



Part 1 | Chapter 4

Moving Forward

REVIEW CHECKLIST

To help me move forward to full acceptance of my child's diagnosis

Factor 1 - What is my attitude?

- Do I take time for reflection?
- Do I honor my emotions, without judgment?
- Do I get past the hurt, disappointment, and anger?
- Have I found a support group?
- Do I remember that this is a process?
- Have I searched for qualified experts to help me?

Factor 2 - How is my confidence?

- Do I watch the company I keep, and do I avoid confidence snatchers?
- Does my focus stay positive?
- Do I keep in touch with my authentic self?

Factor 3 - How effectively do I implement?

- Am I persistent?
- Do I maintain my equilibrium?
- Do I have a cheerleader to keep me going?
- Do I assess my follow-through on a regular basis?

Source: AUTISM PARENTING: Practical Strategies for a Positive School Experience