



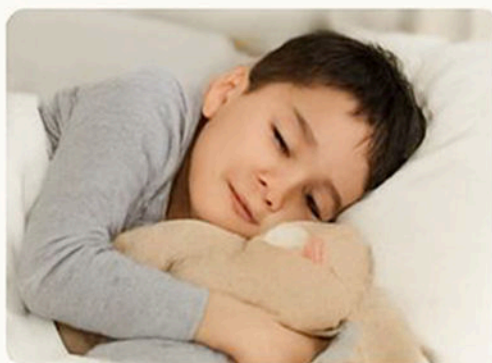
# Keeping Children Healthy During Exam Season

## A Guide for Parents



### Why It Matters

Exam periods can be stressful for children. Supporting their health helps boost memory, concentration, and emotional well-being.



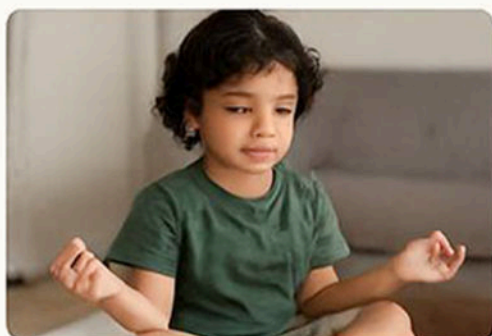
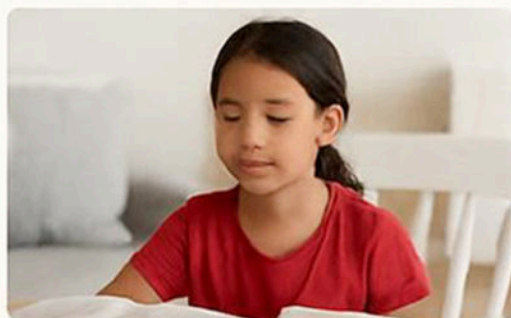
### Smart Nutrition

- **Start with Breakfast:** A protein-rich breakfast fuels the brain (eggs, whole grains, fruits).
- **Brain Foods:** Include nuts, yogurt, blueberries, avocados, and leafy greens.



### Sleep is Essential

- Children aged 6–12 need 9–12 hours of sleep.
- Avoid screens at least 1 hour before bedtime.
- Create a calming bedtime routine.



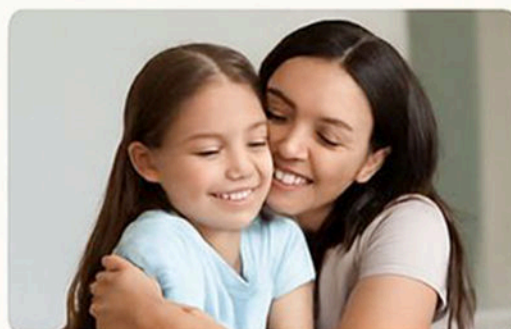
### Study Smart, Not Hard

- Help them create a study schedule.
- Use flashcards, summaries, or diagrams.
- Break big tasks into smaller ones.



### Emotional Support

- Reassure them that effort matters more than perfection.
- Celebrate small achievements together.



**Healthy kids are confident kids.**

Support their body, mind, and heart – the grades will follow.