



Concerned Your Child May Have Autism?

Here's What to Do Next

If you have concerns about your child's development or wonder whether they may have autism, trust your instincts. Many parents notice differences long before a formal diagnosis is made. Reaching out for information is not overreacting—it is an important first step.

The good news is that you do not have to navigate this journey alone. Early identification and support can make a meaningful difference for both children and their families.

Step 1: Talk to Your Child's Pediatrician

If you suspect your child may have autism, discuss your concerns with your child's pediatrician or healthcare provider. Share the behaviors or developmental differences you have observed, even if you're unsure whether they are significant.

Your pediatrician can help determine whether additional evaluation is appropriate and may recommend an autism screening or referral for further assessment.

Step 2: Schedule an Autism Screening

Responding to Autism Services offers autism screenings for individuals 18 months of age through adulthood.

An autism screening is not a medical diagnosis. Instead, it helps determine whether the characteristics a person is demonstrating are consistent with autism and whether a comprehensive evaluation should be pursued.

Our screenings are conducted by a master's-level autism specialist and include:

- Discussion with parents or caregivers
- Observation and interaction
- Autism-specific screening tools and questionnaires
- Professional recommendations and written results
- Information about available resources and next steps

Our goal is to provide families with clarity, guidance, and support as early as possible.

Why Is a Screening Important?

Obtaining a medical diagnosis for autism can often take six months to over a year, depending on provider availability and waitlists.

If a screening indicates that your child is likely on the autism spectrum, your family can begin learning about autism, accessing resources, and exploring appropriate supports while pursuing a formal medical diagnosis.

You do not have to wait to start helping your child.

How Is Autism Diagnosed?

Currently, there is no blood test, brain scan, or medical laboratory test that can diagnose autism. A diagnosis is based on developmental history, observed behaviors, and standardized assessments completed by qualified professionals.

After concerns are identified, your child may be referred for a comprehensive evaluation by professionals experienced in diagnosing Autism Spectrum Disorder (ASD).

Depending on the provider, the evaluation may involve a multidisciplinary team that could include:

- Developmental pediatricians or psychiatrists
- Psychologists
- Speech-language pathologists
- Occupational therapists
- Educational or autism specialists

In some communities, evaluations are completed by an individual professional with expertise in autism diagnosis. The most important factor is that the evaluator has experience assessing Autism Spectrum Disorder.

What Should I Do While Waiting for a Diagnosis?

Waiting for an evaluation can feel overwhelming, but there are many positive steps you can take while the process is underway.

You can:

- Learn about autism and your child's unique needs
- Connect with local services and supports
- Explore educational and behavioral strategies
- Ask questions and seek guidance from professionals
- Build a network of support for your family

Early support and education can be valuable, regardless of when a formal diagnosis is received.

Remember: You Are Not Alone

Parents often experience many emotions when autism is first suspected or diagnosed. You may feel worried, confused, overwhelmed, relieved, or uncertain about what comes next. Every family's journey is different, and all of these feelings are normal.

At Responding to Autism Services, we believe no family should have to navigate this process alone. Our trained autism resource coordinators are available to answer questions, connect you with community resources, and help you understand the next steps for your child.

We are here to support your family every step of the way.

Contact Us

Responding to Autism Services

To schedule an autism screening or a free consultation:

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