

# PARENT KIT



Ministry of Education  
SINGAPORE

## Supporting Our Children Through the Exams

Exams are a way for our children to take stock of what they have learnt this year. While learning is important, let's assure our children that their academic achievements are just one of the many indicators of success in their education journey. Their grades do not define who they are.



We can support our children's well-being during this season by...

### Understanding Your Child

- Have check-ins with your child to understand and support them. Try “What was the highlight of the day for you?” and “Is there anything we can do to support you?”.
- Give our children **SPACE** (Support, Problem Solve, Affirm, Cheer, Empower). Try “Tell me more, your thoughts matter” and “Let's think of what we can learn from this...”.
- Work with your child's teachers to better understand how they are coping in school (especially if you have concerns).

### Cultivating Healthy Habits

- Encourage your child to take regular study breaks, e.g. a 15-minute break for every hour of study.
- Offer reminders to your child to have balanced meals and sufficient **sleep** (approximately 8-10 hours a night).
- Encourage positive thinking. Celebrate their efforts and exchange words of gratitude.
- Help your child set realistic expectations and try not to compare their performance to others.
- Be mindful of your words and actions to avoid overwhelming your child.



### Spend Time Together

- Time together to enable conversation and interaction. Activities and games need not be long – head outdoors for some physical activity together, even if it's for just 30 minutes.



“ I have realised my son copes by decompressing with the family and doing mundane things like having an unrushed meal together, or walking to the park to shoot hoops. ”



Let your child know you are proud of who they are – you can display their projects or photographs of their progress around the house. This will help reinforce the idea that success in school encompasses much more than just scoring good grades.

**Some amount of stress can build resilience and even help our bodies prepare for and overcome challenges. But if your child shows signs of heightened stress, it may be an indication that they are overwhelmed.**

- Assure your child that [it is alright to feel nervous](#) during the exam period.
- Reach out to the School Counsellor for additional support if needed.



“ As a child, I may not know how to express myself when I'm feeling stressed. I may need guidance to understand what I'm going through. ”



### Care for ourselves as parents 😊

We cannot pour from an empty cup. When we are focused on caring for our children, we may forget to look after the physical, mental, and emotional areas of our lives.

We need to take good care of ourselves so that we can take good care of our children.

Find time to engage in relaxing activities such as winding down during meals, going for walks, and resting in over the weekend during this period.

“ Parents also need to get comfortable at asking help for themselves. ”

**Let's show our love and support to our children, who may need it even more during the exam season.**

**Stay calm and parent on 😊**



Missed our last issue or want to see more?  
[Click here](#)



Check out our Instagram account for parents  
[@parentingwith.moeg](#)