



Ministry of Education  
SINGAPORE

# PARENT KIT

## Supporting Your Child During the Exam Season

**Exams do not have to be something to get stressed about. Consider them as a way to take stock of what we've learnt this year.**

**As a parent,** you can set the tone and help your child think in this way. Remind them, too, that this is just another step in their journey forward, and not a defining moment in their life.

**Partner the school** in helping your child focus on the experience of learning, and not outcomes. This assurance from you will go a long way in helping your child take exams with the right mindset.

**How do you go about this? Here are some suggestions:**



### How can I tell if my child is experiencing significant stress?

**Some amount of stress is a part of life. It even helps our bodies prepare for and overcome challenges.**

**But if your child shows a combinations of these signs, in extreme or sustained forms, it may be an indication that they are overwhelmed.**

- **Struggles** to pay attention to studies or activities
- **Tiredness**, loss of appetite and sleep
- **Rebellious streak**
- **Excuses** to miss school/class
- **Stays away** from others
- **Sulkiness**

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## What can I do if my child is stressed?

- **Converse** frequently with your child and discuss matters in an open and supportive manner
- **Speak** to your child's teacher about how they are coping in school and discuss how you can support them at home
- **Reach** out to the School Counsellor
- **Assure** your child that it is alright to feel nervous during the exam period
- **Encourage** your child to take a 15-minute break for every hour of study
- **Ensure** your child eats healthy food and has 8 hours of sleep every night

## Tip! You can try these questions:



## Tip! Try saying these more:



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## How do I keep my child feeling positive?

- **Encourage uplifting thoughts**  
(E.g, recall good family moments and high points)
- **Keep your feedback positive**  
Praise the effort and not the result
- **Make time for relaxing activities**  
(E.g, family walks, art, journaling)
- **Talk through** any stressful events
- **Encourage** help-seeking behaviour
- **Brainstorm solutions** to problems together

## Tip! Try these encouraging words:

Your effort for Math paid off! What was it that worked well this time?

Though you did not manage to achieve your goal for English, let's see what we can do together to help you.



Have a nice meal together at the end of the examinations, before the results release, to let your child know that you are celebrating their effort.

## Let's work together to support our children!

Your time and attention to them will make your child feel valued and understood and they are more likely to reach out to you if they need support.

- **Be mindful** of your words
- **Manage** your own expectations, don't project them on your child

## My child is anxious about his exams. What should I say?

- **Encourage** your child to share their feelings, even their fears, openly with you
- **Steer** away from talking about how many marks their classmates expect
- **Remind** them of areas they have improved or done well in
- **Discuss** ways in which they can do their best
- **Help** your child set realistic expectations
- **Remind** them that their grades do not define them and you love them, no matter what

## Tip! Avoid negative comments:



### Try not to say,

"If you don't do well, you will not have a good future" to motivate your child to do their best.

Your child may see it as an expectation to score high marks so as not to disappoint you.



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