

THIS WEEK'S TOPIC IS

IMPROVING WORKING MEMORY



What is our working memory?

Our working memory is an important part of how our brains work. Working memory supports good concentration, problem solving, learning and following instructions. Children with a good working memory are more likely to do well in education and the world of work.

What can you do to help?

There are lots of things that you can do at home that support improving the working memory.

- play card games – these help children to remember simple rules and apply them.
- play memory games such as Kim's Game or matching pairs.
- Ask your child to teach you something that they have learned at school – this helps them recall information into their working memory.
- Encourage active reading – this is where you get your child to ask questions about things they are reading to ensure they are remembering what they have read.



What might poor working memory look like?

Children who struggle with poor working memory often find following more than one instruction difficult. They can also forget to go back to finish things if they are called away half way through a task. Children with poor working memory may be able to read well but can't remember what they have read.