



First steps checklist for parents

For when you have just received an autism diagnosis, or you think your child may be autistic. Tick each step when you are ready. There is no rush.

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Take a breath

A diagnosis does not change who your child is. It gives you a better map for understanding them.

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Write down what you notice

Communication, play, sensory reactions and routines, at home and at school. Take your notes to your doctor, paediatrician or health visitor.

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Ask for a referral

Ask your doctor to refer your child for an autism assessment, and ask how long the wait is.

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Start helping now

You don't need to wait for a diagnosis to adapt your home, ask the school for support and learn about your child's needs.

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Get the written report

After the assessment, ask for the full report and recommendations. Keep copies.

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Meet the school

Share the report with the person responsible for special educational needs and agree a plan together.

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Learn from autistic people

Books, videos and blogs by autistic adults give a view from the inside.

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Be careful of "cures"

Autism cannot be cured. Check any therapy with a trusted health professional.

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Find your support

Contact a local autism organisation. See bricksfoundation.co.uk/support.html for each country.

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Look after yourself too

Connect with other parents, accept help and rest when you can.

My notes and questions: