

# WE DO MATHS EVERY DAY!

A parent's guide  
to everyday maths.



# MATHS AND MY FAMILY...

## WHY IS IT IMPORTANT?

Maths is everywhere. It's in everything we do. Numeracy – or 'everyday maths' – isn't just about classroom sums. Being numerate is a life skill that will help your child in many ways, at home, at school, and one day, at work too.

### EVERYDAY MATHS

We all use maths a lot more than we realise. A good understanding of everyday maths will help your child:

- **solve problems**
- **make decisions**
- **understand information**

And help them feel confident with day-to-day activities such as:

- **telling the time**
- **shopping and using money**
- **cooking**
- **estimating**

### MATHS AND THE FUTURE

We know it seems far off, but helping your child feel confident about maths now can open the door to lots of opportunities later in life...

Children with good numeracy are more likely to:

- **stay in education longer**
- **be in work as adults**
- **earn more throughout life**



# MATHS AND MY FAMILY...

## TOGETHER WE CAN

Lots of people feel that maths is something that you either find easy, or find hard. But really, the more you try, the more you learn. The important things are to be positive, make an effort, and get support.

### EVERYONE CAN DO MATHS

There are lots of useful things you can do to help your child, even if you don't feel confident with maths yourself.

Be positive about maths, point out the maths in everyday life, and do maths activities together. That way, you'll really help give your child a head start.

The next few pages give you some tips and advice on how to do these things.

"My son and I always talk about the maths we've both used during the day...the more we talk about maths, the more confident we both get."

**Jo, Mum, Yeovil**

"I like exploring the way numbers fit together with daddy. We play games and look for patterns in things."

**Zara, 6, Brighton**



# GET CONFIDENT, & GET MATHS

Talk it, play it, see it, touch it, think about maths everyday... These fun activities and useful tips will help your child see the maths in everyday life and feel positive about it too.

## TOP TIPS

- 1. Don't** say things like 'I can't do maths' or 'I hated maths at school'... your child might start to think like that themselves...
- 2. Do** talk about the maths in everyday life, and ask your child how they work out problems or questions.
- 3. Do** let your child enjoy talking about what they've learned, and praise them when they try hard.
- 4. Don't** put pressure on your child to do written or timed sums.
- 5. Do** try out the National Numeracy Challenge yourself - the more confident you feel, the more you'll be able to help your child.

## THINK IT

**Estimate** - ask your child to guess how much your shopping will cost, or how much more food you'll need if extra people come for tea.

**Solve problems** - 3 extra people are coming for tea but we only have 2 extra chairs. How many more chairs do we need?



## TALK IT

Include your child in everyday activities where you use maths – handling money, shopping, cooking, travelling by car or bus.

Talk about **time** – for example, how long does it take to walk to school? Explain that you are doing maths.

Get **counting** crazy! Get your child to count bigger and bigger amounts.

## PLAY IT

Play games with cards – players take 2 cards and **add** the numbers – the player with the highest number wins. You can play this with subtraction, multiplication, and division too.

Sing **counting** songs, read books, play games, and watch TV and films about maths – see our website for a list.



## MATHS IS

## EVERYWHERE

## TOUCH IT

Play with things like shells, bottle tops, beads, Lego – and **compare** them. These things are great for making **patterns** too.

Put things in **order** – of weight, height, size. Ask your child to help you organise things at home.

## SEE IT

Go on a **shape** hunt – how many circles, squares, rectangles, triangles can your child find? You can look for **patterns** too.

Look for **numbers**... on doors, buses, cars, signs, at the shops, in sports scores...anywhere. Remember to talk about what the numbers mean.



There are loads more ideas and suggestions on [www.nationalnumeracy.org.uk/wedomaths](http://www.nationalnumeracy.org.uk/wedomaths)



**STRENGTH  
IN NUMBERS**

# WANT TO IMPROVE YOUR OWN EVERYDAY MATHS SKILLS?

**Need that confidence boost before you feel ready to help your children? However maths makes you feel, we're here to help...**

**Starting in autumn 2013, the National Numeracy Challenge is a UK-wide drive to improve everyday maths skills and confidence in adults. To find out more, go to:**

**[WWW.NNCHALLENGE.ORG.UK](http://WWW.NNCHALLENGE.ORG.UK)**

*"The National Numeracy Challenge is a great initiative to help adults to build maths confidence for themselves and their children."*

**Rob Eastaway, co-author,  
Maths for Mums and Dads.**