

# 4 National Numeracy Day

## Tips for feeling better about numbers if you or your child has dyscalculia

I have dyscalculia and I'm passionate about helping people who struggle with numbers. I want both children and adults with dyscalculia to know that things can begin to feel better. These tips are based on what worked for me.



**Iona Bain**  
National Numeracy Ambassador

### 1. FIND A WAY OF LEARNING THAT WORKS FOR YOU



Think about how you learn best and what helps you understand things. Once you know what works best for you or your child, you can apply that to numbers.

For instance, I'm a visual learner. I find it much easier to grasp quantities, measurements or changes if I can see a picture, chart, graph, diagram or colours, instead of just numbers.

### 2. TAKE YOUR TIME

Everyday life involves dealing with numbers – shopping, budgeting, reading a train timetable – can all feel daunting if you have dyscalculia or struggle with numbers. But most of the time, you don't really need to do it quickly or put yourself under pressure. So, when a numbers moment comes along in your day, make sure you feel focused and calm. Take as much time as you need and remember, everyday maths is not a test.



### 3. LET PEOPLE KNOW HOW YOU FEEL



Having dyscalculia can feel confusing and frustrating, but telling people how you feel about numbers can really help. It can take a lot of courage to talk about how you feel, especially if you think you're the only one that feels that way – but around 4 million people in the UK have dyscalculia and millions more struggle with numbers. You are not alone.

### 4. HELP YOURSELF TO HELP YOUR CHILDREN

Whether you're a parent, carer, teacher – or anyone who supports children – being positive about numbers is the most important thing you can do. Passing on number positivity to your kids can feel tough if you have dyscalculia or don't feel comfortable with numbers yourself. But it can happen. I've found a way to feel better about numbers, and you can too.



**One thing you can do is try the National Numeracy Challenge. It's a free online tool that will help you to improve your maths skills at your own pace, in your own time and you can get started in 10 minutes.**

Just scan the QR code to get started.

[nationalnumeracy.org.uk/numeracyday](https://nationalnumeracy.org.uk/numeracyday)  
[nationalnumeracy.org.uk/challenge/confidence-scale](https://nationalnumeracy.org.uk/challenge/confidence-scale)

The **Dyscalculia Network** ([dyscalculianetwork.com](https://dyscalculianetwork.com)) is a great organisation that offers information and support about dyscalculia.

