



WAITING FOR EXAM RESULTS

HAVE AN OPEN AND HONEST CONVERSATION



About when the exam results day will arrive and what to expect. Think about when is best for you and your child to have the discussion.

- **ONLY ENGAGE IN CONVERSATION** when your child is in a regulated state.
- **CREATE A SUPPORTIVE AND NON-JUDGEMENTAL ENVIRONMENT** - Think about where your child feels most relaxed and happy. If they do not wish to talk that is okay, wait until they are ready to talk.
- **LISTEN** - Asking too many questions can heighten anxiety. Give your child time to process and express their feelings. Do not rush them when speaking or interrupt with questions.
- **NOT EVERY YOUNG PERSON WILL BE ABLE TO OR MAY CHOOSE TO TALK** openly about how they are feeling. Respect their right to do so.
- **NOTICE CHANGES** - e.g. changes in sleeping and eating patterns, physical changes such as fidgeting, agitation, pacing more, upset stomach, sweaty hands, repeating speech etc. these can be good indicators they are feeling anxious and worried.
- **INCREASE SUPPORTS/SUGGEST RELAXING ACTIVITIES** e.g. listening to music, breathing exercises, going for a walk, or doing a favourite hobby etc can be beneficial.
- **SEEK EXTERNAL SUPPORT** from friends, family, counsellor, or a medical professional if required.



SUPPORT EMOTIONAL WELLBEING

- **TAKE AWAY THE PRESSURE.** For many, the pressure is from within themselves to do well to please their teacher and family. At home reducing the pressure can be helpful.
- **REASSURE AND REMIND** your child of their many skills and strengths, their friendships and any planned holidays/trips that have been organised.



KEY TAKE AWAY MESSAGES TO REMEMBER



- **YOU KNOW YOUR CHILD BEST**- actively listen and focus on what your child is doing (e.g. do they appear withdrawn/quieter/more active than usual, sleeping less/more, eating less/more or they doing more self-regulatory behaviours etc.). This can let you understand how they are truly feeling and be an indicator to increase supports.
- **CONSIDER YOUR CHILD'S EMOTIONAL WELLBEING** by taking away pressure to talk about exam results and allow them the time and space to enjoy relaxing activities they like to do.
- **ACKNOWLEDGE YOUR OWN WORRIES AND ANXIETY** - looking after your own wellbeing and engaging in self-care activities can help you relax and remain positive through this period of your child's life and bring about a more relaxed home environment.