

Helping develop strategies gives children the skills they need to create their own memories.

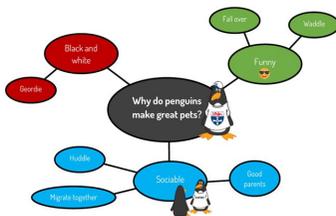


Things that help are:

- ⇒ Practice
- ⇒ Repetition
- ⇒ Review
- ⇒ Short frequent sessions

You can also help your child recall information through:

- * Using role play and drama as well as humour when learning
- * Visualisation enhances memory. If children make a visual image or a picture story, they recall facts more easily.
- * Mnemonics (silly word sotries and personalised pictures) help
- * Saying things out loud / singing / chanting / rhyming or making into a 'rap' can help.
- * Drawing a concept (spider) map can help recall information along with using colour and highlighters.



Nuture, Inspire, Achieve

Support your child with developing memory



Many children with dyslexia will find remembering things difficult. In order to recall skills and knowledge they have to be stored in your **long term memory**.

The human memory has:

- Short term memory that can hold 5 to 9 items of data
- Variety of longer term memory systems that help to memorise facts, objects, feelings, skills or experiences.



In school, teachers will use many strategies to make teaching **memorable** and you can help through playing a variety of game activities to strengthen memory systems using multi sensory methods.

You can help develop auditory memory skills by:

- Clapping a rhythm and making your child copy it when you finish
- Repeat a story that you tell them, in the correct order
- Follow a series of instructions that you tell them
- Play a game like 'I went to the market'... and add items each time. 'I went to the zoo and saw...' 'Into my suitcase I put...' 'In my Christmas stocking I found...' 'In the giant's castle I saw...' Start with objects of a particular type, such as fruit or animals—it is easier to recall things that are related. As a variation, add numbers to this e.g. one apple, two pears and three oranges. Move onto random items e.g. car, trainers, cake, wallpaper etc. Items might begin with the same letter e.g. sock, scarf, soup etc. Items might begin with the sequential letters of the alphabet e.g. juice, kettle, lemon etc but your child will need to have sight of the alphabet throughout.
- Repeat after you a series of random words or numbers
- Play 'Can you find'. Ask them to go and find something that is e.g. blue and shiny. You can add more detail as you practice more.
- Recite a poem
- Retell a joke



- Ask your child to name three things found in a particular place e.g. in the kitchen, in your school bag, in the fridge. Build up the number of items
- Play Simon Says
- Deliver a message or set of instructions to someone else
- Recall sequences such as days of the week, months etc
- Learn 'cumulative' songs or poems, such as 'Five Speckled Frogs' 'Old McDonald's Farm' etc.
- Cut out large circles of coloured paper and spread them on the floor. Call out a simple sequence of three colours for your child to follow and move to. Gradually increase the number of moves. The electronic game of SIMON or BOP-IT follows the same idea.

You can help develop visual memory skills by:

- Playing 'Spot the difference'
- Dot to dot puzzles
- Completing a pattern sequence that you can start for them
- Tracking a letter or a word in a jumble of letters
- Bingo with words or pictures
- Snap
- Dominoes—word dominoes or picture / word dominoes
- Odd man out games
- Draw a picture in colour and show for a couple of minutes and ask them to redraw it afterwards.
- Complete a picture of a common object that has a part missing
- Sequence pictures to retell a story
- Layout a series of objects in a line and look at them for a few minutes. Can they recall them in the correct order? Smarties work well for this game!
- Maze games or word searches (that track left to right only)
- Kim's game
- Place objects on a tray and ask your child to memorise them. Remove an object and see if they can identify it.

