

**Exam results day can be a stressful time for your child – and for you as their parent or carer. This is especially the case if they're worried about not performing as well as they had hoped, or are disappointed with their results.**

Here are a few things to keep in mind as exam results day approaches:



### Look for signs of stress

If your child is particularly stressed at this time, then their behaviour may change. They may seem more agitated and reactive or more withdrawn and quiet than usual.



### Talk about their feelings

Rather than just addressing their behaviour, ask your child about their feelings and validate these. For example, if your child is nervous in the run-up to results day, let them know that feeling nervous is entirely natural and to be expected.



### Acknowledge their feelings

If your child is disappointed with their results, then acknowledge this, rather than trying to 'jolly them along' too quickly.



This advice is from Dr Julia Clements,  
Place2Be's Principal Educational Psychologist.  
For more advice visit [place2be.org.uk](https://place2be.org.uk)



### Consider your own feelings

You too may feel disappointed for your child. However, it's important to communicate to your child that, whilst you might feel some disappointment for their results, you are not disappointed in them.



### Be reassuring

Both before and after results day, make it clear to your child that, whatever their grades, you love them for who they are – rather than the exam results they are awarded.



### Help them to find solutions

Liaise with your child's school about the next practical steps that can be taken if your child is disappointed with their exam results.



### Seek additional support

If your child begins to feel helpless or hopeless about their situation, do consider seeking professional advice and support, for example, through your GP, or you can:



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