

FAQs' - PARENTS

1. My child does not like questioning him / her about the preparations ? What should be done ?

First understand positive and negative behavior pattern. Every time you ask your child about his preparation, it makes him feel stressed, insecurity in his/her comfort zone and thus, increases his anxiety level. As a parent, when you ask it, you transfers tension, fear, worries' to him. It is not that you need to stop asking him rather enquire in a way that he feels comfortable, likeable and can share his views. Stop probing him. Help your child to practice deep breathing exercises.

2. Is it necessary for every parent to ask his child to write everything and show it to us to ensure that he has prepared well?

Understand his/her personality trait and create an environment of trust and faith in his abilities. You can ask your child occasionally to write only the most important topics, just to develop a habit .

3. My daughter / son wants to study with his friend. Will it help him or it is just a waste of time?

There are 9 types of Personalities (1. The Perfectionist, 2. The Giver, 3. The Performer, 4. Tragic-Romantic, 5. The Observer, 6. The Devil's Advocate, 7. The Epicure, 8. The Boss, 9. The Mediator) and each individual behaves according to his personality. Every child is different. If your child feels that he is able to study better in a group, then it's all right for him. Some students do prepare well by studying in groups, as they are able to discuss their doubt and feel encouraged to study better.

4. If we don't encourage our child to achieve a certain score, do you think that he will be motivated enough to achieve something.

Motivation encourages & helps the child to produce better results. Targets should only be a benchmark rather than a pressure point. It has to be discussed with the child and help him / her to understand his potentials better.

5. I know my child is wasting his time in watching TV for long, browsing internet and talking to his friends on phone. How should I stop him without annoying him?

You need to first understand your child likes, dislikes, what motivates him, his/her ideas about the life he leads, the surrounding, friend circle, his / her role models if any. You can then motivate your child to create routine activity chart so that he is well planned . Set daily / weekly goals and assist him to reach same. Allow him free space to take breaks in between studies, assignments & projects scheduled.

6. I am having nightmares about my child's result, should I discuss my anxiety with my child?

I agree that as a parent you must be worried and tensed about his future and your child's performance in the examinations, but you should not transfer this to your child. As this will overstrain his mental capacity & put pressure to perform and meet your expectations. You can calm down and practice meditation. This shall relax your state of mind and your capability to understand and provide guidelines to your child.

7. My child faces lot of difficulty in learning and retaining same. How can I help to improve his learning?

Firstly you can help your child to concentrate on preparation rather than worrying about marks. Help your child in understanding concepts, practice smart techniques on usage & application of both sides of our brain. Please check our Brain-SMART course module for more details.

8. Should I stop giving tea / coffee to my child when he is studying till late in night, these days?

Caffeine in small doses acts as a stimulant and keeps you awake, so a cup once a day may be Ok but excessive drinking gives side effects like tremors, fast pulse

rate, irritability, acidity and stomach pain. It can also cause addiction. So better, take care about the quantity.

9. Should we cancel all our outing plans when my child is preparing for his examinations?

Plan your outings based on your child's academic schedule. In certain situations if you need to make a plan, explain the importance & make suitable arrangements. You can make an outing plan, as cancelling it would make the child feel responsible for it and will become more tensed and anxious.

10. Can we take our children for party / dinner when he/she is preparing for his examinations? Is it not going to waste their time?

No, definitely not. Even a child needs a break, this will not waste his time rather after going out and having a kind of enjoyable time, he would be able to study well with good concentration and feel rejuvenated. As a parent only ensure that the time span for such an enjoyment is justified.

11. Should I stop my child from listening music while studying?

Firstly understand, what type of music helps him in concentration. There are few students who feel that their concentration increases when they listen to music. It could be possible that your child is one of them. You don't need to worry about it and refrain yourself from stopping him.

