

The 90-Day Roadmap

This is the heart of the whole program: ninety days, broken into twelve weeks across three monthly arcs, and every single day given its own page. Open this document every morning — it will tell you exactly what today is for.

Document 2 of 6

Read Document 1 (Start Here) first if you haven't

Long-term, structured support delivered in small, consistent steps — not a single technique tried once — is what the strongest available guidance for autism and ADHD support actually recommends^{[4][11]}. That's exactly what this document is built to give you: one small, clear step every day, for ninety days.

☀ HOW TO READ A DAY'S PAGE

1. **Today's idea, in plain words** — the concept explained simply, with no assumed background knowledge.
2. **What to actually do today** — concrete, numbered, almost always under 15 minutes.
3. **An example from a real kind of family** — on many days, a short story from a Nigerian, African, or American household, so the idea feels real, not theoretical.
4. **A short question for before bed** — a moment to notice what actually happened, not what you hoped would happen.

● MONTH 1 OF 3

Foundations

Foundations is about looking honestly at where things stand and building one small, unshakeable habit before anything else. Nothing in this month asks you to do something big — every single day asks for something small enough to actually finish.

[Week 1](#), [Week 2](#), [Week 3](#), [Week 4](#)

Week 1: Re-Baseline and Commit

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A baseline is simply an honest photograph of today — not a test you can pass or fail. Before this program asks you to change anything, it asks you to look clearly at what's actually true right now. Think of it like a farmer walking the field before planting season: you don't plant yet, you just walk and look. This week, you'll score where things stand, pick ONE area to protect this month (your "anchor"), and start one very small, doable habit connected to it. By the end of the week, that tiny habit should feel almost too easy — that's exactly right.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 1. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

What "baseline" means, and why we start here



TODAY'S IDEA, IN PLAIN WORDS

A baseline is not a test. It's a snapshot — like a photo, not a report card. Nobody passes or fails a photo; it just shows what's there today.



WHAT TO ACTUALLY DO TODAY

1. Score six areas of daily life: food, communication, movement, sensory, sleep, and routines.
2. Score each one honestly, 1 to 5, based only on this past week — not your best week ever, not your worst.
3. Write today's date next to the scores so you can compare later.

KEBBI STATE, NIGERIA

A mother scores food a 2 out of 5 this week — not because she has failed, but because relatives visited and the usual routine slipped. That's not a failure. That's just this week's true number.



BEFORE BED TONIGHT, THINK ABOUT THIS

What surprised you about your own scores — higher or lower than you expected?

Observe your heaviest area, without fixing anything yet



TODAY'S IDEA, IN PLAIN WORDS

Before you can fix something well, you have to see it clearly first — the way a driver checks all three mirrors before turning, instead of guessing.



WHAT TO ACTUALLY DO TODAY

1. Look at your six scores from yesterday and circle the lowest one.
2. Today, simply notice every moment connected to that area. Do not change anything yet — just watch.
3. Jot down 2 or 3 short notes about what you noticed, even one word each.

JALINGO, NIGERIA

A father notices sleep is his lowest score. Just by watching today, he counts three separate wake-ups overnight — something he'd never actually counted before, only felt.



BEFORE BED TONIGHT, THINK ABOUT THIS

Was today's heaviest area a surprise, or something you already knew deep down?

Choose your one "anchor" area for the month



TODAY'S IDEA, IN PLAIN WORDS

An anchor area is the ONE thing you protect this month even if everything else falls apart. Picture a woman carrying several pots of water, but the tap only trickles today — she chooses ONE pot to fill first, and the rest wait their turn. That's an anchor: not the only thing that matters, just the thing that matters most to protect right now.



WHAT TO ACTUALLY DO TODAY

1. Look at your six areas again.
2. Circle just ONE as your anchor for this month — the one where a small win would matter most to your whole family.
3. Write it somewhere you'll see daily: the fridge, a mirror, your phone's lock screen.

HOUSTON, USA

A mother picks communication as her anchor, because she notices almost every hard moment in her house traces back to her son not being able to tell her what he needs.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you pick this area over the other five?

