



## AUTISM RESOURCES FOR FAMILIES

### Autism Speaks Tool Kits include the following:

AutismSpeaks.org

- Strategies to Improve Sleep in Children with Autism
- Pica (eating non-food) Guide for Professionals
- Guide to Managing Constipation in Children with Autism
- Dental Tool Kit
- Guide to Individualized Education Programs (IEP)
- Getting Started with ABA: Asking the Right Questions
- A Friend's Guide to Autism
- A Grandparent's Guide to Autism
- A Parent's Guide to Autism
- A Sibling's Guide to Autism
- Haircutting Training Guide
- Medication Decision Aid

### Sensory Processing

- [AutismSpeaks.org/sensory-issues](https://autismspeaks.org/sensory-issues)

### Early Signs of Social Communication Delays

- [Firstwordsproject.com](https://firstwordsproject.com)
- [Firstsigns.org](https://firstsigns.org)

### Early Intervention

- [Infant and Toddler Connection of Virginia \(itcva.online\)](https://itcva.online)
- [Navigating Autism: Early Childhood and Beyond \(autismdrive.virginia.edu\)](https://autismdrive.virginia.edu)

### Early Parenting Strategies for Development

- [Vroom.org](https://vroom.org)
- For video recordings about parent-led ABA:  
[bmc.org/pediatrics-autism-program/parent-training-everyday-aba](https://bmc.org/pediatrics-autism-program/parent-training-everyday-aba)

### School-age Resources

- [Virginia Department of Education: Special Education \(doe.virginia.gov/programs-services/special-education/specific-disabilities/autism\)](https://doe.virginia.gov/programs-services/special-education/specific-disabilities/autism)
- [Understood.org](https://understood.org)
- [Lifespan Roadmap for Autism \(autismdrive.virginia.edu\)](https://autismdrive.virginia.edu)