



## **Key Difficulties Faced by a Child with ADHD**

### **Inattention**

- Often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
- Often loses things e.g., toys, school assignments, pencils, books, or tools.
- Often does not follow instructions and fails to finish school work, chores, or duties.
- Often has difficulty organizing tasks and activities.
- Is often easily distracted by irrelevant sights and sounds.
- Is often forgetful in daily activities.
- Often does not seem to listen when spoken to directly.
- Often has difficulty sustaining attention in tasks or play activities.
- Often avoids, dislikes, or is reluctant to engage in schoolwork or homework.

### **Hyperactivity**

- Often fidgets with hands or feet or squirms in seat.
- Often runs about or climb excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings or restlessness.)
- Often has difficulty playing or engaging in leisure activities quietly.
- Is often "on the go" or often acts as if "driven by motor".
- Often talks excessively.
- Often leaves seat in classroom or in other situations in which remaining seated are expected.

### **Impulsivity**

- Often interrupts or intrudes on others' conversations or games.
- Often blurts out answers before questions have been completed.
- Often has difficulty awaiting turn.