

WHO CAN BE AFFECTED BY MATH ANXIETY

DID YOU KNOW?

Math anxiety isn't just something that happens to kids who don't like math or who struggle with it. In fact, it can affect any child, including those who are doing just fine in math class. It's an emotional response that can make math feel scary, frustrating, or overwhelming, even when the child can do the math.

Young Children

Children as young as kindergarten can start to feel nervous about math

Parents should focus on play-based math and let kids explore math at their own pace

Older Kids

As math gets more complex, many students begin to feel anxious about making mistakes, finishing on time or speaking in front of the class. Even kids who are strong in math can feel this pressure.

Parents talk to your child about what they are learning

Girls

Studies show that girls are more likely to feel anxious about math, even when they are doing just as well as boys.

Encourage your daughter to try hard problems, take risks, and see herself as a future problem solver.

Children with Learning Differences

Kids with ADHD or dyscalculia may find math extra challenging.

These kids need extra support, both academically and emotionally, to build confidence and keep going.

High_Achieving Kids

Even strong students can experience math anxiety.

Let your child know it's okay to be human, everyone makes mistakes.

PARENTS AND TEACHERS FEEL IT TOO!

Adults sometimes pass on their own math anxiety, without realizing it. Phrases like "I hate math" or "I'm not a math person" can affect how kids think about their own abilities.

Try saying things like, "Let's figure this out together" or "Math can be tricky, but we can learn it."