Testing Tips for Parents

1. Acknowledge test-taking anxiety as normal but stay positive.
2. Encourage your child to think positive thoughts like “I can do this!”
3. Adequate rest makes a difference! Make sure your child goes to bed at a reasonable time.
4. Nutrition also influences how well children do on tests; a good breakfast is important!
5. Your child should wear comfortable clothing for long test-taking periods.
6. Help your child learn how to relax. Some find it helps to take a few deep breaths before starting the test; others like to imagine a peaceful place like the beach or park

