

Warning Signs of ADD/ADHD

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

✓ Check all that apply:

Physical Activity

Either:

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

Or:

- Couch potato, lethargic, slow, space cadet
- 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 and what's most important
- Trouble getting started on 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 Distractible

- Distracted by any change in environment - noises, movements, or smells
- Also distracted by own thoughts, daydreamer
- Can't stay focused for long except on videogames/TV or new/scary activity; may hyper-focus on hobby
- Starts many projects but rarely finishes them

Doesn't Listen Well

- Confused by multi-step oral directions

Impulsive

- Can't wait to be called on; blurts out answers in class
- Extremely impatient; difficulty waiting for his/her turn
- Often acts before thinking; doesn't seem to learn from mistakes

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 double check
- Doesn't use class time well; feels rushed by teachers & 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 schoolwork but other days can't

Disorganized

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

Other Symptoms

- Chatterbox, talks excessively, interrupts conversations frequently
- Strong sense of justice; bossy
- Lots of allergies
- Terrible penmanship
- Trouble remembering daily routines
- Relatives with ADD



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