

A Parent's Guide to Supporting Easter Holiday Revision



The Easter break is an important point in the school year—students have covered most of the curriculum, coursework is usually out of the way, and the run-up to exams is just around the corner. It's a perfect time for students to begin revising steadily *and* enjoy some restorative time off.

As a parent, you play a huge role in helping your child feel confident, calm and well-prepared. This guide breaks down simple, practical ways you can support them without taking over.

1. Helping Your Child Get Ready for Revision

Encourage Them to Create a Realistic Revision Timetable

A clear plan is one of the best ways to reduce stress. Gently help your child think about:

- What subjects and topics they need to revise (encourage them to break subjects down into small, manageable chunks)
- How many weeks remain until their exams.
- When they work best—mornings or afternoons.
- How to balance harder subjects with ones they feel more confident in

You don't have to design the timetable for them—just be the sounding board who helps them keep it realistic and achievable.

Provide a Calm, Distraction-Free Study Space

A quiet desk, good lighting, and essential supplies (pens, highlighters, flashcards) help students get started more easily.

Some families find that libraries or study cafés work better—every child is different. The key is helping them find a space where their brain knows it's “revision time”.

Help Them Set Manageable Goals

Daily goals help students stay motivated. Ask questions like:

- “What are your main goals for today?”
- “How did it go—anything you want to adjust for tomorrow?”

Rather than checking up on them, think of it as checking *in*, helping them recognise progress and stay positive.

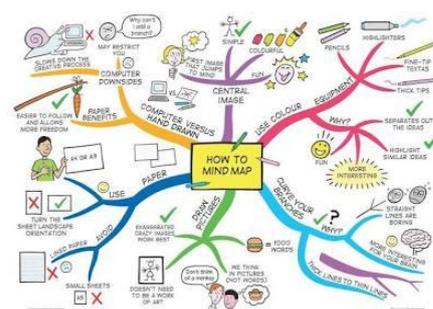
Support Them in Finding the Right Revision Methods

Encourage students to strengthen their learning by using active recall strategies, such as quizzing themselves and retrieving information from memory without looking at their note.

Some strategies they might find useful are:

- Mind maps and diagrams.
- Flashcards
- Short quizzes
- Past papers
- Teaching a topic back to you
- Creating essay plans

Show interest in what works for them—your encouragement helps them feel understood and supported.



Help Reduce Distractions

Politely encourage boundaries with phones and social media during revision time. You might try:

- A “phone basket” during study sessions
- Turning off notifications
- Using apps that limit screen time.



Rather than enforcing strict rules, frame it as protecting the quality of their revision time—and their wellbeing.

Encourage Regular Use of Past Papers

Past papers help students assess what they’ve learned and build exam confidence. You can help by:

- Timing them if they want to practise under exam conditions.
- Praising effort rather than results

The goal is steady improvement, not perfection.

2. Supporting Their Health and Wellbeing

Encourage a Healthy Balance of Work and Rest

Revision shouldn’t take over the entire holiday. Help them:

- Plan rest days.
- Get out of the house.
- See friends.
- Do things that relax them.

Short, purposeful breaks (5–60 minutes) help the brain recharge. Sometimes a walk, snack or quick chat is all they need to reset.

Protect Their Sleep Routine

A well-rested brain learns far more effectively. Support your child to:

- Aim for 7–9 hours of sleep.
- Avoid screens late at night.
- Get fresh air and natural light, especially in the mornings.
- Keep caffeine to a sensible level.



Small habits make a big difference to energy and concentration.

Keep Healthy Food Easily Available

You don’t need to overhaul your kitchen—simple, balanced meals help fuel revision. You can support by:

- Offering nutritious breakfasts
- Keeping easy snacks (fruit, nuts, yoghurt) visible
- Encouraging hydration
- Modelling healthy eating without pressure

Comfort treats are fine—in moderation. It’s all about balance.



3. Common Pitfalls to Help Your Child Avoid

Last-Minute Cramming

Gentle encouragement to start early in the holidays helps avoid the stress of trying to learn everything at once. A calm, steady pace builds confidence.

Long Stretches Without Breaks

Encourage short, regular breaks and movement. Techniques like the Pomodoro method (25 minutes work, 5 minutes rest) can help your child stay focused without feeling overwhelmed.

Being Too Hard on Themselves

Some days will be harder than others. You can help by:

- Normalising “off days”
- Encouraging smaller goals when energy is low.
- Praising effort, not just outcomes
- Offering flexibility—swapping rest days, changing the schedule slightly

Supportive reassurance often matters more than academic help.

The Bottom Line for Parents

Your role isn't to become a second teacher—it's to create the conditions where your child can revise effectively while staying healthy and balanced.

With your support, encouragement and understanding, the Easter holidays can become a positive, productive stepping stone into exam season.

Remind them—and yourself—that countless students have succeeded before, and with steady effort and good routines, they will too.