

LISTEN AND REMEMBER

Remembering is part of everyday life

It's easier to remember if:

- There are only a few items
- The items are grouped into categories or similar events e.g. shop for cereal, sugar, milk
- We can use a memory aid e.g. timetable, calendar, diary, list

Ideas:

- When going shopping: ask your child to remember four things you need to buy. If they are old enough let them go round a small shop with a basket and find them themselves (four pints of semi skimmed milk, the largest pack of Weetbix, a loaf of brown bread, and jar of chocolate spread).
- When going to school: tell your child three things they are going to do today. At the end of the day can they tell you which things they did?
- Making dinner: ask your child to get out five food items you need, or ask your child to lay the table and tell them what to find.
- When on a car journey, each child has three different things to spot. Get them to shout out as they see each one.

REVIEW YOUR DAY OR YOUR WEEK

- Use a diary to set up your day and to summarize your week. Use one large enough for your child to be able to write in themselves.
- Try and spend some time together 'reviewing your day'.
- Can your child remember what they did?
- Can they tell you some detail about the events?
- Progress on to telling you how things went – have a conversation .
- Can they remember what will happen tomorrow or in the coming week?
- Remember to build in flexibility: we all change our plans and have to adapt!
- Build in time terminology e.g. time (half past 3), before / after.
- Set up your day – think of three things you will do today which you are going to tell us about at dinner time.



What do we do as a family to help us remember?



ONLINE VIDEOS



Talk about your day and remember what you did.

- › REF: 2.2 Remember your day together

Helping my child remember

Does my child understand what memory is?

WHAT IS MEMORY?

Talk with your child about their memory:

- My memory helps me remember old information or experiences and relate them to things happening now.
- My memory helps me remember new information.
- My memory gets sleepy when – I'm ill, tired, hungry, thirsty, worried, distracted.
- My memory finds it harder if I don't know some of the vocabulary being used or if I'm in a noisy environment.



LISTEN WITH YOUR CHILD

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WHAT CAN I DO TO HELP MY MEMORY?

To help my memory at school I need to...

- Eat at breakfast and lunch time
- Drink some water during the lesson
- Sit still on my chair and look at the teacher or person speaking
- Ask if I haven't understood
- Tell someone if I'm worried about something or quickly write it down in my diary to chat about later

I can help remember things between school and home by...

- Writing things down
- Checking on the internet or school calendar
- Talking about what I have covered at school
- Practicing and challenging my memory

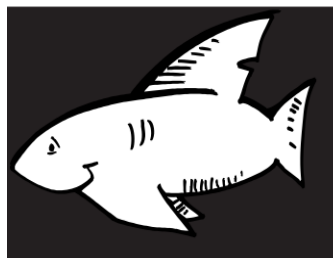
WHAT PRACTICAL THINGS CAN I USE TO HELP ME REMEMBER?

Planning and setting things out clearly can help us and our children remember. This might include:

- Diaries, school planners, calendars
- Pin boards in your room, stickers or Post-It notes
- Computer reminders, alerts
- Note pads
- Alarms on mobile phone

MY CHILD HAS SHORT TERM MEMORY DIFFICULTIES

- Make sure your child is looking and listening to you before you start speaking. Don't shout instructions from the next room and expect them to be followed.
- Be concise – keep instructions short and clear.
- Be patient – be prepared to repeat instructions calmly as and when required. Don't shout them louder!
- Praise your child's successes even if small – positively comment on their good remembering or well done for focusing upon and doing what was said.
- Jointly use their diary, calendar, white board or pin board.
- Establish the routine that verbal instructions or information are always written down straight away e.g. homework details, appointments.
- Recheck that your child has continued to remember what they were supposed to be doing.
- Look at where your child sits in class, can they be near the front so that the teacher can help them refocus as required?
- Reassure your child that everyone forgets things at times.
- Encourage your child to ask if they have not understood or if they have forgotten.



ONLINE VIDEOS 

Some things I can do to help my memory.

- › REF: 2.4 What can I do to help memory?

Use a diary to remember yesterday and plan tomorrow.

- › REF: 2.2 Use a diary to help remember



something to do

ACTIVITY: Tray Game in Pairs

Have 2 identical trays of objects, all linked to the same topic, placed at opposite ends of the room.
Have 2 more empty trays.

Stand in the middle with 2 or more children. Tell them 3,4,5 items to find (depending upon your child's memory skills). They must repeat the word list together then run off to their tray to put those items onto the empty tray and bring it back to you. Whoever comes back first with the correct items is the winner.

something to do

ACTIVITY: Traditional Games

I went shopping and I bought...

I went on holiday and I packed...

I flew to the moon so I took...

Introduce the idea of the game. Choose which shop you are going to or what type of holiday you are packing for. Chat about the types of things you might need to take so that the vocabulary becomes more familiar and so requires less memory to remember.

1st person starts. Begin with the carrier phrase, "I went shopping and I bought a banana".

2nd person uses the same carrier phrase and adds on one more word, "I went shopping and I bought a banana and an orange".

3rd person or back to the 1st if only two of you, "I went shopping and I bought a banana, an orange and a kiwi".

The person to forget the list loses. Start another game rather than leaving people out.

