

First Steps After an Autism Diagnosis

A checklist to guide parents through the early days of their child's autism journey

Brought to you by [Bloom With Autism](#)

This checklist is designed to help you navigate the overwhelming early days after your child's autism diagnosis. Take it one step at a time, and know you're not alone. Visit bloomwithautism.com for more resources and support.

Checklist

Medical and Professional Support

Schedule a follow-up with a developmental pediatrician or neurologist to discuss the diagnosis.

Request a full evaluation report from the diagnosing professional for records.

Consult your pediatrician for referrals to specialists (e.g., speech or occupational therapists).

Contact your insurance provider to understand coverage for autism-related services.

Therapies and Interventions

Research evidence-based therapies (e.g., Applied Behavior Analysis (ABA), speech therapy, occupational therapy).

Contact local therapy providers to discuss availability and waitlists.

Explore early intervention programs (for children under 3) through your state or local agencies.

Learn about Individualized Education Programs (IEPs) or 504 Plans for school-aged children.

Community and Support

Join a local or online autism parent support group (check our [Groups page](#)).

Connect with other parents for advice and emotional support.

Follow autism advocacy organizations for updates and resources (e.g., Autism Speaks, Autistic Self Advocacy Network).

Visit our [Useful Resources page](#) for trusted links.

Parent Self-Care

Take time to process the diagnosis—journal, talk to a friend, or seek counseling. Educate yourself with reliable resources.

Set small, manageable goals for yourself and your family.

Celebrate your child's unique strengths and your progress together.

Tips for Parents

- Start with one or two steps to avoid overwhelm.
- Keep a binder or digital folder for medical records, therapy notes, and school documents.
- Reach out to our community at bloomwithautism.com/groups for support.

For more tools and support, visit bloomwithautism.com.

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