

# 5 ways to reduce test anxiety

Things you can do to support your child

1

Help your child get into a study routine.



2

Set realistic expectations.



3

Remind your child about their past success.



4

Encourage your child to eat well, sleep and exercise.



5

Tell your child you love them, no matter what their grade!



More tips on [allopprofp.com](https://allopprofp.com).

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