



## 5 TIPS for Parents about Preparing Children 4 the

# CMT

**#1.** Unless your child is sick, make sure he/she attends school and arrives on time during the testing sessions. Do not plan any doctor or dental appointments on test dates. Both rushed arrivals to school and sitting alone for make-up sessions have proven stressful for many children.



**#2.** See that your child gets his/her regular amount of sleep before the scheduled tests and is well-rested. A timely bedtime during testing should take precedence over other activities and even over extensive homework.



**#3.** Make sure that your child eats his/her usual breakfast on the day of the test. Hunger can detract from a good test performance. Keep in mind less sugar and more protein will sustain your child through the morning. Structure breakfast for your child, including light-hearted conversation, to ensure a relaxed beginning to the day.



**#4.** Be a cheerleader for your child. Your son or daughter gets many things from you - one is a sense of confidence. It's crucial that you communicate your belief in your child; and when it comes to taking a test, simply doing his/her best is enough.



**#5.** Encourage your child to listen carefully to all the test-taking directions given by the teacher and to ask questions about any directions that are unclear. Encourage him/her to read each individual question carefully as well. It is estimated that as much as 30% of the errors on standardized math tests are actually *reading* errors, not *math* errors.