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**