

TESTING PREPARATION TIPS FOR FAMILIES

Younger students often worry about making their teachers or parents proud.



DON'T CALL IT A "BIG TEST"

Call it a "Show What You Know" day. It sounds less scary.



FOCUS ON SLEEP AND FOOD

A good night's sleep and a full tummy are important parts of getting ready for the test.



KEEP MORNINGS CALM

Avoid rushing. A stressful morning at home makes it harder to focus at school.



LEAVE A NOTE

Put a heart or a "You've got this!" note in their lunchbox or bookbag for encouragement.

TESTING ACCOMMODATIONS



What Parents Need To Know...

PARENTS SHOULD KNOW

- Student accommodations are listed in their IEP/504 plan
- Accommodations provide access, not advantage
- Supports should be used regularly in class, not only for testing
- Accommodations must be provided exactly as written

COMMON TESTING ACCOMMODATIONS

- Extended Time
- Small groups or alternate setting
- Breaks as needed
- Read-aloud or directions clarified
- Assistive technology or specialized materials
- Additional supports may vary by student

HOW PARENTS CAN HELP

- Talk with your student about their accommodations
- Encourage your child to speak up to ensure their success
- Make sure they are rested, well nourished and have a calm start on testing days
- Remind them that accommodations are nothing to be embarrassed about



KEY REMINDERS

- If an accommodation is not provided on the day of testing, notify the ESE Specialist or Testing Coordinator
- Changes to accommodations require an IEP or 504 team meeting
- Questions are best addressed well before testing begins

Accommodations level the playing field for students with disabilities - they help your child show what they know

BOOST YOUR STUDENT'S FOCUS WITH INNER EXPLORER!

Testing season can be stressful, but your child's school has a way to approach this: Inner Explorer. This program uses short transitions, sound, or 5–10 minute daily mindfulness practices to help students "reset" their brains, moving from stress to focus.

You can support your student at home by downloading the Inner Explorer HOME app. Practicing together for just a few minutes a day helps your child stay calm, manage "test jitters," and perform their best.



Breathe.Relax.Thrive

