Supporting Families From New Diagnosis To Understanding

Diagnosis & Early Impression

- Seek multiple professional opinions
- Ask questions
- Gather information
- Understand the results

Dealing With Grief

- Honor emotions
- Learn stages of grief
  - Denial
  - Anger
  - Bargaining
  - Depression
  - Acceptance
- Ask for help

Fighting Stigma & Judgement

- Ignore stares or comments
- Set boundaries
- Recognize lack of awareness vs. intentional harm
- Focus on your child

Building Awareness & Education

- Educate yourself on the diagnosis
- Share information with family & friends
- Promote inclusion in the community

Finding Support & Your Community

- Join support groups (Online & Local)
- Connect with other parents
- Ask family for help
- Find trusted care

Embracing Self-Care & Advocacy

- Schedule rest & relaxation
- Maintain physical health
- Seek therapy or counseling
- Be your child's voice

EMPOWERMENT COMES FROM KNOWLEDGE, CONNECTION, AND RESILIENCE

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New Diagnosis Support