

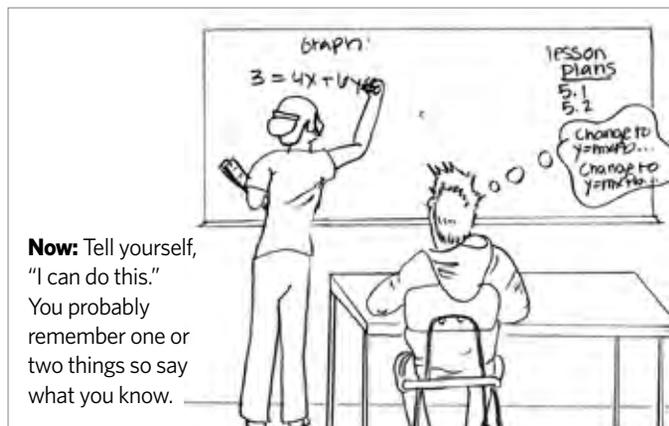
How to Help Your Working Memory Especially for Children with ADHD

What can you do when ADHD causes you to forget something?
What can you do before the next time it happens?

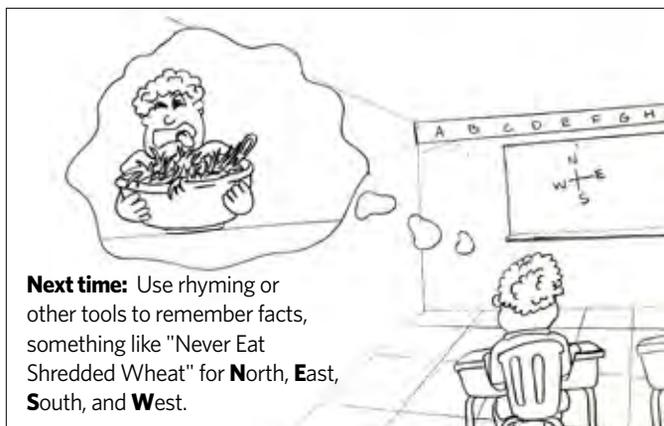
CHADD's website describes working memory as a mental place to hold information long enough to use it to solve a problem or complete

a task. People with ADHD often have difficulty keeping things in their minds long enough to do it. So we asked some experts for help with some common working memory problems that children experience—and a talented college student volunteered to illustrate their suggestions.

► You need to answer a question about information that was given 15 minutes ago, but you can't recall enough facts to answer.

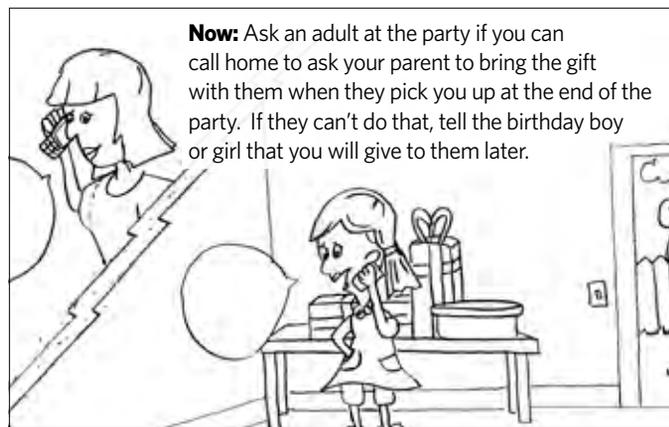


Now: Tell yourself, "I can do this." You probably remember one or two things so say what you know.



Next time: Use rhyming or other tools to remember facts, something like "Never Eat Shredded Wheat" for **N**orth, **E**ast, **S**outh, and **W**est.

► You go to a birthday party, but realize that you left the gift at home.

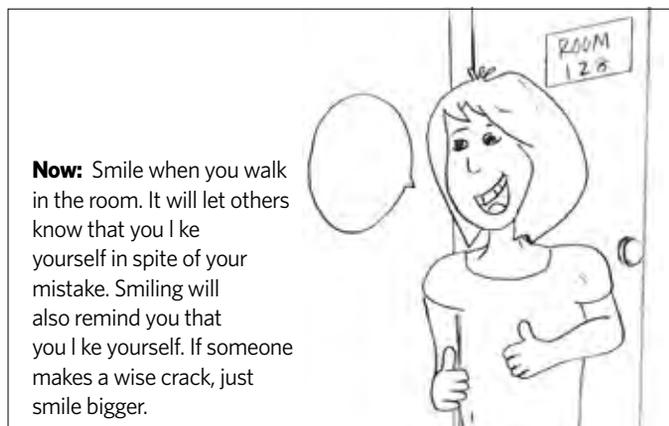


Now: Ask an adult at the party if you can call home to ask your parent to bring the gift with them when they pick you up at the end of the party. If they can't do that, tell the birthday boy or girl that you will give to them later.

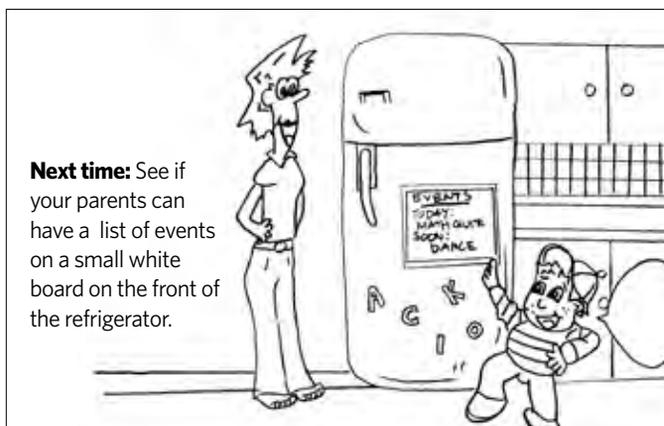


Next time: Leave the item at your "launching pad"—a place near your door, so you will see it before you leave.

