



Parent observation log

A calm, judgment-free way to notice patterns in your child over 1–2 weeks. You know your child best — bring this to your pediatrician or specialist. Rate **1 (rarely)** → **5 (very often)**.

CHILD'S NAME / AGE

OBSERVED BY

DATES COVERED

1 What I noticed this week · rate 1–5, or leave blank

DAY / DATE	TROUBLE PAYING ATTENTION / EASILY DISTRACTED	CAN'T SIT STILL / ALWAYS "ON THE GO"	ACTS BEFORE THINKING / INTERRUPTS	BIG EMOTIONS / HARD TO CALM	TROUBLE FINISHING TASKS OR HOMEWORK	SLEEP (HRS / QUALITY)
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Where did it show most? ☐ Home ☐ School ☐ With friends ☐ Public places

2 Triggers & what helped

WHEN IT WAS HARD	WHAT HAPPENED JUST BEFORE (TRIGGER)	WHAT CALMED THINGS / WHAT WORKED
Morning routine		
Homework time		
Mealtimes		
Bedtime		
Screens / transitions		

3 The good stuff — strengths I saw

ADHD comes with strengths too. Noticing them protects your child's confidence.

4 For the appointment

Biggest concern right now:

Questions to ask the doctor:

Ask your child's teacher to fill the companion **Teacher observation form** — clinicians look for patterns in **more than one setting**.

This is an observation aid, not a diagnosis. Every child is different, and many behaviours are normal at some ages. Only a qualified professional can diagnose ADHD — this log simply helps them see the full picture.

Helping them study? Cadence turns their notes into calm, ADHD-friendly study rounds — cadenceadhd.com