

The following tips will provide ***suggestions for parents*** on how to approach test taking with your children.

* Make sure that your child does all their homework and reading assignments which will help make sure your child is prepared for the test.
* Encourage your child to space out their studying and homework assignments so that they won't be forced to cram on the night before the test.
* If you are anxious about your child's test it's ok, but try to keep cool around your child, you don't want them to get anxious about their tests too.
* Encourage your child to do well, but don't pressure him/her, you may stress him/her out, it is important for your child to stay relaxed on the test.
* Keep a positive attitude about tests.
* Provide a quiet, well lighted area with little distractions to help your child study efficiently.
* Mark down test days on your calendar so you and your child are both aware of testing dates.
* Make sure that your child gets enough sleep on the night before the test.
* Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.
* Make sure that your child gets up early enough so that he/she will be on time to school.
* Let your child relax for a few hours before bedtime, it can be stressful for a child to study all night.
* Talk about the test with your child to help relieve stress about test taking.
* If your child is struggling on their tests, talk to them about it and meet with their teacher to find out the best way to help your child.
* Praise/reward your child for their hard work preparing for a test.
* Encourage them to do better if they don't do well.

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