

## **Parental support**

These are the best ways to support your child this year

### **Project Manager**

- Agreeing the rules for homework/revision - consistency and a plan is vital.
- Helping your child to create a realistic homework/revision schedule
- Help your child to organise a quiet work area at home for suitable study.
- Helping your child to find a healthy work-life balance (plan breaks and social activities as well as revision).
- Ensuring your child gets enough sleep - a healthy mind = a healthy body.
- Have key dates in your diary.

### **Study Buddy**

- Showing an interest in your child's work.
- Helping with homework - not doing it for them.
- Revise with them.
- Testing their knowledge - let them teach you.
- Agree times throughout homework/revision where you will check in with them to see how they are doing.
- Get organised - stick copies of your child's school and exam timetable on the fridge/pinboard/your child's bedroom wall.

### **Attendance Officer**

- Good Attendance and punctuality is intrinsically linked to success.

### **Supporter and Cheerleader**

- Your chief role will always be that of the person who cares most in the world, who is champion of their needs, admirer of every achievement and who will always be proud of them and love them, whatever happens.