



■ My Child Was Just Diagnosed With Autism—What’s Next?

Receiving an autism diagnosis for your child can feel overwhelming. You may be experiencing a mix of emotions—relief, uncertainty, worry, or even hope. Please know: you are not alone. Many families have walked this path, and with the right support, children with autism can thrive and reach their fullest potential.

This page is designed to give you a clear first set of steps, a basic understanding of the diagnosis, and an introduction to Applied Behavior Analysis (ABA)—one of the most effective, evidence-based supports for children with autism.

1. Understanding the Diagnosis

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that affects:

- Communication (verbal and nonverbal skills)
- Social interaction (playing, sharing, understanding others)
- Behavior and learning (repetitive actions, special interests, learning in unique ways)

Every child with autism is different. The term “spectrum” means strengths and challenges can vary widely—from needing minimal support to requiring more intensive services.

■ Important to remember: Autism is not an illness to “cure.” It’s a difference in how your child experiences and interacts with the world. With the right supports, your child can learn, grow, and achieve meaningful milestones.

2. First Steps for Parents

1. Take a Deep Breath – Give yourself permission to pause. Processing the diagnosis is an emotional journey.
2. Learn About Autism – Explore reliable and free resources such as:
 - [100 Day Toolkit by Autism Speaks](#)
 - [CDC: Learn the Signs, Act Early](#)
 - [Navigating the Special Education System by OAR](#)
 - [ASAP ABA Free Resources](#)
3. Connect With Support Systems – Join parent support groups, reach out to your child’s pediatrician and specialists.

4. Explore Early Intervention Services – Contact Early Intervention (under 3) or your school district (over 3).
5. Consider ABA Therapy – Applied Behavior Analysis focuses on teaching skills and reducing challenges in positive, structured ways.
6. Build a Team Around Your Child – This may include speech, occupational, or physical therapy.
7. Take Care of Yourself Too – Even small acts of self-care matter.

3. What Is ABA?

Applied Behavior Analysis (ABA) is a science of learning and behavior. It helps children by teaching communication, social, and self-help skills, reducing challenging behaviors, and building independence.

4. How ABA Can Help Your Family

For Your Child:

- Builds communication skills
- Increases independence
- Improves social skills
- Encourages positive behavior

For Parents:

- Provides training and guidance
- Helps manage behavior
- Builds confidence and clarity

5. Final Encouragement

You don't have to figure everything out today. Start small. Learn one new thing at a time. Celebrate each step forward—no matter how big or small.

■ At ASAP ABA, we're here to walk beside you with compassionate, individualized ABA support—virtually anywhere.

