

ADHD Symptoms Checklist

By Kimberly French

- ☐ Symptoms of Impulsiveness
 - ☐ Blurts out answers before question is asked
 - ☐ Hard for him/her to share with anyone (including you)
 - ☐ Has trouble waiting for his/her turn
 - ☐ Interrupts others. For example, he/she butts into conversations
- ☐ Symptoms of Inattention* (Six or more of these)
 - ☐ Is easily distracted by sounds and sights
 - ☐ Reluctant to engage in tasks that require sustained mental effort
 - ☐ Makes careless mistakes
 - ☐ Your child is forgetful on a day to day basis
- ☐ Symptoms of Hyperactivity and Impulsiveness * (Six or more of these)
 - ☐ Is always "on the go"
 - ☐ Has difficulty playing quietly
 - ☐ Restless and constantly squirms and fidgets
 - ☐ Talks excessively
 - ☐ Runs and climbs at inappropriate times