



The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the next few weeks

the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club, or sitting a NAPLAN test.

Parenting Ideas 2023, accessed January 2023, <https://www.parentingideas.com.au/>