

# 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 video-game 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.



This type of research continues to support the use of [Cogmed Working Memory Training](#). It also suggests that other working-memory training may be helpful, particularly with appropriate dosing and increasing levels of challenge and intensity.

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 [some other thoughts](#) about what to do to help your child with difficulty in working memory.