

# TESTING PREPARATION TIPS FOR FAMILIES

Middle schoolers can be very self-conscious. They need to feel capable without feeling singled out.



## FOCUS ON LISTENING

If they are grumpy or worried, let them vent. You don't always have to fix it right away; just listen.



## TEACH BELLY BREATHING

Tell them to take three deep breaths if they feel stuck on a question. It resets the brain.



## DIGITAL DETOX

Encourage them to put the phone away an hour before bed. Social media can make test stress feel much worse.



## BREAK IT DOWN

Help them study in short 20-minute bursts rather than trying to study for hours at a time.



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**BROWARD**  
County Public Schools

# 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*

