

Enhancing memory and auditory memory:

Identify key areas where auditory memory is impaired (e.g. for children this could be remembering single or more complex instructions, a story read, alphabetic principle (alphabet and whether a letter comes before or after another letter), days of week, months of year, timetables, homework, etc.

Identify an area and then use practical fun activities to improve skills. Flashcards, for example, are a helpful way to teach timetables – use a different colour card for each timetable e.g. 7x (blue) and 3x (yellow). Practice each separately and gradually combine packs. Say the particular timetable (e.g. $7 \times 3 =$) alongside the child being able to see it. Having the answer on the other side provides visual reinforcement too.

Consider metacognitive strategies, such as self-regulation (knowing what you know and what you don't know), organization skills (including writing things down and using a diary), problem solving, metamemory strategies (including mnemonics and mindmapping), chunking (grouping sections of information together, analogies (comparison based on a similarity) and acronyms, pictorial representation, and verbal rehearsal/reauditorization (silently rehearsal). *Using humour is also a good strategy!*

MNEMONICS (memory aides) are useful devices that can be used to help children remember information that they need to know...

- ACRONYMS

Take the first letter of each item you are trying to remember and make a silly rhyme. This is particularly useful when remembering words in a specified order. Remember that mnemonics are useful for rote memory, but do not aid comprehension. It needs to be understood to be applied meaningfully.

The order of operations: BEDMAS – The sequence in which you tackle any maths problem with multiple calculations.

Brackets – **E**xponents – **D**ivision – **M**ultiplication – **A**ddition – **S**ubtraction

- ACROSTICS

Use the first letter of each word you are trying to remember. Instead of making a new word, though, you use the letters to make a sentence.

Here are some examples:

My Vain Elephant Makes Jelly Shake Under Nine Planets (Planets)

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

Eat An Alligator After A Nice Snack (Continents)

Europe, Antarctica, Asia, Africa, Australia, North America, South America

MUSIC

Songs and rhymes can all aid memory.

You could teach the months of the year/ alphabet etc. by using a tune you both know well and adapting the words.

CHUNKING

This is a good technique to use to help remember numbers (e.g. telephone numbers) and lists of things.

The brain prefers information to be broken down into small chunks.

The brain can typically hold about three to six pieces of information consciously at any one time.

In remembering the number string 02504202236, instead of remembering each number individually you break the number into chunks.

e.g. 025 042 022 36

MEMORY GAMES

Such as '*I went to the shop and bought a....*' where an extra item can be added each time are fun and enhance memory.

SPELLING MNEMONICS or OTHER ASSOCIATIONS can be used to help with difficult spellings such as:

Big Elephants Can Always Understand Small Elephants (BECAUSE)

To-get-her (TOGETHER)