



ADHD Observation Log

Parent / caregiver observations at home, school, or in the community

CHILD'S NAME

AGE

COMPLETED BY

DATE

How to use this log

Record one situation per entry. Describe what you noticed and what helped your child. Include the time of day, setting, task, and mood. Continue on page 2 as needed.

OBSERVATION 1

Date / time

Environment / setting

Child's mood

Task involved / what was happening

Difficulty observed / what happened

What helped?

OBSERVATION 2

Date / time

Environment / setting

Child's mood

Task involved / what was happening

Difficulty observed / what happened

What helped?

OBSERVATION 3

Date / time

Environment / setting

Child's mood

Task involved / what was happening

Difficulty observed / what happened

What helped?



ADHD Observation Log

Continue recording situations using the same prompts.

CHILD'S NAME

OBSERVATION 4

Date / time

Environment / setting

Child's mood

Task involved / what was happening

Difficulty observed / what happened

What helped?

OBSERVATION 5

Date / time

Environment / setting

Child's mood

Task involved / what was happening

Difficulty observed / what happened

What helped?

OBSERVATION 6

Date / time

Environment / setting

Child's mood

Task involved / what was happening

Difficulty observed / what happened

What helped?

Patterns to discuss

Do certain times, settings, or tasks repeat? Which supports seem most helpful?