



Your First 30 Days After an Autism Diagnosis: A Parent's Roadmap



"You don't have to have it all figured out — just start with love."

ASAP ABA | Assuring Support for Autism Pathways

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Welcome to Your Journey

Learning that your child has autism can bring many emotions — relief, confusion, hope, and uncertainty. You are not alone.

This roadmap is designed to help you navigate the first 30 days after diagnosis with understanding, compassion, and structure.

What the Diagnosis Means

Autism Spectrum Disorder (ASD) is a developmental difference that affects communication, social interaction, and behavior.

Every child with autism is unique — with their own strengths, challenges, and ways of seeing the world.

Early support matters. With guidance and evidence-based care, children with autism can thrive in ways that honor who they are.



Your 30-Day Roadmap

Week 1: Pause, Learn, and Breathe

- Take time to process your feelings — there is no “right” reaction.
- Read your diagnostic report and note any questions.
- Begin a journal for observations and emotions.
- Schedule a follow-up with your pediatrician or diagnosing provider.
- Connect with a support group (online or local).

Week 2: Build Your Support Team

- Contact your insurance company to understand coverage options.
- Reach out to ABA, speech, and occupational therapy providers.
- Begin researching quality ABA services — such as ASAP ABA.
- Learn about your state’s early intervention or regional center programs.
- Create a binder for reports, contacts, and therapy notes.

Week 3: Learn About ABA (Applied Behavior Analysis)

- ABA is a science-based approach that focuses on building meaningful skills and reducing barriers.
- ABA can improve communication, independence, and daily living skills.
- Choose providers who emphasize compassion, collaboration, and individualized goals.
- Ask how progress is tracked and how parents are included in therapy.

Week 4: Create Structure and Celebrate Progress

- Establish predictable routines for meals, play, and sleep.
- Begin implementing small strategies recommended by your providers.
- Celebrate your child’s small wins — every skill matters.
- Schedule your first full ABA sessions and clarify goals.
- Reflect on your family’s growth and set gentle expectations for the next month.

Your 30-Day Checklist

Task	Done
Reviewed diagnostic report and asked questions	☐
Contacted insurance provider	☐
Scheduled ABA intake or consultation	☐
Organized therapy binder	☐

Joined a support group	☐
Created consistent daily routines	☐
Scheduled first follow-up appointments	☐
Identified 3 small wins to celebrate	☐



Notes:

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How ASAP ABA Can Support You



At **ASAP ABA**, we understand that every child and family's path is unique.

Our compassionate Telehealth ABA services make it easy to get started, no matter where you are.

We Offer:

•**Telehealth or In-Home ABA Therapy:** Evidence-based care from the comfort of home.

•**Parent Coaching:** Learn practical tools to support your child daily.

•**Remote BCBA Supervision:** Professional guidance for future clinicians.

Together, we'll help you build confidence, consistency, and connection.



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