

RCC's Healthy Tips
Does Your Child Have ADHD?
Symptoms Check List:

- Failure to pay attention
- Fidgeting or restless behavior
- Excessive activity or talking
- Inability to sit quietly for sustained periods of time
- Impulsivity & constant interrupting
- Poor peer relationships
- Forgetfulness or absentmindedness
- Continual impatience
- Low tolerance for frustration
- When focused attention is required it is experienced as unpleasant
- Frequent shifts from one activity to another
- Careless or messy approach to assignments or tasks
- Failure to complete activities
- Difficulty organizing or prioritizing

Individual and Family Therapy can help you understand and accept the diagnosis and set realistic expectations & prioritize goals and behaviors.