



Working Memory Tips

Does your child have difficulty; following instructions? Doing multi-step maths problems? Remaining Focused? Applying previously learned information to what they are learning at present? This can be because they have difficulty using their working memory.

Working memory is like the brains post-it note. It helps us remember information for long enough so we can manipulate that information and use it.

Although there is debate as to whether we can improve our working memory a **study** by Monica Melby-Lervag and Charles Hulme found that children under the age of 10 showed significantly larger benefits from verbal working memory training than older children.

Here's a useful website for games that encourage your child to use their working memory.

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters>

Even if our children are a little older there are ways they can support working memory.

The following website also has information for older children including a link about working memory and maths and working memory and studying.

<http://learningworksforkids.com/2013/04/5-tips-to-improve-working-memory-skills/>

Too much change in one go can be over-whelming; so go slow and if an approach doesn't work for your child then don't be afraid to move on to another strategy... we all learn differently and what works for your child is the most important line of attack!

Regards

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