

Maths Anxiety

Finding out more about maths anxiety

Here is a list of websites with articles about how parents can help children with maths anxiety as well as case studies highlighting stories from parents.

- [Understanding Maths Anxiety: A Parents' Guide On How To Overcome It \(thirdspacelearning.com\)](https://thirdspacelearning.com)
- [How to Help Kids With Math Anxiety | Child Mind Institute](https://childmindinstitute.org)
- [Overcoming maths anxiety: how parents can help \(innerdrive.co.uk\)](https://innerdrive.co.uk)
- [Frontiers | Parent-child math anxiety and math-gender stereotypes predict adolescents' math education outcomes | Psychology \(frontiersin.org\)](https://frontiersin.org)
- [How talking about maths suddenly became easier - The Toast Model from a parent's perspective | Maths on Toast](https://mathsontoast.com)
- [Overcoming Mathematical Helplessness and Developing Mathematical Resilience in Parents: An Illustrative Case Study](https://www.frontiersin.org)