Say your anchor out loud to someone else



TODAY'S IDEA, IN PLAIN WORDS

An anchor kept secret in your own head is easy to quietly drop on a hard day. An anchor spoken out loud to another real person is much harder to abandon without anyone noticing.



WHAT TO ACTUALLY DO TODAY

1. Choose one other adult — a spouse, a sister, a neighbour, a friend on the phone.
2. Tell them your anchor area for this month, in one plain sentence.
3. Ask them to check in with you about it once this week, even briefly.

RURAL UGANDA

A grandmother tells her daughter, "This month, I'm only focused on getting him to nap after lunch. Everything else can wait its turn." Her daughter promises to ask her about it on Sunday.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to say your anchor out loud instead of just thinking it?

Choose the smallest possible daily action



TODAY'S IDEA, IN PLAIN WORDS

Big goals usually fail because they start too big. The real question isn't "what's the ideal amount to do," it's "what is so small I could still do it on my worst, most exhausted day?"



WHAT TO ACTUALLY DO TODAY

1. Think of ONE tiny action connected to your anchor area.
2. Make sure it takes less than 5 minutes — if it doesn't, shrink it further.
3. Write this one tiny action down in a single short sentence.

ACCRA, GHANA

For a sleep anchor, the tiny action isn't "fix bedtime" — it's just "lights off by 8pm." Nothing else yet. One switch, one time.



BEFORE BED TONIGHT, THINK ABOUT THIS

Could you honestly still do this tiny action even on your most tired day?

Do the tiny action once, on purpose



TODAY'S IDEA, IN PLAIN WORDS

A plan written on paper is not yet a habit. Today is simply about doing the tiny action once, for real, and noticing what actually happens — not what you assumed would happen.



WHAT TO ACTUALLY DO TODAY

1. Do your tiny anchor-area action today, at the time you planned.
2. Notice how your child actually responded — not how you feared or hoped they would.
3. Write one short sentence about what really happened.

ACCRA, GHANA

The same mother dims the lights at 8pm for the first time this month. Her son protests for two minutes, then settles — far less resistance than she had braced herself for.



BEFORE BED TONIGHT, THINK ABOUT THIS

What actually happened, compared to what you expected before you tried it?

Look back at your week gently



TODAY'S IDEA, IN PLAIN WORDS

One week of trying something new is never going to look perfect — and it was never supposed to. The goal of a first week is simply to notice one thing worth repeating, not to judge the whole week as a pass or fail.



WHAT TO ACTUALLY DO TODAY

1. Read back over Days 1 to 6 of this week.
2. Circle one thing that went even slightly better than you expected.
3. Don't worry about anything that didn't go well yet — that's not today's job.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's one small thing from this week that's worth repeating tomorrow?

Carry your habit into Week 2, without this page reminding you



TODAY'S IDEA, IN PLAIN WORDS

A habit becomes real the moment it survives being carried into a new week without you needing a page to remind you what it is. That's the actual finish line for Week 1 — not perfection, just memory.



WHAT TO ACTUALLY DO TODAY

1. Do your tiny anchor-area action again today.
2. Try to do it without re-reading Day 5's instructions first.
3. If you forgot, that's useful information too — just try again tomorrow.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did you remember your tiny action without looking it up? That's the very beginning of a habit.

Week 2: Environment Audit

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

An "environment audit" is not a deep clean and it is not about buying new things. It simply means noticing what's physically around your child that quietly helps or quietly hurts their calm and structure — the way a shopkeeper checks that nothing is blocking their own front door. This week you'll walk through your home with fresh eyes, check whether the systems you already built are still standing, and fix exactly one small thing, using the Friction Audit Walkthrough from your Illustrated Card Sets.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 9. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Walk through your home like a visitor seeing it for the first time



TODAY'S IDEA, IN PLAIN WORDS

Small friction — a schedule card that quietly fell behind the fridge, a quiet space that slowly filled with laundry — causes more relapse than any single hard day. Most systems don't fail loudly. They fade quietly, without anyone deciding to let them fade.



