

ADHD Behaviour Checklist

A Parent Observation Guide for Children

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Important: This checklist is an observation guide and is not a diagnostic tool.

Attention Difficulties

Behaviour	Yes	No
Difficulty paying attention	☐	☐
Careless mistakes	☐	☐
Difficulty staying focused	☐	☐
Appears not to listen	☐	☐
Difficulty following instructions	☐	☐
Does not complete tasks	☐	☐
Loses belongings	☐	☐
Easily distracted	☐	☐
Forgetful	☐	☐

Hyperactivity

Behaviour	Yes	No
Fidgets	☐	☐
Cannot remain seated	☐	☐
Runs/climbs excessively	☐	☐
Always on the go	☐	☐
Talks excessively	☐	☐
Difficulty playing quietly	☐	☐

Impulsivity

Behaviour	Yes	No
Interrupts others	☐	☐
Answers before questions finish	☐	☐
Difficulty waiting turn	☐	☐
Acts without thinking	☐	☐
Interrupts games	☐	☐

School Performance

Behaviour	Yes	No
Poor attention at school	■	■
Homework incomplete	■	■
Poor organization	■	■
Declining grades	■	■
Teacher concerns	■	■

Daily Life

Behaviour	Yes	No
Difficulty with routines	■	■
Emotional outbursts	■	■
Poor time management	■	■
Sleep problems	■	■
Excessive screen time	■	■

Seek an evaluation if symptoms persist for 6 months or more, occur at home and school, and affect learning, behaviour, or relationships.

Parent Notes

References: AAP • CDC • AACAP • NICE • Indian Academy of Pediatrics