

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: _____