



## INDIAN SCHOOL MUSCAT

PO Box: 2470, Ruwi, P.C. 112  
Sultanate of Oman



9<sup>th</sup> February 2020

### Tips for Parents to Help Children During Examinations

- Provide a peaceful environment.
- Guide your child for planning and setting a time table.
- Motivate your child to begin the studies with easy topics and then move to difficult ones.
- Encourage them to clarify their doubts with teachers.
- Praise the efforts of your child.
- Help your child to set realistic goals.
- Be aware of your child's strengths and challenges.
- Spend quality time with your child.
- Discuss their fears / anxieties and provide the necessary support.
- Ensure they have nutritious food and adequate sleep.
- Avoid comparison of your child's performance with others.
- Engage your child in activities that will boost their confidence.

### **Best wishes from Indian School Muscat Family**

If you require any support, you may contact the counsellor on BoD helpline HERE4U Let's Talk **90990444** or the school's pre-examination helplines as mentioned in the circular on the school website.

