

Getting Support: Who to Call & What to Ask

When you start noticing red flags or delays in your child's growth, it's normal to feel lost. The good news is—you don't have to walk this road alone. Here's a simple, step-by-step guide with a checklist of who to call and what to ask so you can feel more prepared in every conversation.

Step 1: Start at Home

Who to Call: Your child's pediatrician

- Why: They are often the first step to confirm concerns and give referrals.
- Questions to Ask:
 - "I noticed my child is not yet speaking two words at 2 years old. Is this a red flag?"
 - "Should we see a developmental pediatrician?"
 - "What tests or screenings can we do now?"

Checklist:

- ___Record your child's words or behaviors in a Communication Log.
- ___Bring your Red Flag Tracker to the appointment.

Step 2: Specialist Support

Who to Call: Developmental Pediatrician (Dev Pedia)

- Why: They give official assessments and diagnoses.
- Questions to Ask:
 - "What is my child's developmental level compared to their age?"
 - "Do you recommend Early Intervention Programs (EIP)?"
 - "Which therapies should we start with?"

Checklist:

- ___Book an appointment early, waitlists can take months.
- ___Bring all notes, trackers, and observations.



Step 3: Therapy Centers & Practitioners

Who to Call: Speech Therapist, Occupational Therapist, or Therapy Center

- Why: They provide hands-on support and coach parents on daily strategies.
- Questions to Ask:
 - "How often should my child attend sessions?"
 - "What activities can I do at home to support therapy?"
 - "How will you track my child's progress?"

Checklist:

- ___Ask for a written therapy plan.
- ___Request for parent coaching tips.
- ___Log what you do at home (use your Daily Routine Guide).

Step 4: School & Teachers

Who to Call: Daycare teacher, preschool teacher, or SPED teacher

- Why: Teachers can give feedback on how your child acts with other children.
- Questions to Ask:
 - "Do you notice my child responding when called?"
 - "How do they play with other kids?"
 - "Are there classroom supports we can try?"

Checklist:

- ___Share your child's therapy notes with the teacher.
- ___Ask the teacher to give weekly updates.

Step 5: Parent Support Communities

Who to Call: Parent groups, NGOs, or online communities (e.g., Facebook groups for parents of children with Autism, ADHD, or GDD)

- Why: Other parents can share real-life tips, therapists, and encouragement.
- Questions to Ask:
 - "How did you start with therapy?"
 - "What daily routines helped your child at home?"
 - "What red flags did you notice, and what worked for you?"

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Checklist:

- ___Join at least one local or online support group.
- ___Share one success or concern weekly.

Final Reminder

Always remember: **You are your child's first teacher.** Doctors, teachers, and therapists are partners, but you are the constant guide. Asking the right questions and keeping notes makes you your child's best advocate.

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