

Parents as Mentors

Exams are a time of test of your years of preparations. So it is natural to be tensed at this time. After so many tests of life, we still feel stressed when again it is some such type of situation we face. Our kids have started their journey of exams .Being senior in this field, we have a great responsibility to guide our children to reduce their stress.

Being myself a parents, here are a few tips for parents which I want to share to help our children cope up with this stress.

1. Be closer to your child -- Children generally experience stress because there is nobody around to share with them. Help them

- Chalk out an effective action plan to prepare for the exam.
- Develop specific strategies for easy, not-so-easy, and difficult chapters or concepts to organize his/her time.
- Once they know they are not alone, they will be much more enthusiastic and positive.

2. Set a time table in consultation with your child--. It is all about making a clear time table .

- Take care in making time frames for various topics, in line with the capabilities of the child.
- Allot sufficient time to attempt sample papers once the revision is over

3. Support your child's preferred way of learning. Every child has a learning style that he or she is comfortable with.

- learning by reading aloud, learning by writing, and sometimes learning by drawing mind maps. Give your child the freedom to adopt the style he/she likes the most.
- Revision notes developed by our experts can offer great help here.

4. Give regular breaks to recharge--Nobody can have a constant attention span. Hence, give sufficient breaks to the children to re-energise themselves and sit and concentrate again.

- Doing some recreational activity during such breaks is a good idea.
- Give the child his due: a good treat or a chance to watch a movie or to dine out with family.
- The purpose is to give a moment of pride to your child.

5. Be positive yourself-- Always talk positively about your child's capabilities and efforts.

- Every time he feels low, remind him of his capabilities and tell him how much you love him.

6. Feed your child well. Ensure that your child does not skip his meals.

- Give a balanced diet with fruits , juices ,healthy snacks.
- Stimulants like caffeine should be avoided as far as possible.
- Junk food and fizzy drinks are a strict no-no.
So parenting is not easy. But very rewarding when taking your child from a world of stress to a world of joy and enthusiasm.

Best wishes for the exams of your ward and your parenting.