



TEST TAKING TIPS FOR PARENTS

The following tips are provided to assist parents in helping their children with test stress and anxiety. Some common symptoms of stress and anxiety are: stomachaches, headaches, nail biting, worrying, nervousness, nightmares, insomnia, and refusal to go to school.

- √ Talk to your child about the upcoming test and let him/her discuss feelings- this alone can reduce stress.
- √ Let your child know it is normal to be a little anxious and that it is okay.
- √ Encourage your child to do well, but don't pressure him/her.
- √ If your child seems overly stressed and anxious, talk to your child's school counselor and/or teacher
- √ Make sure your child does all his/her homework and reading assignments throughout the school year in order to be prepared for the test.
- √ Even if you are anxious about your child's test, keep a positive attitude around your child.
- √ Help your child practice for the test. Ask your child's teacher what you can work on or where you can go for sample questions or formats.
- √ Let your child relax for a little while before bed time
- √ Ensure on test day that your child eats a healthy breakfast that is not too heavy or sugar laden.
- √ Be sure that your child gets a good night's sleep prior to the test day.

When parents are less stressed, children are too. Look for ways to reduce your stress. Find ways to laugh and find the humor in life.

Your love for your child coupled with realistic and consistent expectations will go far in helping your child reduce test stress and anxiety.