



#RELATIONSHIPS AND FAMILY

HEALTHY DIETS AND STUDY ROUTINES

Fuelling your child's brain without losing yours

Every parent wants to see their child thrive and reach their full potential. However, ensuring success during crucial academic milestones is a lot of work, from fostering productive study habits to providing emotional support and promoting a balanced lifestyle.

The first step towards effective studying is a suitable environment at home — a quiet, organised space that enhances focus and productivity. Such an environment can significantly boost a child's academic performance and it can be all the more potent if it is a no-gadget zone. Implementing a digital detox during study time minimises distractions, allowing for deeper concentration and better retention of study material.

Milestone exams are complex and parents must understand the requirements themselves before they begin to help their children. Identifying a child's unique learning style, whether visual, auditory, or kinaesthetic is the next logical step. Once parents are clear about what works for their children, they can collaboratively devise a tailored study routine that plays to the child's strengths. It may be wise

to speak to their teachers in advance to know which areas of study need the most improvement.

A SMART study routine can be broken down into small, achievable goals and can therefore be less overwhelming for children. Such a routine must also contain adequate breaks and physical activity to avoid burnout. Regularly assessing and adjusting this routine ensures it remains effective and supportive. Be sure to reward your child for their hard work and dedication when they succeed in following this routine.

A good way to simulate the strictly timed exam hall scenario is to practice on old exam papers. This not only helps children understand the question structure better but also makes them feel less anxious and more confident about managing time effectively between

answers and sections.

Retention techniques and active recall methods are equally important for effective learning. Using tactics like mind maps helps organise information visually while creating cheat sheets can distil key points for quick review.

Another way of making sure your child retains exam material better is through employing revision techniques. Spaced repetition helps embed information in long-term memory by reviewing material at increasing intervals. Summarising notes consolidate understanding, while teaching the content to someone else, more commonly known as the Feynman technique, can reveal gaps in knowledge.

As important as it is to make sure your child is studying diligently during exam time, it is equally crucial to make sure they retain the energy to keep powering

through their rigorous study routines.

Falling sick due to exhaustion is a real risk so ensuring adequate sleep and a healthy, nutritious diet is a must. Try to incorporate greens, and brain food, such as granola and nuts in their diet, along with some complex carbs to fuel them through the day.

Finally, a healthy mindset is the one thing that can carry your child through this nerve-wracking period in their lives. Communicate with them regularly about their fears and allow them to vent their anxiety to you. Stress management activities, such as breathing and grounding, can help your child overcome exam jitters and your constant encouragement can give them the winning mindset they need to succeed.

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