

Test Taking Tips

- Make sure that your child completes and understands all daily school work, homework and reading assignments so your child will know what she is being tested on.
- Spread out test preparation over a number of days so that your child won't be forced to cram the night before a test.
- Make sure that he gets enough sleep before a test.
- You may be nervous or worried about your child taking a test, but try to be calm around your child. You don't want her to be nervous too.
- Encourage your child to do well, but don't pressure him. You may stress him out, and it is important for your child to stay relaxed before and during a test.
- Provide a quiet, well lit area with few distractions for your child to study in.
- Mark test days on your calendar so you and your child are both aware of testing dates.
- Your child needs to eat a healthy breakfast before taking a test. Avoid heavy, fatty foods that may make her sleepy and avoid high sugar foods, which will give your child a quick burst of energy, but then make her sleepy.

