

How to Help Your Child with Kindergarten Math

- *Don't stress: A child can develop an aversion to the curriculum if they associate it with parental stress.*
- *Play number games like counting objects.*
- *Allow a child to set the table, figuring out the corresponding number of dishes for each person.*
- *Play grouping games.*
- *Download engaging math-based apps to play during screen time.*
- *Talk to teachers about lesson plans and figure out ways to reinforce them at home through fun activities.*

- Show [math is fun](#). Math is accessible. Math is something everybody can do. If math is something you present to them as enjoyable, that's how they're going to experience that. Put those fears and nervousness aside, dive in, and make it something you and your children enjoy.
- At the kindergarten level, mathematics generally focus on five core areas: counting and cardinality (grouping); operations and algebraic thinking; numbers and operations in the base of 10; measurement and data; and simple geometry. Those are the basics, and while they're quite simple despite their stiff scientific names, most children are already counting, grouping, organizing, and identifying shapes well before kindergarten.

Much of that pre-K learning comes from games involving everyday things, and it's in employing those everyday activities involving practical math that parents can really help their children succeed and become interested in math. This can take a number of forms. When setting the table, a child can be tasked with figuring out how many forks are

needed to correspond with the number of people. When shopping for ingredients for a meal, let a child count them out and put them in the basket.