

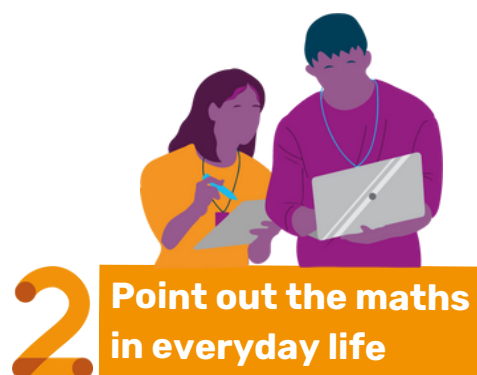
#NumberConfidenceWeek

## Top 4 tips to help children love maths

Parents and carers don't need to be maths experts to be able to support their children. All families can make a difference to their children's maths learning by following these top tips:



Children learn from example, so avoid saying things like “I can't do maths” or “I hated maths at school.” It's easy for children to take that on board themselves. Keeping things positive is more likely to help children develop self confidence with maths.



Maths is all around us – it's not just something that happens in school! Showing children the numbers in things like cooking, using money and travelling is a simple way to bring maths to life. This will help them see the value of learning maths.



Giving children praise is important, but the type of praise we use can have an impact on how they feel about maths. Praising children for the hard work they've put in, or for working out the steps to get to an answer, is more helpful than simply telling them they're clever. It helps them see that it's not about natural ability – but that by working hard, they can always improve.



A fear of maths can make helping children hard. Whether as a parent, carer or teacher, building our own confidence with numbers helps us feel more prepared to help children learn, and helps us pass our confidence onto them. If you struggle with maths yourself, try our free online tool the [National Numeracy Challenge](#) to improve your maths.

Take the first step at [nationalnumeracy.org.uk/challenge](https://nationalnumeracy.org.uk/challenge)