Working Memory

An important tool in order to be able to manipulate sounds successfully, is the ability to remember some information for a short period of time. This is called working memory. Think of the game Memory itself. You just need to remember where the picture cards are to find its match.

Ways to develop and strengthen working memory:

1. Play the game Memory. You can use a commercially produced game or create your own. If you create your own, you could use academic topics such as letters-AA, aa, Aa, numbers—the number and number of objects, shapes.

2. Use picture cards, toys, books etc. Put three items in a row. Point to each item and says its name. (ex. flower, cat, apple) Have your child repeat the three item names. (your child can point to or touch each item as they say the name.) Cover the items with a piece of paper or small towel. Ask your child—What was the first item? What was the last item? What was the middle item? (Change the order of your questions? What was last, middle, first?) Repeat this 5-7 times each session with different pictures or items

3. When you child can easily recall the items quickly, move on to simply saying three words. Wait 30 to 45 seconds. Now ask the questions-what was the middle word I said, the first word I said and the last word I said. Repeat this 5-7 times each session with different words each time. Tip- I sometimes have to write down what I say because I forget it that quickly. The kids think that is funny. They really get good at this fast. I sometimes give longer wait time before I ask the questions to try to stump them. They love that, too.