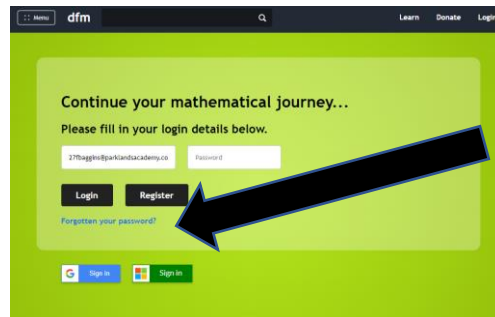
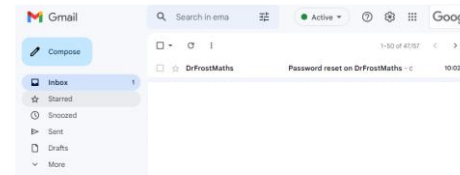


1. Go to www.drfrostmaths.com and click log in

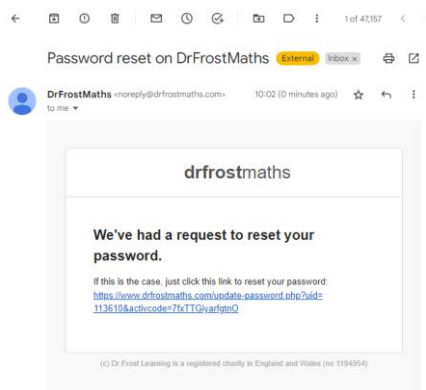


Click here if you've forgotten this!

2. Enter your **Parklands email address** and your password. If you know this, go to step 6

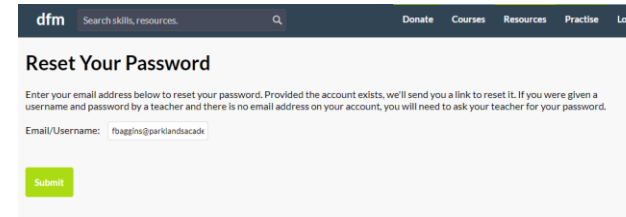


3. If you clicked forgot my password, go to your Parklands email inbox and find this email

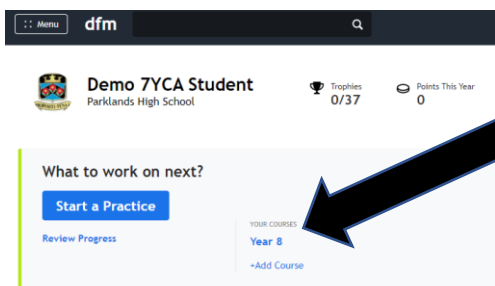


4. Click this link to be able to change your password.

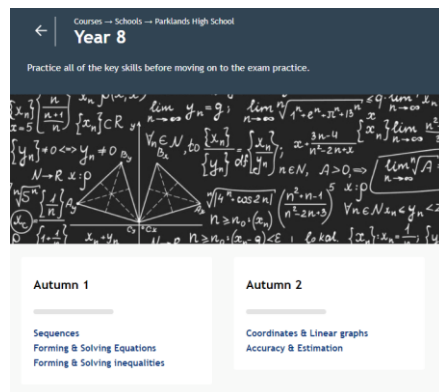
How to use Dr Frost Maths effectively



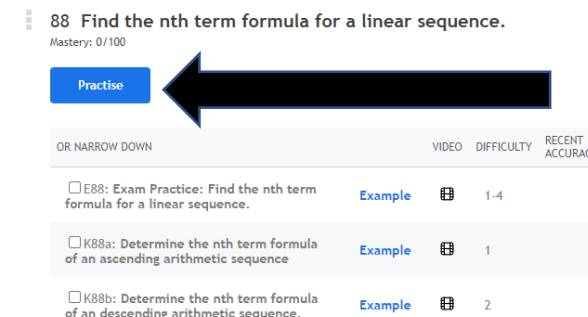
5. Choose a new password. Make it memorable, maybe write it down?



6. Click your course, this is all the topics you will study this year!



7. Choose a topic you wish to practice and then click it



8. Click this button to practice a particular skill