

GENTLE PROGRESS FAMILY · \$47 CORE UPGRADE



The 90-Day Family Support Program

A season-long implementation pathway that builds habits sturdy enough to hold up on a bad week — not just a good one. Three monthly arcs, ninety individual days, four illustrated card sets, a real workbook, and school-ready templates.

Gentle Progress Family

Evidence-informed, non-clinical family support

6 documents

Start Here · Roadmap · Card Sets
Workbook · School Templates · Trackers

● BEFORE ANYTHING ELSE

Why 90 days, why three arcs

Short programs build a good week. This one is built to survive a bad month — and then another one after that.

Here is the honest truth this program is built on: a single good day doesn't tell you much. Almost any family can have one good day. What actually changes a child's life is the same small, calm, structured thing happening again and again, for long enough that it stops being something you're "trying" and becomes something that's just... how your family does things now. That takes longer than a week. It takes longer than a month. The strongest available guidance for supporting autism

and ADHD consistently points to long-term, structured support — not a single technique tried once and abandoned^{[4][11]}. Ninety days is the length of time real habits actually take root.

So instead of ninety identical days, we've split this season into three separate "arcs" — three different jobs, one per month, each one building directly on top of the one before it. Picture it like building a house: Month 1 pours the foundation. Month 2 puts up the walls. Month 3 moves the family in and teaches them to live there on their own. You cannot skip a month and expect the next one to hold.

Foundations — what you'll actually be doing

Four weeks. Thirty days. One job: find out what's really true, and build one habit so small it can't fail.

In Month 1, you are not adding anything new and exciting yet — and that is completely on purpose. Most families who struggle to keep a new system going didn't fail because the system was wrong. They failed because they tried to change six things at once, on top of an already exhausting life, with no idea which change was actually helping. Month 1 fixes that by slowing everything down to almost nothing.

Wk1 Re-Baseline and Commit

You'll honestly score six areas of your child's life (food, communication, movement, sensory, sleep, routines), pick just ONE to protect this month, and start one habit so small it takes under 5 minutes a day.

Wk2 Environment Audit

You'll walk through your own home like a visitor seeing it for the first time, and fix the one small thing quietly working against you — a schedule card that fell behind the fridge, a quiet space that filled up with laundry.

Wk3 The "Bad Day" Plan

You'll decide, in a calm moment, exactly what you'll do on the day everything goes wrong — so you never have to think clearly right when you have the least capacity to.

Wk4 Month 1 Review

You'll look back honestly at what held up and what didn't, before Month 2 asks anything new of you.



HOW WE HELP YOU GET THERE

Document 2 (The 90-Day Roadmap) breaks all four of these weeks down into single days — so on any given morning, you never have to guess what today is for. Document 3 (Illustrated Card Sets) gives you two step-by-step processes this month leans on hardest: the Friction Audit Walkthrough (Week 2) and the Bad-Day Contingency Build (Week 3). Document 4 (Parent Workbook) gives you a page to actually write your scores and thoughts down, because a thought that stays only in your head is easy to lose on a hard day.

Building Your Family's Rhythm

— what you'll actually be doing

Four more weeks. Not more routines bolted on — a genuine sense of your family's own rhythm, mapped out for the first time.

Month 2 only works because Month 1 came first. You are not throwing out your anchor habit or your bad-day plan — you're standing on top of them and looking at something new: the actual shape of your family's day and week, not just the tasks inside it. Most families never map when their good windows and hard windows actually fall, when real connection happens versus when it's forced, or which days of the week quietly cost more than others. This month gives you a genuine, hands-on way to see all of that clearly, maybe for the first time.

Wk5 Map Your Family's Energy Rhythm

You'll track when your child (and you) are genuinely at your best and your hardest across a day, then start protecting the hard windows instead of fighting them.

Wk6 Open an Attunement Window

You'll build one dedicated daily window where you follow your child's own focus completely, with zero agenda of your own.

Wk7 Start a Sensory Ledger

You'll track sensory "deposits" and "withdrawals" across a full day, as a genuinely new way of seeing where the balance tips.

Wk8 Build Your Weekly Rhythm Map

You'll zoom out from the day to the whole week, naming which days are naturally hardest and building real recovery into the week itself.



HOW WE HELP YOU GET THERE

Document 4 (Parent Workbook) is where all four of this month's maps and ledgers actually get built and kept — this is a month of genuinely new observation, and observation needs somewhere to live on paper. Document 6 (Trackers & Printable Library) gives you twelve brand-new activity cards to draw on as you map your family's energy rhythm.

