

Maths Handbook





You are SO important!!!!

- ★ Fostering a joy of learning at home is an important gift that a parent can give to their child.
- ★ What children bring to the classroom matters every bit as much and in some ways more than what they are taught at school.
- ★ Parents/carers/grandparents are important partners in ensuring a child's mathematical success.
- ★ Parents' most significant influence arises from their ability to create a positive mindset about mathematics. They do this by believing in their child's ability to learn and succeed and by teaching them to embrace mathematical activities as opportunities for growth.

But HOW do you help?

- ★ Simple activities, such as incorporating maths language and reasoning in routine communication with children, builds important problem-solving and critical thinking skills.
- ★ Even everyday activities such as cooking and baking can provide abundant opportunities for applying and deepening an understanding of concepts such as number, measurement, patterns and algebra, fractions and decimals.

TALK

Maths talk is simply talking to your child about the maths that they experience.

Look for opportunities to count, add, subtract, multiply or divide

Count the number of shelves/aisles in the West Store/Chandlery, the number of cracks you walk over on the pavement or the number of upland geese you see on a walk. Once children are able to count, look for opportunities to allow them to extend that knowledge. Can that number be doubled? Halved?

Look for opportunities to problem-solve

Grocery shopping and other routine situations provide many opportunities for maths. For example, asking your children to draw up a list of groceries needed for a trip out to Camp can involve calculating days, meals, cost per meal, total cost.

Use open-ended questions to sustain maths talk as long as possible

Maths talk means talking about mathematical ideas and open-ended means being ready with questions that allow for multiple routes to solutions. Wonder out loud how much money you would have if you had saved a pound every day since your child was born. Estimate how many. Sustaining the talk as long as possible is the key.

Which is the best answer...? Why...? How are they different/same...? Why do you think...? Can you think of another way...? What worked well...? What would happen if...? What do you already know...? What does this mean...?

Around the Home

Count everything



3	4	5	6	7	8	9	10
13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30
33	34	35	36	37	38	39	40
43	44	45	46	47	48	49	50
53	54	55	56	57	58	59	60
63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78
81	82	83	84	85	86	87	88
91	92	93	94	95	96	97	98
99	100						

Count in a variety of ways -

As age/ability appropriate, move from counting by 1's to counting by 2's, 10's, 5's and later to counting by 3's 6's, 7's, 8's and 9's. Count forward and backwards. Count by beginning at different numbers, such as starting the count at 4 or 5.

Bake together - *Let your child become familiar with the purpose of measuring, the various measurements (milligram, gram, litre), an understanding of quantity and time. At later stages, let them work out amounts naturally, such as doubling or halving a recipe.*



Use imaginative play - Act out real-life situations such as setting up a store, a coffee shop or a restaurant. Use play money or real money for the transactions.



Plan an event - Have your child help you to plan a birthday party or other appropriate events. Your child will be practising one-to-one correspondence as they calculate the number of cupcakes.



Encourage measurement in daily activities - Go for a walk. Point out when you have walked approximately a kilometre. Show what a metre looks like (roughly one large adult step). Predict and measure how long it takes to run 20 metres.



Ordering food night - If your family sometimes orders take-out food, keep the take-out menus handy and have your child calculate the amounts required and the total cost. If the amounts are beyond your child's mathematical understanding, round up the answer or use a simple calculator.

Household jobs - Estimate the time it will take to clean a bedroom or toy box. Then do an accurate timing and compare.



Outdoor activities - Look for things to count, then compare and tally. For example, ask, "How many doors do you think there are on this street?" Take the time to use maths in physical activity. Can your child run faster or jump further than they did the last time? Use rulers, stopwatches, Fitbits and tape measures to track distance and time.



On the road - Play number games in the car. Try a mathematical scavenger hunt. Take turns choosing and searching for something specific, such as a truck with eight wheels, a house number, or shapes in the environment.




- ☐ www.busythings.co.uk
- ☐ www.topmarks.co.uk
- ☐ www.Timestablesme.uk
- ☐ www.bbc.co.uk/bitesize/primary
- ☐ <https://mathsframe.co.uk/>
- ☐ <http://www.primaryhomeworkhelp.co.uk/maths/>
- ☐ <https://mathszone.co.uk/>

Finally...

Teach your child that failure is a stepping-stone to success

Children need to have two key traits: little fear of failure and the resilience to push through when they fail the first few times and get to the point where they become skilful.



"It's **failure** that gives you the proper perspective on **success**."



Teach them Chess (or any other board game)

Chess has often been described as the perfect teaching tool because of all the positive effects it has on children's logic, problem solving and strategic planning. It also requires discipline and concentration and these are excellent transferable skills in the classroom. Many board games involve a level of chance, but not chess, it's completely dependent on the skill and patience of the player.

Tell them of your own failures and how you overcame them

We may take it for granted that success requires hard work and overcoming of obstacles but this is not necessarily obvious to children. If you take time to explain your experience of a learning curve it will help them connect hard work with future rewards.

4 STEP PROCESS TO OVERCOME FAILURE

- 1.** Accept that failure and setbacks will occur and you will need to overcome them.
- 2.** Recognize that success and failure are on the same path.
- 3.** Celebrate the effort in working toward your goals. Focus less on the results.
- 4.** Understand that the setback or failure does not define you as a person.

Source: Catherine Collaunt

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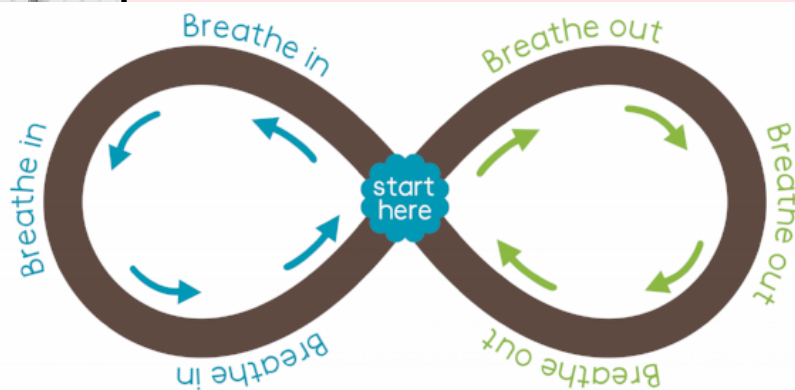
Make maths relevant and meaningful

Often it is hard for a child to focus and truly enjoy a subject because they cannot see how it has any relevance for their life or how it will help them in the future. Specific subjects are branded in their heads as something they need to do to keep the adults around them happy.



Equip your child with switching off and relaxation techniques

Focus and concentration can be one of the biggest barriers to success in school. Teaching your child to shut down can be vital in improving their ability to switch on at the right times. Active relaxation, simple breathing exercises or even basic meditation can have a powerful impact on the ability to learn.



TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



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Maths makes up a large part of our everyday life. Of course, not everybody needs to become a mathematician or engineer, but this science can provide a bright future for your child. It can help in a number of life situations to think critically and analyse.

To experience all the opportunities that mathematics provides, first, you need to help your child to love maths.

