

Light 2 Minds

After the Diagnosis

A Parent Roadmap

The first weeks can feel overwhelming.
Here's a simple roadmap to support your child and yourself.



01



Give Yourself Grace

It's normal to feel many emotions. A diagnosis doesn't change who your child is — it helps you understand them better and get the right support.



TIP: You don't have to do this alone. If you need guidance, we are here for you. Contact us for a **Family Consultation**.

02



Request the Full Evaluation

If your child is school-age, request a full evaluation through your school district. For any age, ask for a **comprehensive diagnostic evaluation** by a licensed psychologist.



TIP: Ask for the report in writing. This will be important for school, insurance, and therapy referrals.

03



Explore Therapy Options

Learn about therapy services that may support your child, such as **ABA**, **speech therapy**, **occupational therapy**, or a combination. Research local providers and ask about their experience, approach, and availability.



TIP: Trust your instincts and choose a provider who communicates, collaborates, and values your family.

04



Contact Your Insurance or Case Manager

Reach out to your **insurance provider or case manager** to understand your benefits and get help finding in-network therapy providers. They can guide you through authorizations and next steps.



TIP: Ask about coverage details, co-pays, in-network providers, and required documentation.

05



Create a Plan & Take Action

Once you have evaluations and information, create a step-by-step plan. Start with one step at a time — **small actions lead to big progress**.



TIP: Prioritize the most important next step and take it this week. You've got this!

06



Build Your Support Network

Connect with other families, parent groups, and trusted professionals. Having a strong **support system** makes the journey easier.



TIP: You don't have to navigate this alone. Reach out — support helps you feel less overwhelmed and more empowered.



We're here for you.

Reach out anytime for support, resources,
or a **Family Consultation**.
+1 (561) 377-2473

Light 2 Minds
SUPPORTING FAMILIES.
EMPOWERING MINDS.

*You are
your child's
greatest
advocate.*
❤️