

# 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, encourage that child's parents and teachers 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, 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
  - 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 Distractible

- 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 TV
  - Or a new or scary activity
  - May hyperfocus on a hobby
- Starts many projects
  - But rarely finishes them

## 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 & 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, 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

## To Learn More:

- Attend our workshops
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