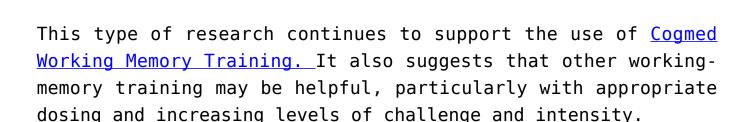
## Training and Medication on Working Memory in Children with ADHD

A study published in "Applied Cognitive Psychology" describes the long-term impact of working memory training with videogame like materials compared to the short-term effects of medication for children. Not only did working-memory training utilizing computer-based technologies show long-term improvement in working memory skills, but it also provided improvement across a number of untrained areas, as

well.



Of course there are many other ways to improve memory. Some require hard work, while others require new techniques that are not widely available. Here are <u>some other thoughts</u> about what to do to help your child with difficulty in working memory.