

DOES MY CHILD HAVE ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)?

My ADHD Discussion Guide

Check the boxes below for any symptoms your child has experienced regularly over at least the last 6 months. Discuss them with your child’s doctor and explain how they have been impacting your child’s overall development—at home, at school, and socially with peers.

This checklist is adapted from American Psychiatric Association diagnostic criteria to help you start a discussion with your child’s doctor. This checklist is not a diagnostic tool. Only a health care professional can diagnose ADHD. This tool may help you and your doctor start the conversation about symptoms suggestive of ADHD.

Place a check mark in all boxes that apply. Your child may have the same symptoms in more than 1 setting. Note, a diagnosis of ADHD requires symptoms in at least 2 settings.

Symptoms of inattention in the past 6 months

	At home	At school	Socially
Difficulty keeping on task or following through. Your child may start schoolwork or chores, but quickly loses focus or gets easily sidetracked.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty paying attention. Do teachers say that your child has difficulty staying focused in class? Perhaps you see that your child cannot easily participate in lengthy conversations or reading assignments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appearing not to listen. It could be that when you speak directly to your child, you notice his/her mind seems to be elsewhere, even in the absence of obvious distraction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Symptoms of hyperactivity/impulsivity in the past 6 months

	At home	At school	Socially
Restless or has difficulty remaining seated. Do teachers complain that your child leaves his/her seat, or fidgets excessively in class?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Always “on the go.” Maybe your child cannot play quietly or participate in social activities. Does it seem as if your child is unable to be still for an extended period of time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talks excessively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blurts out answers to questions or has difficulty taking turns. This can be as obvious as completing other people’s sentences, or not being able to wait in line.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

It’s also possible that your child has combined-type ADHD, which includes both inattentive and hyperactive/impulsive behaviors. Be sure to check off all symptoms you observe.

Other topics and questions you may have for your doctor:

- How do I know my child has ADHD and not something else?
- Will my child always have ADHD, or will he/she outgrow it?
- How will my child’s symptoms change over time?
- How can I explain ADHD to my child?