

# How to Support Your Child with Math Anxiety

## A Quick-Start Checklist for Families

### 1 Name What's Happening

Ask your child how math feels. If they're anxious, name it together. Try saying something like, "It sounds like math feels stressful sometimes. That's okay—and we can work on that together." Naming the feeling helps reduce its power.

### 2 Focus on Thinking, Not Perfection

Let go of speed and right answers. Try saying, "It's not just about the answer, I just want to hear your thinking." This shifts the focus to problem-solving and removes pressure.

### 3 Start with Calm

Before (or during) math work, pause and reset. Try taking 3 deep breaths, saying positive affirmations (e.g. "I am a mathematician. I can do this."), singing a familiar song, taking a quick stretch or movement break

### 4 Find Math in Everyday Life

Help your child see math beyond homework. Try helping your child see math everywhere through sharing when you are doubling a recipe, estimating prices at the store, playing games that include math, doing Math Thinking Monday Questions, etc.

### 5 Celebrate Mistakes as Learning

Try telling your child, "Making a mistake means your brain is growing." Model this yourself—talk out loud when you mess up, and show how you work through it.

### 6 Model a Growth Mindset

Help your child see that math is something they can grow at. Try saying, "Just because it's hard doesn't mean you're not doing well" "I love how hard you're working at this" "Aren't tricky problems fun?"