

Are you helping your child prepare for year-end tests?

The end of the year often means lots of tests for students. Are you preparing your child to do her best on them? Answer yes or no to the questions below to find out:

___1. Do you write down test dates on your family calendar and avoid planning big activities on the day before a test?

___2. Do you encourage your child to study a little each day instead of cramming the night before a test? Research shows this is the best way to learn and remember facts.

___3. Do you make sure your child gets a good night's sleep and eats a healthy breakfast before a big test?

___4. Do you encourage your child to wear comfortable clothing and dress in layers on test days?

___5. Do you tell your child that you have confidence in her and know she will give her best effort?

How well are you doing?

Mostly yes answers mean you're giving your child the support she needs to do her best on tests. For no answers, try those ideas.

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