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# I N S I G H T S

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FOR FAMILIES



## Helping your children succeed on tests



- ❖ **INSIGHTS FOR FAMILIES** is provided by your child's school in recognition of your role as a partner in education. Adapted by Judy McDaniel, communications consultant, from information provided by Washington State PTA.

- ❖ Be sure your children are at school every day. Good attendance is needed to do well in school — and to do well on tests. Be sure your children arrive at school on time, well rested, and well nourished.
- ❖ Take an interest in your children's school work. When children and parents talk regularly about school, children perform better academically.
- ❖ Provide a healthy and stress-free home environment for your children. Don't give your children unnecessary stress by overemphasizing tests.
- ❖ Give your children verbal encouragement. Help boost your children's self esteem. Provide emotional support, especially during critical testing periods.
- ❖ Make a quiet place at home for your children to study, read, and do homework assignments. Monitor and limit your children's television viewing and video game playing.
- ❖ Work on reading with your children at home. Good reading skills are important to success in school and to doing well on tests. Set a good example as a reader — read every day at home even if it is a magazine or newspaper.
- ❖ Ask your children's teachers and principals about grade level expectations for your children. Ask how you can help your children learn at home.
- ❖ Ask your children's teachers about the tests your children take. Ask about the subjects, knowledge and skills that are tested — and how the test results will be used to help your children be successful.
- ❖ Don't judge your children's abilities — or let others judge your children's abilities — on the basis of the score on a single test. Any test provides limited information about what your children know and are able to do.
- ❖ Use your voice to advocate for your children. If your children have special needs, make sure teachers and principals understand those needs and how they might affect test performance. Ask for testing accommodations if needed.