

Avoid exam stress from kids

During the exam period, stress levels are higher than usual. It is a difficult time for most families, and both parents and students experience typical stress. Stress can also be beneficial in that it can help you stay motivated and focused. However, excessive stress can be harmful to one's health. Stress can leave you feeling overwhelmed, confused, exhausted, and irritable.



Even parental pressure and a lot of expectations from the child can cause stress and tension. It is also important for parents to try to keep things in perspective and find ways to reduce stress if things appear to be spiralling out of control. We recommend some simple parenting Do's and Don'ts to help you get out of this dangerous situation.

Just keep your cool

It is quite common for parents to show their anxiety to their children. However, it is ineffective. In such a case, either the child becomes a complete rebel and deliberately does not study, or the child becomes so nervous as a result of their parents' mounting pressure that he or she is simply unable to perform. Children often become irritated when their parents constantly tell them what to do and how to do it. This not only bothers them, but it also gives them a sense of anxiety and insecurity about the upcoming exams. They may experience a loss of confidence. What is your best bet? Maintain your cool and allow your child to continue. If you are unable to do so, seek counselling. You can present them

some cool [gifts for kids](#) they like to make them happy and relaxed from the situation, also you can save some money by using [coupons](#) from portals like Askmeoffers, which I found is easy to use.

Leave your old ideas at the door

Everyone was concerned about grades when I was studying for my boards more than a decade ago. But we've realised that these distinctions are meaningless. Exams will be kinder to us if we are kinder to them. Take pleasure in the process. Inform your child that he or she should study in order to broaden his or her knowledge. When you only focus on grades, you put undue pressure on your students. Furthermore, those who perform well in school may not perform well in life, and vice versa. So, don't let these exams determine your child's self-worth. Doing poorly on an exam does not imply that they will fail in life.

Serve as a support system

You do not have to put your life on hold because your child is taking exams. Maintain your job and social activities throughout the year. Only around the time of the exams should you choose to stay at home to make things more comfortable and convenient for them. Keep the house calm and peaceful, keep the fragrance pleasant, and only speak of positive outcomes. Ensure that they are getting enough sleep, eating well, and exercising on a daily basis, as these three things help to reduce stress. Don't just nudge them to study. Learning is about absorbing, and this can only happen if the child is relaxed and rested enough. Trying to memorise and learn new concepts until the very end may result in memory loss or exhaustion during the actual performance.

Determine the child's capability

Many parents are concerned when their children don't seem to manage their time well or appear tired near the end of the exam. This is unavoidable in some cases, as children have been rushing to different classes, completing a plethora of papers, and putting in a lot of practise time. Parents should not panic and immediately begin discussing the worst-case scenarios and how this will result in low grades. Recognize that your child has a limit and can only perform to the best of his or her ability. Recognize their limitations. As a general rule, don't compare, even if their sibling is the top of their class. Trust the children and observe what is best for them because each child is unique.

There will be no shop talk

Concentrate on the present moment. This is not the time to discuss what stream or career path they should pursue, or, even worse, to discuss a profession you would like them to pursue. In such cases, discussing it leads to low self-esteem and a sense of betraying their parents. So don't put any pressure on your children. If they don't do well, they will have to choose between Commerce and Arts because Science isn't useful at this time. Ensure that the conversations during this time are pleasant and different from the

board exam results and their consequences. Just in case if you want to buy kids stationary, use coupon code to save some cash, CouponsABC is one of the well known platform where you can find such deals easily.

Avoid being influenced by others

Avoid friends, neighbours, and relatives who offer unsolicited advice, and continue to ask your child what they want to be in life. This will create expectations in your mind, which will only stymie your child. This is not the time to invite others to add to the cloud of anxiety and tension. Playing Mozart and santoor stimulates the brain's right nerves, resulting in improved concentration and memory. This will not only make you feel better as a parent, but it will also help your children perform better.

Don't make comparisons

Your level of confidence in your children as parents is what boosts their self-esteem and self-confidence. Do not compare them or give examples of relatives and friends who scored well and received excellent admissions, or who scored poorly and had to settle for mediocre institutes or pay donations. Parents believe that by comparing their children to others, they are instilling a competitive spirit in their children. However, no one enjoys being compared. Instead of feeling competitive, many children simply give up, reasoning that their parents are never satisfied and that nothing can make them happy, so why bother? Continue to reassure them that you believe in them and love them regardless of their performance.