



Preparing For Your Child's Individual Evaluation

Preparing Yourself for Testing

As a parent, you have a lot of valuable information that you can share with professionals that will help them understand your child better, and also help them make the testing process more positive and productive for your child. Before going to a test session, take a few minutes to think about your child's development, strengths and weaknesses, interests, and your own thoughts and concerns for your child. Write them down and bring them with you to the test session. Some key questions to think about include:

- * Does your child take any medication or have any chronic medical problems?
- * At what age did your child learn to walk?
- * At what age did your child learn to talk?
- * How does your child get along with others?
- * Does your child dress, toilet, eat, etc. on his or her own?
- * What does your child enjoy doing?
- * What does your child consider a reward?
- * Do your child's moods fluctuate greatly?
- * How does your child learn best?

It is important that you understand what is being said during the testing process; if you are more at ease about the evaluation, that will help put your child at ease as well. You should not be embarrassed to ask the tester to explain terms you don't understand, the purpose of the test, or the next step of the process. Positive communication will help make the special education process successful.

Preparing Your Child for Testing

Children can easily be confused about why they are being tested. It is important that children understand that they are not being pulled out of class because they are being "bad." They need to understand that testing will help the teacher make learning more positive for them. Talking with your child about meeting new people can also help your child warm up to the tester, who is usually someone new to the child. Likewise, be sure to share any information with the tester that may help him or her put your child at ease.

As with any test, it is also important that your child be prepared by having a good night's rest the night before, having a good breakfast the day of the test, and being as relaxed as possible by understanding what is going to happen during the test, and what is expected. It is important that your child be him or her self, and just do the best he or she can. Most importantly, let your child know that the test is to help make school and learning a more positive experience.

For more information on this or other topics related to the needs of children with disabilities, call or write Maine Parent Federation, P.O. Box 2067, Augusta, Maine 04338, 1-800-870-7746 (In-State Only) 207-623-2144 or email MPF at parentconnect@mpf.org.

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