Want to learn more about working memory?
Click the link below to keep learning!

Working Memory

**Working memory** is one of the brain’s executive functions (read more about executive functioning in the Behavior Bulletin from 10/5/2020) and is crucial for learning tasks. It allows the brain to hold pieces of ‘new information’ for a short time and turn the ‘new information’ into appropriate action. **Working memory** is also responsible for connecting the ‘new information’ to other information that is organized and stored in the brain for future access.

Children start to develop **working memory** when they are a few months old. Development and increased capacity for working memory continues through adolescence/early adulthood. **Working memory** deficits can be present in a variety of learning disabilities such as dyslexia or auditory processing disorder. These deficits are also commonly seen with Attention-Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD).

Recognizing Working Memory Deficits

- Forgetting what you are doing when you are doing it
- Difficulty recalling order or sequence
- Challenges with math and reading skill development
- Difficulty following instructions or forgetting instructions
- Losing your train of thought
- Appears disinterested or distracted
- Appears defiant
- Lack of motivation
- Difficulty processing information
- Forgetfulness
- Disorganization
- Wandering thoughts
- Lack of focus or attention

Developing Working Memory

- Break down large tasks into smaller (1 or 2 step) tasks
- Ask children to repeat the ‘new information’ back to you
- Create a routine/structure
- Focus on one thing at a time
- Write things down
- Help the child relate ‘new information’ to prior experiences
- Give simple and short directions
- Use visual aids with verbal directions
- Play card or board games that develop memory skills
- Use memory development apps

### Upcoming Events

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Link</th>
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</thead>
<tbody>
<tr>
<td>Wed, October 14 @ 6pm</td>
<td>Overview of Office of People with Developmental Disabilities (OPWDD)</td>
<td><a href="https://tinyurl.com/y6zy2w2j">https://tinyurl.com/y6zy2w2j</a></td>
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<tr>
<td>Mon, October 19 @ 7pm</td>
<td>Niagara Parents of Children with Autism Group</td>
<td><a href="https://us02web.zoom.us/j/84073405565?pwd=M09hOS94K2JUWXgxaaE41VGR1azA5UT09">https://us02web.zoom.us/j/84073405565?pwd=M09hOS94K2JUWXgxaaE41VGR1azA5UT09</a></td>
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<tr>
<td>Thurs, October 22 @ 2pm</td>
<td>Behavior Support: What Is It and How to Access It</td>
<td><a href="https://zoom.us/j/98572714684?pwd=cy9ieGRBdGZuNE02M3pRRIBVW1tdz09">https://zoom.us/j/98572714684?pwd=cy9ieGRBdGZuNE02M3pRRIBVW1tdz09</a></td>
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