



We know that many people struggle with numbers and maths, particularly as teaching methods have changed.

We wanted to tell you about **TWO** free things about maths anxiety created by Rachel (Maths Author and Educational Psychology Lead at Eedi):

### **1. Free webinar for parents on helping your Maths-anxious child**

If you've ever said: "I'm afraid she gets her maths brain from me", "I'm not a maths person", "I'm useless at maths", "What they learn in school is so hard these days"... etc then this is for you. If you are maths-anxious, under-confident and unsure how to help your child with maths Eedi wants to help you.

Using both the latest research and her vast experience in this area, Rachel will give practical advice on ways you can help your children with their maths, whether they are struggling with maths anxiety or stuck on their homework. And you will learn tips for keeping your own maths anxieties at bay too!

The webinar takes place on Wednesday 3rd November at 7:30pm.

The link to join is here and please feel free to pass on the link below to your friends via email or social media:

[https://us02web.zoom.us/webinar/register/WN\\_RaZto011RIGk7HzuDRVYMA](https://us02web.zoom.us/webinar/register/WN_RaZto011RIGk7HzuDRVYMA)

### **2. Free course for Maths-anxious Parents**

In addition to the live webinar, there is also a short online course called "[Helping with Homework: For Maths-Anxious Parents](#)" that is ready to access now. It guides you through a few of the ways you can help your child without having to know too much about the maths. Why not check it out!