



Parent Guide to Autism



Hello,

Welcome to the Illinois Chapter, American Academy of Pediatrics (ICAAP) Parent Guide to Autism! You've just taken an important step in learning more about autism and how it may impact your child. This seven-day email series is designed to give you clear, practical information in bite-sized pieces so you don't feel overwhelmed.

Over the next seven days, we'll cover:

- ✓ What autism is (and isn't)
- ✓ Making a diagnosis
- ✓ Common strengths and challenges
- ✓ How autism shows up differently in each child
- ✓ Practical tips for supporting learning, communication, and daily life
- ✓ Using Individualized Education Plans, 504 Plans, and other school resources
- ✓ Resources and tools to help families thrive



Our goal is to empower you with knowledge, answer your questions, and remind you that ***you're not alone on this journey.***

Help Us Support You Better - 2 Minutes, 5 Questions

Before we dive in, please take a moment to share where you are in your journey. Your responses help us understand what matters most to families and keep programs like this one running for parents across Illinois.

[Share My Starting Point](#)

Helpful Resources:

Throughout these emails, we'll share trusted resources from [HealthyChildren.org](https://www.healthychildren.org), the official parenting website of the American Academy of Pediatrics, along with other pediatrician-recommended links to help you find answers and additional support.

Here are two to get you started:

- [Milestones Matter: Your Child's Growth & Development by Age 5](#)
- [CDC Milestone Tracker App](#)

We'll start with the basics in the next lesson. For now, know that you're in the right place. This series is here to support you with compassion, clarity, and encouragement.

With care,

The ICAAP Team

Get Connected!



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