



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.

Grade School

- Work with your school district and your child’s therapists to ensure that your child’s IEP goals are appropriate and attainable
- Establish positive homework routines; starting these routines early in grade school may help you avoid more difficult homework battles as homework ramps up later in grade school and into middle school.
- Establish healthy eating habits and sleep routines.
- Work with your child’s education providers to help your child begin to focus on meaningful learning (e.g., not just being able to read words, but also comprehend words)
- Your child will likely need additional support in learning and understanding why things happen Sign your child up for social skills groups, as this is a time where social skills play a major role in children’s lives; it is important for your child to be around typical peers
- Work with your child’s care providers to help him or her understand and follow instructions and continue to set limits on electronics, while also clearly helping your child understand safety with electronics; turn on parental controls and monitor your child’s electronic activity
- Help your child understand “stranger danger”

Transition planning

As your child nears the end of the grade school years, he or she will be on the brink of puberty, which brings in a host of additional hurdles and challenge.

- Begin helping your child understand the body changes that will begin
- Focus on good hygiene and independent living skills
- Work on building a positive relationship with teachers and the school administrators; help your child clearly understand that teachers are their allies not their foes.
- Give your child a good idea of what to expect in middle school to help make the transition less complex and more manageable.
- Focus on bullying awareness — both being bullied and being a bully

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.