

Warning Signs of 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 ADHD.

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 the 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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