► You are late (again) and will not be able to enter the room without being noticed.



Now: Smile when you walk in the room. It will let others know that you like yourself in spite of your mistake. Smiling will also remind you that you like yourself. If someone makes a wise crack, just smile bigger.

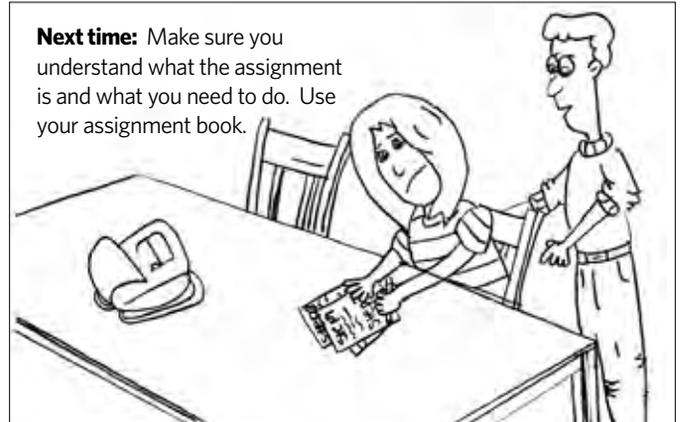


Next time: See if your parents can have a list of events on a small white board on the front of the refrigerator.

► You realize today that you missed an appointment or an assignment yesterday.

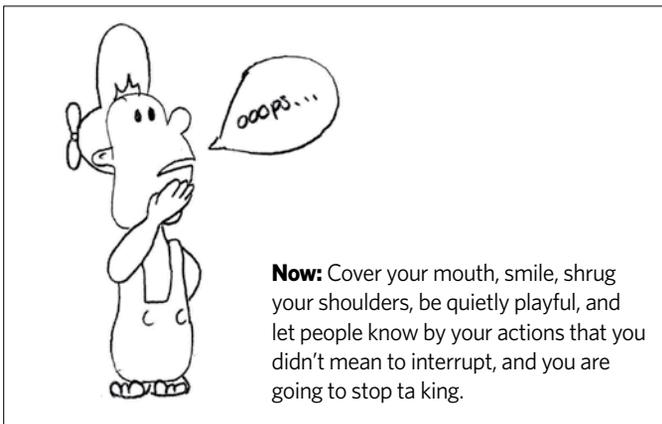


Now: Let an adult know as soon as possible. Don't be afraid to use your words and ask for help.

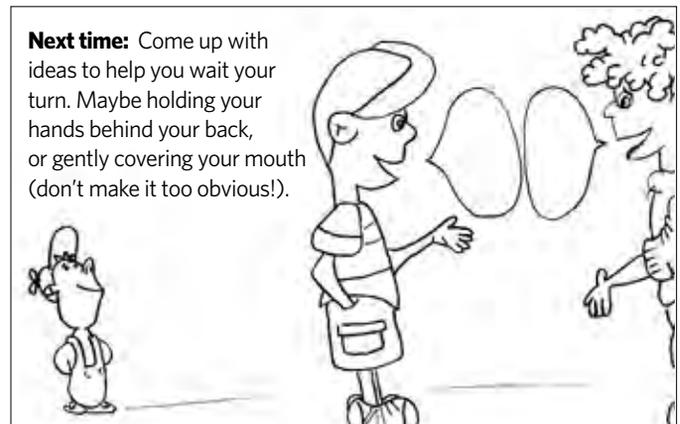


Next time: Make sure you understand what the assignment is and what you need to do. Use your assignment book.

► In a conversation, you have a great idea to share, so you blurt it out while someone is talking.



Now: Cover your mouth, smile, shrug your shoulders, be quietly playful, and let people know by your actions that you didn't mean to interrupt, and you are going to stop talking.

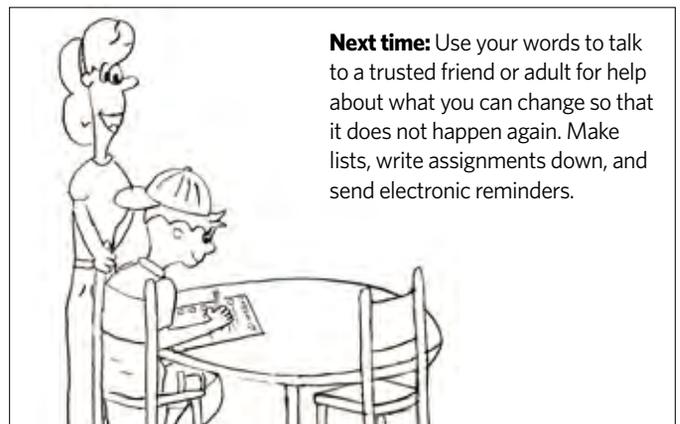


Next time: Come up with ideas to help you wait your turn. Maybe holding your hands behind your back, or gently covering your mouth (don't make it too obvious!).

► Your mom asked you to put away some groceries. You forgot to do it and now she is annoyed...



Now: Use your words to apologize for what you forgot and ask what you can do now to fix it. Remember that everyone makes mistakes. Do something to make the situation better right now.



Next time: Use your words to talk to a trusted friend or adult for help about what you can change so that it does not happen again. Make lists, write assignments down, and send electronic reminders.

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