

Parent Guide to Autism Resources

Introduction: Parent Guide to Autism

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

Day 1: What Autism Is (and Isn't)

- [Autism Spectrum Disorder in Children](#)
- [If Autism is Suspected, What's Next?](#)

Day 2: The Diagnostic Process

- [How Pediatricians Screen for Autism](#)
- [How is Autism Diagnosed?](#)

Day 3: How Autism Shows Up Differently

- [3 Early Signs of Autism Spectrum Disorder](#)

Day 4: Accessing Early Intervention Services

Early Intervention and Support Programs:

- [What is Early Intervention?](#)
- [Illinois Early Intervention Program](#)
- [Getting a Referral to Early Intervention](#)
- [Illinois Cares for Kids: Preschool](#)
- [Special Education Assessment for Preschool-Aged Children: Referral and Getting Started](#)

Therapy Options:

- [Speech-Language Therapy for Children with Autism Spectrum Disorders](#)
- [Occupational Therapy](#)

Day 5: Educational Planning and IEPs

- [IEPs and 504 Plans: A Guide for Parents](#)
- [Inclusion in School & School-Based Services for Children with Autism](#)

Day 6: Supporting Your Child At Home

Understanding and Managing Behavior:

- [Children with Autism and Behavior Challenges](#)
- [Keep Kids with Autism Safe from Wandering](#)
- [Words of Support for Parents of a Child on the Autism Spectrum](#)

For Pre-Teens and Teens:

- [Involving Your Child in the Decision-Making Process](#)
- [Autism and Mental Health: How to Support Your Teen](#)
- [Helping Teens With Autism Transition to Adulthood](#)

Day 7: Continuing Your Autism Journey with Support

- [Autism Resource Directory](#) (Lake, McHenry, Kane, DuPage, Cook, Kendall, Will, Grundy, and Kankakee counties)
- [Special Education Services](#)

Understanding Autism in Context:

- Video: [Understanding the Rise in Reported Autism Rates](#)
- Video: [Supporting Teens with Autism](#)