# Dr. Clare Bailey offers practical advice for parents supporting children during GCSE exams



Parents facing the stress and anxiety of their children during GCSE exams can take proactive steps to assist them through this challenging period. Dr. Clare Bailey offers practical advice in addressing common concerns experienced by parents and students.

Dr. Bailey emphasizes that it is normal for both parents and children to experience anxiety before exams. The key is maintaining a balance between supporting and not overwhelming the child. Providing reassurance and acknowledgment that stress is a common experience can help in calming anxieties.

Creating a structured yet flexible revision timetable enables breaking down the preparation into manageable sections. It is crucial not to add extra pressure, as many children report feeling primary stress from family expectations. Allowing downtime, ensuring a clutter-free study space, and minimizing distractions, like mobile phones, are important steps.

Healthy habits play a significant role in performance. Dr. Bailey highlights the importance of sufficient sleep, emphasizing studies showing improved results with more than seven hours of sleep. Proper nutrition, involving balanced meals and avoiding excessive unhealthy snacks, is recommended to maintain energy and focus.

Exercise is also beneficial, as it reduces stress and enhances blood flow to the brain. Active learning methods, such as practicing past test papers, can be more effective than merely cramming new information.

On exam days, starting with a nutritious breakfast and staying hydrated are critical. Simple breathing exercises can help mitigate last-minute panic, and light physical activity before the exam can improve blood circulation.

Ultimately, celebrating efforts post-exam can provide a positive end to the process, acknowledging the hard work put in by both the child and the parent.

For additional personalized advice, parents can contact Dr. Bailey through her provided email or postal address.