

How to prepare your child for the exam

Many parents worry a lot before putting their child in the only state exam; not so much because of results but because of the considerable stress facing at the moment their child. The end of school, a search of University, medical Commission, competitions entrants – all of which can be serious burden on the child's psyche. And what about those children for whom stress is generally contraindicated because of health.

Parents who really want to help your child before the exam, will have the advice of psychologists:

Tip 1. Do not escalate the situation!

Once again remind future graduate on the upcoming exam will not be superfluous, but if parents see that their child is going through itself, prepares; then parental support is needed more than a bluff.

Tip 2. Teach your child the special psychological techniques of relaxation.

For example, if during the exam, the graduate will become confused, nervous, let him look out the window, find the furthest point (so to rest my eyes), and recall some happy event in his life. Thus, according to psychologists, perfectly eases the psychological tension.

Tip 3. Best Breakfast before an exam – chocolate with nuts.

Before this difficult challenge should be enough, so the idea is not to eat Breakfast should be abandoned. Many adolescents because of the excitement you may lose your appetite, and too dense Breakfast may not act in the best way. Therefore, psychologists recommend to eat half an hour before the exam a chocolate bar with peanuts: studies show that it improves the efficiency of brain by 30%, and the child will not feel hungry due to the calorie content of this product.

Tip 4. Promise the child a good rest after the exam.

Let it [custom research paper writing service](#) be a walk, a trip to an interesting place, coffee shop, gatherings with friends and a different kind of relaxation. Make sure the teenager knew that now he will put a lot of effort, I will try in the evening it is waiting for a pleasant pastime.

Tip 5. Good to see that the baby had slept before the exam.

A quiet night, healthy sleep (to give to drink for the night milk with honey) will help on the exam will tune in and remember that seemingly has forgotten. And it is better not to succumb to such entreaties child: I haven't looked at the subject;

The most important thing is to instill the belief of a graduate that he will succeed. And that the parents respect him and love him regardless of results.