

# 2018 PARCC testing at Crestwood School

## Ways Parents Can Help...

- Encourage your child to do well but don't pressure him/her. It is important for your child to stay relaxed for the test.
- Keep a positive attitude about the test.
- Mark down test days on your calendar so you and your child are both aware of the dates.
- Make sure your child gets enough sleep on the night before the test.
- Make sure your child gets up early enough so that he/she is on time for school.
- Talking about the test with your child can relieve stress about test taking.
- If your child has a high level of stress about the test, meet with his/her teacher and find out the best ways to help your child.

Visit [www.crestwood.k12.il.us](http://www.crestwood.k12.il.us) and click on the PARCC tab for more ways to help prepare your child for PARCC Testing.