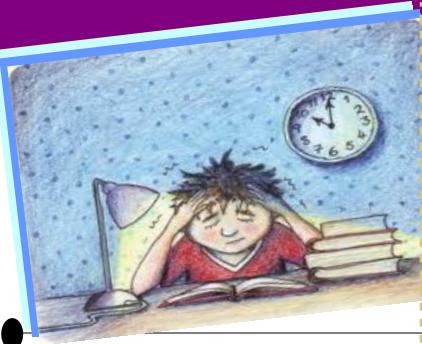


HOW TO SUPPORT YOUR CHILD DURING EXAM DAYS



1-Be friend to your child and you can achieve this spending quality time with your child. Many times it happens that both parents are out and children are left at home expecting helping himself. A lonely situation always triggers depression or anxiety more among him/her.

2-Do you know the status of your child's exam preparation. If not, then sit with your child and try to find out where-how things can be improved. Give advice to your children, but avoid forcing your ideas onto them. You child should feel you are only trying to help.

3-Incase parents-student is stuck with some query better to clarify with teacher, rather than calling other student.

4-Before you start discussing, its better have a glance of syllabus, then sit and discuss. Divide entire syllabus into three parts- first keep all lessons which your child knows very well; second knows half but not confident of rest half; third which your child has not attempted at all. Now since you are aware, advise your child to prepare the second part. Then attempt third part-- chapters doesn't know at all.

5-If your child is awake for late night study; parents can support students by being with them. You can be a help to your child if he/she is facing any problem.

6-Every child has its own revision style. Few write and remember few repeats aloud, while few visualize and recall. By now you must know what is your child's learning style. Let him/her follow same style during exams as well. Trying new techniques or modify current style during exams are not helpful.

7-Atmosphere plays a vital role in child nurturing. As a parent, ensure of a positive, silent, and distraction free atmosphere during exams.

8-Provide healthy diet during exam times. Give energetic foods like vitamin C for overcome tiredness, animal and vegetable proteins for physical stamina and mental development, fruits and green veggies are for better immunity & neuro system. Replenish your child with lots of water. During exams many students complain of headache, and the big reason is less intake of WATER. Provide plenty of pro-biotic foods like yoghurt, Laban. This maintains digestive system, keeps brain alert and best source of potassium.

9-Avoid giving fried, fatty, too sweet foods. Also fizzy drinks, caffeine, too much tea is also not recommended.

ADVISSES FOR PARENTS