

14 WAYS TO IMPROVE WORKING MEMORY



THIS HELPFUL E-BOOK HAS 14 WAYS FOR YOU
TO HELP A CHILD WHO STRUGGLES WITH
MEMORY, ESPECIALLY WORKING MEMORY

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14 WAYS TO IMPROVE WORKING MEMORY

1. USE CHECKLISTS

Use checklists, especially for tasks that have more than one step.

For example: The tidy room checklist:

- Pick up everything from floor
- Make bed
- Tidy shelves
- Put books on desk



2. CREATE ROUTINES

Create routines.

For example:
Before school routine:

1. Breakfast
2. Bathroom
3. Uniform
4. Make bed
5. Pack lunch



3. ASSIGN A PLACE TO KEEP IMPORTANT ITEMS

Assign a place to keep important items.

For example:

- Hook behind door for school bag
- Shelf in wardrobe for sports shoes



4. BREAK INFORMATION INTO SMALL PIECES

Break information into small pieces.

For Example:

To remember a lot of information about a subject, break it down in to multiple small pieces.

5. FOCUS ON ONE THING AT A TIME

Focus on one thing at a time (don't multitask).
For example: Complete one task, then move on to the next.



6. SAY IT OUT LOUD

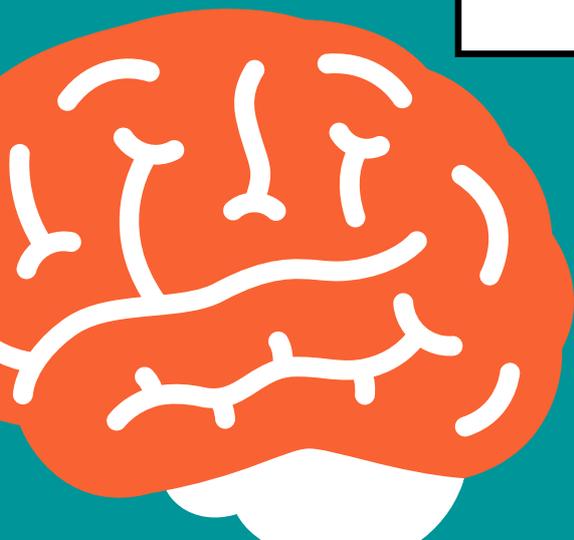
Say it out loud.

For example: Saying the "before school routine" out loud, will help to remember it.



7. PLAY MEMORY GAMES

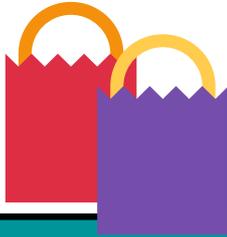
Play memory games.
For example: Card games like UNO, or memory games on iPads



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8. VISUALISE

Visualise what needs to be remembered. For example: Making 10 gift bags for a party. Visualise the 10 bags with 3 gifts in each bag. Draw a picture of the bags.



9. NUMBER DIRECTIONS OR INSTRUCTIONS

Number directions or instructions. For Example: An instruction in 3 steps - number each step: Instead of “get the shopping from the car and bring it into the house”, say:

Step 1, go to the garage.
Step 2, open the car’s back door.
Step 3, bring the shopping into the house.

10. AVOID STRESSFUL SITUATIONS

Avoid stressful situations. Too much stress is known to impair thinking skills, including memory.



11. REDUCE DISTRACTIONS

Reduce distractions (turn off TV etc) The harder it is to focus, because of distractions like TV, the more difficult it is to commit information to memory.



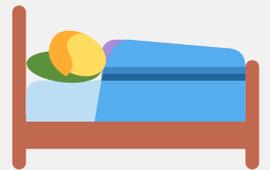
12. EXERCISE DAILY

Exercise daily. Studies show exercise improves working memory



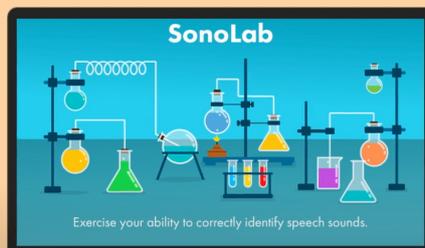
13. GET A GOOD NIGHT’S SLEEP

Get a good night’s sleep, every night. Lack of sleep impairs our cognitive abilities, including being able to remember.



14. LANGUAGE & COGNITIVE ENHANCEMENT

Complete the Fast ForWord language and cognitive enhancement program



YOU HAVE OPTIONS

ITEMS 1-13

Items 1-13 can help improve working memory or at least provide some ways to compensate for a weak working memory.

ITEM 14

Item 14 can create a fast, permanent working memory improvement.

NEUROSCIENCE PROGRAM TO BUILD WORKING MEMORY

Fast ForWord Language & Cognitive Enhancement program, improves Memory & Attention, plus:

- Thinking speed
- Listening
- Auditory processing
- Language skills, including
 - Phonological awareness
 - Word recognition
 - Language comprehension

