

ADHD Symptoms Checklist

For Parents of Children Aged 3–12

This checklist helps you identify common signs of ADHD in your child. It is not a diagnostic tool — only a qualified professional can diagnose ADHD. Use this as a starting point for a conversation with your child's doctor or our team at Ficen.

How to use: Read each statement and tick the box if it applies to your child regularly — not just occasionally. If you tick 6 or more items, speak to a professional.

Section A — Inattention

- Often fails to give close attention to details or makes careless mistakes in schoolwork
- Often has difficulty sustaining attention in tasks or play activities
- Often does not seem to listen when spoken to directly
- Often does not follow through on instructions and fails to finish schoolwork or chores
- Often has difficulty organising tasks and activities
- Often avoids or is reluctant to engage in tasks that require sustained mental effort
- Often loses things necessary for tasks (toys, school materials, pencils, books)
- Is often easily distracted by unrelated thoughts or stimuli
- Is often forgetful in daily activities

Section B — Hyperactivity & Impulsivity

- Often fidgets with or taps hands or feet, or squirms in seat
- Often leaves seat in situations when remaining seated is expected
- Often runs about or climbs in situations where it is inappropriate
- Often unable to play or engage in leisure activities quietly
- Is often 'on the go', acting as if 'driven by a motor'
- Often talks excessively
- Often blurts out an answer before a question has been completed

- Often has difficulty waiting their turn
- Often interrupts or intrudes on others (butts into conversations or games)

What Your Score Means

- 0–5 ticks: Monitor and observe
- Consider other explanations
- Speak to teacher for feedback

Next Steps

- 6–10 ticks: Seek professional advice
- 11–18 ticks: Strongly consider assessment
- Early help leads to better outcomes

IMPORTANT: This checklist is not a diagnosis. ADHD must be assessed by a qualified psychologist or psychiatrist. Many conditions can look like ADHD — a proper assessment rules these out.

Concerned about your child? Book a free consultation with Ficen. Call or WhatsApp: 6238747182 · contact@ficen.info · ficen.in Sreekaryam, Trivandrum, Kerala