

2 Axes of symptoms for ADHD–Inattention and Impulsivity/Hyperactivity:

1. 9 Symptoms Related to Attention:

- Often fails to give close attention to details and makes careless mistakes in schoolwork, work or other activities
- Often has difficulty sustaining attention in tasks or play
- Often does not seem to listen when spoken to directly
- Often does not follow through on instructions and fails to finish schoolwork, chores or duties in the workplace
- Often has difficulty organizing tasks and activities
- Often avoids, dislikes or is reluctant to engage in tasks that require sustained mental effort such as schoolwork or homework
- Often loses things necessary for tasks or activities
- Is often easily distracted by extraneous stimuli
- And is often forgetful in daily activities

2. 9 Symptoms Related to Impulsivity and Hyperactivity:

- Often fidgets with hands or feet or squirms in seat
- Often leaves seat in classroom or in other situations in which remaining seated is expected
- Often runs about or climbs excessively in situations in which it is inappropriate
- Often has difficulty playing or engaging in leisure activities quietly
- Is often on the go or acts as if driven by a motor
- Often talks excessively
- Often blurts out answers before questions have been completed
- Often has difficulty awaiting turn
- Often interrupts or intrudes on others, e.g., butts into conversations or games

According to Dr. Hallowell, for an ADHD diagnosis to be made, a professional clinician must determine the person:

- Has 6 out of 9 symptoms on one or both axes
- Displays symptoms in at least two settings
- Exhibits some level of impairment

Dr. Hallowell discusses the importance of five specific physical factors that will help strengthen a child's brakes:

- Sleep
- Physical exercise
- Nutrition
- Meditation
- Positive human contact