

Auditory Memory Strategies

Children with poor auditory memory skills may either panic or switch off in situations where they are expected to remember information. With support, they can learn strategies to support their auditory memory and stop this from happening.

Auditory Memory Strategies for adults to employ:

- We tend to remember best what we learn at the beginning and end of a lesson. Maximise on this by having regular breaks which provide lots of beginnings and endings and repeat the main teaching points at this time.
- Use short, simple sentences.
- Only give 1-2 instructions or pieces of information at a time.
- Chunk information- for example if giving a string of information provide it in 3 short chunks rather than listed as a long string (e.g. with a 6 digit number give it as 3 sets of two numbers rather than 6 consecutive numbers - 23-67-93 rather than 236793)
- Pause regularly to allow time to process what has been said.
- Regularly recap and repeat key information.
- Reinforce what you say with visual supports.
- Build in revision and recapping opportunities with fun activities such as word definition games, word searches, group cartoon drawings related to the topic.
- Reduce background noise and distractions so your child can focus on what is being said.

Developing Auditory Memory Strategies:

Work with your child to help them identify strategies which help them remember spoken information. Not every strategy will be helpful for your child, so it is important to practice using different ones in different situations to find out what suits your child the best. Strategies may include:

- Practicing active listening strategies- encourage the child to let an adult know when they have not remembered or understood something, to ask for repetition, to ask the teacher to break an instruction down
- Repeating instructions aloud to themselves., then gradually doing this in their head rather than out loud
- Visualising / 'picturing it in your head' or drawing pictures to prompt memory
- Making lists.
- Summarising key points in bullet points.



- Highlighting key words in text.
- Learning a mnemonic.
- Using mind maps.

To help your child find out which strategies work best for them:

- 1) Identify a situation where your child will have to remember spoken information. E.g. listening to a story, answering questions about a paragraph, following instructions during a lesson, remembering what to buy at the shop.
- 2) Choose one strategy which your child thinks might help them (e.g. using repetition to remember 2-3 items on a shopping list).
- 3) Demonstrate how to use the strategy and then support your child to use it themselves.

Talk to your child about whether or not the strategy helped them in that situation.

You can use the cue cards below as an 'aide memoire' on a child's desk in school to help them remember how to support their memory:

