

Helping your child's working memory



Created by the Cornwall Cognition and Learning Service,
Treloweth Primary School, Lanner Primary School and St Day
Primary School



Working in partnership with your child's school



Working with your child's school is so important. The school will want to help you to help your child. If you are concerned about your child's progress, please speak to the class teacher and/or SENDCo.

1. Meet your child's teacher.

- As soon as the school year starts, find a way to meet your child's teacher.
- Ask your child's teacher who else can help you and your child or visit the school website.



2. Attend parent meetings; let your child's teacher know if you have any worries.

- Write parent meeting dates onto your calendar as soon as you get them.
- You can bring a friend to support you if you are anxious or have to attend on your own.
- You can also ask to meet with your child's teacher at any time during the year. If you have a concern and can't meet face-to-face, send the teacher a short note or set up a time to talk on the phone.

Remember

3. Do ask questions.

- If something concerns you about your child's learning or behaviour, discuss your worries with the class teacher.



4. Encourage your child to recognise the importance of homework.

- Let your child know that you think education is important and that homework needs to be done each day.
- You can help your child with homework by finding them a quiet, comfortable place to work in, setting a regular time for homework, and removing distractions such as the t.v. and mobile phones during homework time.



5. Find homework help for your child if needed.

- If it is difficult for you to help your child with homework or projects, see if you can find someone else who can help. Speak to the school to see if they can help you.
- Ask your child's school if they offer a homework club. Or, see if an older pupil, family member or friend can help. Ask the school for resources to support if needed.



Supporting your child's learning at home



1. Be positive about your child's learning.

- This can help your child to develop a positive attitude toward school. It will also build their confidence as a learner.



2. Talk with your child.

- Make time to talk with and listen to your child every day.
- Talking and listening are so important and will support your child's learning.
- It's also important for you to show your child that you're interested in what he or she has to say.



3. Be aware of your child's TV, computer game and internet use.

- Encourage your child to have set 'technology time' daily e.g. the first hour that they are home from school is their 'technology time'.



4. Encourage your child to read.

- Helping your child to become a reader is one of the most important things you can do to help your child to succeed in school.
- Reading helps children in all school subjects.
- **Encourage your child to use the library and visit bookshops.**



5. Encourage independence in your child.

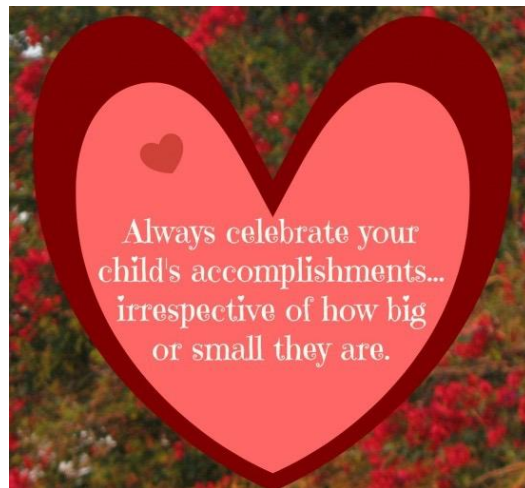
- Taking responsibility and working independently are important qualities for school success.
- You can help your child by making it clear to your child that they have to take responsibility for what they do, both at home and at school.
- Help your child to prepare for each school day, making sure that they have all of the equipment they need.



6. Have fun! Enjoy the time you spend with your child.



Take a moment to celebrate your child:



Write down five amazing things about your child:

1.

2.

3.

4.

5.



A brief overview of working memory


As humans we are able to think, learn and remember. In order to do this we have a:

- **working memory** - where we think and work things out. This is very important for learning



- **long-term memory** - where we store information and memories.

This can be divided into our

- unconscious memory - where we remember how to do things e.g. ride a bicycle
 - conscious memory - where we remember facts, figures and events from the past
- 



Menu of memory games:



You think of an animal or vegetable etc. and your child has 20 questions to find out what you have been thinking about. This is a good activity for building up a picture in your child's mind and making sure they don't repeat a question.



