

National Numeracy Day

Iona Bain's Dyscalculia tips

I have dyscalculia and I'm passionate about helping people who struggle with numbers. I want both children and adults with dyscalculia to know that things can begin to feel better. These tips are based on what worked for me.



- 1 Don't be ashamed**
of using a calculator to double check your maths. Use your phone or any tool that helps.
- 2 Life is not an exam.**
So long as you are getting the right answer it doesn't matter how you arrive at it.
- 3 Find your best coping mechanism.**
Whatever works for you when it comes to numbers is fine.
- 4 Ask for a sense check.**
Don't be afraid to ask someone to check if you've got the sum right.
- 5 See your strengths.**
Dyscalculia is not necessarily a disability; our brains are just different to those who can work with maths more easily. But we all have our different strengths.



One thing you can do is try the National Numeracy Challenge. It's a free online tool that will help you to improve your maths skills at your own pace, in your own time and you can get started in 10 minutes.

Give it a go at nationalnumeracy.org.uk/challenge