



First-Week Autism Diagnosis CHECKLIST

♥ Small steps today. Stronger support tomorrow.



1. Get Oriented

- ☐ Take a deep breath. You are not alone.
- ☐ Allow space for your emotions.
- ☐ Read through the full evaluation report when ready.
- ☐ Write down immediate questions or concerns.



2. Important Paperwork

- ☐ Evaluation / diagnostic report
- ☐ Insurance information
- ☐ Therapy or medical referrals
- ☐ School records / previous evaluations
- ☐ IEP (if already in process)
- ☐ ID / custody documents (if needed)



3. First Calls & Appointments

- ☐ Pediatrician follow-up (if needed)
- ☐ Therapy evaluations (OT, ST, etc.)
- ☐ Local early intervention or support programs
- ☐ Contact your insurance provider
- ☐ Add appointments to calendar



4. School Planning

- ☐ Notify school of diagnosis
- ☐ Request IEP or 504 meeting
- ☐ Ask about supports & services
- ☐ Gather information about your child's strengths & needs
- ☐ Write down goals you hope to support at school



5. Support Your Child

- ☐ Keep routines as predictable as possible
- ☐ Create a calm & safe space
- ☐ Observe triggers & what helps
- ☐ Use connection, not correction
- ☐ Celebrate small wins



6. Take Care of You

It's okay to feel overwhelmed.

- ☐ Ask for help. Lean on your people.
- ☐ Rest when you can.
- ☐ You can't pour from an empty cup.



Gentle Reminder

There is no perfect way to do this.
You are learning.
Your child is growing.
You are doing your best—
and that is enough.



Notes & Questions ♥

