

Why Do Children Forget To Do Things And How Can We Help Them Remember?

Children forget to do things for different reasons

Children under 3 years forget because they can't remember what they had to do in the first place (a retrospective memory failure).

Children 4-year-olds and older usually remember what they have to do, but they do not carry the action out at the appropriate time. This seems to be due to failure to notice the appropriate cues (attentional failure).

How do we improve children's memory performance?

Use Visual Cues

Visual reminders such as the placing the object that you want your child to remember in a clear place that they will notice later will reduce forgetfulness.



For example, placing your child's backpack by the front door in plain sight will improve memory.

What NOT to do...



Giving verbal reminders or nagging will not help your child remember what to do. Young children under 6 cannot use verbal reminders to improve memory performance.

Remember, it is normal for children to be forgetful, and memory improves with age.

**Also, children are not forgetting to do something on purpose!
Patience with them is important.**