WHAT TO ACTUALLY DO TODAY

1. Print and read through Document 3's Friction Audit Walkthrough card set before you begin.
2. Spend 5 minutes today walking through your home as if you were a stranger seeing it for the first time.
3. Don't fix anything yet — just notice and mentally list what you see.
4. Pay special attention to anywhere your child spends the most time.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's one thing you noticed today that you'd completely stopped seeing?

Check your quiet space's true condition



TODAY'S IDEA, IN PLAIN WORDS

A quiet space is meant to still be calm — not just still exist. Over weeks, it's very normal for a laundry basket, spare shoes, or clutter to quietly move in.



WHAT TO ACTUALLY DO TODAY

1. Go stand in or near the spot you use for calm, even if it's informal.
2. Check: is it still clear of clutter? Still has just 1-2 calming objects, not more?
3. Write one honest line about its current state.

LAGOS, NIGERIA

A mother finds her son's quiet space now has a basket of unfolded laundry sitting in it — nobody decided to put it there, it just happened over three weeks.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has your quiet space quietly changed since you first set it up?

Check your visual schedule's true condition



TODAY'S IDEA, IN PLAIN WORDS

A schedule that's out of date works against you rather than for you — it teaches your child that the pictures don't actually mean anything anymore.



WHAT TO ACTUALLY DO TODAY

1. Find your visual schedule or routine cards right now, wherever they currently are.
2. Check: is it still at your child's eye level? Still showing what actually happens each day?
3. Note anything that's now wrong or missing.

NAIROBI, KENYA

A father realises the visual schedule still shows the old school pickup time, three weeks after it changed — his daughter has been quietly confused every afternoon since.



BEFORE BED TONIGHT, THINK ABOUT THIS

Is your schedule still telling the truth about your actual day?

Fix the single easiest thing you found



TODAY'S IDEA, IN PLAIN WORDS

You don't need to fix everything today. Pick the ONE fix that takes the least effort and do just that.



WHAT TO ACTUALLY DO TODAY

1. From Days 9-11, pick the single easiest thing to fix.
2. Fix it today — move the card back to eye level, clear the corner, update one outdated picture.
3. Leave everything else for now; this isn't a whole-house project.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to fix just one small thing, instead of trying to fix everything at once?

Look for one more hidden friction point



TODAY'S IDEA, IN PLAIN WORDS

Once your eyes adjust to looking closely, a second small friction often appears that you missed the first time — a light that's too bright, a toy bin blocking the quiet space's entrance.



WHAT TO ACTUALLY DO TODAY

1. Walk through the same spaces again today, a little more slowly.
2. Look specifically for ONE more small thing getting quietly in the way.
3. Just note it today — you don't have to fix it yet.

IBADAN, NIGERIA

A mother notices the quiet space is right next to a loud ceiling fan that's been rattling for weeks — something she'd stopped hearing entirely.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did you notice today that you missed on Day 9?

Ask your child, or watch closely, whether the spot still works



TODAY'S IDEA, IN PLAIN WORDS

The best way to know if an environment still works is to check with the person actually using it – in whatever way they can tell you.



WHAT TO ACTUALLY DO TODAY

1. If your child uses words: ask simply, "Is this still your quiet spot?"
2. If your child doesn't use words yet: watch today whether they still go there naturally when upset, or avoid it.
3. Write one honest sentence about what you noticed.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did their answer (in words or in behaviour) match what you expected?

Lock in one change to check on monthly



TODAY'S IDEA, IN PLAIN WORDS

An environment audit isn't a one-time event — it's a habit you repeat every so often, the same way you'd check smoke detector batteries.



WHAT TO ACTUALLY DO TODAY

1. Choose ONE environment change from this week that mattered most.
2. Write yourself a one-line reminder to check on it again in a month.
3. Put that reminder somewhere you'll actually see it — your phone, a calendar, the fridge.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which single environment change from this week will you keep checking on going forward?

