



# Warning Signs of ADD/ADHD

## (ATTENTION-DEFICIT/HYPERACTIVITY DISORDER)

40% of dyslexics also have 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 ability to be successful in school, encourage that child's parents and teachers to learn more about ADD/ADHD.

### 3 Types

**Inattentive Type:** hard for the individual to organize or finish a task, to pay attention to details, or to follow instructions/conversations. Easily distracted or forgets details.

**Hyperactive-Impulsive Type:** person fidgets and talks a lot. hard to sit still for long, restless, and has trouble with impulsivity.

**Combined Type:** Symptoms of the above two types are equally present in the person.

### 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 but 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 task

Often feels overwhelmed

Trouble staying focused on repetitive tasks

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)

Distracted by their own thoughts - Day Dreaming

Can't stay focused for long except on video games/TV or a new or scary activity

May hyperfocus on a hobby

Starts many projects but rarely finishes them

### 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 double-check

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, and/or backpack

Constantly loses or misplaced 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

May have anxiety/depression

