



Your Journey.  
Our Care.

# First 90 Days

## iCare Therapy Autism Journey | Your First 90 Days Roadmap

A simple action plan for families after an ASD diagnosis

### Weeks 1-2: Understanding the Diagnosis

Emotions are normal. Information helps.

#### What to Do:

- Read the diagnostic report slowly, in parts. Take notes.
- Write down your top 3 questions or worries.
- Start a “Therapy Binder” or digital folder for all documents.
- Notify your pediatrician and request referrals if not already made.

### Weeks 3-4: Getting Evaluated and Enrolled

The right professionals are key.

#### What to Do:

- Confirm a referral to an ABA provider (like iCare Therapy).
- Schedule speech-language and occupational therapy evaluations if recommended.
- Contact your insurance provider to confirm coverage.
- If child is age 3+, request an IEP evaluation from your school district in writing.

### Weeks 5-6: Meet Your Therapy Team

Set up your home as the learning space.

#### What to Do:

- Meet your BCBA (Board Certified Behavior Analyst).
- Allow your child to get comfortable with their RBT (Registered Behavior Technician).
- Share daily routines, favorite toys, and what triggers meltdowns.
- Walk the team through your child’s real home life.
- Ask how YOU can help reinforce therapy goals.

#### PARENT TIP

*It’s okay to feel overwhelmed. Understanding the diagnosis is a process, not a moment.*

#### PARENT TIP

*Don’t wait for everything to be “in place” before starting. Progress begins as soon as you take one step.*

#### PARENT TIP

*There are no perfect homes—real life is what therapy should fit into.*

## Weeks 7–8: Observe, Practice, Join In Caregiver involvement makes therapy stick.

### What to Do:

- Watch part of a session—ask your BCBA to explain what’s happening.
- Use one simple phrase consistently (e.g., “Sit down please.” “All done.” “Great asking!”).
- Praise positive behavior out loud.
- Start using a visual schedule (morning or bedtime).

## Weeks 9–12: Build the Routine, Track the Progress Consistency brings confidence.

### What to Do:

- Keep one ABA session time consistent every day.
- Create a calm-down spot or bin with favorite books, toys, or weighted items.
- Review data and updates with your BCBA. Ask what’s working.
- Celebrate progress: one new word, one fewer meltdown, one clean plate.

## Final Words for the First 90 Days

### This is a beginning, not a deadline

- Therapy fits into your real life—not the other way around.
- You are your child’s best teammate.
- You are doing enough.

### PARENT TIP

*Small wins matter. “Sitting for 2 minutes” is a win. So is “asked for juice instead of crying.”*

### Connect with Us

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