

Tips for Supporting our Children through Performance Tasks and Exams



Get organized and ready for studying

- If possible, try to reduce the number of appointments that your child is leaving school for during the critical periods of performance tasks and exams. Be aware of absences which can possibly be postponed to after the exam period.
- If needed, support your child to self-advocate for reduced hours of employment
- Assist your child in using their calendar to create a schedule! Help them to evaluate if the schedule is doable and realistic. Schedule in fun breaks as well!
- Get organized early so that there is time for your child to connect with their teachers if they have questions along the way.



Reduce distractions

- Help to create a study space for your child that is free from distractions.
- Place appropriate limits on phone use, television, video games and any other distractions. Build these aspects into the schedule as fun breaks!
- Be prepared to negotiate with your child, while also knowing your “bottom limit”.



Support Healthy Sleep patterns

- Typically, teens need 8-10 hours of sleep per night.
- Teens should be going to bed and waking up the same time every day.
- Even on weekends, try to keep bedtimes within 1 hour of the weekday sleep schedule.
- Support “winding down” time prior to bedtime. Encourage activities that are less stimulating such as reading, listening to calm music, breathing exercises, visualization, progressive muscle relaxation. Try using an APP for guided exercises (MindShift; Stop-Breathe-Think; Virtual Hope Box).
- Consider increasing the quantity of sleep by going to bed 10 minutes earlier than the night before until you reach the desired bedtime.



Be Active!

- Engaging in physical activity helps to naturally release stress-reducing hormones which help to improve mood and overall wellness. Encourage and join your child in an activity that gets your body moving!



Promote Healthy Eating

- A common sign of stress can be eating too much or too little. Eating meals with your child will help you to monitor their habits during this period of higher stress. Encourage your child to eat regular meals and snacks that are nutritious and tasty to eat.
- Encourage good hydration habits of drinking water and drinks with lower sugar content.



Talk about Stress!

- Stress is a normal part of everyday life. Stress can be helpful in creating the motivation we need to complete tasks, finish assignments, and may even help us get the focus we need to study! What strategies does your child use to reduce their stress? Promote and model healthy ways of coping with stress. If you are concerned that your child is showing signs that they are experiencing too much stress or anxiety, reach out to supports who can help to assess the current situation.