Teach memory chants. This could be a poem, a times table, a mnemonic such as 'silly ant in disguise' - said.
 - Richard of York gave battle in vain
 - 30 days hath September
 - Nursery Rhymes
 - The alphabet



I went on holiday to Australia (you can just choose holiday destination starting with each letter of the alphabet) or add on to it. E.g. I went on holiday to Australia with Aunty Ann, Brazil with Brenda Brown.
 Again - your child needs to remember what has already been said.



Kim's Game - place common things, such as pencil, key, fork, penny on a tray. Ask your child to look at them for e.g. 60 seconds. Cover the tray and ask your child to write down the items on the tray. You can also take away an item and ask what is missing.



Complete puzzles daily with your child. Jigsaw puzzles, crosswords and games like Sudoku are all thought to help to improve memory skills.



Use your child's spellings or topic words for the week. Give your child the word and say the first letter. Your child says the second letter and you take it in turns until the word is completed.



Read a page from a favourite book. Afterwards, ask your child about what he/she can remember. E.g. what was the character's name? Who spoke angrily? What colour jacket did the mum have on?



Choose 5 coins from a pile and lay them out e.g. 5p, 2p, 1p, £1 and 10p. Ask your child to study them for 60 seconds then cover the coins. Ask your child to make the sequence using coins from the pile.



Encourage your child to list words related to a category in 60 seconds e.g.
 how many: colours
 types of dog
 teachers at school
 can you name?

Organising your child at home - developing independence

Many schools use task management boards to help children remember parts of a task. A task management board breaks down a task into simple steps. The children then cross off each part once they have completed it.

Task Management Board

Task: → What equipment do I need?

1

2

3

4

5

I will be finished when: ☐

You could use something like this at home. You could break down the morning e.g.

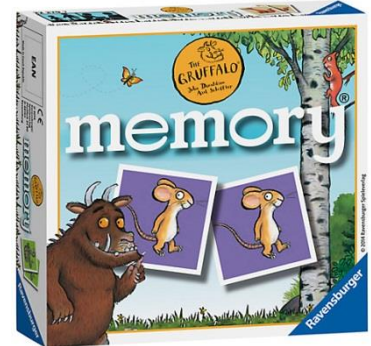
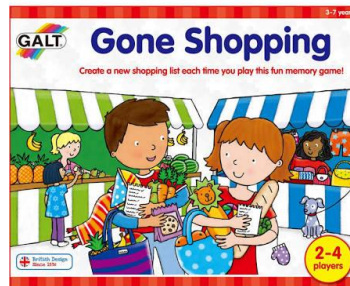
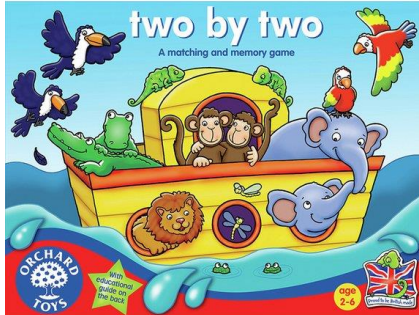
- have breakfast
- get dressed
- clean teeth, brush hair
- get book bag
- get packed lunch etc.

Some parents use stackable drawers. They label each drawer with a day of the week. The night before, parents and children work together to fill the next day's drawer with all the equipment needed, e.g. Tuesday might need a swimming kit, homework book, packed lunch etc. Eventually, the child can fill the drawers on their own, with little or no support.



Useful weblinks and resources:

There are many different memory games that can be purchased...check out charity shops/car boots/jumble sales to see if you can find second hand games at a fraction of the price!



<https://www.activityvillage.co.uk/memory-games>

http://www.learninggamesforkids.com/memory_games.html

<http://www.primarygames.com/puzzles/memory.php>

<https://www.activityvillage.co.uk/sudoku-for-kids>

<https://icebreakerideas.com/memory-games/>