

Improving your own skills and confidence



Family Maths
Toolkit

Information for parents & carers

However you feel about maths yourself, you can still help your child be positive about maths. Whatever your number skills are like, you can still support your child's maths learning.

But some people feel more comfortable about doing that by working on their own number confidence too. And this doesn't have to mean going back to the classroom!

The National Numeracy Challenge is an online learning tool for adults who have low confidence in their maths skills: www.nnchallenge.org.uk/fmt

You can register for free: all you need is an email address and a password. When you have signed up, you can take a quick check of your skills. This usually takes around 10 minutes.

The quick check isn't a test – it's just to help the Challenge find the best resources and support for you. In the quick check:

- The questions focus on everyday maths – the skills you use in real life
- There are no time limits on any questions or the quick check as a whole
- Everything is kept confidential, so you don't have the pressure of other people knowing how you answer
- You only get asked enough questions to find the support you need – if you're finding it difficult, the questions won't get harder
- You can save your progress as you go, so you don't have to complete it all in one go.

After doing the quick check, you will see some online resources. These resources:

- Are based on the questions you got wrong in your quick check – helping you focus on the areas you need to improve
- Are at the level you're working towards, so they will be challenging but not overwhelming
- Offer lots of choice: everyone learns in different ways, so if you don't like the first one, you can choose another one that suits you better.

When you have used some resources and feel ready, you can have another go at the quick check. This will give you more resources and help you see if you've improved.

Remember – you don't have to be a maths genius to help your children with maths! But becoming more confident with numbers can only be a good thing. Even if you find things difficult, you are showing your child that everyone can learn and get better at maths – and finding things hard is a normal part of the learning process, for both adults and children.