Week 3: The "Bad Day" Plan

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Every family building new routines eventually hits a genuinely bad day — a sickness, a bad night's sleep, an unexpected visitor, a school problem. This week is about deciding, in advance and in a calm moment, exactly what you'll do on that day — so you don't have to think clearly right when you have the least capacity to think at all. Picture a phone at 2% battery: it can still make an emergency call, but it can't run five new apps. Your bad-day plan is your one emergency call, and Document 3's Bad-Day Contingency Build walks you through it step by step.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 16. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand why planning ahead matters more than willpower



TODAY'S IDEA, IN PLAIN WORDS

On a genuinely hard day, your brain works like a phone at 2% battery – it can still do ONE small, already-decided thing, but it cannot invent a brand new plan from scratch. Deciding your bad-day plan now, while calm, is what makes it usable later, when you won't be calm.



WHAT TO ACTUALLY DO TODAY

1. Read Document 3's Bad-Day Contingency Build card set once, all the way through.
2. Think of one recent day that felt genuinely hard, to have it fresh in mind for tomorrow.



BEFORE BED TONIGHT, THINK ABOUT THIS

Can you recall a moment recently where you simply had no capacity left to think clearly?

Remember your hardest day so far in this journey



TODAY'S IDEA, IN PLAIN WORDS

Naming a hard day honestly — without judging yourself for it — is the first step to planning for the next one.



WHAT TO ACTUALLY DO TODAY

1. Write a few honest sentences about the hardest day you've had since starting this program.
2. Don't judge what you did or didn't manage that day. Just describe it.

CHICAGO, USA

A mother writes: "The day my son had a meltdown at the grocery store and I just stood there, everything I'd learned felt useless in that moment."



BEFORE BED TONIGHT, THINK ABOUT THIS

What made that day so hard — was it one big thing, or many small things stacking up?

Pick ONE fallback action for a bad day



TODAY'S IDEA, IN PLAIN WORDS

From everything you've learned so far in this program, choose the single smallest action that is your fallback – the one thing you'll do even if you can do nothing else.



WHAT TO ACTUALLY DO TODAY

1. Think back across everything you've practiced so far in this program.
2. Choose ONE single smallest action as your fallback for a truly bad day.
3. Common fallbacks: a 2-minute calm-corner visit, or skipping straight to just the bedtime story.

NAIROBI, KENYA

A father chooses: "On a bad day, we skip everything except the bedtime story. That's the whole plan."



BEFORE BED TONIGHT, THINK ABOUT THIS

Is this fallback truly small enough to manage even on your worst day?

Write your fallback plan down physically



TODAY'S IDEA, IN PLAIN WORDS

A plan that only exists in your head is easy to forget exactly when you need it most. A plan written on paper survives a foggy, exhausted moment.

✔ WHAT TO ACTUALLY DO TODAY

1. Write your one-sentence fallback plan on an index card or a scrap of paper.
2. Use your own simple words — this is for you, not for anyone else to judge.
3. Keep the sentence short enough to read in one glance.



BEFORE BED TONIGHT, THINK ABOUT THIS

Reading your card back, is it clear enough that a tired version of you would understand it instantly?

Put the card somewhere you'll actually see it



TODAY'S IDEA, IN PLAIN WORDS

A plan hidden in a drawer might as well not exist. It needs to be somewhere your eyes land on a hard day without you having to remember to look.



WHAT TO ACTUALLY DO TODAY

1. Tape or place your card somewhere visible: inside a cupboard door, on the fridge, by the front door.
2. Tell yourself out loud once where you put it, so you remember later.



BEFORE BED TONIGHT, THINK ABOUT THIS

If today were the bad day, would you actually see this card in time?

Tell every adult in the house what the plan is



TODAY'S IDEA, IN PLAIN WORDS

A bad-day plan that only lives in one parent's head puts all the pressure on that one person, exactly when they have the least capacity to carry it.



WHAT TO ACTUALLY DO TODAY

1. Tell every other adult who cares for your child what the fallback plan is, in one sentence.
2. Make sure they know where the card is too.

KEBBI STATE, NIGERIA

A mother tells her husband and her sister, who helps on weekends: "If it's a bad day, we just do the story and skip the rest. No guilt."



BEFORE BED TONIGHT, THINK ABOUT THIS

Does everyone who might need this plan actually know it exists?

Imagine using the plan, step by step



TODAY'S IDEA, IN PLAIN WORDS

Mentally rehearsing a plan, even without a real bad day happening, makes it easier to actually use when a real one comes.

