Dear Parents,

*Your child is appearing for exams ...*

Its indeed a proud moment that your child has excelled beautifully in his/her journey so far. Its that time of the year when the exams are going to start. Next few weeks are going to be crucial from them as well as you. Lot of mood swings, sadness, enthusiasm, rudeness etc can be expected from the children. Let's support our children in this situation.

Following are some simple tips which can be implemented from your end, to help your child cope up with the stress.

* Please wake them up in the morning with a positive stroke, a touch/ hug, which a child expects from his/her parents.
* Start your child's day with a positive statement - I love you, come let's start this/her beautiful day together etc
* Take care about the communication you have with your child, before she/he leaves for his/her exams. I am sure you will excel, I am sure you will give your best, all luck to you, I will be waiting for you to come back sweetheart....etc
* Do not let your anxiety pass on to your child. Whatever the situation is, last moment positive support from your end will give a boost to your child's confidence
* When the child comes back, please avoid asking only how was the exam, instead ask....how was the experience....Let's unwind for the day, let's go out for sometime / let's have a cup of hot chocolate together etc.
* Please ensure that a very happy and healthy atmosphere is given to the child in the house during his/her exams.
* Avoid unnecessary arguments within the family. Avoid nagging for any reason.
* Avoid giving marks target to the child. He is sensible enough to understand his/her targets
* With a positive stroke, make the child sleep..your two minutes will give him sound sleep for some hours, that will help the child to combat with the situation
* Stand by your child even if the exam has not gone as per your or his/her expectations.. Negative statements or expectations might prove detrimental for the child.

Wishing your ward(s)

**ALL THE BEST FOR THE FORTHCOMING BOARD EXAMINATIONS !**