Supporting children with everyday maths (7-11 years)

However you might feel about maths and money, you can make a huge difference to building your child's financial confidence. All the evidence shows that talking about everyday maths helps children develop stronger numeracy skills and a positive attitude towards managing money.

This tip sheet has been created in collaboration with National Numeracy; the independent charity whose mission is to empower people to thrive by using numeracy to open up opportunities and access brighter futures targetting communities where the need is greatest. nationalnumeracy.org.uk

Top tips for supporting children to develop positive attitudes towards maths:

1. **Point out maths in the real world** – We use numbers every day. Include your child in activities involving numbers e.g. budgeting for the weekly shop, making financial decisions as a family, comparing special offers.
2. **Talk positively about maths** – It's okay to normalise struggle but 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. Instead say things like "I struggled with maths at school too, but I learned how to use it in everyday life/if we work together, we can find a solution."
3. **Praise effort not talent** – Praise your child for how hard they have tried rather than putting it down to them being "clever". This helps them to understand that by working hard they can always learn and improve. Say things like "well done for working so hard" rather than "well done for getting that right, you're so clever".

Try the following shopping activity to help your child begin to engage with everyday numbers. You can even use this as a template for real shopping trips to give your child more opportunities to practise their skills.

To build on this exercise, you can apply it to real life. Plan food for your family for a day out – look in a shop or online and work out the cost. Which items do you need (to eat sensibly) or want (treats such as cake)? Are there any items on special offer?

The National Numeracy Challenge

You can support the children in your life no matter how you feel with maths, but it will help to feel more confident with it yourself.

The National Numeracy Challenge is a free online learning tool for adults and children aged 13+ to improve skills and confidence with maths.

Why not have a go? nationalnumeracy.org.uk/challenge

BARCLAYS | LifeSkills

National Numeracy
Getting on with numbers

Family maths activity: Shopping for a picnic

Prital and Mita are planning a picnic. These are the things they want to take but they only have £10 to spend. What choices do they have to make?

Are the offers all good? Do they need that much of an item that is on offer for the picnic?

How can they get something savoury, something sweet and something to drink for £10? Do they need to spend all of the £10?

Food	Price	Offer
Water		Free
Bread rolls	60p each	4 for £2
Cheese	250g for £2	500g for £3
Doughnuts	19p each	12 for £2.40
Samosas	4 for £1.60	10 for £3.50
Apples	20p each	Pack of 5 for £1.50. Buy one pack, get one free
Chocolate bars	200g for £1.70	2 x 200g for £3.50
Orange juice	600ml bottle for £4.80	5 x 100ml cartons for £2.50
Grapes	500g for £1.80	Buy one pack, get one pack half price

Family maths activity: Shopping for a picnic

Activity tips:

Be positive about the maths during the exercise, as a way of saving money and using it wisely.

The offers which are easier to work out are at the top, the harder ones at the bottom – you may choose to only share the easier ones with younger children.

Food	Explanation
Water	Water is free, so a great way of taking a drink to the picnic without spending money.
Bread rolls	In the offer, each roll costs £2 / 4 = 50p, which is less than 60p. But do they need 4 rolls?
Cheese	500g for £3 means that under the offer, 250g costs £3 / 2 = £1.50, which is much cheaper than buying just 250g for £2. But do they need 500g of cheese?
Doughnuts	In the offer, 12 for £2.40 means each doughnut costs £2.40 / 12 = 20p. But they only cost 19p each anyway, so the offer isn't any good.
Samosas	In the offer, 10 samosas costs £3.50, so each samosa costs £3.50 / 10 = 35p. Without the offer they cost £1.60 / 4 = 40p. So the offer is cheaper, but do 2 people need 10 samosas?
Apples	The offer means you get 2 packs of 5 for £1.50, i.e. 10 for £1.50, so each apple costs £1.50 / 10 = 15p, which is cheaper than 20p. But do they need 10 apples? Will they keep?
Chocolate bars	In the offer, you get 2 bars for £3.50, so each bar costs £3.50 / 2 = £1.75, which is more than the price of a single bar, so the offer is no good.
Orange juice	In the offer, 5 x 100ml is £2.50, so 100ml costs £2.50 / 5 = 50p. Without the offer, 100ml costs £4.80 / 6 = 80p. The offer is better value, and you don't need to take as much juice.
Grapes	In the offer, 2 packs cost £1.80 + (0.5 x £1.80) = £2.70. You get 2 x 500g for £2.70, so 500g costs £2.70 / 2 = £1.35, which is much cheaper. But do you need so many grapes?