



Four ways to reduce your child's anxiety before a test

It's normal to get a little nervous before a big test, but many children suffer from excessive test anxiety. They worry so much about taking the test that their performance suffers.

To help your child diffuse those pre-test jitters:

1. Focus on preparation. Make sure he spreads studying out over time. True learning requires time to review and think about the content. And knowing the material is the best way to reduce anxiety and stress.
2. Discourage cramming. Cramming the night before a test often increases anxiety, which can interfere with clear thinking. The most important things your child can do the day before a test are to review and then get a good night's sleep.
3. Encourage a positive outlook. Build your child's confidence by reminding him of his strengths. Have him envision himself doing well on the test.
4. Maintain perspective. Remind him that test scores aren't everything. Make sure your child knows that, while you want him to do his best, he doesn't have to be the best.

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