☑ WHAT TO ACTUALLY DO TODAY

1. Close your eyes for one minute and imagine today was the bad day.
2. Walk through, in your head, exactly what you would do, using your fallback plan.
3. If any step feels unclear, simplify the card further right now.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did imagining it reveal any part of the plan that wasn't as clear as you thought?

Reflect on whether the plan still feels doable



TODAY'S IDEA, IN PLAIN WORDS

A good bad-day plan should feel almost embarrassingly small. If it still feels like effort to imagine doing it exhausted, it needs to shrink further.



WHAT TO ACTUALLY DO TODAY

1. Read your card one more time.
2. Ask honestly: does this still feel doable even imagining your worst day?
3. If not, cross something out and make it smaller today.



BEFORE BED TONIGHT, THINK ABOUT THIS

On a scale of 1 to 5, how confident are you that you'd actually use this plan on a real bad day?

Week 4: Month 1 Review and Consolidation

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A brief, honest look backward is what turns a month of effort into something you can actually build on – the way a farmer checks which seeds sprouted before planting the next row, rather than just planting blindly and hoping. This week isn't about doing anything new. It's about looking clearly at Month 1 before Month 2 begins.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 24. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand why review matters before moving forward



TODAY'S IDEA, IN PLAIN WORDS

Moving straight from one month to the next without pausing to look back is like a driver never checking their mirrors – you might be drifting without noticing.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Set aside 10 quiet minutes sometime this week for the review ahead – perhaps after your child is asleep.



BEFORE BED TONIGHT, THINK ABOUT THIS

Before you look at any numbers, how do you feel Month 1 went, in one word?

Re-score your six focus areas, honestly



TODAY'S IDEA, IN PLAIN WORDS

Use the exact same 1-to-5 scale from Day 1, so the comparison is fair and real.



WHAT TO ACTUALLY DO TODAY

1. Score food, communication, movement, sensory, sleep, and routines again, 1 to 5.
2. Score based only on this past week, exactly as you did on Day 1.
3. Write today's date next to these new scores.



BEFORE BED TONIGHT, THINK ABOUT THIS

Before comparing to Day 1, which area do you predict moved the most?

Compare today's scores to Day 1



TODAY'S IDEA, IN PLAIN WORDS

Progress over a month is rarely dramatic in every area — and that's completely normal, not a sign anything went wrong.



WHAT TO ACTUALLY DO TODAY

1. Place your Day 1 scores next to today's scores, side by side.
2. Circle any area that moved, even by just one point.
3. Don't worry about areas that stayed exactly the same yet.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which score moved the most, and does that match your anchor area from Day 3?

Name what held up under stress this month



TODAY'S IDEA, IN PLAIN WORDS

"Holding up" doesn't mean perfect — it means the routine survived a hard day rather than collapsing completely.



WHAT TO ACTUALLY DO TODAY

1. Think of the hardest day or two from this month.
2. Name one thing that still worked, even a little, on that hard day.
3. Write it down in one sentence.



BEFORE BED TONIGHT, THINK ABOUT THIS

What surprised you about what actually held up under pressure?

Name what didn't hold up, without blame



TODAY'S IDEA, IN PLAIN WORDS

Naming what didn't work is not an admission of failure — it's the single most useful piece of information for Month 2.



WHAT TO ACTUALLY DO TODAY

1. Think of one thing that quietly fell apart this month.
2. Write it down plainly, without adding blame or guilt to the sentence.
3. Just describe it the way you'd describe weather: it happened.



BEFORE BED TONIGHT, THINK ABOUT THIS

What made this particular thing hard to keep going?

Decide where Month 2 should start



TODAY'S IDEA, IN PLAIN WORDS

Month 2 doesn't need to fix everything from Month 1's list — it needs one clear starting point.



WHAT TO ACTUALLY DO TODAY

1. Look at your Day 27 and Day 28 notes together.
2. Choose ONE thing Month 2 should focus on improving first.
3. Write it at the top of a fresh page, ready for Week 5.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why does this particular thing deserve to go first, ahead of everything else?

