

Create a Growth Mindset Environment

Praise & Feedback

Praise what your child does, not who he or she is. Instead of saying, "You are so smart," say "I can see you really worked hard." Praise perseverance and resiliency when you see your child face challenge. Avoid praising grades. Focus on praising work ethic and effort – not achievement.

Redirect Fixed Mindset Comments

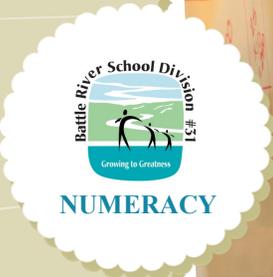
If you hear your child say "I am not good in math," or "I just can't dribble a basketball," remind them that they may not be able to 'YET' but by finding new strategies, setting small goals, asking questions, and working hard they will have success.

It's OK to Struggle

When children are given opportunities to struggle, it builds resiliency. Help your child become curious about errors or lack of success. Remind them that mistakes are a part of learning.

Model a Growth Mindset Yourself

Be careful about the fixed mindset messages you send such as "I was never good at math either," or "I'm a terrible cook." (You can with practice and perseverance).



TOP 3 WAYS TO SUPPORT NUMERACY

Be Positive

Don't say things like "I can't do math"; your child might start to think like that themselves.

Point Out Numeracy In Everyday Life

Include your child in activities involving math such as using money, cooking and travelling.

Praise Effort Rather Than Ability

This shows your child that by working hard they can always improve.

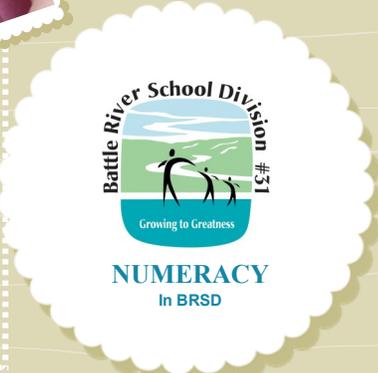
Looking for More?

Check out the BRSD Numeracy website

www.brsd.ab.ca/Division/Learning/Numeracy



How Parents Can SUPPORT NUMERACY DEVELOPMENT





Supporting Your Teenager

Although your teen is becoming more independent, it's important to continue to play an active role in helping them develop numeracy skills for the future.

Stay in Conversation

Actively participate in discussions with your teen about their studies and future plans. Coach them to advocate for their needs as a learner. Encourage them to share ideas, clarify understandings, and explain why and how things work.

Opportunities in Everyday Life

Adults constantly use numeracy while doing everyday tasks. Find opportunities to talk about these as they arise in your activities.

Money

Talk about cash, debit & credit cards, kinds of investments and living within your means.

Media

Investigate data used in the media. Think critically about what is implied.

Bills

Look at household bills. Discuss costs, analyze graphs, and ways to reduce expenses.

Cellphones

Compare cellphone plans. Determine an appropriate option based on minutes, data and usage.

Activities for Young Learners



There are many things you can do to assist your child's numeracy development.

Play Games

Have fun with numbers. Board games involving dice are great for developing skills. Try Dominoes, Connect 4, Jenga, or Snakes & Ladders.

Estimate, Measure and Compare

Compare lengths and heights, how heavy or light objects are or how much containers hold. For example, how many socks can you fit in this box or which container holds the most water? When sharing food like pizza or cake, ask your child to help you share it equally between the number of people.



Support During the Middle Years

There are simple yet effective activities you can do to help your child apply the numeracy skills they learn at school to their daily lives.

Shopping

Help your child plan and create a budget; possibly for a particular item they would like to purchase. When at the grocery store, ask them to work out which item is a better deal. Ask your child to check your change.

Estimate

How many people live in your town, how far it is to school or the final cost of discounted items in a store. Ask for your child's reason behind the answer.

Make Patterns

Have your child use objects such as crayons, Play-Doh, animal crackers or other small items around the house to make patterns.

Go on a Number or Shape Hunt

Play 'I Spy' and look for different shapes and numbers. Go on a treasure hunt to find these in your community.

Talk About Time

Ask your child to check the time when they go to school, eat meals, watch their favorite program or go to bed.



Sports

Sports are the perfect chance to think about speed, scores, time and angles. Try out different angles to score from or ask how many jumping-jacks they can do in a minute.

Decision-Making Opportunities

Look for situations where numeracy can be used to make decisions. A car trip, for example, could involve calculating how much fuel is required, estimating travel times, determining total distance and calculating the shortest route to take.

