



7

KS1 | Ages 5-7

10 Simple Ways to Improve Your Child's Maths Confidence

Small, playful steps that help early learners feel safe, capable and curious about numbers.

10

At this age, confidence grows when maths feels playful, familiar and free from pressure.



Choose the ideas that fit your child. Consistency and calm matter more than trying everything at once.

1

Make maths part of play

Use dice, dominoes, building blocks, toy shops and simple board games. Your child practises counting and number sense without feeling tested.

TRY IT: Roll two dice, build each number with blocks, then find the total.

SAY: "Let's play with the numbers and see what happens."

2

Praise effort and ideas

Notice trying, explaining and checking rather than saying only 'clever' or 'right'. This teaches your child that confidence can grow through effort.

TRY IT: Name the behaviour you valued: looking carefully, trying again or using a new idea.

SAY: "I like how you kept going and tried a different way."

3

Count real things together

Count stairs, socks, fruit or cars. Touch or move each item while counting so the spoken number matches one object.

TRY IT: Ask for six spoons, then check the group together.

SAY: "How can we make sure we counted each one once?"

4

Treat mistakes as clues

Stay calm when an answer is wrong. Look at what your child understood, then gently explore the part that needs another look.

TRY IT: Ask your child to spot the step they would change, using counters if helpful.

SAY: "That mistake is useful - it shows us what to try next."

5

Keep practice short and positive

Five to ten focused minutes can be more helpful than a long session. Stop while your child still feels successful.

TRY IT: Choose one tiny goal, such as three number bonds or one counting game.

SAY: "We did our little maths challenge - well done for focusing."



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6

Use objects before symbols

Buttons, coins, pasta, blocks and drawings make ideas visible. Move from objects to pictures, then to number sentences.

TRY IT: Show $8 - 3$ by removing three counters before writing the calculation.

SAY: "Can you show me what the numbers are doing?"

7

Ask how they know

A correct answer is only part of learning. Explaining helps your child organise ideas and helps you see what they understand.

TRY IT: Invite a drawing, objects or words - not just a spoken explanation.

SAY: "How did you work that out? Show me your way."

8

Build number bonds through patterns

Help your child notice pairs that make 5, 10 or 20. Patterns are easier to remember than isolated facts.

TRY IT: Place ten objects in two groups and find every possible split.

SAY: "What do you notice as one group gets bigger?"

9

Remove the race

Fast answers are not the same as strong understanding. Give thinking time and avoid comparing speed with siblings or classmates.

TRY IT: Say the question once, pause, and let your child choose a method.

SAY: "Take your time. Careful thinking matters more than being first."

10

Finish with a win

End with something your child can do successfully. This leaves a positive final feeling and makes returning to maths easier.

TRY IT: Repeat one question they solved well and celebrate the strategy used.

SAY: "You can do more now than when we started."