


Resources for Families with a Loved One Diagnosed with Autism

Fantastic Websites to check out:

- **Autism Navigator** – Free, research-based resources and videos to help parents understand autism.
autismnavigator.com
- **The Autism Community in Action (TACA)** – Offers support groups, family mentors, toolkits, and events for parents.
tacanow.org
- **Autism Speaks Toolkits** – Whether you like them or not, their toolkits for new diagnoses, sleep struggles, and IEPs are solid.
autismspeaks.org/tool-kits
- **Pathfinders for Autism (Maryland-based but helpful for all)** – Tons of free guides on behavior, sensory needs, and daily living.
pathfindersforautism.org
- **The Mind Institute** by UC Davis ADEPT program- Offers behavioral support for families who have a younger child with autism.  ADEPT Training | UC Davis MIND Institute

Therapy & Developmental Tools

- **Understood.org** – Amazing, digestible content for learning and thinking differences (ADHD, autism, etc.). Great for school advice.
understood.org
- **Your OT, SLP, or local clinic** – Many offer free printable visuals, sensory guides, and webinars just for parents (ask!).
- **AutPlay Therapy** – Combines play therapy and OT strategies; helpful for therapists and parents looking for social-emotional tools.
autplaytherapy.com

Books for Parents

- *Uniquely Human* by Dr. Barry Prizant – A hopeful, uplifting read about understanding autism.
- *The Out-of-Sync Child* by Carol Kranowitz – Gold-standard on sensory processing.
- *Parenting a Child with Autism Spectrum Disorder* by Albert Knapp – Practical, compassionate parenting strategies.

Online Communities

- **Facebook Groups:**
 - *Autism Inclusivity* – Neurodiversity-affirming group with lived experience

- *Parents of Children with Autism* – Supportive, mixed experience levels
- *Autism Mom Support Group* – Honest, emotional, and encouraging
- **Instagram & Podcasts:**
 - @theotbutterfly – OT + mom sharing real-life autism tools
 - *The Autism Helper Podcast* – Educator-focused, great for school strategies
 - *Two Sides of the Spectrum* – Therapist conversations that respect autistic voices

Local Help

- **Early Intervention (EI)** – If your child is under 3, you can reach out to the infant-toddler program through the Idaho Health and Welfare office.
- **School District** – Request an **IEP evaluation** in writing if your child is 3+ and may need school support.