



Steps to Take When You're Concerned About Autism

Schedule an Appointment with Your Child's Pediatrician

BE SPECIFIC ABOUT YOUR CONCERNS

Before your appointment, make a list about the specific behaviors you see on a regular basis. Be as concrete as you can. For instance, say "He bangs his head on the ground" instead of "He gets upset." Write down concerns regarding sleep, diet, mood, behaviors, language, play skills, and anything else you've noticed in your day to day life.

Learn the Early Signs of Autism

YOU MAY SEE SOME OF THESE SIGNS

Autism impacts a child's ability to communicate and interact with others, and includes repetitive or restricted behaviors. Early signs in toddlers and preschoolers include, but are not limited to: lack of eye contact, not consistently responding to their name, not understanding directions and the names of things, lack of gestures such as pointing and waving, preferring to play alone, very limited babbling and words, difficulties with transitions, difficulty handling changes in schedules and routines, and lack of back and forth interactions with familiar adults.

Call Your Local Early Intervention Program

YOU DO NOT NEED AN AUTISM DIAGNOSIS TO GET STARTED

Every state has an early intervention program. Call your school district or health department to find the program that serves your neighborhood. Typically, a developmental test will be conducted to determine the areas of development your child is showing a delay (communication, motor, cognition, social, self-help). Based on those results, you will develop a plan that includes services and goals for your child. You can begin early intervention services while you are deciding about an autism evaluation or waiting for that process to start.

Find Your Support

TALK TO SOMEONE YOU TRUST AND WHO WILL BE SUPPORTIVE

It is difficult and emotional for many parents when you're trying to figure out what is going on with your child. It's a long process and can take a toll on you, your child, your family, work, etc. Find someone who supports you and can be a cheerleader along the way. If you don't have friends or family that are nearby or don't feel comfortable talking to them, ask your pediatrician or local school district for parent support groups.

Stay Connected!

SIGN UP FOR THE NEWSLETTER AND CHECK BACK HERE OFTEN

Make sure to sign up for the weekly newsletter to get updates about the blog and resources as well as additional information that will help you and your family on this journey. My goal is to help you feel empowered to use your child's current strengths and skills to build new communication and self-help skills as well as to decrease challenging behaviors.

