

Some of the things you can do with your children include:

On car journeys - playing number-plate games, adding and subtracting with road signs, thinking about speed by dividing distance by time.

At the shops - weighing fruit and vegetables, budgeting with pocket money, working out the relative value of products by comparing prices and weight.

In the kitchen - with weighing and measuring, and temperature and timings.

Making models and origami shapes.

Give your child little problems to do and let them reason things through: such as doubling the ingredients in a recipe or working out when to take the cake out of the oven if it takes 30 minutes to bake.

If you go for a country walk, try collecting leaves of different shapes, look for patterns in nature.

Introduce your child to simple map-reading using a road atlas or map of your area.

Painting a room? Ask the child to work out how much paint you need by calculating the area to be painted

See if your child can estimate the change due in shops and then see if it matches what you are given

Working with them to develop a timetable to ensure a balance of study and work commitments, home life and social activities.

Looking together at numerical information, statistics and data in newspapers and thinking critically about the author's purpose.

Discussing time-management skills such as planning and setting priorities
Talking about household bills, such as telephone, electricity and rates — analysing graphs and discuss costs and ways to reduce energy consumption.

Comparing the cost and value of various mobile phone plans and providers to find the most economical option based on call costs, calling patterns, your teenager's phone usage and analysing previous bills.

When out shopping, estimate the final cost of discounted items, for example, the cost of an item with a 25 per cent discount.

Help your child plan and create a budget and discuss how to maintain it — you could focus on saving for a particular item that they would like to purchase.

when choosing a family holiday destination, ask your child to analyse a brochure or advertisement for the destination — discuss the type of language used in the brochure and get your child to compare or calculate the cost of the holiday, including air, bus or rail fares, petrol, accommodation, food and entertainment to see if it fits within the family budget.

Play card and board games together.

Praise your child for trying, even if they get stuck or get things wrong. New experiences and discoveries are always stimulating, and they don't have to be expensive or elaborate: