

Test Tips for Parents

www.testtakingtips.com

1. If you're anxious about the tests, it's ok, but try to keep cool around your child. You don't want them to get anxious about their tests too.
2. Encourage your child to do well, but don't pressure him or her. You may stress your child out. It is important for your child to be relaxed during the test.
3. Keep a positive attitude about tests.
4. Mark down test days on your calendar so you and your child are both aware of testing dates.
5. Make sure your child gets enough sleep the night before the test.
6. Make sure your child eats a healthy breakfast on testing days. Avoid heavy foods that may make your child groggy. Avoid high sugar foods that could make your child hyper.
7. Make sure your child gets up early enough so that he/she will be at school on time.
8. Talking with your child about the test can relieve stress about test taking.
9. Set realistic expectations.
10. Answer questions about the test as honestly as possible.
11. Give plenty of hugs!