

Tips for Parents

Ways to help your child prepare for testing-

- Do meet with your child's teacher as often as possible to discuss their progress.
- Ask the teacher to suggest activities for you and your child to do at home to help prepare for tests and improve your child's understanding of schoolwork. Parents and teachers working together benefits students.
- Look over your child's homework daily and check for understanding.
- Provide a quiet, comfortable place for studying at home.
- Keep a positive attitude about tests.
- Encourage your child to do well but don't pressure them. It is important for your child to stay relaxed for the test.
- Make sure that your child is well rested on school days and especially the day of a test. Children who are tired are less able to pay attention in class or to handle the demands of a test.
- Give your child a well-rounded diet. A healthy body leads to a healthy, active mind.
- Talk to your child about how the test went, what they did well and what they would have done differently. Think of it as a mini-debriefing or brainstorming session.
- Praise/reward your child when they do well on a test or for their hard work preparing for a test.