

SOL Testing: How Can I Help?

Factors That Influence A Child's Performance

Start the Day Off Right With

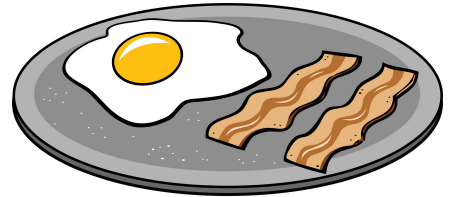
Plenty of Sleep



- ✓ Sleepy children have a hard time succeeding academically.
- ✓ Establish a bedtime routine.
- ✓ Outdoor activity can help your child sleep better.
- ✓ Avoid TV, movies, and video games before bedtime.

A Good Breakfast

- ✓ Try to include some type of protein. Eggs, cheese, or peanut butter would be good choices.
- ✓ Avoid foods high in sugar.



A Relaxed Morning



- ✓ Get up early enough so that you don't have to rush.
- ✓ Make sure your child is on time everyday, unless he or she is sick.
- ✓ DON'T review or lecture the morning of the test.
- ✓ DO tell your child you have confidence they will do their best

Encouragement, Not Pressure

Do Your Best



- ✓ Talk about why tests are necessary.
- ✓ Encourage your child to do their best, but avoid pressuring.
- ✓ DO schedule review in short sessions, all year. DON'T cram the night before!
- ✓ Be aware of and talk about anxiety in your child and suggest ways to relieve stress.

Assure your child that as long as they do their best
you will be proud of them!