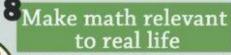
8 Practical Ways to Conquer Your Child's Math Anxiety

Be involved

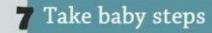
Student success in school has been shown to increase if their parents are positively involved in their education.



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.

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.



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

Be positive about

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

math

6 Allow mistakes

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



+ x 5

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.

Overcome gender stereotypes

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

