

HOW TO HELP

What Families Need to Know

When kids experience math anxiety, it can:

Make it hard to focus, and remember steps

Lead to frustration tears, or avoidance

Lower their confidence, not just in math, but in school overall

Over time, this can create a cycle: anxiety leads to struggle, which leads to more anxiety. This can cause kids to believe they can't do math. But here is the good news! Math anxiety is not permanent, and families can make a big difference!



How You Can Help at Home

Use kind words about math
Stay calm during homework
Praise effort, not just answers

Play number games
Take breaks when needed
Remind them mistakes are OK!



I'VE GOT THIS!

This is tricky, but I'm learning

I'M NOT SURE, BUT I'LL TRY

I CAN'T DO THIS