

Top tips for supporting children around exam season.

Exam season can be challenging. These simple tips are designed to help you support your children and encourage open, reassuring conversations along the way.



Staying focused whilst revising online

Children often use the same devices for revision and for social connection.

This creates a constant tension where devices are both a learning tool and a distraction. Here's some simple tips that can help children stay focused while revising online.

1. Turn off noisy notifications and try introducing practical tools like Focus mode (Android), Screen Time and App Limits (iPhone).

2. Suggest 'revision-only' setups. For example, using a laptop for study and keeping phones in another room.

3. Reinforce small habit changes that reduce distraction rather than trying to remove devices entirely.

It pays to be connected





Stress and why talking about it matters

It's normal for children to feel added pressure at exam time.

4. Look out for the signs: **Recognise that excessive device use can sometimes be a sign of stress or avoidance** rather than simple distraction.

5. Encouraging conversations like **“What’s helping you feel ready?”** or **“What’s making you feel less confident?”** can open up more meaningful support.

Sometimes this can be heightened by what they see online. It's important to look out for the signs and for children to know they are not alone and can talk to you.

How children use screens matters more than how much.

Active, purposeful use like revision videos or learning apps supports wellbeing far more than passive scrolling.

However boundaries are still important. Too much screen use, or using screens too close to bedtime, can disrupt sleep. During exam periods, sleep is especially important for memory and performance.

These simple tips can have a big impact:

7. Bright screens wake your brain up, even when your body feels tired. **Talk about the impact of blue light on sleep** in a clear, accessible way.

8. Highlight features like **Bedtime Mode** (Android) and **Downtime** (iOS).

9. Talk to your children about how **sleep directly supports memory and learning** – not just wellbeing.



Sleep vs Screentime

6. Promote a **simple, family-wide ‘devices out of the bedroom’ approach** (more effective when parents model it too).

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