Independence & Review — what you'll actually be doing

The final four weeks. Your child needs you a little less at each step, and everything you've built starts working outside your own four walls.

Every routine you've built so far has had you standing right next to it, guiding it. Month 3's entire purpose is to start stepping back — not abandoning the routine, just letting your child hold more of it themselves, the way training wheels come off a bicycle gradually, one small adjustment at a time. At the same time, you'll start carrying what works at home into school, family visits, and real transitions — because a strategy that only works in one room of one house is a fragile one.

Wk9 Start Fading Prompts

Using the Independence Fade Sequence, you'll take one well-practiced routine and remove your help one small layer at a time — fewer words, then a gesture, then just a longer pause.

Wk10 Generalize Across Settings

Using the Cross-Setting Generalization Map, you'll carry one small, familiar calming tool into a setting outside your home — school, a relative's house, the car.

Wk11 Prepare for a Real Transition

You'll use the School & IEP templates and your Cross-Setting Generalization Map together to prepare for an actual upcoming change in your child's life.

Wk12 Your 90-Day Review

You'll close the whole season properly: what moved, what's proudest, what's still hard, and what comes next.



HOW WE HELP YOU GET THERE

Document 3 (Illustrated Card Sets) gives you this month's two step-by-step processes: the Independence Fade Sequence and the Cross-Setting Generalization Map. Document 5 (School & IEP Communication Templates) hands you a real letter, a meeting checklist, and a transition handout — explained in plain language, with no assumption you already know what any of it means. Document 4 closes with your full 90-Day Review, with real space to write your answers down.

● WHAT'S IN THE BOX

Your 6 documents, explained in full

Each document has one job. They are built to be used in this order, each one leaning on the one before it — skipping ahead usually means missing the context you need to actually use the later ones well.



1. START HERE (THIS DOCUMENT)

This is the map. It exists so you understand the shape of the whole 90 days before you begin — what each month is really asking of you, and why the six documents exist in the order they do. Read this once, fully, then set it aside. You won't need to re-read it daily; you'll live inside Document 2 for that.



2. THE 90-DAY ROADMAP

This is the document you open every single morning. It breaks all ninety days into individual pages — one small idea to understand, one concrete thing to do, and a short question to think about before bed. You never have to plan what today is for; it's already decided. Think of it as your daily instruction sheet for the entire season.



3. ILLUSTRATED CARD SETS

Four processes come up across the Roadmap that deserve their own deeper explanation and a set of print-and-prop cards: The Friction Audit Walkthrough, The Bad-Day Contingency Build, The Independence Fade Sequence, and The Cross-Setting Generalization Map. Each one starts by explaining, in plain language, what the process even means and why it helps — for example, before showing you a single Friction Audit card, it explains what "auditing your environment" actually means, using an example a mother in Kebbi State or a father in Jalingo would recognise. You'll be pointed to the right card set at the right week in your Roadmap.



4. PARENT WORKBOOK & PROGRESS JOURNAL

This is where you write. Not type, not think silently — actually write, on paper, with real space to do it. Every Monday you'll answer a short reflection here. At the end of each month, you'll do a longer Monthly Reset. At the end of all 90 days, you'll do a full closing review. This document is what turns 90 days of doing into 90 days you can actually look back on and learn from.



5. SCHOOL & IEP COMMUNICATION TEMPLATES

"IEP" stands for Individualized Education Program — a formal written plan some schools use to describe how they'll support a specific child. Not every family will have one, and that's completely fine: every template here also works as a plain letter to a class teacher, a Sunday school leader, or a relative caring for your child for a season. This document explains, in plain terms, what each template is for before asking you to fill anything in.



6. TRACKERS & PRINTABLE LIBRARY

A reusable weekly schedule template, twelve brand-new activity cards fully explained one at a time, and a one-page 90-day overview so progress across the whole season stays visible at a glance — with a full explainer page up front so you know exactly what to write in every box.

● A NOTE ON "90 DAYS OF PRINTABLES"

Why you won't find 90 different unique pages

This program does not hand you 90 wildly different printable pages in Document 6 — that would be more paper than any real family could use, and it would work directly against everything we've built about reducing overwhelm. Instead, Document 6 gives you a small number of strong, reusable templates, meant to be printed fresh (or laminated once) and used again and again across all 90 days. Document 2, on the other hand, genuinely does have all 90 individual days written out — because that document's whole job is daily guidance, not paperwork.

