Special Needs Families Together

The FIRST 90 DAYS

A PRACTICAL GUIDE FOR FAMILIES AFTER A SPECIAL NEEDS DIAGNOSIS

One step at a time.
One day at a time.

You are not alone. We're in this together.

This guide breaks it down into simple steps so you can focus on what matters most—your child.

Take it one step at a time.
You don't have to do everything today.
Small steps lead to big progress.

Use what you need.
Every family's journey is different.
Choose what works for you.

Keep everything organized.
Use the checklists and trackers to stay on top of appointments, documents, and goals.

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

Celebrate the wins.
Every small victory matters!

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

at the right time.

DAYS 1–30
Focus on Understanding & Getting Organized
- Learn about your child's diagnosis
- Gather important documents
- Build your support team
- Schedule key evaluations & appointments

DAYS 31–60
Focus on Planning & Connecting
- Create a plan for therapies and services
- Learn about your rights and options
- Connect with local resources
- Communicate with your child's care team

DAYS 61–90
Focus on Building & Growing
- Reassess and adjust your plan
- Set short-term goals
- Celebrate progress
- Continue building your support network

Remember:
Progress, not perfection.
You are exactly what your child needs.

DAYS 1–30
Focus on Understanding & Getting Organized

- [ ] Learn about your child's diagnosis
- [ ] Gather important documents
- [ ] Create a medical binder
- [ ] Schedule evaluations
- [ ] Find a primary care provider (if needed)
- [ ] Learn about early intervention or school district services
- [ ] Identify immediate needs
- [ ] Build your support team
- [ ] Join a parent support group
- [ ] Take care of yourself

HELPFUL TIP
It's normal to feel overwhelmed. Give yourself grace. Focus on one thing at a time.

Small steps today can lead to big changes tomorrow.

DAYS 31–60
Focus on Planning & Connecting

- [ ] Create a therapy and services plan
- [ ] Research therapy options
- [ ] Understand insurance benefits
- [ ] Explore financial assistance programs
- [ ] Connect with local resources
- [ ] Communicate with your care team
- [ ] Learn about your rights (IDEA, IEP, 504)
- [ ] Attend training or workshops
- [ ] Keep organizing and tracking
- [ ] Continue self-care

HELPFUL TIP
You are building a strong foundation for your child's future.

You are making progress. Keep going!

DAYS 61–90
Focus on Building & Growing

- [ ] Reassess your plan
- [ ] Adjust therapies and services as needed
- [ ] Set short-term goals
- [ ] Track progress
- [ ] Strengthen your support network
- [ ] Advocate for your child
- [ ] Celebrate milestones
- [ ] Plan for the next 90 days
- [ ] Keep taking care of yourself

HELPFUL TIP
You've come so far. Keep believing in yourself and your child.

You are stronger than you think and doing an amazing job!

APPOINTMENT TRACKER

DATE	APPOINTMENT / PROVIDER	PURPOSE	NOTES

IMPORTANT DOCUMENTS CHECKLIST

- [ ] Birth Certificate
- [ ] Insurance Cards
- [ ] Identification (Parent/Guardian)
- [ ] Diagnosis Report
- [ ] Evaluation Reports
- [ ] Therapy Reports
- [ ] IEP / IFSP / 504 Plans
- [ ] Medical Records
- [ ] Medication List
- [ ] Immunization Records
- [ ] Specialist Reports
- [ ] Equipment Information
- [ ] Emergency Contacts
- [ ] Other: _____

KEEP IT ORGANIZED
Use a binder or accordion folder to keep everything in one place.

NOTES & WINS

NOTES / QUESTIONS

WINS TO CELEBRATE
Write down every win, big or small!