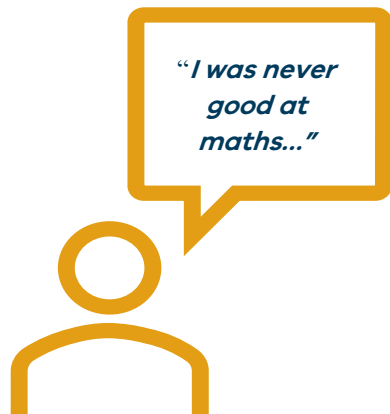


# Understanding Maths Anxiety

## A helpful guide for parents and carers



*If you've ever said this out loud (or even thought it), you're not alone—but it can shape how children feel about learning maths.*

*Luckily, you don't need to be a maths whiz to make a big difference. There are simple things you can do to help your child build the skills and confidence they need so they can thrive in maths.*

### Talk positively about maths at home

The way parents and carers talk about maths (sometimes referred to as numeracy) has a powerful impact on how children feel about the subject.

When maths is spoken about negatively at home, children are more likely to experience *maths anxiety*—a sense of fear or worry when faced with mathematical tasks. This anxiety can lead to lower achievement and/or avoidance of maths altogether.

On the other hand, **positive maths talk**—like emphasising effort, persistence, and everyday usefulness—can foster a *growth mindset*. This is the belief that abilities improve with practice and hard work.

One study also found that when parents helped children make connections between maths and their real lives, students were more likely to keep studying maths in later years. Even saying things like, 'Let's figure this out together' or 'It's okay to struggle—that's how we learn,' sends a strong, positive message to your child.

### How to build confidence in maths

**A home environment that values effort over right answers can build confidence.** Showing curiosity and talking through problem-solving helps children see maths as a skill that can be developed. There is also growing research that indicates that girls can feel more stress and anxiety toward maths.

### Working with your child's school

Schools are reshaping the way they teach children to understand, build skills and talk about maths. **When schools and families partner together, children are more likely to feel positive and capable in maths.**

Like you, teachers really don't want their students to struggle to the point of stress and develop anxiety about the learning we know is fundamental in life.

Teachers help students learn maths by using clear, step-by-step teaching methods. They build on what students already know, give them plenty of time to practice new skills, and support them to apply these skills to solve more challenging problems.

## Learn more

Victorian teachers are also helping students develop a 'growth mindset' by encouraging persistence and resilience in learning. They ensure students firmly understand the basics before exploring how maths applies to everyday life and big ideas.



## Resources and activities to help you at home

To help you get started, here are 3 links to engaging, interactive maths activities you can do with your child to boost their interest and enthusiasm for maths.

1. [Mathematics Hub \(Education Services Australia\)](#)
2. [Mathematical Association of Victoria –resources for families](#)
3. [G.O.A.T. Maths: ABC Education](#)



### Here are some great ways you can boost your child's confidence in maths at home:

1	<b>Cook or bake</b> together using measurements and fractions.
2	<b>Estimate total costs</b> at the shops and compare to the receipt.
3	<b>Play strategy or number games</b> like Memory, Uno, Monopoly, or Yahtzee.
4	<b>Measure furniture or spaces</b> for DIY tasks or rearranging rooms.
5	<b>Have a weekly puzzle night</b> with Sudoku, logic puzzles, or riddles.
6	<b>Compare discounts and percentages</b> in catalogues or online.
7	<b>Track sports statistics</b> or scores and graph them.
8	<b>Time races or walks</b> and calculate speeds. Track the travel time to and from familiar destinations like school, the shops or to a friend's place.
9	<b>Explore patterns</b> in nature—count petals, spot symmetry.
10	<b>Build with LEGO</b> using equal lengths and shapes.
11	<b>Plan a family budget</b> for a meal or day out.
12	<b>Graph the weather</b> over a week.
13	<b>Sort and count coins</b> in a piggy bank together.
14	<b>Draw or cut out shapes</b> and identify sides, angles or symmetry.
15	<b>Create and solve word problems</b> based on real-life situations.



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