12. I feel that he is wasting his time when he spends some time with his friends? Am I right or wrong?

First be friendly with your child and understand about his friend circle. It is quite possible that **a**> your child might be discussing academics with his friends and that would help him in his preparation. **b**> He may be trying to refresh himself. Taking breaks in between long study hours is necessary to maintain the energy level and concentration. Every student has a different way of changing their mood and taking a break, some prefer watching TV, some go for a walk and some try to listen to music.

13. How do I know that my child is stressed? What are the stress symptoms that I must be watchful of?

Ans – Look out for symptoms like-

- Frequent Mood swings and frequent sad moods
- Crying spells
- Avoiding friends .
- Regular complaints like aches and pains
- Reduction or loss in appetite
- Lack of sleep or disturbances
- Too much anger or irritability

The child may not express stress, which builds up over a period of time. You need to detect stress from the child's voice from the day to day behavior. You can understand better if you meet a counselor. If you need any help, please write to us. Email: counselor@brainrhyme.com

14. Since both of us are working, do you think that one of us should be at home always particularly for this month when my child is preparing for competitive examinations.

It is not advisable to be at home all the time especially at the time when your child is preparing. Child may feel, his parents don't trust him, OR may feel that you are always watchful and moreover your presence would again put him on pressure of studying well and will ultimately result in stressing him. Its always better to discuss with your child and take appropriate decision.

15. How can I help my child to develop positive attitude towards future?

Parents have an immensely important role to play to help a child develop an optimistic attitude since they are the first and foremost source of the child's development. Parents need to play the role of a good communicator as a friend, as a comrade, with whom a child can communicate everyday. Your expectations from your child go a long way in influencing the child's mind. Parent's expressions verbal or nonverbal, their stress, their unfulfilled dreams can be perceived by the children. These things are unknowingly shadowing on to the children and dim the positive attitude of the child. Little things like

- Having food together on the dining table, improves communication & togetherness.
 - Watching television together & discussing program/s .
 - Taking a walk with your child during the examination work.
- Ensuring a pleasant environment at home. Humor the life!!

16. Suggest five stress busters for my child.

- a. The simple way to bust stress is to study using a system, tools and techniques. Just send us your email id with your details of the challenges faced by your child and we shall send you relevant articles, research or some informative material which can help you.
- b. Share few moments of togetherness with the family discussing things other than school, tuitions or examination.
- c. Indulging in simple breathing exercises- slow deep prolonged breathing just for about 4-5 minutes 3-4 times a day help to release the stress.
- d. Giving positive comments to yourself increases confidence level (few expressions - I Understand what is been taught , I know my facts, I'll do great)
- e. Lastly never forget that each examination is a stepping stone towards your goal in life whatever the results may be. Appreciate his hard & sincere efforts.

17. My daughter cries very frequently as her examinations are approaching. Do you think that she has some problem?

Yes, it could be possible. Make her at ease and ask her what troubles her. For her it is one way of displaying stress. May be she is apprehensive about her performance, or expectations you all have from her or may be she is not able to concentrate well. But definitely it needs a considerable attention. Active reassurance and a non-judgemental attitude from parents always goes a long way in smiling through exams. Kindly consult a specialist doctor and conduct tests prescribed by the doctor.

18. Is frequent bouts of vomiting, also a symptom of stress?

Yes, it is also a symptom of stress. Different children have different way of expressing their stress. Of course, it does need evaluation by a medical professional if vomiting to rule out any organic condition. Planning a balanced compatible diet and schedule will help. Kindly consult a specialist doctor and conduct tests prescribed by the doctor.

19. My child sleeps only 2-3 hours in a day. Is this harming his health and his preparation?

Yes, it does harm health and his preparation as well. If one sleeps less for a day or two, body copes up by taking more sleep over next two days. If continued for long then the body gets into what is known as sleep deprivation syndrome because it accumulates so many hours of Sleep debt. Then finally one get symptoms of feeling tired and sleepy, headaches, body aches, poor digestion, inability to concentrate, irritability, short temperedness etc

20. Is failure harmful? How does one suggest a positive coping?

Every child is an inborn genius. It is important to teach a child on how to cope with failure. It is important for parents to know what they can do to help their children cope with disappointing results. Parents need to imbibe faith, trust and helping hand at every situation in child life.

