

Mr. or Mrs. Perfect

- Now...what about those kids who are a little TOO worried about those tests? If your child gets unusually upset over a less than perfect grade he/she may be struggling with perfectionist tendencies.
- Help your child by avoiding criticism while not ignoring the problem. Try to emphasize improvement instead of perfection.
- Reinforce her desires to do her best while helping her to reduce perfectionist thinking.
- Praise him for positive traits instead of accomplishments or grades.
- Remind and model that mistakes are an important part of learning.
- Don't try to control the perfectionist tendencies, rather talk to her about the harm in this kind of thinking.
- Listen and empathize with his concerns.
- Reward effort not just grades.
- Get help from your pediatrician or school counselor

Resources

<http://pbskids.org/itsmylife/school/teststress/article10.html>

- Article for kids discussing test stress and how to handle it. PBS also has articles for parents with test-taking tips.

<http://www.scholastic.com/parents/resources/article/study-skills-test-taking/standardized-tests-prepare-and-interpret-results>

- Article for parents explaining standardized tests

<http://www2.ed.gov/parents/academic/help/succeed/part9.html>

- Tips for parents

<http://www.schoolcounselor.org/magazine/blogs/january-february-2004/helping-children-overcome-test-anxiety>

- An article addressing overcoming test anxiety in children

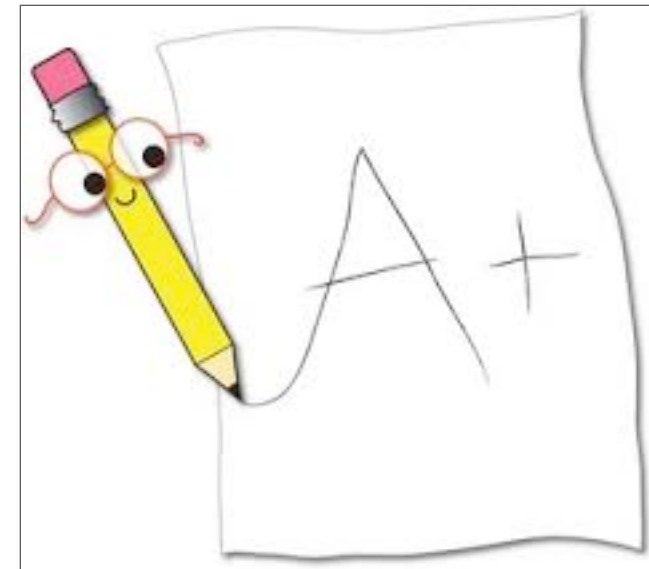
<https://www.anxietybc.com/sites/default/files/OvercomingPerfectionism.pdf>

- A handout on helping a child struggling with perfectionist tendencies

Some information on this brochure taken from [Perfect Pals](#) by Amy Murray and [Tyler Tames The Testing Tiger](#) by Janet Bender

NO MORE TEST STRESS:

TESTING TIPS AND STRATEGIES TO HELP YOUR CHILD DO THEIR BEST

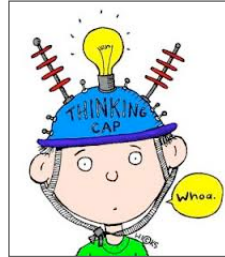


How Parents Can Help

- The most important thing a parent can do is simply support your child's best efforts on the test!
 - Show them that you believe in their ability and remind them that your expectation of them is simply that, to try their very best.
 - Make sure they know that while grades are important, they are not related to how much you love and care for them.
- Help to take care of them physically
 - Make sure they are getting enough sleep, remember for elementary school children that is 10-11 hours a night!
 - Make sure they eat a healthy breakfast with protein! A quick and easy choice is whole wheat toast with peanut butter.
- Relax!
 - This is easier for some kids (and parents) than others..BUT try to help your child do some relaxation techniques such as deep breathing or visualizing a calm place. Come up with ideas together they can try during the test if anxiety starts to take over.

How Parents Can Help Cont'd

- Have a positive attitude
 - Help them reframe negative thinking surrounding tests and at the same time come up with reasons to try their best.
- Help them learn how to study well BEFORE the test!



Studying Tips

- Listen carefully and follow directions
 - This may seem like a no-brainer BUT it can be helpful for you to talk to your child about the importance of listening and reading the directions all the way through BEFORE they start the test. Talk to them about how test directions can be different from what they might think and they could miss a question just because they didn't take the time to read the directions!
- Don't rush! Try to work at a medium speed.
 - Talk with your child about the importance of working steadily. Work too fast and you may miss questions and not do your best work. Work too slow and you might not finish! Practice this by timing homework sheets.



Studying Tips Cont'd

- Check over your work if you have extra time.
- Don't get stuck! If you don't know the answer skip it and come back.
- Eliminate answers you know are wrong.
 - Then even if you have to guess at an answer you have a better chance of getting it right!
- Never leave a question blank!
 - You might be able to get partial credit if you at least try!
- If you are reading passages for a test, try reading the questions first so you know what to look for as you read.
- Be prepared!
 - Take the time to practice or get help with the things that are hard for you weeks before the test. The more you practice the easier it will get. Cramming it all in the night before is never a good idea!
 - Make sure you have everything ready the night before the test.