

Parenting Tips to Help Your Child Reduce Test Anxiety

IOWA Testing Week: Sept. 21st - 25th (Grade 4)

CRCT Testing Week - April 14th - 20th (Grades 3, 4 and 5)



Try to simplify life at home and have a peaceful morning.



Be sure your child gets a good night's sleep. Help your child relax before bedtime by reading aloud a favorite story.



Provide your child with a good breakfast.



Pack a nutritional snack for your child to eat during break time.



Give your child ample time to get ready for school, eat breakfast, and get to school on time. (Remind them to wear their glasses...)



Remind your child that different people have different strengths.



Review with your child any review sheets sent home to prepare for the test.



Learn to relax. Some children find it helpful to close their eyes and take a few deep breaths before a test. Be positive! Expecting to do well will help children to do well. Encourage your child to think positive thoughts such as; "I CAN DO IT!"



Encourage your child to work hard, take testing very seriously, and do his or her personal best.



Schedule dental and doctor appointments for another week or in the afternoon.



Children quickly pick up on their parents' anxiety. So regardless of how anxious you are, DO NOT ask your child immediately after school, "How did you do on your test today?" Try a more positive approach such as; "Tell me something good about school today."