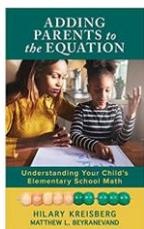


September 2019

It is back to school and back to school routines. As you are probably well aware, mathematics is a big focus not only in Thames Valley District School Board but right across Ontario. A new book was released right before the end of the last school year and it is a fabulous resource for parents and guardians to help in understanding elementary school math and taking an active role in helping your child succeed in mathematics. For our first newsletter of the year, we thought this was the most opportune time to introduce this book to all of our parents and guardians as well as our educators. We also felt it was fitting to share a section from the book with you as it will help to provide a framework and some suggestions for you to help your child(ren).



'Adding Parents to the Equation. Understanding Your Child's Elementary School Math.' By Hilary Kreisberg and Matthew L. Beyranevand

The final chapter of the book offers a top 10 list of how best to support your child.

### 1. Have a Growth Mindset

It is important for everyone in the family to showcase a positive and open mind with regard to math. There is no such thing as a "math person", and your ability or perceived inability to do mathematics is not genetic. Watch your language around your kids and stop yourself before you say things like, "I wasn't good at math".

### 2. Help Build Understanding

Resist the urge to immediately show your child the quick process for doing a computation. Take time to understand how the teacher and curriculum are approaching the skill and try to support that process. Always revert back to the Concrete-Representational-Abstract (CRA) approach to ensure your child is learning an idea conceptually.

### 3. Ask Questions Instead of Telling

It is important for kids to struggle in a productive manner. Your ultimate goal is to enable them to be independent from you. Whenever they ask you a question, be like a teacher and ask a question back rather than tell them an answer.

### 4. Include Daily Math Talk At Home

Math is joyful, and math is everywhere. Recreate this message in your daily lives by talking mathematically at home.

### 5. Notice Math Around You

Make a concerted effort to point out things you see around you that are mathematical.

### 6. Have Your Child Do Math Before Bed

Most parents encourage their children to read before bed, but rarely do they say, "Be sure to do some math before bed!" We highly encourage integrating a bedtime math routine much like a reading routine. Even if it's just five minutes of playing Sudoku or some other math puzzle, your child will benefit.

### 7. Praise Effort

Kids love to hear that they've done something well, and it's important when we praise or compliment children that we focus on their efforts and behaviours, not on their intelligence. Resist the urge to call your child a "genius" or "smart". This creates the belief that intelligence is innate. Instead, focus on the behaviours that produce the things you want to praise. For example, praise a child's perseverance when a task is challenging instead of making a big deal about the right answer.

### 8. Use The Internet And Online Resources

If your child comes home with homework and there is some math that is not familiar to you, be proactive and search the internet for it yourself.

### 9. Create A Math Toolbox At Home

In order for your child to become more independent and rely less on you, a math toolbox or supply center in their workspace is advantageous.

### 10. Communicate With Your Child's Teacher

One of the most informative tools is your child's teacher. Be sure you are in contact with them before an issue occurs. Start the school year off introducing yourself and letting them know that you are excited to learn more about how kids are learning math.

*"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning."*

-Carol Dweck, professor of psychology, Stanford University

### Some great Math Links:

<https://www.mathies.ca>

<https://www.mathplayground.com/thinkingblocks.htm>

<https://tvomathify.com/register/student>