**Children’s Memory: How Can We Promote It?**

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Memory is one of the most valuable tools we have since it helps us to learn and save information! Today, we will talk specifically about children’s memory and give you some tips to promote children’s memory with fun exercises at home.

**Children’s Memory**

It is popularly said that children have a great memory and adults are the ones who forget things. Although memory begins to develop in the womb, most of us have memories from the age of 3, precisely at the height of language learning. Before that age, memories are often blurry and disconnected. It happens because, before that age, we do not have the necessary knowledge to categorize what we understand. Thus, by not being able to store our memories under a category, we are unable to remember them.

**Keys for Children to Memorize Something New**

When memorizing something new, you need to keep some guidelines in mind:

* **The routine**: The daily order allows children to know what comes after each activity. Without noticing it, they begin to memorize their day-to-day activities, and that is great! A way to memorize without pressure or noticing.
* **The association**: Did you know that when we associate new knowledge with a previous one, it is easier to memorize it? Thus, the association helps in creating memories.
* **Interest**: Surely you already know it because it happens to you too! When we are interested in something, we store it on our internal hard drive much quicker and easier than when we don’t care about something. The same thing happens to children!
* **Fatigue**: If your child is tired, it is better to leave learning for another day because fatigue does not go well with memorization.
* **Repetition**: Reiterating an activity allows it to be memorized easily than when the activity is done only once. For this reason, the routine is so important for the little ones.
* **Classification**: If you want your child to memorize new information, try categorizing it. It builds families of information which makes it easier for them. For example, animals that fly, marine animals, animals that eat meat, etc.

**Foods to Have a Good Memory-**

Food not only influences our bodily well-being but also our capacity for holistic learning and development. That is why children must receive a balanced and healthy diet. Did you know that some foods can help your little ones (and yourself) have a good memory? Yes, these are:

* **Eggs**: Egg yolk contains lutein and choline, two ingredients that help boost memory.
* **Carrot**: Beta carotene and its influence on visual acuity are well-known. Children memorize through sight, which makes it easy to understand why carrots should be included in the children’s menu.
* **Salmon and fish with Omega 3**: Omega 3 acids are essential for the formation of neuronal connections. In addition, salmon provides a good amount of phosphorus, a mineral crucial for memory development.
* **Bananas**: Rich in potassium, vitamin C, and magnesium, they help neurotransmitters to function properly.
* **Broccoli**: They are rich in choline and vitamin K, two elements that help memory development.
* **Yogurt**: The tyrosine present in yogurt helps the brain to stay alert to new knowledge.
* **Honey**: It offers energy (and children tend to like it) and allows them to improve their retentive memory.
* **Green leafy vegetables**: We know that sometimes it is difficult for children to eat vegetables. But green leafy vegetables favor attention and concentration, two of the pillars of memory.
* **Peas**: The vitamin B3 provided by peas maintains good memory health.
* **Blueberries**: Its antioxidants will help your little one develop a strong memory

**Activities to Promote Children’s Memory**

The activities to do with your children should be appropriate for their ages and interests. Remember that children (as well as adults) will not be able to memorize something that they cannot categorize or that does not interest them in the least. As in everything in life, motivation is extremely important! Let’s look at some ideas together to promote children’s memory:

* **Nursery Rhymes**: Learning songs together is a good way for children to test their memory. In addition, singing helps them learn new vocabulary, encourages their motor skills, and is fun!
* **Reading Stories**: Children’s stories are another great option to help children build their memory. Have you ever wondered why children want to read the same story over and over? It is due to several circumstances. They are comfortable with the known, they want to understand the story from “a” to “z”, and they like to learn what is going to happen. Put their memory to the test and when you feel like they know the story, let them tell it to you.
* **Puzzles**: Assembling puzzles is a good activity that allows children to develop their fine motor skills while associating fragmented images and colors and memorizing the assembly of the photo. Introduce them to Rubik’s Cube Class to help children develop memory and information retention.
* **Matching Children’s Memory Games:** This classic game is perfect for all ages. Your kids sure can’t resist the challenge.
* **Sequence Cards**: Elementary school children can have a good time completing sequence games. In addition to putting their memory into practice, they will also put their logic into play!
* **Chess**: Chess is a game with many benefits for children. Since it helps them to work on memory, concentration, logic, the development of strategies, and the acceptance of defeat, you can help them learn the game.

**We Put Children’s Memory to the Test!**

**Try the following children’s memory game:**

Place a series of objects on the table, ask your children to close their eyes (or blindfold them if you distrust their patience) and remove an object. Then ask them what item is missing. Another good idea could be to challenge your child to see who remembers the most objects from a place they visited (and of which you have a photo to corroborate who wins). If you watch a movie together or read a story, you can ask him to draw his favorite part, so he can exercise memory and comprehension without noticing it. And finally, you can play repetition with your children. Say a phrase, and the next player will have to repeat it by adding something else, and so on until you don’t remember what it came from.