

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

Call for free e-newsletter

Visit our website



Bright Solutions for Dyslexia

Email: info@BrightSolutions.US

(408) 559-3652

www.BrightSolutions.US

Copyright © 2002 by Susan Barton. All Rights Reserved.