



Want to learn more about working memory?

Click the link below to keep learning!

<https://childdevelopment.com.au/areas-of-concern/working-memory/>

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.

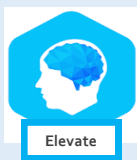
Children start to develop **working memory** when they are a few months old. Development and increased capacity for working memory continues through adolescence/early adulthood. **Working memory** deficits can be present in a variety of learning disabilities such as dyslexia or auditory processing disorder. 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



Check out these apps that are supported by science and research. Available on IOS and Android.



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

Date/Time	Topic	Link
Wed, October 14 @ 6pm	Overview of Office of People with Developmental Disabilities (OPWDD)	https://tinyurl.com/y6zy2w2j
Mon, October 19 @ 7pm	Niagara Parents of Children with Autism Group	https://us02web.zoom.us/j/84073405565?pwd=M09hOS94K2JUWXgxaE41VGR1azA5UT09
Thurs, October 22 @ 2pm	Behavior Support: What Is It and How to Access It	https://zoom.us/j/98572714684?pwd=cy9ieGRBdGZuNE02M3pRRIBVVW1tdz09



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