

8 Practical Ways to Conquer Your Child's Math Anxiety

1 Be involved

Student success in school has been shown to increase if their parents are positively involved in their education.



2 Encourage a growth mindset

Studies have shown that effort trumps ability when it comes to learning math, so set high expectations when encouraging your child.



3 Be positive about math

A parent's perception of mathematics influences not only their child's feelings about math but also their child's achievement in mathematics.



4 Overcome gender stereotypes

Foster math confidence regardless of the gender of your child by highlighting achievements made by both male and female scientists.



8 Make math relevant to real life

Highlight ways in which you and your family use math in everyday life and discuss how good math skills will open the doors to a larger choice of career options.



7 Take baby steps

Support new topics by slowly building from the topics your child already understands. Use gradual, repeated success to build math confidence in your child.



6 Allow mistakes

Focus on the concepts rather than the right answer, since making (and correcting) mistakes is an essential part of math learning.

$$3+4=4$$

5 Learn the basics

Rote learning is essential to mathematics performance as many higher level concepts build on the memorization and repetition of the basic math facts.

