

# Help Your Child Love Maths!

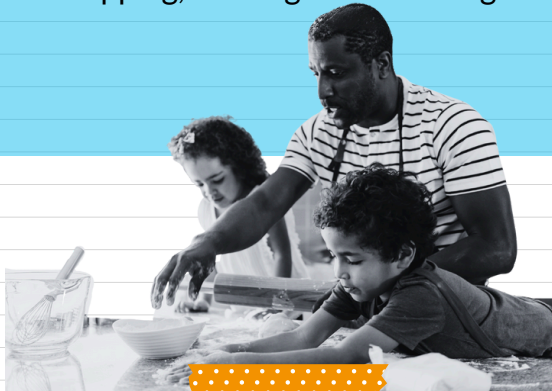
We all want children to feel confident with numbers, even if we struggle with maths ourselves! Everyone can help children with maths – you don't need to be an expert.

How you can help with maths at home:

## Top Tip 1:

### Point out maths in the real world

Include your child in activities involving numbers and measuring, such as shopping, cooking and travelling.



## Top Tip 2:

### Be positive about maths

Try not to say things like “I can't do maths” or “I hated maths at school” – your child may start to think like that themselves.



## Top Tip 3:

### Praise effort, rather than talent

This shows them that by working hard, they can always improve.



## Top Tip 4:

### Improve your own confidence

With a little help from us, you can build your number confidence and skills and begin to feel more prepared for when children come to you for help. Take the first steps in just 10 minutes with the National Numeracy Challenge.



Scan here to try the National Numeracy Challenge