

## **Top Tips for Memory**

### **Teach your child to create a picture of what they have just read or heard**

If you've just told them to set the table for 5 people, ask them to come up with a picture in their head of what the table should look like. Then ask them to draw that picture. As they get better at creating pictures (visualising) they can start to describe the picture to you instead of drawing it.

### **Help your child connect feelings to what they are trying to remember**

If your child is learning about the pyramids in ancient Egypt were built, ask them to think about what it felt like to have to climb to the top of one of them pulling a heavy stone in the hot sun.

### **Play cards**

Simple card games like Crazy Eights, Uno, Go Fish and War improve working memory in two ways. Your child has to keep the rules of the game in mind, but also has to remember what cards they have and which ones other people have played.

### **Have your child teach you**

Being able to explain how to do something involves making sense of information and mentally filing it. If your child is learning how to dribble a football ask them to teach it to you after their coach has explained it to them.

### **Make up category games**

When words and ideas are put into categories, they're easier to remember. Playing games in which you name as many animals as you can think of can eventually lead to playing games with more complicated concepts e.g you may ask you as they can child to name as many clue words for addition (such as 'all together', 'in all', 'total' and 'plus').