

Warning Signs of ADD/ADHD

If a child *frequently* displays *many* of these symptoms, their behavior is *age* and *situation-inappropriate*, and it is *interfering* with the child's ability to be successful in school, please continue to learn more about ADD/ADHD.

Physical Activity

Either:

- Can't sit still, feels restless
- Has boundless energy
- Always fidgeting, restless feet, etc.

Or:

- Couch potato, lethargic, slow
- Physically there, mentally gone

Frequent Mood Swings

Feels emotions intensely
Higher highs and lower lows
Low tolerance for frustration
May have rage attacks

Attention

Trouble deciding what to pay attention to
what's most important
Trouble getting started on a task
Often feels overwhelmed
Trouble staying focused on repetitive tasks
until the task is complete
Can't do homework independently
Trouble shifting attention to a new task

Highly Distractable

Distracted by any change in environment
any noise, movement, or smell
Also distracted by their own thoughts
Daydreamer
Can't stay focused for long
except Nintendo-type games or screen activities
or a new or scary activity
May hyperfocus on a hobby
Starts many projects but rarely finishes

Impulsive

Can't wait to be called on
Blurts out answers in class
Extremely impatient
Difficult to wait for his/her turn
Often acts before thinking
Doesn't seem to learn from mistakes

Doesn't Listen Well

Confused by multi-step oral directions

No Tolerance for Boredom

May start arguments if things are too calm

Time Management

Always rushing; can't slow down
Makes careless mistakes
Hates to doublecheck
Doesn't use class time well
Feels rushed by teachers and parents
Puts most things off until the last minute

Odd Sleep Cycles

Night owl, hates to go to bed
Difficult to wake up in the morning
May be a restless sleeper
Bedwetting or sleepwalking

Inconsistent Performance

Good days and bad days
Some days they can do the schoolwork
other days they can't

Disorganized

Messy room, desk, or backpack
Constantly loses or misplaces things

Other Symptoms

Chatterbox; talks excessively
Interrupts conversation frequently
Strong sense of justice; bossy
Lots of allergies
Terrible penmanship
Trouble remembering daily routines
Relative with ADD