

Testing Prep Tips for Parents



- ✓Tip #1: Get your child to school on the day of the test. Make attendance a priority. Making sure your child is there when the test is taken helps to ensure your child won't lose more instructional time because he/she has to make up a test during school.

- ✓Tip #2 Make a note of test days on your calendar. This will help remind you and your child when testing will take place and plan your preparation accordingly.

- ✓Tip #3: Make sure your child gets a good night's sleep the night before the test. Your child will probably perform better if well rested. Tired children have difficulty focusing and are easily flustered by challenges.

- ✓Tip #4: Make sure your child has enough time to wake up fully before going to school. Just as rest is important, so is having enough time to get your child's brain engaged and in gear.

- ✓Tip #5: Make sure your child eats a healthy breakfast.

- ✓Tip #6: Keep a positive attitude about tests.

- ✓Tip #7: Ensure your child wears comfortable clothing for longer than normal test-taking periods.

- ✓Tip #8: Talk to your child about how the test went. Keep in mind that your child may have to test over several days. Talk to your child about what he/she did well and what he/she would have done differently. Think of it as a mini---debriefing or brainstorming session. You can talk about test-taking strategies after the fact as easily as beforehand.

- ✓Tip #9: Praise/reward your child when they do well on a test or for their hard work preparing for a test and encourage them to do better if they don't do well.