

Tips for Parents :

Supporting your child through an examination

- **Maintain a good relationship** with your child.
- **Love your child unconditionally** :
 - ◆ Love your child regardless of his results;
 - ◆ Appreciate your child for the effort he makes to study: focus on the process, not the marks;
 - ◆ Do not compare your child's performance with others'.
- **Identify your child's strengths** and weaknesses. Do not dwell on his weaknesses. Instead, acknowledge and capitalise on his strengths.
- **Have realistic expectations** of and **achievable goals** for your child. Set goals in manageable incremental steps to enable your child to achieve them and experience success.
- Help your child to **develop a structure and routine for study**.
- **Create a conducive environment** that suits your child's learning style/habits.
- **Discipline with empathy**.
- **Encourage** your child, especially when he is disheartened; help him to see what he can learn from his mistakes, and that failure is only a temporary setback .

Feelings are real and legitimate; children behave and misbehave for a reason, even if adults cannot figure it out.

Unknown

- **Do not sting on your praises.**
- Make time to **play with your child** and enjoy his company.
- **Be alert to your child's fears, worries and concerns:**
 - ◆ Listen to him;
 - ◆ Help him express his feelings;
 - ◆ Brainstorm solutions;
 - ◆ Seek help from school or from other professionals, if necessary.



The best inheritance a parent can give to his children is a few minutes of their time each day.

M. Grundler

