

4 PRAISE WHAT THEY'VE DONE (NOT WHAT THEY ARE).

Part of being 'good at' maths is understanding that hard work pays off. They might need to persevere, practise and do some working out to get to an answer. It's great to praise your child's achievements, but instead of always saying 'You're so smart' try saying 'You've learned to do that because you worked so hard. Well done!' That way, you'll encourage a great mindset for learning.

5 REMEMBER THAT MISTAKES HELP THEM GROW.

Brain scans show that making mistakes is one of the best ways to learn. It's really important to be resilient and not give up. It's okay to praise your child's mistakes! Tell them that their brain is developing and growing, and encourage them to try again.



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COUNCIL FOR THE CURRICULUM, EXAMINATIONS AND ASSESSMENT

29 Clarendon Road, Clarendon Dock, Belfast BT1 3BG

Tel: +44(0)28 9026 1200 Fax: +44(0)28 9026 1234

Email: info@ccea.org.uk Web: www.ccea.org.uk

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Primary



Maths Think Differently

Helping parents support their child's maths learning



#MathsThinkDifferently

WHAT IS MATHS ANXIETY?

Recent statistics from the Maths Anxiety Trust* suggest that at least one in five people suffers from **maths anxiety**.

This is a negative emotional reaction to maths that makes it harder to work with numbers and solve problems in everyday life.

Helping your child to enjoy maths is one of the best ways you can ensure they achieve their potential and nothing holds them back.

WHERE DOES IT COME FROM?

Maths anxiety may stem from some widely held but mistaken beliefs about maths: for example, you can either do maths or you can't and being good at maths means you have to be fast.

You might also have heard people say things like:

'Maths is just for nerds; it's really hard!'

'No-one in our family likes maths anyway.'

'I wasn't good at maths at school.'

Be careful with how you talk about maths because even casual negative comments can affect your child's learning.

WHAT'S THE GOOD NEWS?

Even if you're anxious about maths, it doesn't actually mean that you're bad at it. With the right opportunities and support, everyone can achieve in maths and enjoy their learning.

Everyone has a maths brain.

Your maths is better than you think.



HOW CAN I HELP MY CHILD?

Here are five ideas:

1 LOOK FOR MATHS IN THE REAL WORLD.

Every time you weigh out ingredients to cook, cut a pizza into sixths, talk about how long a TV programme lasts or measure how far apart to plant seeds in the garden, you're doing maths! Start making positive connections with maths in everyday life.

2 ASK YOUR CHILD TO EXPLAIN THEIR MATHS HOMEWORK.

You don't need to be able to do the homework yourself. Allowing your child to tell you about their learning helps make it much deeper and more useful to them. If they're finding something hard to understand, try asking if they can draw you a picture of what is happening.

3 TALK ABOUT MATHS IN A POSITIVE WAY.

Remember, your attitude is catching! No-one is born with the idea that they can't do maths. At school, your child isn't just doing sums; they're learning about shapes, measuring, sorting, solving problems and thinking creatively in all sorts of ways. You can help reinforce the message that maths can be exciting, useful and fun.