21. Should I help my children before an examination?

Definetely by taking care of his diet, environment & maintaining peace you are helping your child .Teachers are always willing and available for help . Any help you can give will be appreciated.

22. I don't help my children in studies. Does it matter to him?

Depends on how the child has been brought up from the beginning. If you had been helping him and later due to your personal commitments you are not able to help the child, it may make a difference to him. In such situation explain the child about your priorities and the need for committing yourself to other issues. Sometimes help is necessary and sometimes it isn't. It's important that your children know you are truly interested in their effort and progress and will always help whenever possible.

23. Should my children have a tutor?

Sometimes parents feel worried that they are not doing enough. The school may draw attention to a problem and parents may feel that they want some extra support to deal with the difficulty. A friend or an elder brother or sister may be able to help. Brain Training programs can help to understand the concepts and

reproduce better results. Please check our Brain-SMART course module for more details.

24. Do children need to be pushed too hard?

First you need to understand the childrens capability. Some parents are worried of pushing too hard. Other parents feel it is their responsibility to make their child perform to a high standard. Your childs teachers can counsel you what standard of work is considered excellent, above average and below average. This will make it easier for you to know what your children should be aiming for.

25. How can I help my children to enhance learning?

The secret to learning is learn, memorise and unlearn when the use is over. Check articles on enhanced learning on our website in Article column.

26. What makes somebody successful at examinations and tests?

To face an examination or a test one needs mental (IQ) and Social (SQ) & emotional (EQ) preparations. They need to know how to do their best at a set time on a set day. Proper use of study tools and smart systems help the child to learn, understand memorise & reproduce at the appropriate time. Please check our Brain-SMART course module for more details.

27. Children often say they hate examinations. What do I advise?

According to research & our study during the last couple or years the list might include:

- I could do it all if I had the guide book
- Why don't they just ask me and I could tell them what I know? I feel bored to write it down.
- I don't see why I should have to do this examination when I am never going to do Science/French/History ever again.
- I know more than every one else does but I am just not good at examinations.

- When the tools like internet, mobile phones are easily available why the need of school.

This can happen since they are not prepared physically nor mentally. Your child needs to undergo Cognitive Health assessment test to identify their strong points and improvise on their weakness. For more help you can write a mail to us on counselor@brainrhyme.com

Do's & Don'ts for Parents

DO'S	DON'TS
<ul style="list-style-type: none"> • Spend some moments with your child, say at the dinner table & discuss about his friends, school etc. • Keep home atmosphere light and humored • Ensure your child is eating well and getting rest adequately. • Focus on child's nutrition. Feed him / her lots of salads, juices, vitamin and protein rich food. • Give him space, breaks to relax. • Provide guidelines not guidance when it comes to child's social interactions. • Spend quality time chatting with your child. • Boost child's confidence if he / she is to face or has faced a tough paper. Help the child in maintaining his confidence especially when he seems discouraged by his dropping marks or grades. • Help the child to develop self-discipline self-direction, self-confidence and a sense of achievement. • Humor relieves tension. Be light and humorous with the child. • Do Brain-Training programs alongwith him. A trained family is an educated family. • Be a good listener. If child is too nervous, meet a counselor. 	<ul style="list-style-type: none"> • Do not nag your child. • Don't shower your kid with over-attention. • Don't compare him or her with others. • Don't let friends or relatives nag him. • Don't set rules; let your child prepare / follow his / her routine with your guidelines. • Don't displace your anxiety on the child • Take stock of his difficulties and look for solutions together. • Don't set very high achievement goals for your children. • Don't mix academic issues with family conflicts. • Don't harp on previous failures or results.

