



Conclusion

The time after an autism diagnosis is likely a difficult time for you. It is important to remember that you are not alone. Others have gone down this road before you. You are stronger than you think. You will learn how to overcome challenges and best meet your child's needs so that he or she can live as full and independent of a life as possible. You will also begin to experience the world in a new way; your priorities may shift and you will meet some incredible people who are dedicated to helping those with autism to succeed. Keep in mind that great strides are being made every day in the field of autism research, including many studies looking into new treatments and interventions.

There are a multitude of resources and tool kits on the Autism Speaks website to help you navigate this journey with your child. The 100 Day Kit is only the beginning. In addition, the **Autism Response Team** is available to answer your questions and connect you with resources. Please call **888-288-4762 (en Español 888-772-9050)** or email familyservices@autismspeaks.org and they are happy to help you at every step of the way.

Please do not hesitate to reach out.

Your feedback is important to us. To share your comments on the kit - What was helpful? What additional information could be included? please email your comments to familyservices@AutismSpeaks.org with the word "feedback" in the subject line.