



# PODCAST FREEBIE

## What Do I Do After My Child Gets a Diagnosis?

As talked about on All Things Sensory Podcast Episode #153:  
What Do I Do After My Child Gets a Diagnosis?

- Get support.
- It's ok if you don't see the diagnosis as a blessing or awesome. For some, the grief is real.
- A diagnosis can be a good thing - it can help find answers and strategies.
- Trust your instincts and never stop advocating.
- Allow yourself to grieve / mourn. A diagnosis can be a loss of a dream / idea / vision. Don't rush the process.
- In the hard moments, remember that your child is having a hard time, NOT giving you a hard time.
- Join Facebook groups of autistic adults. They are more than willing to help guide.
- Celebrate the little victories.
- Your child is NOT his/her diagnosis. Accept that it is just a different path.
- Find a balance so you don't get overwhelmed trying to do too much.
- Be excited for what they're excited about. Don't focus on missing out.
- It is your choice to share the diagnosis when you're ready. Take time to process.
- Don't feel guilty about the diagnosis. Embrace your child for being special.
- Be patient and advocate for your child's needs. You got this and you are not alone.
- You are your child's best advocate and know their needs. Don't be afraid to voice them.
- Your child is still the same person you've loved every day.
- Now they will have access to more resources and support.

