

## Teach Your Child the Responsibility of Remembering

Here are three ways to help your child remember things before he/she leaves the house in the morning:

1. Stop at the door. Before your child leaves for school, teach him/her to stop for a minute. Ask, “Do I have everything I’ll need today?”
2. Use the “head-to-toe checklist.” Before your child goes anywhere, have her run through a checklist: “My hat’s on my head; my coat’s on my body. My gloves are on my hands. My boots are on my feet. My backpack’s on my back.”
3. Write it down. Have your child make a checklist of everything he/she needs to take to school on a typical day—and post it by the front door. Use self-sticking notes for special items—“Don’t forget the permission slip for the field trip.”

### **Break It Into Chunks!**

Remember, it’s easier to do any large project if you break it down into smaller, manageable chunks. Rather than trying to study algebra for three hours on one night, it’s better to break the studying up into smaller chunks.

Especially when your child is trying to memorize difficult material, schedule several shorter study sessions. That works much better than one “cram” session. Schedule 10 minutes each day to review spelling words. Don’t wait until the night before the test.

### **Making Associations Really Works!**

One of the best ways to remember anything is by “associating” what we want to remember with other things we already know. For example, it’s easy to remember that someone’s name is Harry if he also happens to be bald!

Even silly or crazy associations can work. Picture in your mind a cartoon of a muscular arm walking on the moon. That may help you remember that Neil Armstrong was the first man to walk on the moon. We can make up useful associations—even the whole stories—about nearly anything we want to remember.

### **Let Your Child Be the Teacher**

Sometimes, the best way for your child to remember something is by teaching it to you. As your child is studying for a test, let him/her make up a test and ask you the questions. You’ll both learn something. ☺

## Mnemonics Aid Memory Skills, Improve Grades

A mnemonic (nee-MAHN-ik) device is anything that helps improve a person's memory. For example, to learn the colors of the spectrum, child may use the acronym Roy G. Biv (Red, Orange, Yellow, Green, Blue, Indigo, Violet). Similarly, the poem "30 days hath September" is a mnemonic device for remembering the number of days in each month.

Help your child develop his/her own mnemonics. When your child has to memorize a list, have him/her try writing the words in order in a vertical column down the side of the paper. Then use the first letter of each word to make a new word, phrase or sentence that ties all the items together.

### Other Fun Ways to Memorize:

Here are more fun ways to help your child memorize facts:

- Draw footprints on scrap paper. Make lots of copies. Write a fact on each and place the footprints throughout the house. Move them each day.
- Write the facts on self-stick notes. Place the notes in the refrigerator, inside the cookie jar, in lunch boxes and anyplace else you can think of.
- Encourage your child to use a tape recorder to dictate notes to himself/herself as he/she studies. Simply putting the ideas into his/her own words in order to "tell" them to the recorder can help your child remember.

### Remembering is a Skill...

Remembering is simply another useful skill for students. Like any other skill, it takes practice to become proficient. Practice at home is one of the best ways to help students develop the skill of remembering. It's fun and it can result in better grades, too!