



Top Ten Tips for Parents Supporting GCSE Maths Preparation

A practical guide from Rob Treacher, Professional Maths Tutor

These evidence-based strategies will help you support your child's GCSE maths revision effectively. Small, consistent changes make the biggest difference.

Success in GCSE maths rarely comes from sudden breakthroughs or natural talent. It comes from steady practice, growing confidence and the understanding that progress happens step by step. With calm encouragement at home, clear guidance and regular opportunities to practise the right skills, most students are capable of achieving far more than they first believe. The aim is not perfection, but confidence, resilience and familiarity with the maths they meet in the exam. When students feel supported rather than pressured, they are far more likely to approach their exams positively and perform at their best.

Tip 1

Focus on consistency rather than long revision sessions

Short, regular practice is far more effective than occasional long sessions. Twenty to thirty minutes several times a week helps knowledge stick and reduces overwhelm.

Tip 2

Encourage understanding, not memorising methods

If a child cannot explain why a method works, it is unlikely to hold under exam pressure. Encourage them to talk through their thinking rather than just showing answers.

Tip 3

Use past exam questions early

GCSE maths has very recognisable question styles. Regular exposure to exam questions helps students become familiar with wording, structure and mark allocation.

Tip 4

Normalise mistakes as part of learning

Many pupils lose confidence in maths because they fear getting things wrong. Mistakes are useful because they show exactly what needs to be improved.

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Tip 5

Help them identify weak areas

Students often revise topics they already feel comfortable with. Encourage them to spend more time on topics they avoid or find difficult.

Tip 6

Support good exam habits

Practising without a calculator when appropriate, showing working clearly and checking answers are habits that significantly improve marks.

Tip 7

Keep revision practical and active

Watching videos or reading notes is not enough on its own. Real progress comes from attempting questions independently and correcting errors afterwards.

Tip 8

Reduce pressure around grades

Focus conversations on effort and improvement rather than predicted grades. Confidence and persistence tend to lead to better outcomes than pressure.

Tip 9

Make use of available resources

Many schools provide revision lists, topic checklists or online platforms. Using the same methods and terminology as school helps avoid confusion.

Tip 10

Look after wellbeing and routine

Sleep, breaks and balance matter. A tired or anxious student will struggle to retain new information, regardless of how much time they spend revising.