



A Roadmap for Your Child

While every child, adolescent and adult with autism spectrum disorder (ASD) is different, this roadmap may help provide some general insight of what you can expect at different stages — and how to prepare for what's next.

Birth to age 3

- Learn as much as possible about ASD and the resources available to your child and your family.
- Connect with other families affected by ASD through support groups, online forums and so on.
- Contact Autism Speaks and request their free toolkit: The First 100 Days.
- Create a system to organize medical and service provider information.
- Set up a regular schedule with a developmental pediatrician to identify challenges and any associated or co-existing health or genetic conditions.
- Explore special needs child care options.
- Contact the state's early intervention program and schedule an evaluation.
- Schedule an annual reevaluation to review your child's progress and reevaluate the early intervention plan.
- Work with your child's care providers and therapists to set goals for your child.
- Learn about parent-led interventions you can do with our child at home.
- Expect and prepare for challenges with your child's sleep, eating habits, potty training and common safety (e.g., running across the street, touching hot stoves).

Transition planning

As your child nears age 3, it is important to be prepared to face the next stage of his or her development.

- Prepare to transition from Infant to toddlers early intervention programs
- Schedule a transition meeting with your early intervention providers to determine a transition plan
- Schedule a meeting with your school district to begin evaluations and develop an individual education plan (IEP) for your child
- Begin screening and visiting preschools to find the best place for your child to begin his or her school experience
- Schedule an evaluation with your school district to determine if your child qualifies for preschool special education services.

Autism Resource Directory

We can help you find the services and resources you need. The [Autism Resource Directory](#) is a comprehensive online directory that links you to service providers, support groups, community resources and government programs across the nine-county Chicago metropolitan area — Cook, DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry and Will.