



Annual State Testing Tips

As students begin the annual state testing, many parents ask, “What can I do to help?” Here are some tips to support your child without adding stress.

- Support good sleep habits. Research shows that sleep is essential for physical and emotional health. Children who do not get enough sleep do not perform well.
- Support good eating habits. Breakfast really is the most important meal of the day. Make sure your child has breakfast before heading to school, or stress the importance of eating breakfast at school if your child participates in the school breakfast program.
- If your child says things that indicate an unhealthy focus on the test (*The results will be on my record for the rest of my life...*) redirect your student. While it is important for students to do their best on any test, they can only offer their best effort. If they know it, they can show it. If they don't know it, they can use strategies to try to figure things out. If they really don't know an answer or how to do something on an assessment, they need to do their best and focus on what they can do.
- Remind your child that he/she is fantastic! Having a positive outlook will help your child to do better and feel more capable even if something is difficult.
- Get your child to school on time. Starting the day off right helps set the stage for a good day.
- Talk to your child. Pay attention to cues that things are getting stressful. Meet with your child's teacher if the stress is unmanageable. The insights your child's teacher provide can help you to support at home.

