



## Types of memory

One of the executive functions skills we teach at Catch Up Kids is memory.

### 1. Auditory Memory

**What is it?** Auditory memory is the ability to recall information that has been heard.

**Give me an example of how we use it in daily life:** To remember the names of new people you have been introduced to at a party or work meeting.

**Give me an example of how my child would use it in the classroom:** To recall information given verbally by the teacher.

**Give me an example of how Catch Up Kids might teach improved auditory memory skills:** Teaching your child to follow multi-step instructions, starting at one- or two-step instructions and building up systematically until they can follow complex multi-step instructions.

### 2. Visual Memory

**What is it?** Visual memory is the ability to recall information that has been seen.

**Give me an example of how we use it in daily life:** To remember what was written on the grocery shopping list you left at home!

**Give me an example of how my child would use it in the classroom:** To remember information written on the board by the teacher.

**Give me an example of how Catch Up Kids might teach improved visual memory skills:** Having your child look at a simple picture for a few seconds, then hiding the picture and asking them to recall details about what they saw in the picture. Thereafter we would systematically increase the complexity of the picture or perhaps build in a delay between when your child sees the picture and when they are asked to recall details from the picture.

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## Articles

### What Is Specific Learning Disorder?



Specific learning disorder is a developmental disorder that begins by school-age, although it may not be recognized until later. It involves ongoing problems learning key academic skills, including reading, writing and math.

Specific learning disorder is not simply a result of lack of instruction or poor instruction. Key skills that may be impacted include reading of single words, reading comprehension, writing, spelling, math calculation and math problem solving. Difficulties with these skills may cause problems learning in other academic subjects, such as history, science and social studies. But those problems are attributable to difficulties learning the underlying academic skills.

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### I am Just a Person...



"...with a different kind of brain. I have ADHD; I'm not a bad person. I care about others. I'm funny, and I'm smart." One boy's heart-wrenching description of what it's like to live with a condition that people mistake for rudeness or naughtiness.

My son Dylan handed me his "Letter to the Editor" assignment. I had asked him to write a letter to a publication expressing an opinion on something he was passionate about. I thought he would write about "Why Kids Should Play Video Games Every Day." What he wrote took me by surprise. We have talked about ADHD a lot together, so I know he worries that people think he's a bad person. He sometimes worries that I think he's a bad person.

When I read his letter, I cried. I asked him if he wanted to share the letter with the moms and dads who read ADDitude. He said, "Sure! I want to share it with the world! I want people to know how I feel!" So here it is.

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## Activities Corner

### Memory Games



There are so many fun games you can play with your child to improve his or her memory! Here are a few:

- Put five objects on a tray, such as a pencil, pen, small toy, shell or ornament. Ask your child to study them for a couple of minutes. Put a cover over the tray. How many objects can your child remember? A variation of this game is to remove one of the objects while the tray is covered and ask your child to spot which one is missing.
- Take a standard pack of playing cards and remove the numbers 6-10 from the pack. Place the remaining cards face down on the table in eight rows of four. Each player tries to find a matching pair by turning up two cards. If it is not a matching pair, the cards are placed face down again in the same position. If they do match, the player keeps this pair of cards and has another turn. When all the pairs have been found, the player with the most pairs wins.

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## Catchup Kids Seal Of Approval



**Seal of Approval**  
Apps, Websites and Games that we recommend

### iSequences



iSEQUENCES is an educational app for children with Autism and Asperger's Syndrome that enables them to practice 100 different sequences about everyday situations.

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[www.catchupkids.co.za](http://www.catchupkids.co.za)

