

# Parents: Your math anxiety is only making homework harder for your kids

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*Quartz:*

While doing a math problem with my six-year-old recently during a classroom session for parents, I barked at her, “Just put the number in any circle.” She looked at me as if I was speaking a different language. Turns out, I was. Her teacher, who overheard the conversation, corrected me. The sum, she explained, goes in the top circle. Three circles form a pyramid and the bottom stack are for addition or subtraction while the top is for the total. I wrongly assumed order was insignificant.

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Before you throw up your hands and walk away from homework—a recent study in *Psychological Science* found that math-anxious parents who help children on homework breed math-anxious children—experts say there are several strategies you can try that don’t require relearning arithmetic.

Read the whole story: [Quartz](#)