

# 3-Minute Emotional CPR (eCPR) for Parents



- When Your Child Comes Out of the Exam Hall
- Connection first. Marks later.

# Why This Matters



- The first 3 minutes matter more than marks.
- Children rarely ask for help after exams.
- Stress may show as silence, irritation, anger, or withdrawal.
- Emotional safety must come before analysis.

# Minute 1 — ~~CONNECT~~

Say:

- “I’m glad you’re out.”
- “You must be tired.”
- ~~“I’m here.”~~
- ~~Offer water. Walk beside them.~~
- No discussion of marks yet.



# Minute 2 — EMPOWER



Offer small choices:

- “Talk now or later?”
- “Go home quietly or eat something?”

Small choices restore control and calm.

# Minute 3 — REVITALIZE



Say:

- “One exam does not define you.”
- “We are proud of your effort.”

If it went badly:

- “We’ll handle it together.”

# What NOT To Do



Don't compare with others

- Don't calculate marks immediately
- Don't analyse mistakes at the gate
- Don't call relatives right away
- A stressed brain needs safety before logic.

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