



TOPPERS HUB
ACADEMY

FOR PARENTS

Parents' Guide

Supporting Your Child Through Board Exams

A free study resource by **Toppers Hub Academy**

Founder & Director: **Mrs. Neeru Nanda**

20 years • 10,000+ students • 500+ toppers • 5.0★ on Google

1945 P, Sainik Colony, Sector 49, Faridabad, Haryana 121001

Call / WhatsApp: +91 98916 12831 (9891612831) • toppershubacademy.odoo.com

Creating the Right Environment

- Provide a quiet, well-lit and distraction-free study space at home.
- Keep a calm, positive atmosphere – avoid comparisons with other children.
- Ensure a fixed daily routine with proper sleep and meal times.
- Limit screen time during exam months without being harsh.

Emotional Support

- Listen to your child's worries without judging or lecturing.
- Praise effort and improvement, not just marks.
- Watch for signs of stress: poor sleep, irritability, loss of appetite.
- Reassure them that one exam does not define their future.

Practical Help

- Help them make a realistic timetable and stick to it.
- Arrange nutritious food, hydration and short breaks.
- Stay in touch with teachers to track progress.
- On exam day, keep the mood light and send them off confidently.

Have questions about your child's studies? Call us anytime – we are here to help.

Message us on WhatsApp at +91 98916 12831 or visit toppershubacademy.odoo.com to book a FREE demo class and get your full batch details.