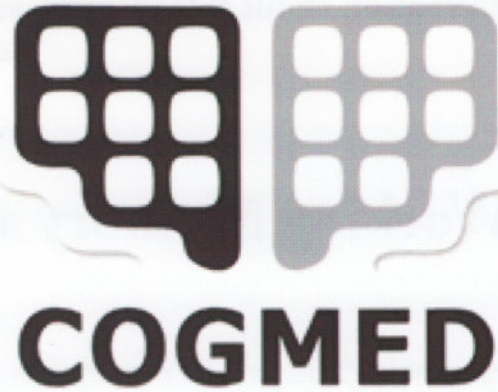


Cogmed is a system of computer based exercises designed to build working memory capacity using the principles of Neuroplasticity. More information about working memory is on the back of this flier.

By repetition and focused training, working memory can be improved to a degree that flows through to benefits in day to day life and development.

The benefits of Cogmed extend beyond these immediate improvements. After training, children are more able to pay attention, hold and retain information, and learn. In this way, Cogmed 'creates opportunity' to intervene more successfully in areas of learning and development that have fallen behind.

We understand that how training is undertaken has a powerful influence on how well it goes. The level of family support, for example, can make a positive difference. We have undertaken many trainings now, and feel confident we can get the best outcomes for your child.



WHAT COGMED INVOLVES:

- A initial visit to the CDN to learn how the Cogmed program works, and undertake a standard test of working memory capacity.
- Training sessions at home, lasting about one hour per session. The standard training program involves five training sessions a week for about five weeks: a minimum total of 25 trainings.
- During these training sessions, there are weekly coaching phone calls to monitor progress, and make sure that the training is as successful as possible.
- A repeat visit to the CDN at the end of training to repeat the test of working memory, and determine a plan of where to go as the next step.
- A further 100 training sessions is strongly recommended at completion of the program. The cost for these additional trainings is included in the package fee.

For further information please contact the Child Development Network on (07) 3369 3369

Cogmed research

The research evidence basis for this program is very strong. At the CDN, we feel confident with the program and its results.

For more information about this research see <http://www.cogmed.com.au/research>

About Working Memory and Long Term Memory

Working memory is different in our brains from long term memory. People who have poor working memory may have excellent long term memory.

Long-Term Memory is our memory for events that happened in the past, for knowledge and skills.

Working Memory is the memory we use when we are paying attention, learning, planning, organising and considering action. It is the memory we use for the 'here and now'.

If working memory capacity is reduced, there are consequences for behaviour and learning that may include:

- Day to day behaviours that are distractable, forgetful, inattentive, disorganised or impulsive.
- Impact on learning in areas such as reading, spelling and maths (particularly automating basic maths processes, and comprehension of language and reading in real time).
- Impact on other areas of development such as becoming organised and learning the skills to handle complex social situations.