

HELPING YOUR CHILD *prepare* FOR THE TEST

Help your child come up with a relaxing routine before starting the test.

Think about what the test will be like. Where will it be held? What will it look like? How will the day be different?

Help your child select comfortable clothing, pack healthy snacks, and eat a healthy breakfast.

Help your child go to bed early several nights before the test day to get into a habit of an earlier bedtime.

