

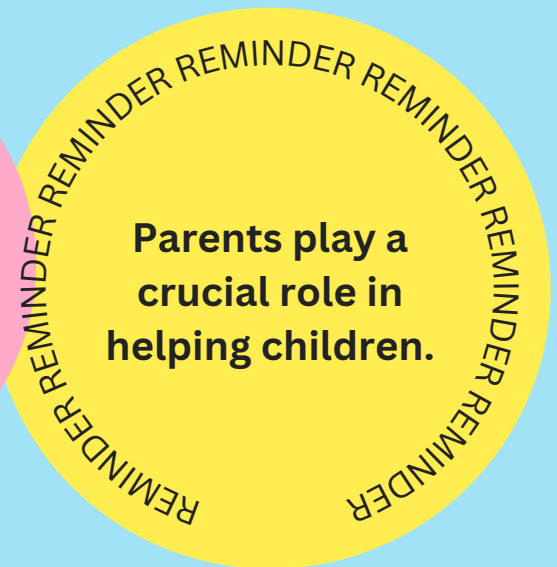


Dear Parents,
As examination season approaches, many children experience stress, anxiety, and pressure to perform. While a certain amount of stress can motivate students to stay focused, excessive stress often affects their health, confidence, and performance.

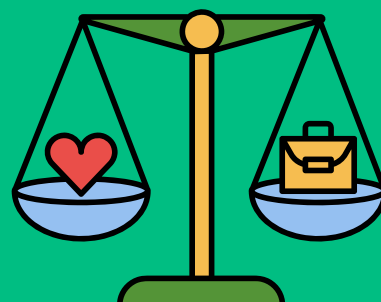
Exam stress may show up in different ways:

- Physical signs: headaches, stomach aches, disturbed sleep.
- Emotional signs: irritability, mood swings, loss of confidence.
- Behavioral signs: procrastination, withdrawal, or over-studying.

Recognizing these early helps parents support their child better.



Parents play a crucial role in helping children manage exam pressure and maintain a healthy balance between preparation and well-being.



PRACTICAL TIPS FOR PARENTS



Create a Study Schedule Together.

Help your child plan realistic goals and breaks. Avoid last-minute cramming.

Provide a Positive Environment.

Keep the home atmosphere calm and supportive. Avoid comparing your child with others.

Teach Relaxation Techniques

Deep breathing, stretching, or short walks can help reduce anxiety.

Be Supportive, Not Pressurizing.

Remind your child that exams are just one part of life — their efforts matter more than marks.

Balance Screen Time.

Guide them to use technology wisely — online study resources are helpful, but avoid distractions.

Stay Connected with Teachers.

If stress is overwhelming, seek advice from teachers or school counselors for additional support.

"At every stage, children need models more than critics."
— Joseph Joubert

