

Tips to Support Successful Testing

By Pete Garlinghous (<http://www.siouxcityschools.org/vnews/display.v/ART/2007/09/12/46e829ac64595>)

The night before:

- Help your child get to bed on time. Research shows that being well-rested helps students do better.
- Help children resolve immediate arguments before going to bed.
- Keep your routine as normal as possible. Upsetting natural routines may make children feel insecure.
- Mention the test to show you're interested, but don't dwell on it.
- Plan ahead to avoid conflicts on the morning of the test.

The morning of the test:

- Get up early to avoid rushing. Be sure to have your child at school on time.
- Have your child eat a good breakfast but not a heavy one or one with a lot of sugar. Research shows that students do better if they have breakfast before they take tests.
- Please pack a healthy snack for snack time. Fruit, raisins, vegetables, a sandwich, or cheese sticks are all healthy and don't contain a lot of sugar.
- Make sure your child has his or her water bottle. Encourage them to drink regularly throughout the day and stay hydrated.
- Have your child dress in something comfortable.
- Be positive about the test. Acknowledge that tests can be hard and that they're designed so that no one will know all of the answers. Explain that doing your best is what counts. The important thing is to make your child comfortable and confident about the test.

After the test:

- Talk to your child about his or her feelings about the test, making sure you acknowledge the effort such a task requires.
- Discuss what was easy and what was hard; discuss what your child learned from the test.
- Explain that performance on a test is not a condition for you to love your child. You love your child just for the person he or she is.

