

# Parent & Carer ADHD Assessment Checklist

Observations to gather before paediatric assessment appointments.

## Daily routines

- ☐ Morning transitions (waking, dressing, breakfast, school run).
- ☐ Homework pattern (starting, staying with tasks, remembering submissions).
- ☐ Evening wind-down (movement level, sleep onset, screen habits).
- ☐ Emotional regulation (big feelings, recovery time, triggers).

## School & learning insights

- ☐ Teacher feedback on attention, organisation and peer interactions.
- ☐ Strengths noticed in class (creativity, problem-solving, leadership).
- ☐ Supports already tried (visual timetables, timers, fidget tools, seating changes).
- ☐ Attendance, exclusions or behaviour points to note.

## Family history & health background

Record co-occurring conditions, perinatal history and relevant family neurodiversity.

Co-occurring conditions: \_\_\_\_\_

Family neurodivergence (ADHD, autism, dyslexia, etc.): \_\_\_\_\_

Medication, allergies or other medical notes: \_\_\_\_\_