

The FIRST 30 DAYS CHECKLIST

A SIMPLE PLAN FOR A STRONG START

Small steps. Big impact.
You've got this.

One day at a time. You are not alone. ♥

overwhelming. This checklist will help you focus on what matters most so you can build a strong foundation for your child and your family.

REMEMBER:

- ✓ You are learning as you go.
- ✓ Progress over perfection.
- ✓ It's okay to ask for help.
- ✓ Your child's future is full of promise.

Child's Name: _____

Date of Diagnosis: _____

Today's Date: _____

You are doing an amazing job.
We're so proud of you!

SPECIAL FAMILIES PROJECT

1



FOCUS ON TODAY

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



ASK FOR HELP

Lean on your support system. You don't have to do this alone.



CELEBRATE WINS

Every step forward matters—big or small. You are making progress!



Give yourself grace. You and your child are worth it.

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3 DAYS 1–7: GET ORIENTED

Focus on Understanding & Essentials

- ☐ Learn about your child's diagnosis and what it means
- ☐ Write down questions for your child's pediatrician or specialists
- ☐ Schedule follow-up appointments
- ☐ Create a medical binder or digital folder
- ☐ Gather important documents (birth certificate, insurance, ID, etc.)
- ☐ Start a list of current therapies, medications, and doctors
- ☐ Reach out to a parent support group
- ☐ Take care of YOU – rest, breathe, eat, hydrate

NOTES:

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4 DAYS 8–15: BUILD YOUR TEAM

Connect & Plan ♥

- ☐ Find and connect with a primary care provider (if needed)
- ☐ Ask for referrals to specialists or therapists
- ☐ Research therapy options in your area
- ☐ Verify insurance benefits and coverage
- ☐ Make a plan for upcoming appointments
- ☐ Learn about early intervention or school services (if applicable)
- ☐ Share your child's strengths and needs with your support team



HELPFUL TIP:

Keep a notebook or notes app handy to track names, phone numbers, and ideas.

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5 DAYS 16–23: GET ORGANIZED

Set Systems Up ♥

- ☐ Create a calendar for appointments and therapies
- ☐ Set up a medication and supplement schedule (if applicable)
- ☐ Organize medical records and test results
- ☐ Set up a communication notebook or app
- ☐ Create routines for meals, bedtime, and therapies
- ☐ Start a simple daily routine that works for your family
- ☐ Identify 2–3 people you can call when you need support

NOTES:

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6 DAYS 24–30: LOOK AHEAD

Plan & Prepare ♥

- ☐ Review progress and what's working
- ☐ Adjust plans as needed
- ☐ Prepare for upcoming appointments (questions, goals, concerns)
- ☐ Learn about your rights and options (IEP, 504, waivers, grants)
- ☐ Look into financial assistance programs
- ☐ Plan something that brings YOU joy
- ☐ Celebrate how far you've come in 30 days!



Look how far you've come! You are building a strong foundation for your child's future.

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7 IMPORTANT CONTACTS ♥

NAME / ROLE	PHONE / EMAIL	NOTES
Pediatrician		
Specialist		
Therapist		
Insurance		
School / EI		
Case Manager		
Support Group		
Other		

Keep everyone in one place so you can find support whenever you need it.

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8 DOCUMENTS TO GATHER

Keep These Handy ♥

- ☐ Birth Certificate
- ☐ Insurance Card(s)
- ☐ Photo ID
- ☐ Diagnosis / Evaluation Reports
- ☐ Therapy Reports
- ☐ Medication List
- ☐ Immunization Records
- ☐ IEP / IFSP / 504 Plans (if applicable)
- ☐ Financial Assistance Documents
- ☐ Other: _____



TIP:

Use a binder or accordion folder to keep everything organized and easy to access.



You are doing
an amazing job!

Your love, your patience, and your
advocacy are making all the difference.

One day at a time.
We're in this together.