

# EXAM PREP CHEAT SHEET

EMPOWER AND SUPPORT YOUR CHILD THROUGH STRESS



## Recognise Stress In Your Child

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- Stress may show up differently in each child—some suppress it, others act out.
- Watch for non-verbal cues and changes in behaviour.
- Be present and give them space to process and express their emotions.

## Co-Regulate: Support Your Child Through Stress

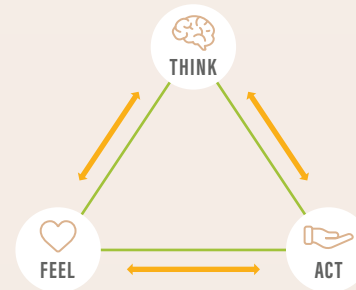
2

- Children's brains are not fully developed for self-regulation.
- Parents play a key role in co-regulating emotions by being calm, empathetic, and supportive.
- Avoid prescribing solutions too quickly—listen first.

## Have Helpful Conversations With Your Child

3

- Avoid yes/no questions like, "Are you stressed?"
- Use open-ended questions covering thoughts, feelings, and actions
  - **Thoughts:** "What are your thoughts about the upcoming exams?"
  - **Feelings:** "How are you feeling about your study load?"
  - **Actions:** "What do you think we can do to help you feel more prepared?"



- Validate their feelings instead of dismissing or projecting your own experiences.

## Manage Parental Expectations And Stress

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- Use the C.A.L.M. framework on yourself to reflect on your own anxieties.

**Categorise:** Name the emotion, "Are you anxious or frustrated?"

**Appraise:** Understand what the emotion is telling you.

**Look:** Explore options and coping strategies.

**Move:** Take action to manage the emotion constructively.

- **Ask:** "What do I really want for my child 20 years from now?"
- Focus on your child's unique strengths and resilience, not just academic performance.

# A FINAL ENCOURAGEMENT (and printable planner!)

Parenting is a journey;  
let's emphasise progress  
over perfection.

Here is a planner you can  
print out and work on with  
your child. As you do so, keep  
these tips in mind:

- 1 Understand your child's learning style. Different children need different approaches to learning.
- 2 Keep your revision schedule realistic. Include targeted revision topics, instead of cramming every possible subject/topic in.
- 3 Factor in some breathing space: Include favourite activities such as popcorn and movie night, or a game of badminton.
- 4 Be available to help them organise themselves around their goals and plans.
- 5 Have connection breaks. We are our children's greatest motivators!



MY GOAL IS: \_\_\_\_\_

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<i>"Believe you can, and you're halfway there."</i>
<i>Have a relaxing night by choosing a family movie to watch.</i>						
				<i>Celebrate effort and progress, not the end result</i>		
		<i>Experiment with a new recipe and bake some cookies together!</i>				