



01. Bring maths into everyday life.

Use everyday moments to practise maths gently, like cooking, shopping, games, saving up, or measuring.

The goal is to build confidence, not pressure.



02.

Supports include:

- Using real life objects to touch and move around so numbers make more sense
- Apps that make maths fun
- Small groups or 1:1 support
- Avoiding time pressure
- Providing a calculator or formula sheet to lighten the mental load



03.

Focus on success.

Small, achievable maths tasks build confidence. Mistakes are ok, they help us learn. Praise effort, not just the right answer.



It might be dyscalculia. What next?

Be patient and understanding. Talk to your child's teacher, work with a tutor, and seek assessment if needed.

04.

