

# COGMED TRAINING: A PARENT'S GUIDE TO SUCCESS

## WHAT IS COGMED?

Cogmed is a powerful and effective working memory and attention training tool that harnesses neural plasticity to create lasting cognitive improvements.

To maximise the benefits, training must follow key neuroplasticity principles:



## KEY PRINCIPLES FOR EFFECTIVE TRAINING

### TIMING MATTERS

Your child needs to be mentally and emotionally ready – good frustration tolerance is required. Training should happen at a consistent time. Avoid training during stressful periods at home.

### MOTIVATION IS KEY

Training should be something your child engages in willingly. Success is driven by motivation to improve skills—academic, sports, hobbies, or daily activities.

### INTENSITY & FOCUS

Training must be consistent and uninterrupted. It can be mentally tiring, so prioritise Cogmed over other demanding activities.

### REPETITION BUILDS CHANGE

Some exercises may feel tedious, especially at higher levels. Encourage persistence—this is where real progress happens!

### AVOID COMPENSATION STRATEGIES

Follow Cogmed's training rules. Do not suggest memory strategies or shortcuts.



## SETTING UP FOR SUCCESS

### 1 BEFORE TRAINING STARTS

Choose a training protocol that best suits your child.

2

Explore the Demonstration version to build familiarity.

3

Create a consistent routine for training sessions.

## TRAINING SPACE & TOOLS

- A dedicated device (tablet or PC) – the same one should be used throughout training.
- A reliable internet connection.
- A quiet space with no distractions.
- A dedicated training aide (a parent or support person who stays present).
- Noise-canceling headphones (recommended).
- A wired mouse (if using a PC).
- A stable work surface where your child sits upright.



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Late nights before training.

## COMMON PITFALLS TO AVOID

Not communicating with the coach when changes or challenges occur.

Interruptions (holidays, parties, sports events, exams).



Leaving the child alone during sessions.

## TIP

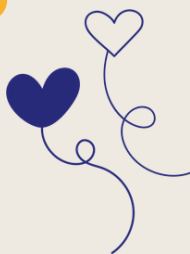
Pause homework and reduce extracurricular demands during training – this allows your child to train without excessive cognitive load.

## ENCOURAGEMENT & SUPPORT

💡 REMIND YOUR CHILD THAT MISTAKES ARE PART OF LEARNING.

🏆 SET UP A REWARDS SYSTEM – GIVE MEANINGFUL REWARDS RIGHT AFTER TRAINING EACH WEEK/FORTNIGHT, INCREASING THEIR VALUE AS THE PROGRAM GETS HARDER.

💡 PROVIDE EMOTIONAL ENCOURAGEMENT, BUT DO NOT DIRECT THEIR RESPONSES.



BY FOLLOWING THESE STRUCTURED GUIDELINES, YOUR CHILD CAN GET THE MOST OUT OF COGMED TRAINING AND DEVELOP STRONGER ATTENTION AND WORKING MEMORY SKILLS!