrated.

Avoid planning lots of family events as they will want to come but it will stress them out to miss revision time.

Talk to them about being proud of their approach and resilience rather than targets/grades.

Don't fight the small stuff - they will be more irritable!

Make sure they have everything they need to revise ie small whiteboard/pens/flashcards/highlighters etc

If they can - keep up with extra curricular clubs/hobbies as it is great for their mental health.

Build in time for relaxation and help them to stick to it!

Get outside - walk the dog - chunk up the day.

Be present when they want to talk to you and make time to help them if they want to be tested on something.



My top tips for supporting your child through their revision, study leave and GCSEs are:

Ensure that they have a revision timetable to follow so that everything is covered.

If a day isn't going well for them - support them to stop - take a break and return with a clearer head.

Have a list of all of their exams displayed somewhere in the house so that everyone is aware.

Make special breakfasts for them so that they are fuelled up for the day.

Create a quiet place to revise away from distractions.

Encourage them to leave their phone in another room to avoid being distracted by it.

Advise them to give it their best shot and remind them that once they are in the exam they have nothing to lose!

Encourage them not to discuss the exam with friends when they come out and not dwell on it.

Create a motivational music playlist to play in the mornings before they head off to school.



What I know now that I wish I knew then...

Provide little surprises for when they get home ie cakes/chocs/sweets /favourite food etc.

Working without music (lyrics or non lyrics) is scientifically proven to be most effective.

For my child to always check the back page of the exam!! Make sure they haven't missed a question!

Not to stress if they think an exam has not gone well - once it is done, it is done.

That it will all work out in the end.

Encourage them to tackle the subject they find hardest first.

Encourage them to explain/tell/recite answers to you that they have prepared

Trust them if they say they have done a timetable.

They know more than they let on!

There are a huge range of great websites/app/youtu be etc to support them (and you!)



On those challenging days remember...

Their mental health comes before your frustration - given them space and talk it through when they are calm.

You are not alone, we have all been there.

On the day just give it your best and that is all anyone can ask.

Your results do not define you.

In life there are always different routes and pathways you can follow to your desired destination.

They know more than they let on!

That they actually do want to do well themselves!

It is just an exam - nothing is worth your mental health.

Keep calm - it is all material that you know and have revised so trust in your ability and memory.



The best resources to support your child with their revision...

BBC Bitesize

Dr Frost Maths

Seneca

Sometimes a hug is all that is needed.

The CGP Revision guide school have given them.

*Sleeping and eating well.
Staying hydrated.*

Little incentives for specified breaks (M&Ms are good!)

Revision sessions being run by their teachers in school.

CGP Revision booklets for subjects.

Asking them to explain it to you - speak their answers out aloud.

Their peers - group discussions/revision sessions can be very productive.

Everything their teachers have provided on their google classrooms.

