

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



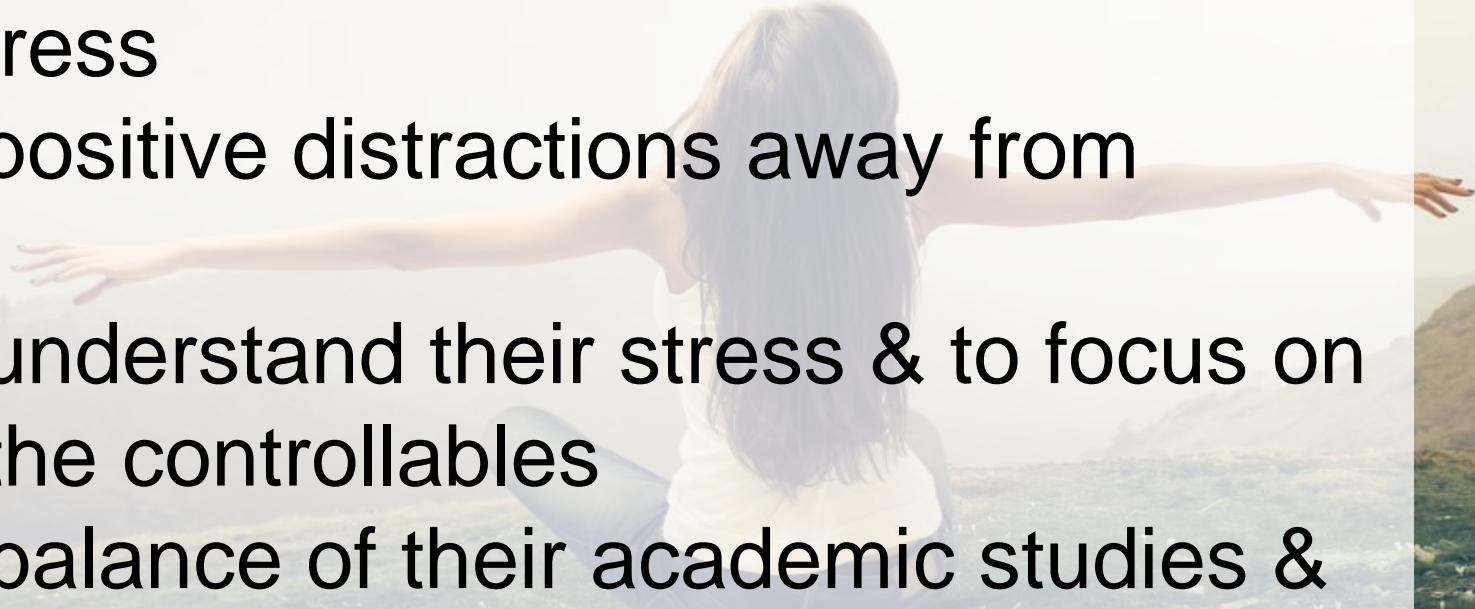
- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while 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





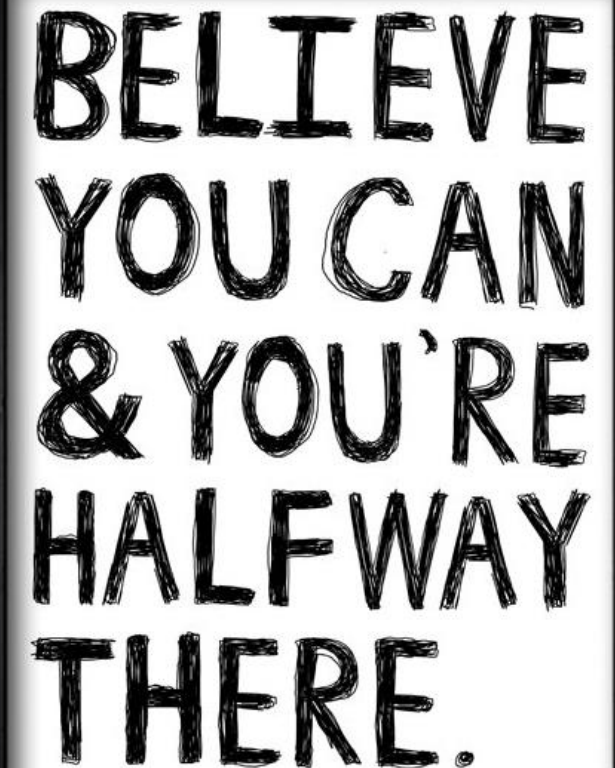
## 8. Staying Cool & Calm

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & 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
- Try not to set your expectations too high
- 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 some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!



DREAM  
BELIEVE  
ACHIEVE