

# **Attention Deficit/Hyperactivity Disorder (AD/HD) Chapter (III)**

## **Tips for Parents**

### **Tips 3: “Boosting Memory”**

#### **Do the following conditions often occur to your child?**

- Forgets daily tasks or forgets to bring all necessary items, such as homework/school supplies back to school or home
- Forgets important dates, such as the dates to hand in homework and the dates of examinations;
- Easily forgets the information just read or learned
- Has difficulty following multi-step verbal instructions to complete tasks
- Has difficulty processing multiple data at the same time

**If the above situations often occur, you can try the tactics introduced in this chapter.**

Education Bureau  
2022

#### **Tactic 1**

**Break down contents to be revised and increase the frequency of revision to improve memory**

Example: Help your child set up a revision schedule. First, break down contents to be revised, and then gradually increase the parts to be revised. At the beginning, the contents should be revised in an intensive way to strengthen the memory, and then the contents should be revised again after a period of time. The time interval can be lengthened gradually.

Date Time	1/6 (Mon.)	2/6 (Tue.)	3/6 (Wed.)	4/6 (Thur.)	5/6 (Fri.)	Date Time	6/6 (Sat.)
8:00- 8:45 p.m.	Paragraph 1, Lesson 3 of English Textbook	Paragraphs 1-2, Lesson 3 of English Textbook	Paragraphs 1-3, Lesson 3 of English Textbook (the whole lesson)		Lesson 3 of English Textbook (the whole lesson)	10:00- 11:00 a.m.	
Date Time	8/6 (Mon.)	9/6 (Tue.)	10/6 (Wed.)	11/6 (Thur.)	12/6 (Fri.)	Date Time	13/3 (Sat.)
8:00- 8:45 p.m.	Lesson 3 of English Textbook (the whole lesson)					10:00- 11:00 a.m.	Lesson 3 of English Textbook (the whole lesson)

## Tactic 2

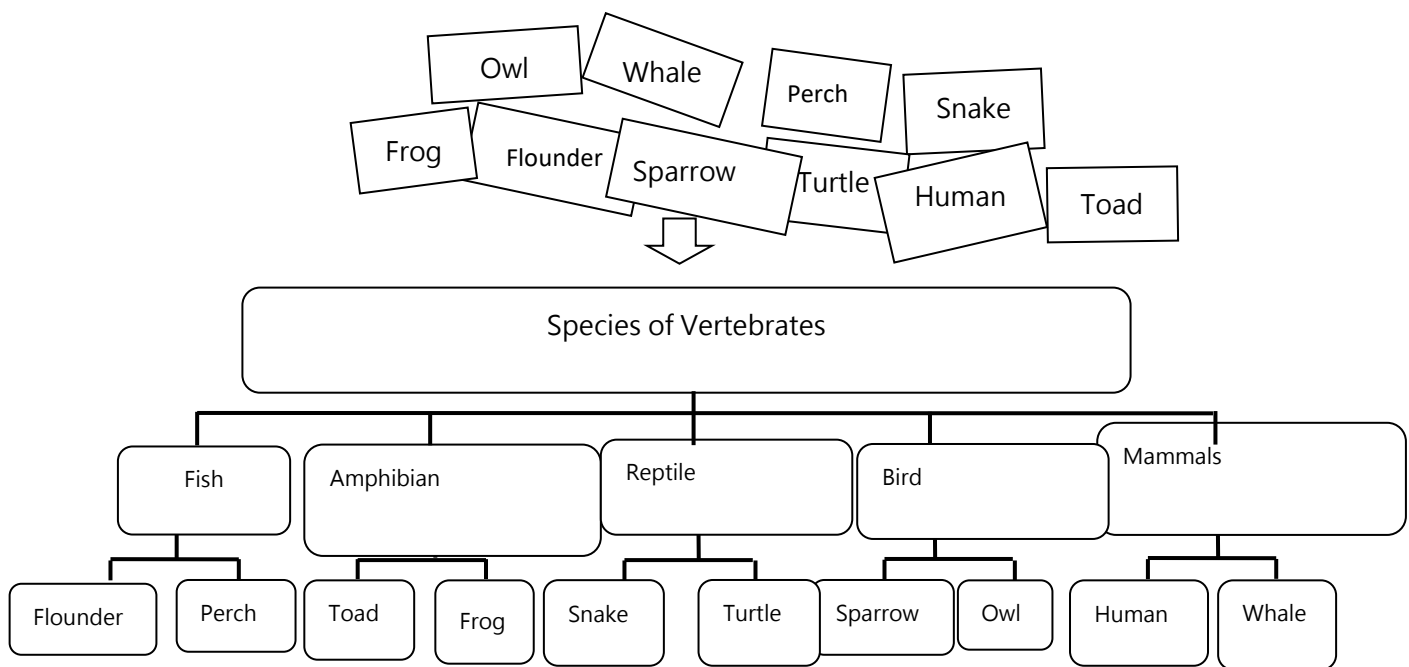
### Teach your child to memorise systematically