● HOW TO USE THIS PROGRAM, STEP BY STEP

Your weekly rhythm for the next 90 days

Read this slowly, once, before Day 1. It will make every week after this one easier.

☀ EVERY SINGLE MORNING (2–3 MINUTES)

1. **Open Document 2** (The 90-Day Roadmap) and find today's page — it's labelled clearly, "Day 1," "Day 2," and so on, all the way to "Day 90." You don't need to remember where you left off; just find the next number after yesterday's.
2. **Read the whole page once**, from top to bottom, before doing anything. It's short on purpose — usually well under a page of actual reading.
3. **Do the "What to actually do today" section** at some point in your day, whenever it naturally fits — there's no fixed hour it has to happen.
4. **Before bed, glance at the short question** at the bottom of the page. You don't need to write a long answer — even one sentence in your head counts.

📅 EVERY MONDAY, IN ADDITION (5 EXTRA MINUTES)

1. **Open Document 4** (Parent Workbook) to the Weekly Reflection page.
2. **Write down one thing that worked last week**, and one thing that was hard — short sentences are completely fine, this is not an essay.
3. **If this week's Roadmap page mentions a Card Set** (Document 3), go print it now, before the week gets busy, so it's ready when you need it.

🌙 AT THE END OF EACH MONTH (15–20 MINUTES)

1. **Turn to that month's Monthly Reset page** in Document 4.
2. **Answer all three questions honestly**, in the space provided — including "what didn't hold up," which matters exactly as much as what did.
3. **Read the next month's opening page** in Document 0 (this document) again, so the new arc's shape is fresh in your mind before Week 1 of it begins.



IF YOU MISS A DAY, OR EVEN A WHOLE WEEK

This will happen to almost every family at some point across 90 days — a sickness, a bad week, a busy season. When it does: do not go back and try to "catch up" on missed days. Simply open Document 2 and continue from whatever today's real date suggests, or the next day number after your last completed one. Missing days does not undo the days before it.

Consistent, structured programs delivered over months — not single sessions — are what the evidence behind these approaches is actually built on^[11].

Gentle Progress Family provides educational, routine, and caregiving resources. We are not a medical, therapy, or legal provider and don't diagnose, treat, or claim to cure autism, ADHD, or related conditions. Please involve your child's pediatrician, therapists, and school team in any health or educational decision.

● SOURCES

Full reference list

Every numbered citation across all 6 documents in this program draws from this list, 2020–2025.

- [4] National Institute for Health and Care Excellence. *Autism spectrum disorder in under 19s: support and management*. CG170, updated 2021. [nice.org.uk/guidance/cg170](https://www.nice.org.uk/guidance/cg170)
- [7] *A systematic search and appraisal of intervention characteristics used to develop varied communication functions in children with autism who use aided AAC*. Research in Autism Spectrum Disorders (2021).
- [8] *Occupational Therapy Using Sensory Integration for Enhancing Occupational Performance in Children with Autism: A Randomized Controlled Trial*. Journal of Autism and Developmental Disorders (2025).
- [11] Steinbrenner, J. R., Hume, K., Odom, S. L., et al. *Evidence-Based Practices for Children, Youth, and Young Adults with Autism*. National Clearinghouse on Autism Evidence-Based Practice Review Team (2020).
- [13] *Optimising Repeated Exposure: Determining Optimal Exposure Frequency for Introducing a Novel Vegetable among Children*. Foods, MDPI (2021).
- [15] *Caregiver-Implemented Feeding Interventions for Autistic Children with Food Selectivity: A Systematic Review*. Review Journal of Autism and Developmental Disorders (2023).
- [16] Lee, J. & Schertz, H. *Association of turn-taking functions with joint attention in toddlers with autism*. Autism (2022).
- [17] *Effectiveness of vestibular and proprioceptive exercises in reducing hyperactivity in children with autism spectrum disorder: A randomized controlled trial*. (2025).
- [18] *Clinical Handbook of Behavioral Sleep Treatment in Children on the Autism Spectrum*. Springer (2022).
- [19] *Evaluating the Effects of Self-Monitoring of Performance with a Peer Component on Disruptive Behavior and Task Completion of Children with Autism Spectrum Disorder*. PMC11274114.