

## Auditory Memory

### Description:

Auditory memory is considered to be a higher level skill, it affects all learning and language skills. It includes recalling information, and the order in which it is heard.

Characteristics of a child with auditory memory difficulties may include:

- Difficulties following instructions, particularly as length increases.
- May only remember part of a long instruction.
- Poor retention of words in songs.
- Difficulty remembering sequences of information.
- Confuses directions.



### How can I help at home?

1. Allow extra time for your child to respond.
2. Use short, simple instructions and breakdown longer instructions.
3. Make sure your child is listening before giving any instructions.
4. Use pictures or gestures when giving instructions.
5. Give written or picture lists to support memory.
6. If your child has not understood repeat the instruction in shorter bits e.g. change “After you finish your dinner place it in the sink and wash your hands” to “finish your dinner (pause), place it in the sink (pause) go and wash your hands”.
7. Give instructions in the order they should be done.

### General Strategies

It is probably not possible to ‘teach’ a better memory, but we can all learn strategies which help us to organise our memories better. Better organisation leads to more efficient recall, and better working memory skills.

- Rehearsal:

Repeating the word or words over and over again under your breath or in your head.

- Visualisation:

Many children have quite strong visual memories. Thinking in pictures is an excellent strategy.

Another visualisation method is to remember a list of items by making a chain of links or story e.g. elephant, banana, chair, pig– the elephant is eating a banana, the banana is on a chair, the pig is hiding under the chair.