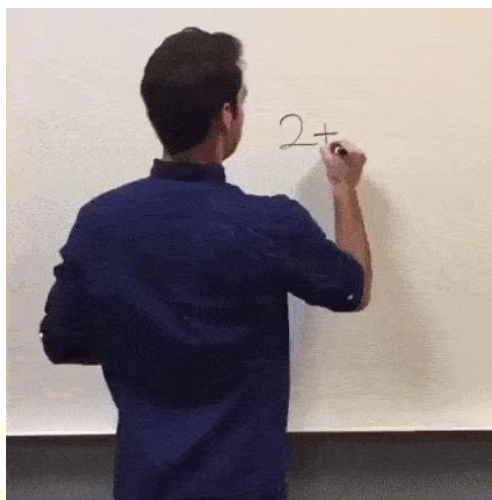


Maths Anxiety.

Hello, wonderful parents and young learners! Today's blog has been created for your educational, entertainment, and inspirational benefit. It is our hope that you will find valuable content within.



"Why do we even have to do maths?" Jenny* was heard complaining. This was a consistent phrase from Jenny when it came time to do her maths work. She was showing the same old tell-tale signs of '**maths anxiety**'.

You know the ones – where students give up before they even start, just because they heard the term 'maths'. You may even do it as a parent, making statements like "oh it's ok, I was never good at maths either, I always found it so hard" or, "I always felt like such a failure when it came to maths." Is this you??

I am here to tell you that **maths anxiety** is real and can cause feelings of fear and failure in children and indeed adults, which then, in turn, impact that person's ability to perform at their true level. *All names have been changed to protect the person's identity.



How do I know if my child has maths anxiety?

Do they seem nervous or stressed when thinking about maths?

Are they so frozen in their emotions that they don't even want to try?

Do they feel alone, like no one can help them even when help is offered?

Do they say things like "I'm just not good at maths?" Indicating they believe that they could never get any better?

Do they depend on, or demand that others or technology complete the work for them?

Do they stress, panic, or avoid maths classes, lessons or learning?

*All these signs may also apply to you, the parent or guardian, if you feel these ways about maths.

You or your child may have a term called "Maths Anxiety."

What can you do to help?

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The first thing to do is to recognise that it is ok to be afraid or stressed, but then to also understand that you CAN do something about it.

You or your child can build strategies to make you feel more confident and relaxed when it comes to maths.



Step 1 – Positive reinforcement.

Small wins and baby steps. Celebrate all the little wins when it comes to maths and your child. It is important to reinforce that they can do well at maths, even if in the beginning it doesn't seem that way. Give your child easy questions and show them that they can do it. Do NOT focus on any negatives or wrong questions until their confidence and resilience around maths has been rebuilt.

Step 2 – Hire an expert. (Like Australian Primary Tutoring!)

Even the best classroom teacher alone can't completely alleviate maths anxiety. With ever growing class sizes and teachers feeling burnt out it is very difficult to expect complete and positive change within a classroom. Another viable option is to hire a professional tutor. Tutors can lower a student's anxiety by helping to improve their confidence in a low-pressure environment. Giving the child tools and tips to calm their mind and see the bigger picture.

Maths experts found here!

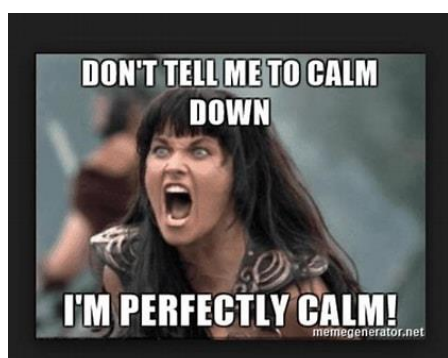


Step 3 – Reframe the anxiety.

Getting your child/student to communicate their fears and worries around maths can be a good way to see clearly where their fears stem from. Writing thoughts and feelings down can be a great tool for them to see how unfounded their fears are. Reframing these fears as challenges and only a small part of their overall learning, can release some of the pressure surrounded in maths anxiety.

Step 4 – Have some fun with it and start slowly.

By relating maths to something your child already enjoys, allows them to create new positive emotions surrounding maths. For example, you can use sports and scoring to practice addition or use cooking to work on measurement skills. By starting at an achievable level and using words of support and reassurance, you can help a child to understand that maths can be fun and is all around them in the real world. They probably do more maths everyday than they even realise.



So, after understanding how to calm the maths mind, read more of our blogs for some things that you can do today, to help your child learn in maths.

Please follow along with Australian Primary Tutoring for all course information and social media platforms, here –

Website - [Australian Primary Tutoring](#)

Instagram - [Australian Primary Tutoring](#)

Facebook - [Australian Primary Tutoring](#)

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—WILLIAM ARTHUR WARD—

