

How Parents Can Help Children Do Their Best on Tests

The best thing you as a parent can do to help your child do his/her best on standardized tests is to provide positive support by expressing confidence in your child's ability to do their best. Let that be your expectation, as well. Children should know that test scores are important, but are not the measure of your love and acceptance of them.

On test days, try to provide a calm, stress-free environment each morning as your child gets ready for school. Get up in plenty of time to avoid morning rush and anxiety. Curtail nighttime extra-curricular activities and outings that may interfere with their regular bedtime routine.

Help teach and reinforce the following test-taking tips and strategies:

- Get Plenty of Rest Each Night
- Eat a Good Breakfast
- Have a Positive Attitude
- Relax... Don't Fret
- Try Hard... Do Your Best
- Listen Carefully and Follow Directions
- Think Before You Answer
- Read Directions and Questions Carefully
- Don't Rush... Work at Middle Speed
- Check Over Your Work When Finished
- Don't Expect to Know Every Answer