Behaviour/Development

	No	Maybe	Yes
Angry, Resentful			
Argues with Parents, teachers			
Touchy, easily annoyed			
Loses temper			
Refuses adult's requests			
Defies rules			
Cries easily			
Inattentive			
Easily distracted			
Fails to finish tasks			
Not listening to instructions			
Restless, over active			
Disturbs others			
Constantly fidgeting			
Mood changes			
Impulsive and excitable			
Explosive outbursts			
Unpredictable behaviour			
Easily frustrated			
Antisocial			
Low self esteem			
Repetitive noises/actions			

Food/Environment

Reacts to:-

	No	Maybe	Yes
Flavours, colourings			
Preservative/additives			
Not enough water			
Fussy eater			
Craves certain foods			
Frequent accidents			
Frequent night wakening			
Night terrors			
Difficulty falling asleep			
Bed wetting			
Stuffy/runny nose			
Ear infection Noise in ears			
Headaches, migraines/fevers			
Itchy skin/rashes			
Diarrhoea/bloating			
Constipation			
Stomach aches			
Tiredness			
Poor concentration			
Loud voice Talks too much			
Aches and pains			
Upset with smells			