

# 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