



Helping Your Child with Math: A Guide for Parents

As a parent, you might sometimes feel overwhelmed when your child asks for help with math homework. Don't worry - this is a common experience! Many parents find it challenging to keep up with changing math curricula and methods. The good news is that there are many resources available to help both you and your child build math confidence and skills.

Why Parent Involvement Matters

Even if you don't consider yourself a "math person," your involvement in your child's math education is crucial. Here's why:

1. It shows your child that math is important
2. It helps you understand what your child is learning
3. It allows you to provide support where needed
4. It can build your own math confidence too!

Remember, you don't need to be a math expert. The goal is to learn alongside your child and create a positive attitude towards math.

Online Math Resources

There are many FREE online resources available to help parents and children with math. Here are some top picks:

1. Prodigy Math: A fun, game-based learning platform
2. Khan Academy: Offers lessons from pre-K to college level
3. K5 Learning: Provides worksheets and videos for K-5 math
4. Bedtime Math: Sends daily math problems for family solving
5. ABCya: Features interactive math games for K-6 students
6. Mathhelp.com: Features videos and lessons for all ages
7. <https://mathbitsnotebook.com/Algebra1/Algebra1.html>

School purchased resources:
IXL: Our Middle and Upper school students all have logins for this program to work on their Pre-Algebra and Algebra Skills. They can use this program on their phone, tablets or computers.

These resources can help you refresh your own math skills while supporting your child's learning.

Tips for Supporting Math Learning at Home

1. Use positive language about math
2. Find math in everyday activities (cooking, shopping, etc.)
3. Host a family math night with games and puzzles
4. Take regular breaks during homework time
5. Play math-based games together

Example: Math in Everyday Life

Let's say you're baking cookies. Here's how you can involve math:

- Measuring ingredients: "We need $1\frac{1}{2}$ cups of flour. How many $\frac{1}{2}$ cups is that?"
- Doubling the recipe: "If we want twice as many cookies, how much sugar do we need?"
- Timing: "The recipe says bake for 12 minutes. What time should we take them out if we put them in at 3:45?"