

Key facts about working memory		Key ways to support children's working memory
It is very difficult to improve working memory capacity. However, modifying the environment and teaching strategies CAN help.	1	Watch children to see what strategies are helpful to them and then practise using them! Give specific reminders about situations when it would be useful to use strategies.
Every child is different-what helps one child might not help another.	2	Don't assume that what helps you will also help them. Take time to see what strategies children naturally use and build on those.
Too much information or information given too quickly for a child's abilities can lead to overload. This means information is lost and they are unable to complete the task.	3	Use what you know about a child's memory capacity and present information in small enough chunks and at a pace that they can cope with.
Working memory involves both what we SEE and what we HEAR. Children with language difficulties are often helped by visual images.	4	Provide visual support for verbal information. Pictures or symbols will help them to process auditory information.
Distractions in the environment can disrupt working memory and lead to information being lost.	5	Make sure you have the child's attention first and reduce distractions. Don't give new information while the child is still processing.