Westhampton Family Psychologists

CHECKLIST FOR EDUCATORS:
RECOGNIZING ADHD IN KIDS & TEENS

Key Behaviors to Watch For:

Early Elementary (Ages 5 - 8)

- **Inattention:** Difficulty staying focused during class activities or following multi-step instructions. *Example: Frequently loses place when reading aloud or forgets instructions after starting an assignment.*
- **Impulsivity:** Struggles to wait their turn during games or classroom activities. *Example: Shouts out answers before the question is finished.*
- **Hyperactivity:** Constantly fidgets, gets up from their seat when expected to stay seated. *Example: Frequently leaves their desk during lessons to move around the classroom.*

Later Elementary and Middle School (Ages 9 - 12)

- **Inattention:** Easily distracted by noises or other classroom stimuli. *Example: Starts homework but gets distracted halfway through by unrelated activities.*
- **Impulsivity:** Interrupts peers or blurts out inappropriate comments. *Example: Struggles to respect personal boundaries during group work.*
- **Hyperactivity:** Difficulty starying seated during family dinners or school events. *Example: Appears restless, often tapping feet or pacing when asked to sit still.*

Adolescents (Ages 13 - 17)

- **Inattention:** Misses details or makes careless mistakes in homework or projects. *Example: forgetting assignments or misplacing personal items like their phone or school materials.*
- **Impulsivity:** Poor decision-making in social situations. *Example: Interrupting conversations or acting without considering the consequences.*
- **Hyperactivity:** Preference for constantly being on the move, even in relaxed settings. *Example: Difficulty relaxing during downtime, such as a family movie night.*

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Why ADHD Testing Is Crucial

ADHD testing goes beyond identifying symptoms; it provides a comprehensive understanding of a child's unique strengths and challenges. Accurate diagnosis is critical for creating tailored interventions that address academic, social, and emotional struggles.

Early intervention is key to long-term success. Identifying ADHD early allows for the implementation of strategies that:

- Build self-esteem through targeted support in school and at home.
- Foster stronger peer relationships by addressing impulsivity and hyperactivity.
- Improve academic outcomes by teaching time management and focus strategies.

By recognizing ADHD early and referring for testing, you can help children and teens develop skills that set them up for a lifetime of success.

How Families Can Get Started

If you have a student family who seeking an ADHD evaluation, the family should reach out directly to our testing referral coordinator, Amy Garrigan, by emailing **agarrigan@wfpofva.com**.

Amy will work with patient families to understand the reason for the referral so that she can get them scheduled accordingly. She will also provide billing estimates and relevant paperwork links.

If you have any questions about our services, please do not hesitate to reach out to our office directly by dialing 804-673-0100 to reach the front des

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