



## Parent Homework

Because family support is so important to success at school, here are some tips and tricks to support your student through testing sessions!



- Find out the [testing information](#) and schedule for your student's school and provide structure for those days with a routine that is sensitive to your student's needs.
- **Make sure your student has the supplies necessary for testing.** If earbuds or calculators are needed, find out if they are supplied for students. If not, make a plan to get some. Talk with the teacher and school. They should be able to assist.
- **Set the stage for sleep!** Remind your kiddo to turn off the games and remove the temptation of phones at night.
- Make sure that your student has breakfast at home or school. Food for the brain!
- Be an encourager! Make sure your student knows that you believe in them!
- Ask questions about the test, such as how they felt before, during, or after it. Stay away from questions about possible scores. You'll get the results soon enough. Listen to what your child wants to say about the experience.
- Applaud best effort. Recognize that some parts of the test may seem easier than others. Think back to your own experiences and share some thoughts that relate to your child's testing sessions.
- Relax and stay positive. You might feel nervous about your student's testing performance, but don't transfer any worries to your student. That brings additional pressure.
- Inspire good study habits and challenge critical-thinking skills. Just don't turn home into an extension of the classroom because you'll risk burnout for your student.
- Kids have different reactions to testing. Some dread testing days. Others enjoy the process. Follow the lead of your student! If you notice anxiety or nervousness, practice relaxation techniques, such as deep breathing. If you have a test lover, give a big high five on the way out the door!
- Testing days are tiring! Don't be surprised if your student comes home with less energy. That's okay. Quiet time is a great way to refresh!

