

## **ADHD & Mental Health Checklist**

### **-----for Parents and Educators**

*From Book Overcoming ADHD Without Medication*

#### **Art**

If a child is visually oriented, what about enrolling your children in an art program or private lessons?

Have you looked into professional art therapy?

Do you have art books available at home for your child so he or she might develop their interest in art?

Can you spend some time teaching your children to enjoy art?

#### **Diet**

Does my child eat a good breakfast every day?

If my child has breakfast at school, do I know that he or she actually eats breakfast daily? What is he or she eating for breakfast at home or at school?

Can improvements be made in diet and nutrition? Does my child consume a lot of sugar in different forms?

Does my child consume caffeine through soda or coffee/tea?

#### **Green Therapy & Exercise**

Have I included "green time" in my child's daily or weekly schedule?  
Parks, walking, hiking?

Does my child get exercise at least several times a week, at other times besides at school?

#### **Environmental Contaminants**

Is lead poisoning a possibility? Other environmental contaminants?

Can I contact the local lead poisoning agency for testing if my home or apartment might be susceptible to lead or other environmental contamination?

Is my child very sensitive to additives in food?

If so, can adjustments be made in a balanced way for a more healthful diet?

Might my child or teen be experimenting with drugs or alcohol?





