

BE A TEAM

Teachers are partners. They want the best for your child just like you do. Find out what is expected and stay informed.



BE REALISTIC

Encourage your child to follow a realistic review programme that incorporates 5-minute breaks (every 30 – 40 minutes) and factors in fun things they want to do, watch TV, see friends, game, go on social media. This helps maintain a work/life balance, something we all strive for.



SHOW INTEREST

Show them you're interested in their work and have fun with it. Revision doesn't have to be hours of staring at notes hoping it sinks in. Encourage them to use Mind Maps (they are utterly brilliant), create colourful posters, and enjoy creating imaginative memory palaces together.



PROVIDE A CALM WORKSPACE

Ensure they have a suitable space for working in, away from distractions. If they share a bedroom or have to work in a family space give them "red time" where siblings (and you) can't bother them so they have quality, quiet time to study.



HELPING PARENTS SURVIVE YEAR 11



ENJOY TIME TOGETHER

At times, revision can be stressful for all members of the family. Make sure that you make time to spend together as a family. A family meal, a trip to the cinema or into town for a coffee together. This can be part of a reward scheme.



RECOGNISE THEIR EFFORT

Give praise for accomplishment and effort. If your child is working hard recognise it, everyone needs encouragement from time to time.



BE CALM AND POSITIVE

This is the most important one of all - don't get discouraged! Sometimes the going gets tough; remember to act calm and positive. Don't let yourself get drawn into arguments and negativity. If a child is angry about schoolwork it is often because they think they can't do it. It is your job to show them they can.



MAKE LEARNING A PART OF EVERYDAY LIFE

Encourage the learning, revision and memorising process to be part of the home. Provide a noticeboard (or give them an entire wall!) For their notes, posters, timetables. It helps to have this visible so you know what is going on too.

