Warning Signs of ADD/ADHD

***Further testing may be needed if many of these symptoms are interfering with daily activities:***

* **Physical Activity**

 Either:

* + Can’t sit still, feels restless
	+ Boundless energy
	+ Always fidgeting, restless feet, etc.

 Or:

* + Coach potato, lethargic, slow, space cadet
	+ Physically there, mentally gone
* **Frequent and significant mood swings**
	+ Feels emotions intensely
	+ Low tolerance for frustration
* May have rage attacks
* **Attention Difficulties:**
	+ 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
	+ Sometimes hyper-focuses—on Nintendo, TV, or a hobby
* **Highly Distractible**
	+ Distracted by any change in environment
	+ any noise, movement, or smell
	+ Also distracted by his own thoughts
	+ daydreamer
	+ 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
* **Poor Time Management**
	+ Always rushing; can’t slow down
	+ Makes careless mistakes
	+ 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**