Does Your Child Have ADHD? Recognize the Signs and Symptoms to Look For

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ADHD Symptoms in Children

ADHD is one of those disorders that has a myriad of symptoms to look for. Your child may not have every ADHD symptom every single day, but could have many collectively. While you should always leave a diagnosis up to your doctor, if you're noticing these symptoms in your child it may be an indication he or she has ADHD. There are three main categories of ADHD symptoms in children.

Hyperactivity

Children with ADHD often...

- Fidget and are unable to sit still for very long
- Talk a lot
- Move constantly, wanting to run and climb things all the time
- Have trouble playing quietly or doing any kind of calm, indoor activity

Inattention

It is common for them to...

- Be easily distracted, often getting bored of any activity quickly
- Forget things and have trouble listening
- Have trouble following instructions
- Lose things

Impulsivity

ADHD children may also...

- Make inappropriate comments and otherwise act without thinking
- Be impatient, having trouble waiting for anything
- Frequently interrupt others

What This Looks Like

The result is a child who may procrastinate when it comes to homework or chores and is distracted by anything else happening in the same room. ADHD children will often not pay attention to the details of a conversation or lesson due to their poor attention span, and are prone to lose focus and daydream in class.

The symptoms an ADHD a child exhibits may change over time. For example, children younger than seven may be fidgety at school and at home. As a child grows older, that fidgeting is likely to turn into restlessness and daydreaming as he or she learns how to control the desire to wiggle around.

By the time a child with ADHD reaches adulthood, he or she may have learned to cope with some of these symptoms. However, a spouse or close friend may still have to help with focusing on conversations and remembering goals and appointments.

Medication and paying careful attention to diet, among other treatments, can help ADHD children and adults function normally. These behaviour-modifying treatments are often a saving grace for interpersonal relationships both at home and on the job.

If you think your child may have ADHD, talk to your family doctor.