

The ADD/ADHD ICEBERG

HYPERACTIVITY

Restless
Talks a lot
Fidgets
Cant sit still
Runs or climbs a lot
Always on the go

IMPULSIVITY

Lacks self control
Difficulty waiting turn
Blurts out
Interrupts
Tells untruths
Intrudes
Talks back
Loses temper

INATTENTION

Disorganized
Doesnt follow through
Doesnt pay attention
Is forgetful
Doesnt seem to listen
Distractible
Makes careless mistakes
Loses things
Doesnt do school work



Hidden below the surface. not so obvious behaviors

WEAK EXECUTIVE FUNCTIONING

Impaired working memory and recall
Limited activation, alertness and effort
Internalizing language
Limited control of emotions
Impairment in complex problem-solving skills

SLEEP DISTURBANCES

Doesnt get restful sleep
Cant fall asleep
Cant wake up
Late for school

Sleeps in class
Sleep deprived
Irritable
Morning battles with parents

IMPAIRED SENSE OF TIME

Doesnt judge the passage of time accurately
Loses track of time
Often late
Doesnt have the skills to plan ahead
Forgets long-term projects or is late
Difficulty estimating time required for tasks
Difficulty planning for the future
Impatient
Hates waiting
Time creeps
Homework takes forever
Avoids doing homework

2-4 YEAR DEVELOPMENTAL DELAY

Less mature
Less responsible
Acts 2-4 years younger than chronological age

DOESNT LEARN EASILY FROM REWARDS AND PUNISHMENT

Repeats misbehavior
Difficult to discipline
Less likely to follow rules
Difficulty managing own behavior
Doesnt learn from past behavior
Needs immediate rewards and gratification
Long-term rewards dont work
Doesnt examine own behavior
Difficulty changing behavior

LEARNING PROBLEMS AND DISABILITIES

Poor working memory
Cant memorize easily
Forgets teacher and parent requests
Slow math calculation
Slow retrieval of information
Poor written expression
Difficulty writing essays
Poor listening and reading comprehension
Difficulty describing the world in words
Difficulty putting words together rapidly

Disorganization
Slow cognitive processing
Poor fine motor coordination
Poor handwriting
Inattention
Impulsive Learning style

LOW FRUSTRATION TOLERANCE

Short fuse
Emotionally reactive
Loses temper easily
Gives up too easily
Doesnt stick with things
Speaks or acts before thinking
Overly concerned with own feelings
Difficulty seeing others perspective
Self-centered
Selfish

CO-EXISTING CONDITIONS

Anxiety (37%)
Depression (28%)
Bipolar (12%)
Substance Abuse (5%)
Tourettes Disorder (11%)
Obsessive Compulsive Disorder
Oppositional Defiant Disorder
Conduct Disorder