
HOW TO SUPPORT YOUR CHILD THIS EXAM RESULTS DAY

Exam results day can be incredibly stressful for young people and parents. Follow these easy tips to help support your child – whatever the outcome may be.

This week, students across Northern Ireland will be on tenterhooks awaiting the results of their A-Levels or GCSEs.

It's no secret that exam results day can see young people experiencing anxiety and stress if they don't achieve the grades they had anticipated. And of course due to the impact of coronavirus on education, this year's exam results bring their own set of particular fears and questions. This stress can also leave parents feeling the pressure.

At MindWise, we're addressing the challenges faced by young people with our free [Bloom service](#), which delivers mental health support for young people in NI schools.

To reassure and support concerned parents who are worried about their children during this time, we asked our Bloom team for their advice. They have a wealth of knowledge on the subject of exam results stress...

Reassure your child

Give them a big hug, no matter what the outcome. They've coped with months of schooling in difficult circumstances so let them know that you're proud of the effort they've put in.

If your child doesn't achieve the results they were expecting, let them know it's not the end of the world and you're proud of them regardless of grades.

Don't compare

It is normal for young people to compare results but try to help them understand everyone is different and making comparisons with friends and peers may not help them.

Remind them they're their own person with unique strengths, while also allowing them to accept and sit with the disappointment they may feel around their exam results at that moment.

Consider what's next

If your child didn't pass their exams, their school or college will be able to provide some options and you can help them to proactively seek new routes to take.

Whether talking to your child about how you moved past your own disappointments or finding online tools that may help them learn more about what they're good at, help them to realise exams are a small part of the picture.

Take it slow

Seeing your child disappointed or angry may be hard. Try to accept their feelings and not offer any immediate judgements or solutions as they will need time to process their anxiety.

They may not open up to you right away. Let them know you understand how upset they are, but you're here when they're ready to talk. Giving them time to breathe could give them a whole new perspective.

Keep calm and carry on

As a parent it's natural to feel worried about your child's results if their future university or college depends on them. Make sure you schedule time for yourself during this hectic time. Talking it through your support network via a friend or family member will help you release pent-up stress. **But only share the news** with people you know will be supportive as anyone else may impact your child's mental health.

Covid Wellbeing NI has some very useful resources to help you look after your **emotional and mental health**, these include dedicated sections relating to:

- [Anger](#)
- [Anxiety](#)
- [Depression](#)
- [Wellbeing](#)

And remember, if you are in distress or despair, you can always call Lifeline on:

0808 808 8000

covidwellbeing ni.info

This information was provided by



Discover more from this series on our website:
www.covidwellbeingni.info