Rest, and acknowledge you finished Month 1



TODAY'S IDEA, IN PLAIN WORDS

Thirty days of structured, evidence-informed effort is a genuine milestone, regardless of what any single day along the way looked like. Today's only task is noticing that.



WHAT TO ACTUALLY DO TODAY

1. Do not start any new task today.
2. Say, out loud or on paper, one thing you're proud of from this month.
3. If you can, do one small kind thing for yourself today.



BEFORE BED TONIGHT, THINK ABOUT THIS

Thirty days ago, would you have believed you'd get this far?

● MONTH 2 OF 3

Building Routines

Building Your Family's Rhythm takes what survived Month 1 and looks at something new: the actual shape of your family's day and week. You'll map real energy windows, open a daily attunement window, track a sensory ledger, and zoom out to a weekly rhythm map. You are not starting over. You are seeing your family clearly for the first time.

[Week 5](#), [Week 6](#), [Week 7](#), [Week 8](#)

Week 5: Map Your Family's Energy Rhythm

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Every family has a real rhythm across the day — windows where things go smoothly and windows where everything gets harder — but almost nobody ever maps it on purpose. It's like a tide: it goes in and out on a real, learnable schedule, but if you never watch for the pattern, every high tide feels like a surprise flood. This week, you'll simply watch and name your family's actual rhythm, before trying to change anything about it.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 31. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand what an "energy rhythm" actually is



TODAY'S IDEA, IN PLAIN WORDS

An energy rhythm is simply the real pattern of easier and harder hours your child moves through each day — not random, and not a character flaw, just a rhythm nobody's written down yet.

✔ WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of one hour of the day that reliably feels easier than the rest, and one that reliably feels harder.



BEFORE BED TONIGHT, THINK ABOUT THIS

Without tracking anything yet, what's your gut sense of your child's hardest hour?

Track today's rhythm, hour by hour



TODAY'S IDEA, IN PLAIN WORDS

Watching without changing anything is the whole point today — you're gathering a real map, not reacting to a single moment.

✔ WHAT TO ACTUALLY DO TODAY

1. Every hour or two today, jot one word: regulated, okay, or struggling.
2. Don't try to fix a hard hour — just record it.
3. Keep the tracking sheet somewhere you'll actually see it through the day.

ILORIN, NIGERIA

A mother is surprised to see her own tracking sheet show "struggling" at almost the exact same hour three days in a row — 4pm, right after school pickup.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did anything on today's map surprise you?

Track a second day



TODAY'S IDEA, IN PLAIN WORDS

One day could be a fluke. A second day tells you whether you're looking at a real pattern or just an unusual afternoon.



WHAT TO ACTUALLY DO TODAY

1. Repeat yesterday's hour-by-hour tracking today.
2. Compare today's map to yesterday's once you're done.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the same hours show up as hard on both days?

Name your most reliable "low window"



TODAY'S IDEA, IN PLAIN WORDS

A low window is the stretch of time that shows up as hard across both days you tracked — not a guess, an actual observed pattern.



WHAT TO ACTUALLY DO TODAY

1. Compare your two tracking sheets side by side.
2. Circle the one hour (or stretch of hours) that showed up hard both times.
3. Write it down as your family's current low window.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does this low window match what you already suspected, or is it a genuine surprise?

Name your most reliable "high window"



TODAY'S IDEA, IN PLAIN WORDS

A high window works the same way in reverse – the stretch where things reliably go more smoothly, worth knowing just as clearly as the hard one.



WHAT TO ACTUALLY DO TODAY

1. Circle the hour (or stretch) that showed up easiest on both days.
2. Write it down as your family's current high window.



BEFORE BED TONIGHT, THINK ABOUT THIS

What tends to be happening during this high window that might explain why it works?

Protect the low window today



TODAY'S IDEA, IN PLAIN WORDS

Protecting a low window means removing one demand from it on purpose, rather than asking for the same effort during the hardest hour as every other hour.



WHAT TO ACTUALLY DO TODAY

1. Identify one demand that usually falls inside your low window (a chore, a request, an errand).
2. Move it to a different hour today, or drop it entirely for today.
3. Notice whether the low window feels any different with less asked of it.



