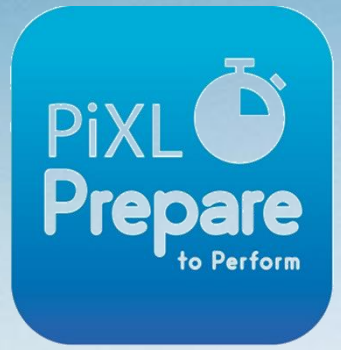


Top 10 tips to support your child through their exams

What is Prepare to Perform?



Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



How can you help your child and prepare them to perform?



1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

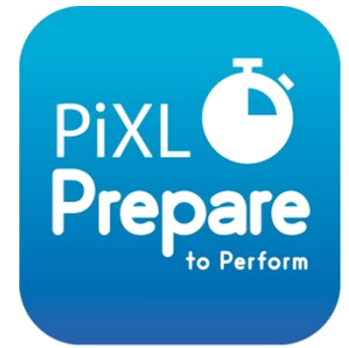
Each day you can support your child to make choices which can impact how they perform during the exam period



1. Being a role model

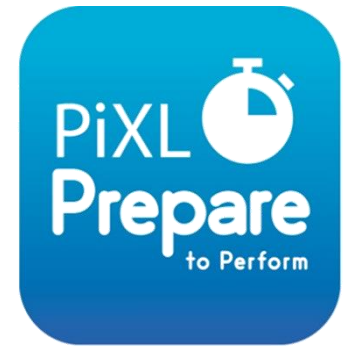
Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting

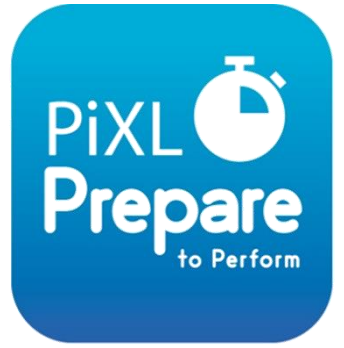
- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



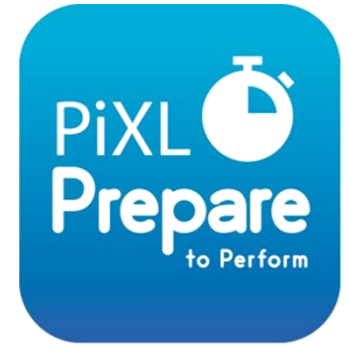
3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60
minutes
per day



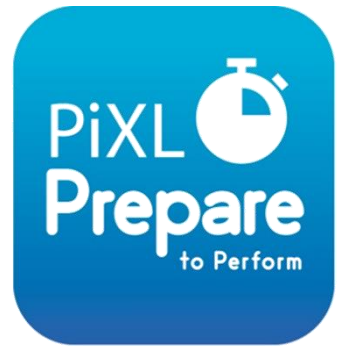
4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or ‘treat’ meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates Macro Cheat Sheet

<p>Carbohydrates</p> <ul style="list-style-type: none"> Breads Rice Couscous Cereals Bran Potatoes Pasta Oats Cream of Wheat Corn English Muffins Pancakes Whole Wheat/ Whole Grains Vegetables Squash Pumpkin Berries Fruits Sugars 	<p>Proteins</p> <ul style="list-style-type: none"> Beans Sprouted Grains Quinoa Most Yogurts Skim Milk Peas 	<ul style="list-style-type: none"> Chicken Turkey Egg Whites Fish Buffalo Bison Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt 	<p>Fats</p> <ul style="list-style-type: none"> Eggs Salmon Bacon Chia Seeds Cottage Cheese Whole Fat Milk Duck Whole-Fat Yogurt 	<ul style="list-style-type: none"> Acocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed
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MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

- Green vegetables
- Asparagus / Spinach
- Broccoli
- Yoghurt
- Chicken / Salmon
- Whole Grains / Brown rice
- Almonds / Pecans
- Eggs

5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema

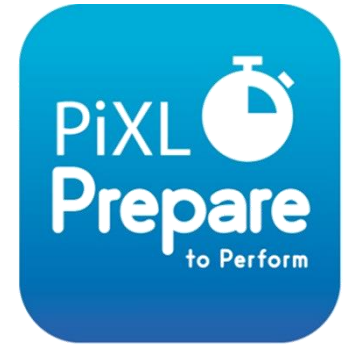


TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

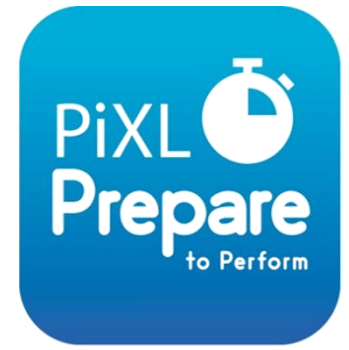
6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime

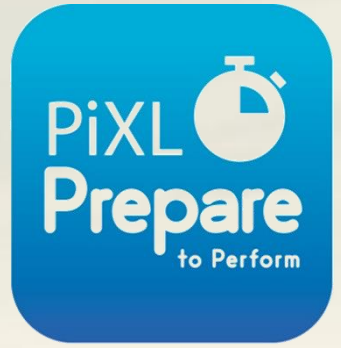


7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins, 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



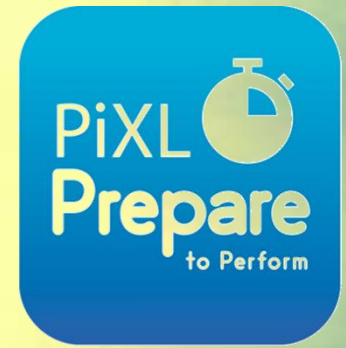
8. Staying Cool & Calm



- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress and to focus on controlling the controllables
- Promote a balance of their academic studies and other activities during the week

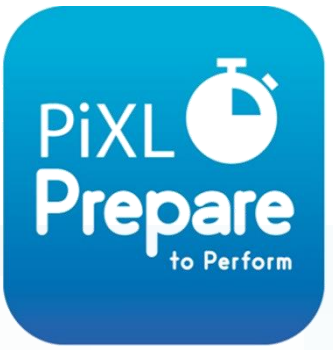
9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Set realistic expectations
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

10. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show understanding for what they are going through
- Help them deal with their emotions and feelings
- Offer caring advice
- Be there for them

DREAM
BELIEVE
ACHIEVE