Testing Tips for Parents

1. Make sure your child gets plenty of rest the night before the test.

2. On the morning of the test, your child needs to get up in plenty of time so he/she won't feel rushed.

3. Feed your child a good breakfast. Research shows that children do better on tests if they have had a good breakfast.

4. Do as much as you can to make your child feel comfortable. Try not to say things to make him/her feel more nervous.

5. Reassure your child that no matter the outcome of the test you will still love him/her. Encourage them to simply do their best.

6. Take an active role in your child's education throughout the school year. Let your child know you are interested in his/her learning by taking part in the entire process.

7. When the scores are sent to you, talk to your child's teacher and/or principal. This will help you to understand them more clearly.

8. Give your child praise even if he or she didn't do well on the test.