SPECTRUM STEPS

The first 30 days after a diagnosis

You do not have to do everything this month. One next step at a time is enough.

1. You are not alone. Take a breath. A diagnosis is information, not a verdict.
2. Write down questions and what you have noticed.
3. Tell the people you trust, at your own pace.
4. Call your Parent Training and Information Center. It is free.
5. If your child is under 3, refer to early intervention. If they are 3 or older, ask the school for an evaluation.
6. Ask your insurance plan and state Medicaid what is covered, and whether a waiver has a waiting list.
7. Catch them being good. Notice who they already are.
8. Pick only one next step today, then stop. You can come back tomorrow.

Find official programs in your state at spectrumsteps.org/states. This is general information, not medical or legal advice. Always confirm with the official agency.