

# 7 Ways That Parents Can HELP

A Parent's Survival Guide to Revision  
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- 1 Have high expectations and provide plenty of support**  
Both are needed to help your child improve, perform and develop resilience
- 2 Help them work smarter**  
Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters
- 3 Cope well with their setbacks**  
There will be highs and lows. How you react to their lows will impact how many highs they have
- 4 Minimise distractions**  
Provide a revision area with minimum distractions (this include mobile phones!)
- 5 Rise and dine**  
Make sure they eat breakfast. It plays a big role in concentration and memory
- 6 Regular bedtimes and lots of sleep**  
If they sleep right, they will think right the next day
- 7 Avoid cabin fever**  
Encourage them to get fresh air each and every day