



GUIDING LIGHT FAMILY TOOLKIT

Volume 1



Your First Steps After an Autism Diagnosis

A practical guide to help families take their first steps with confidence and hope.

Created by parents, for parents.

Walking beside families. One step at a time.



THE GUIDING LIGHT PROMISE

You are not alone.

We know this journey can feel overwhelming, scary, and uncertain. We've been there.

When our own children were diagnosed with autism, we had so many questions and so little guidance.

That's why we created Guiding Light Autism Family Support—to walk beside you, provide clarity, and help you take one step at a time.

You don't have to figure it all out today.

Just start with the next right step.

We are here to provide resources, support, and hope as you navigate this journey together with your child.

We promise to listen, support and guide you every step of the way.

With Love and understanding,

A handwritten signature in black ink that reads "Irene Leal".

Co-Founder

A handwritten signature in black ink that reads "Esau Leal".

Co-Founder

Walking beside families. One step at a time.



THE FIRST 24 HOURS

Take a deep breath. This is a lot to process. Focus on connection, and not perfection.

Checklist:

- ☐ Take a deep breath and give yourself permission to feel.
- ☐ Request a copy of the evaluation report.
- ☐ Start a medical binder for all documents and reports.
- ☐ Write down all your questions.
- ☐ Lean on your support system.
- ☐ Remember: Your child is still the same amazing child.

Helpful Tip:

Focus on what you can do today.

You can learn the rest along the way.



YOUR FIRST WEEK

Small steps this week create big change tomorrow. You don't have to do everything at once.

Checklist:

- ☐ Contact your child's pediatrician to discuss the diagnosis.
- ☐ Learn about therapy options (speech, occupational, behavioral, etc.).
- ☐ Contact Early intervention (0-3) or your local school district (3+).
- ☐ Review your insurance benefits and coverage.
- ☐ Schedule your FREE consultation with Guiding Light.

Remember:

Small steps today create big change tomorrow.

You're doing great just by showing up.



Guiding Light

AUTISM FAMILY SUPPORT

— Guiding Light — The  Piece Parents Have Been Missing. —

YOUR FIRST MONTH



Understand Benefits

- Learn about SSI (Supplemental Security Income).
- Learn about Medicaid and CHIP.
- Explore waiver programs in your state.



Support & Community

- Connect with a local parent support group.
- Follow autism organizations in your area.
- Remember: You were never meant to do this alone.



Education & Advocacy

- Learn your child's rights in school.
- Ask about an evaluation through your local school district.
- Start building your dream team.



Keep Learning

- Read.
- Watch.
- Ask questions.
- Download Toolkit #002: Understanding SSI & Financial Assistance (when it's available).

Encouragement:

You are your child's best advocate.

We're here to help every step of the way.



QUESTIONS FOR MY DOCTOR & THERAPIST

Use this space to write down questions before appointments.

1. What does this diagnosis mean for my child?
2. What are the recommended next steps?
3. What services or therapies do you recommend?
4. Are there evaluations or assessments we should consider?
5. How can I support my child at home?
6. What resources do you recommend for our family?



MY NOTES & IMPORTANT CONTACTS

Notes:

Contacts:

Pediatrician:

Therapist / Clinic:

School Contact:

Insurance Provider:



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HOPE * MISSION * NEXT STEPS

There will be hard days.

There will be uncertain days.

But there will also be breakthrough days.

Hope is our compass.

Progress is our purpose.

Your child's potential is our promise.

Our Mission

To walk beside families after an autism diagnosis by providing clear guidance, practical resources, and compassionate support—one step at a time.

Call-to-Action:

❤️ Ready for personalized support?

Schedule your FREE 30-minute consultation today.

info@guidinglightautismsupport.org

 214.676.1889