



# Therapeutic Parenting

# STRATEGIES AND SOLUTIONS

## Memory Issues and Disorganisation.

### What it looks like:

- Child forgets equipment, books and so on.
- Child is disorganised, runs late and has incorrect equipment.
- Child often loses things.
- Child appears forgetful, unkempt and unconcerned about consequences of this.
- Child forgets major events such as holidays.
- Child forgets a whole section of work learned.

### Why it might happen

- Compartmentalised thinking.
- Sensory issues- feeling overwhelmed.
- Lack cause and effect thinking.
- Emotional age- may be functioning at a much younger age.
- Disassociation
- A need to keep a parent close
- Lack of empathy for their future self.

## Preventative Strategies

- ✔ Make life predictable and safe- routine and structure.
- ✔ Use memory aides like charts and organisers
- ✔ Have a healthy diet.
- ✔ Memory issues are common in children and many improve as they get older.

## Ongoing Strategies

- ✔ Leave enough time to get organised- last minute only adds to everyone's stress!
- ✔ Communicate with school as they can support
- ✔ Get everyone involved and helping out.

Access further support via Wyre Family Hub

## CONTACT

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