

# First Concerns to Action Roadmap

If you have concerns about your child's development, early intervention is important. Learning the signs, examining your child's developmental milestones, and getting an evaluation and treatment as early as possible can make a lifetime of difference.

**Follow the steps below to get started and find the support you need.**

## Step 1: Learn the Early Signs of Autism

How your child plays, acts, talks, and moves are important parts of his or her development. There are milestones that a child is expected to reach by certain ages.



### ▶ EARLY SIGNS OF AUTISM CAN INCLUDE:

*No big smiles or other warm, joyful expressions by six months*

*No back-and-forth sharing of sounds, smiles or facial expressions by nine months*

*No babbling or response to name by 12 months*

*No back-and-forth gestures such as pointing, reaching or waving by 12 months*

*No words by 16 months*

*No meaningful, two-word phrases (not including imitating or repeating) by 24 months*

*Any loss of speech, babbling or social skills at any age*

## Step 2: Don't Wait - Screen Your Child

If you have any concerns, talk to your child's doctor and ask for a developmental screening.

**You can visit [AutismSpeaks.org/What-Autism/Diagnosis/Screen-Your-Child](https://www.autismspeaks.org/What-Autism/Diagnosis/Screen-Your-Child) and fill out the M-CHAT-R™**, a screening tool for autism. No matter the result, talk to your child's doctor about your concerns.

### Step 3: Start Intervention Right Away

If your child is under 3, he or she can receive a free evaluation and begin receiving support services and interventions, even without a formal diagnosis. **Contact your state's Early Intervention office for an evaluation.** Visit **Autism Speaks' Resource Guide** to find the contact information for **your state's Early Intervention office: [AutismSpeaks.org/Resource-Guide](http://AutismSpeaks.org/Resource-Guide).**

If your child is over 3, you should contact your school district and request an evaluation. Your child does not need a diagnosis of autism to receive an evaluation. This evaluation will determine if your child qualifies to begin receiving specialized services and supports through his or her local school.



### Step 4: Learn About Services, Supports and Treatments

If your child is diagnosed with autism, contact Autism Speaks for support. Our **100 Day Kit** is a great resource created to help you make the best possible use of the 100 days following your child's diagnosis. It contains information and guidance from trusted experts and parents like you.

For a free copy of the 100 Day Kit and many other resources for newly diagnosed families, contact the **Autism Speaks Autism Response Team** or visit **[AutismSpeaks.org](http://AutismSpeaks.org)**.



**Have more questions?**

**Contact Autism Speaks Autism Response Team today for personalized assistance:**

**1-888 AUTISM2 (288-4762)**

**En Español: 1-888-772-9050**

**[FamilyServices@AutismSpeaks.org](mailto:FamilyServices@AutismSpeaks.org)**