



**CIRCULAR**

Dear Parents,

February 01, 2018

The Department of Mental Health and Behavioral Sciences at Fortis Healthcare has created a video to highlight ways in which parents can help their child cope with exam stress and prepare better for their exams. To cope with exams stress children need a positive environment and parents need to enable a positive environment.

***Things parents should do:***

- ✓ Be positive and praise their efforts
- ✓ Point out their strengths
- ✓ Ask them to take a break after every few hours
- ✓ Allow them to go outdoor and encourage them to play a sport for about 30 minutes
- ✓ Share your experiences
- ✓ Give them the confidence that they can succeed
- ✓ Ask them to stop worrying and focus on studying
- ✓ Be there to help them and support them emotionally
- ✓ Ensure regular, light and nutritious food
- ✓ Regulate T.V. viewing and other breaks
- ✓ Manage your own anxiety at this stage

***Things parents should not do:***

- ✗ Don't keep telling your child to study and don't push them for scores
- ✗ Don't compare them with others
- ✗ Don't create fear of failure
- ✗ Don't blackmail emotionally
- ✗ Don't pin point lack in ability to perform
- ✗ Don't agitate your child by getting into arguments

***Remember***, if your child is constantly anxious, irritable or unable to cope with pressure you can reach out to the **School Counsellor** or call on **National Exam Helpline Number: 8376804102**, which is run by a team experts from Fortis Healthcare 24x7 Monday to Sunday. The Youtube link to the video: [https://www.youtube.com/watch?v=gldH\\_K2GzM](https://www.youtube.com/watch?v=gldH_K2GzM)

Thanking you.

Yours Sincerely,

(Ms. Meenu Goswami)  
Principal

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