



Caro Stroker-Green & Associates Educational Psychologists

ISSUE #1

May 2026

'Learning for Everyone'

Monthly Newsletter

Archie, our youngest team member is now 1, and training for his therapeutic role has begun. We will keep you posted!



The CSGA team x

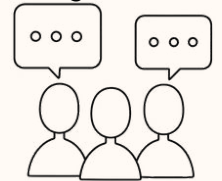
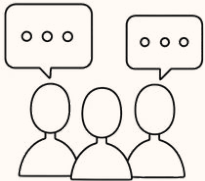
Free, Live Q & A

Join us for an online, live panel where we will be discussing your questions relating to the **White Paper**

Date: 12th May 2026.

Time: 8 - 8:40pm

Sign up to the event [here](#)



In this newsletter you can expect:

Updates

Online Consultation information

This month's Hot Topic: **Surviving exams**

Team Spotlight

A chance to ask the team

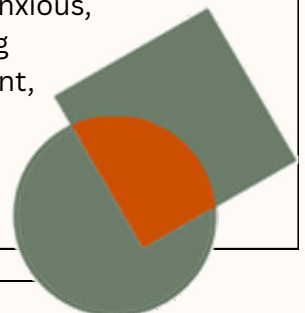
Surviving exams - our tips

With exam time looming, it can feel overwhelming, not just for children, but for parents too, which can lead to too much stress and anxiety on both sides. Research from University College London has also highlighted that while some stress can be motivating, prolonged academic pressure can negatively affect young people's wellbeing.

The reassuring news is that with the right support and strategies, families can navigate this period calmly and confidently. It is important to remember that not all stress or anxiety is bad. They can sharpen attention, increase determination, and give us the energy needed to rise to a challenge. The key is balance and learning how to manage them well.

Dr Dan Siegel developed the theory of the "Window of Tolerance." When we are within our window, we feel regulated, calm, and able to think clearly, solve problems, and manage challenges effectively. However, when stress becomes too much, we move outside this window and we may feel overwhelmed, anxious, panicked, angry, or shut down completely (fight, flight, freeze and flop). The key is learning how to recognise when this is happening and using strategies such as, breathing, movement, rest, and talking to others, to help bring ourselves back into our optimal zone.

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Above all, it is important to remember that exams are just one part of a much bigger journey. Effort, resilience, and wellbeing matter far more than any single result.

With a balanced approach and steady support, exam season can become a time not just of challenge, but of growth for both children and the parents supporting them.

Join our discussion group on 19th May 08:00 PM where we will hear your voices and together create some ideas to help navigate this time as best as possible and expand on some of the key strategies listed below. Sign up to our Eventbrite [here](#).

A Few Top Tips for Surviving Exam Season at Home

Planning ahead:

- Create a simple, realistic revision timetable which is not too rigid
- Break into manageable chunks, and predict the time needed for each chunk
- Use short, focused revision sessions (25–40 minutes) - use a timer to manage this
- Find a workspace that is calm and uncluttered that your child likes
- Reduce distractions from phones and social media
- Support looking after physical wellbeing
- Keep moving—walks, running, sport, stretching etc. Exercise boosts dopamine, which supports focus and motivation
- Stay hydrated and eat balanced meals
- Prioritise good sleep and reduce screen time before bed
- Encourage connection - talking to friends, family, and teachers
- Arrange some things to look forward to during revision, for not just your child but for you as a parent too:- For example: going to the local natural area of beauty for a picnic with favourite foods

Exam season can feel just as stressful for you as the parent, as it does for your child, and children are often quick to pick up on the emotions around them. Try to model calm, reassurance and perspective. Remember, your role is not to remove every challenge, but to help your child feel safe, supported, and confident enough to face them.

Submit your questions on exams

[here](#)

*Best wishes,
Kate*



In the spotlight

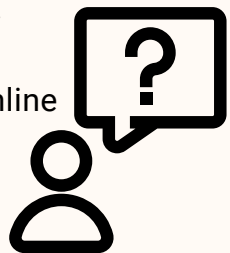
I set up this local service over the last few years, being a former teacher, specialist dyslexia teacher and then an educational psychologist since 2003. I worked for Swindon Borough Council and then became independent around 2010, a move that helped with the juggle of bringing up children and working.

I love working with my team and all our clients - we are all deeply committed to supporting children, families and schools and are ready to think outside the box when we need to.

Online Consultation

To help solve problems and talk through any concerns, with practical suggestions and recommendations.

Find out more about online consultation [here](#)



What topics would you like featured in our upcoming newsletters?

[Tell us here!](#)

