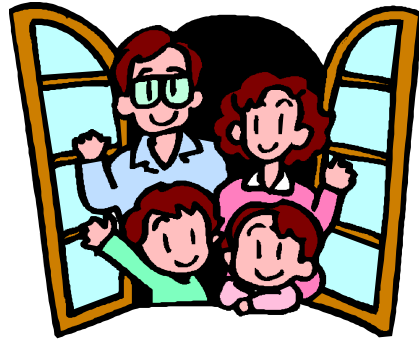


# **How to Help Your Child Be Ready for Standardized Testing**



- **If your child is nervous, help them find ways to relax.**
- **Make sure your child is at school on testing dates. Don't plan any appointments for them on those dates.**
- **Encourage your child to study over a period of time rather than "cram" the night before.**
- **Encourage your child to listen carefully to all test-taking directions given by the teacher and to ask questions about any directions that are unclear.**
- **See that your child gets his or her regular amount of sleep before the tests and is well-rested.**
- **Make sure that your child eats his or her usual breakfast on the day of the test. Hunger can detract from a good test performance.**
- **Encourage your child to do his or her best.**