Help your child use different memory methods to systematically organise the data learnt to reduce memory load.

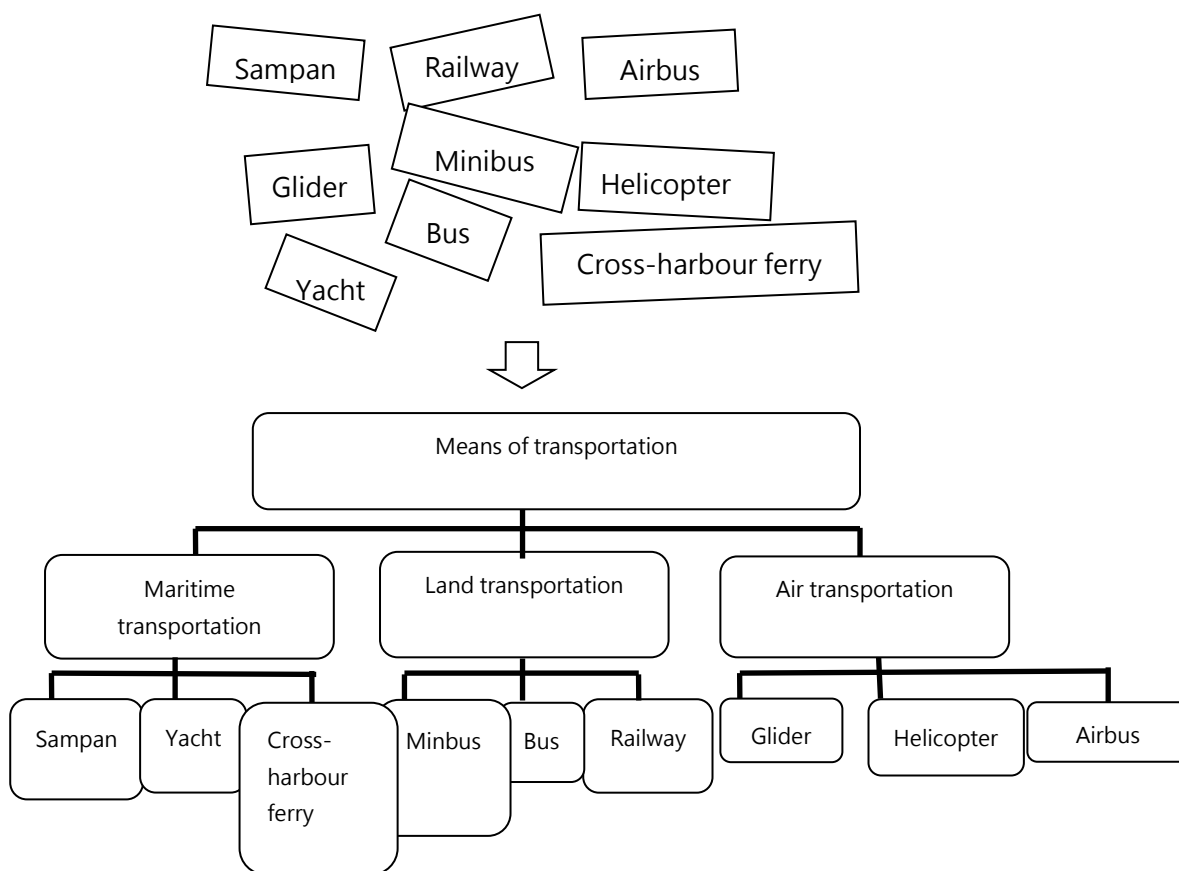
#### 1. Classification

Classify according to nature or characteristics to help organise and remember data.

Example (I): Classification of animals



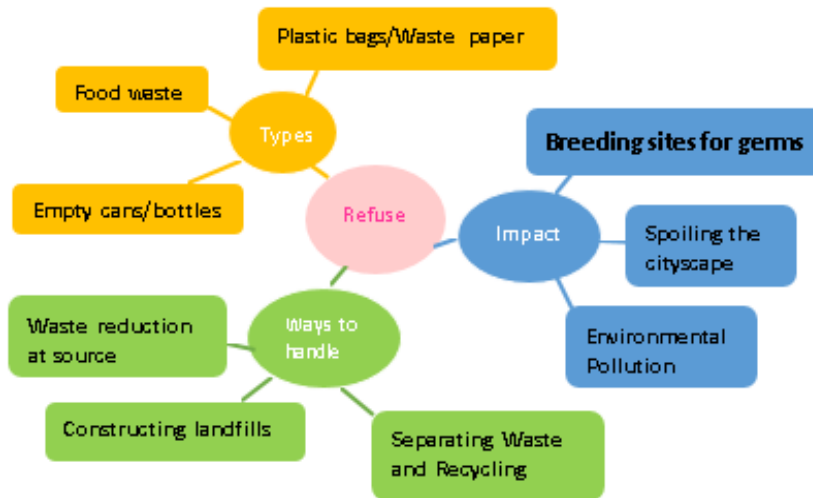
**Example (II): Classification of means of transportation**



## 2. Visual organiser

Use charts to organise data. For example, we can use mind maps to put the main topic in the centre with subtitles and other important concepts as different branches to connect related concepts so that data can be systematically organised and memorised.

Example:



## 3. Story

Link up the information with a story by using the first letter of the words, memorizing the information through visualizing the imagery of the story. The following example is the use of the strategy to memorize the eight nations of the Eight-Power Allied Forces.

Example:

Germany, Japan, Russia, Britain, France, the United States, Italy, Austria-Hungary.

My **B**rother, **F**ather, **U**ncle and **A**unt **H**elen took **G**reen **J**ewellery from the **R**oof of the **I**gloo.

## Tactic 3

**Use appropriate tools to plan work and prompt important information**

Work with your child to make a work plan, and use appropriate tools to enhance memory.

Example (I):

Use a monthly calendar to help your child make a to-do list

The image shows a monthly calendar for May. The days of the week are listed at the top: S, M, T, W, T, F, S. The dates are arranged in a grid. Four callout boxes are connected to specific dates by lines:

- Project learning – finalise a subject** points to the 2nd (Monday).
- Bring visual arts tools: carving knife** points to the 6th (Friday).
- Hand in the application form for Athletic Meet** points to the 23rd (Monday).
- Mathematics quiz** points to the 19th (Thursday).

MAY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Example (II):

Use a to-do list to prompt your child the steps of completing a book report

Book report-to-do list			
1. Find and borrow the book		5. Complete the report	
2. Read the book		6. Proofread and revise the report	
3. Draft a report outline		7. Hand in the report on time	
4. Write the first draft		8. Return the book	