SPOTTING ADHD SYMPTOMS

This tool is a checklist to help you identify the symptoms associated with ADHD.
ADHD symptoms fall into the following categories:

Inattention

Does the child show the following?	✔
Overlooks or misses details	
Has difficulty remaining focused during tasks or play	
Does not seem to listen when spoken to directly	
Is unable to stick at tasks and often fails to finish	
Has difficulty organising tasks and activities	
Has messy, disorganised work	
Avoids or dislikes tasks that need sustained mental effort, such as schoolwork	
Often loses things necessary for activities	
Is easily distracted	
Is forgetful in daily activities	

Hyperactivity/Impulsivity

Does the child show the following?	✔
Fidgets	
Is unable to sit still	
Leaves seat unexpectedly	
Runs or climbs about when/where it is inappropriate	
Talks excessively	
Blurts out answers and/or cannot wait for turn in conversation	
Has difficulty waiting	
Interrupts or intrudes on others	
Interrupts conversations	
Breaks set rules	
Shows little sense of danger	

While it is normal for children to behave in such ways from time to time, a child with ADHD will display a persistent pattern of these symptoms that interferes with functioning or development, and that is inconsistent with children of the same age. Manifestations of ADHD must also be present in more than one setting (such as, at home and at school) and typically, symptoms will vary depending on the environment.

Attention Deficit Disorder (ADD)

If a child has symptoms of inattention but not hyperactivity or impulsivity, then they may have Attention Deficit Disorder (ADD). The diagnosis of ADD can be particularly hard because the child can often be quiet and dreamy, rather than disruptive.