

## **HOW PARENTS CAN HELP THEIR CHILDREN DO THEIR BEST ON TESTS (From “Tyler Tames the Testing Tiger” National Center for Youth Issues)**

**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. On test days try to provide a calm, stress-free environment. Here are some tips your Gr. 3-5 students learned in a classroom Guidance lesson (which are reinforced daily by classroom teachers!)**

- \*Get plenty of rest each night**
- \*Get to school on time each day**
- \*Eat a good breakfast**
- \*Have a positive attitude**
- \*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- use the ‘process of elimination’ if needed**

**Children should know that test scores are important but are not the measure of your love and acceptance of them.**