



WHEN RESULTS DAY ARRIVES

1 Be understanding and patient



2 Create a calm and supportive environment

acknowledging your child's feelings and offer reassurance.



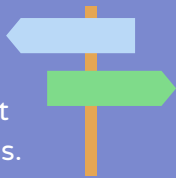
3 Manage expectations

It is important to understand the exam results and what these mean for your child.

- Focus on your child's progress and growth rather than solely on grades.
- Emphasise and discuss strengths so your child is reminded that exam results are not a measure of their worth.

4 Provide information

- Discuss different options your child can pursue at their current school, another school, or college/university.
- Take time to talk through options whilst exploring your child's interests and skills.



5 Create a visual feelings and options road map to help with processing

A concrete visual can be a useful resource to refer back to when feeling anxious or worried.

- Discussing feelings, interests and strengths can help to improve self-esteem and reduce anxiety.
- Discuss alternative courses, college/university options available to them. This can be a useful exercise to record visually.



6 Celebrate efforts and achievements

regardless of the outcome is key to boosting confidence and self-esteem.

- Prepare a favourite meal, organise, if appropriate for your child, a small gathering with family and friends, plan a fun outing, or simply give them a card to show your appreciation for their hard work.

KEY TAKE AWAY POINTS

EVERY CHILD IS UNIQUE

tailor your approach based on your child's individual strengths and challenges. Look for opportunities to explore rather than seeing barriers.

CELEBRATING ACHIEVEMENTS

is not only about the event but also recognising the effort and dedication put into reaching goals.

EXAM RESULTS ARE NOT A MEASURE OF SOMEONE'S WORTH

there are other options available which may better suit the strengths and skills of your child.

LIFE IS NOT A RACE

some people take a little longer to get where they are going.