Contents

Foreword by Kenneth Bock, MD, FAAP, FACN, CNS  xiii

Introduction  xvii

Day 1

Learning: What Are Autism Spectrum Disorders?  1
Living: Affirming the Diagnosis  15

Day 2

Learning: Are You Doubting the Diagnosis or Denying It?  19
Living: Getting a Quick Start and a Second Opinion  24

Day 3

Learning: The Top Ten Most Essential Actions  33
Living: Living with Autism, an Olympic Challenge  37
Contents

Day 4

Learning: Is Recovery Possible? 40
Living: Understanding, Accepting, and Embracing the Diagnosis 47

Day 5

Learning: Getting Organized, Informed, and Connected 50
Living: Managing the Business of Recovery 57

Day 6

Learning: Navigating Long Waiting Lists 62
Living: Begin to Assemble Your “A” Team 64

Day 7

Learning: Defining Your Role and Your Family’s Role 79
Living: The Journey Ahead 84

First-Week Milestone 87

Week 2

Learning: Diagnosis Is Not Enough 89
Living: Understanding Your Child’s Individual Profile 94

Week 3

Learning: Autism’s Underlying Biomedical Factors 101
Living: Finding the Right Biomedical Specialist 105

Week 4

Learning: Early Intervention 110
Living: How to Access Early Intervention Services 115
## Contents

**First-Month Milestone**

Month 2
- Learning: Know Your Rights; Know Your Insurance 123
- Living: The Financials: Planning Ahead 144

Month 3
- Learning: Taking a Balanced, Integrated Approach to Intervention 154
- Living: Getting to Know the Treatments Available 160

Month 4
- Learning: Making Observations and Understanding What They Mean 188
- Living: An Example of Integrated Therapy 193

Month 5
- Learning: Understanding Your Child's Educational Needs 203
- Living: Finding the Appropriate School Program 210

Month 6
- Learning: Preparing for the Educational Planning Process: Getting Your Ducks in a Row 214
- Living: Navigating the Public School System 217

**Half-Year Milestone**

Month 7
- Learning: When You're Not Getting What You Need from Your School District 233
- Living: Learning How to Advocate for Your Child 239