

PARENT INVOLVEMENT

TESTING: What Parents Can Do To Help

Kids get upset before they take a test. They know tests are important and they want YOU to be proud of them. Here are a few things you can tell your child to help calm her:

- ♥ Praise her for the things she does well; if she feels good about herself, she will try her best.
- ♥ Help her understand that tests show what she knows, not what she doesn't know.
- ♥ Tell her how important it is that she eats a good breakfast and gets lots of sleep before testing.
- ♥ Remind her that tests are just one way to show what she knows; her class work, homework and attitude are important, too.
- ♥ Encourage her to do her best!
- ♥ Let her know YOU THINK she will do well and that you love her, no matter what!
- ♥ Speak daily words of love, praise and support!