

_____ Name _____ Date _____

TCAP: Tips for Parents

- Make sure your child gets a good night's rest and eats a healthy breakfast.
- Parents should keep a positive attitude about tests. Mark down test dates on your calendar so you and your child are aware of testing dates.
- Make sure your child gets up early enough so he or she is on time.
- It is important to talk with your child about tests to help reduce stress about test-taking.
- Praise your child when he or she performs well on a test.
- Encourage him or her to try harder if he or she doesn't do well on a test.
- Talk to your child's teacher to find out the areas in which they need the most help.
- Designate a study time for your child without the distraction of TV, phone and other devices.