

SUPPORT, DON'T ADD PRESSURE

A PARENT'S GUIDE TO HELPING YOUR CHILD SUCCEED

Practical tips to support your child through their exams with confidence, encouragement and balance.



YOUR SUPPORT MAKES A BIG DIFFERENCE

Exams can feel like a big challenge for young people.

Your encouragement, understanding and practical support can make a huge impact on their confidence and success.

You don't need to be a subject expert – just being there in the right way matters most.

OUR 5 KEY PRINCIPLES



Encourage

Celebrate effort and progress.



Communicate

Keep talking and listening.



Support

Provide structure and resources.



Balance

Promote wellbeing and downtime.



Believe

Show them you believe in them.

☆ PRACTICAL TIPS TO SUPPORT YOUR CHILD ☆

1

CREATE A POSITIVE ENVIRONMENT



- Provide a quiet, comfortable space to revise.
- Keep distractions to a minimum (such as TV and phones).
- Make it a calm, positive place where they want to be.

2

ESTABLISH A ROUTINE



- Help your child create a realistic revision timetable.
- Encourage short, regular study sessions with breaks.
- Consistency is more effective than cramming.

3

SHOW INTEREST AND ENCOURAGE



- Ask how their revision is going.
- Show interest in what they're learning.
- Praise their effort, not just their results.

4

HELP THEM PLAN, NOT DO IT FOR THEM



- Encourage them to set their own goals.
- Help them break tasks into smaller steps.
- Guide them to find solutions, not give them answers.

5

PROMOTE WELLBEING AND BALANCE



- Encourage regular exercise, healthy eating and hydration.
- Make sure they get enough sleep.
- Remind them it's important to take breaks and unwind.

6

STAY CALM AND MANAGE PRESSURE



- Keep your own stress in check.
- Avoid putting too much pressure on grades.
- Reassure them that their best is good enough.

7

BE A GOOD LISTENER



- Let them talk about their worries.
- Listen without judging or interrupting.
- Sometimes, just being heard is the biggest support.

8

CELEBRATE PROGRESS, NOT PERFECTION



- Recognise small improvements.
- Celebrate effort, determination and resilience.
- Build their confidence by focusing on what they're doing well.



THINGS TO AVOID

- ✗ Comparing them to others
- ✗ Focusing only on grades
- ✗ Constantly checking or questioning
- ✗ Taking over their revision
- ✗ Reacting negatively to setbacks



USEFUL PHRASES THAT HELP

- ✔ I'm proud of how hard you're working.
- ✔ It's okay to find things difficult – keep going.
- ✔ How can I help?
- ✔ You've got this – believe in yourself.
- ✔ Let's take it one step at a time.



REMEMBER...

Your child doesn't need a perfect parent, they need a supportive one.

Your encouragement today builds their confidence for tomorrow.



DEALING WITH SETBACKS

Setbacks are normal and can be valuable learning opportunities. Help your child:

- ✔ Take a breath and stay calm.
- ✔ Reflect on what went wrong.
- ✔ Adjust their plan and try again.
- ✔ Focus on progress, not perfection.



LOOKING AFTER YOURSELF

Supporting your child can be demanding. Look after yourself so you can be there for them:

- ✔ Take breaks and do things you enjoy.
- ✔ Talk to friends or family.
- ✔ Seek support if you're feeling overwhelmed.
- ✔ A happy, healthy parent benefits the whole family.



KEY TAKEAWAYS

- ✔ Create a supportive environment.
- ✔ Encourage effort and progress.
- ✔ Keep communication open.
- ✔ Promote balance and wellbeing.
- ✔ Believe in them – always.

Together, we can help your child achieve their best.





HOW YOU CAN SUPPORT REVISION

- ✓ Help them create and stick to a revision timetable.
- ✓ Provide resources: textbooks, past papers, stationery.
- ✓ Encourage active revision: flashcards, quizzing, mind maps.
- ✓ Help them review past papers and mark their answers.
- ✓ Encourage breaks using the Pomodoro method (e.g. 25 minutes study, 5 minute break).
- ✓ Remind them to focus on weak areas, not just what they enjoy.



SUPPORT ON EXAM DAY

- ✓ Make sure they get a good night's sleep.
- ✓ Provide a healthy breakfast.
- ✓ Ensure they have the right equipment.
- ✓ Remind them to read questions carefully and manage their time.
- ✓ Greet them with positivity and confidence.
- ✓ After the exam, focus on the next one, not what's done.



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Bury Tuition Centre

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Support today. Success tomorrow.

