



What are the Signs of ADHD?

According to the [NIH](#), attention-deficit/hyperactivity disorder (ADHD) is one of the most common disorders affecting children. ADHD is characterized by ongoing problems with attention, hyperactivity, and impulsivity. If you suspect your child may have a form of ADHD, he may show signs in any or all of these areas below:

Inattentive

- Struggles to pay attention to details and often makes careless mistakes at school or work.
- Has difficulty staying focused during activities like lectures, conversations, or reading.
- Seems to be inattentive when spoken to and may appear distracted.
- Frequently fails to follow through on instructions and leaves tasks unfinished.
- Has trouble organizing tasks and often misses deadlines or manages time poorly.
- Avoids tasks requiring sustained mental effort, such as reports, essays, math, etc.
- Regularly misplaces items necessary for daily tasks, like school papers or books.
- Easily gets distracted.
- Forgets to complete daily chores or tasks.

Hyperactive

- Constantly fidgets, taps hands or feet, or squirms in their seat.
- Struggles to stay seated, especially in places like classrooms.
- Frequently runs around or climbs in inappropriate settings.
- Always seems to be in motion, as if driven by a motor.

Impulsive

- Unable to engage in leisure activities quietly.
- Talks excessively.
- Often interrupts others or finishes their sentences.
- Finds it hard to wait their turn, like in lines.
- Frequently interrupts or intrudes on others, even taking over what others are doing.

Many kids struggle with sitting still, waiting their turn, paying attention, being fidgety, and acting impulsively. But kids diagnosed with ADHD stand out because their hyperactivity, impulsivity, disorganization, and/or inattention are much more pronounced than what's typical for their age.

ADHD is diagnosed based on persistent symptoms noticeable over six months. Symptoms of ADHD must have appeared before age 12 and caused difficulties in multiple settings, not just at home. For example, the child is easily distracted at home, school, soccer practice, etc.

If you suspect your child has ADHD and it's affecting their education, early educational intervention is crucial. Addressing these issues early on can prevent academic and social challenges for your

child. To find out how to get an evaluation to see if your child has ADHD, check out [this](#) article! IF you're interested in learning more about getting a diagnosis, we encourage you to check with our team, or your local physician. We also highly recommend the resources on ADHD at the following sites:

Understood.org

The Childhood Collective

If you have any questions or need assistance navigating this process, please don't hesitate to reach out to hello@loveyourschool.org! If you have more questions, we want to hear from you!