BEFORE BED TONIGHT, THINK ABOUT THIS

What became possible by simply not asking for something during that hour?

Use the high window on purpose



TODAY'S IDEA, IN PLAIN WORDS

A high window is a genuine resource — deliberately placing your week's hardest ask inside it, instead of leaving it to chance, makes real use of a pattern you now actually know.



WHAT TO ACTUALLY DO TODAY

1. Choose one slightly harder task or request for today.
2. Schedule it inside your identified high window on purpose.
3. Notice how it goes compared to attempting the same task at a random time.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did placing the harder task in the high window change how it went?

Write your family's energy rhythm map



TODAY'S IDEA, IN PLAIN WORDS

A rhythm, once mapped, becomes something you can actually plan around for months, not just something you re-discover the hard way every week.



WHAT TO ACTUALLY DO TODAY

1. Write your low window and high window on a single card or page.
2. Keep it somewhere visible for the rest of this program.
3. Revisit it in a month — rhythms can shift as your child grows.



BEFORE BED TONIGHT, THINK ABOUT THIS

How might knowing this rhythm change how you plan next week?

Week 6: Open an Attunement Window

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

An attunement window is a short daily stretch where you follow your child's own focus completely, with zero agenda of your own – not a teaching moment, not a skill drill, just genuinely entering their world for a few minutes. It's the difference between visiting a friend's country and touring it with your own itinerary versus letting them show you around on their terms – the second one is where you actually learn something true about the place.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 39. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Understand what an attunement window is, and isn't



TODAY'S IDEA, IN PLAIN WORDS

This is not the same as creating a chance for your child to ask or choose — it's the opposite direction. Here, you follow completely, with nothing you're trying to teach, prompt, or achieve.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Notice how often your time with your child has some goal attached to it, even a small one.



BEFORE BED TONIGHT, THINK ABOUT THIS

Can you remember the last time you spent time with your child with genuinely no goal at all?

Choose your daily window



TODAY'S IDEA, IN PLAIN WORDS

The same time each day, even just 5 to 10 minutes, becomes something your child can come to expect and trust.



WHAT TO ACTUALLY DO TODAY

1. Pick one specific time of day for this window, 5 to 10 minutes long.
2. Choose a time that isn't already inside your low window from last week.

BAUCHI, NIGERIA

A father picks the 10 minutes right after dinner, before dishes, as his daily attunement window with his daughter.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular time of day?

Practice pure following



TODAY'S IDEA, IN PLAIN WORDS

Following means doing exactly what your child is doing, adding nothing of your own — no questions, no suggestions, no new direction.



WHAT TO ACTUALLY DO TODAY

1. During today's window, sit near your child during whatever they choose to do.
2. Copy their actions or simply watch closely, without redirecting.
3. Resist the urge to turn it into a lesson.



BEFORE BED TONIGHT, THINK ABOUT THIS

What was hardest about not adding anything of your own?

Notice what you learn by simply watching



TODAY'S IDEA, IN PLAIN WORDS

Genuinely following often reveals real detail about a child's interests and thinking that directed time never shows you.



WHAT TO ACTUALLY DO TODAY

1. During today's window, notice one specific detail about how your child plays or focuses that you hadn't consciously seen before.
2. Write it down afterward.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did you notice today that surprised you?

Try attunement during a transition moment



TODAY'S IDEA, IN PLAIN WORDS

Following without an agenda can work outside of play too — even a transition moment can become a small window of pure attention rather than a task to manage.



WHAT TO ACTUALLY DO TODAY

1. Pick one small transition today (moving between rooms, finishing an activity).
2. Follow your child's pace and lead through it, without hurrying them.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the transition feel different when you weren't managing it?

Notice the urge to teach, and let it pass



TODAY'S IDEA, IN PLAIN WORDS

The instinct to correct, direct, or turn a moment into a lesson is strong and automatic — noticing it without acting on it is the actual skill this week is building.



WHAT TO ACTUALLY DO TODAY

1. During today's window, notice any urge to redirect or teach.
2. Gently return to following instead, without judging yourself for the urge.



BEFORE BED TONIGHT, THINK ABOUT THIS

How many times did you notice the urge to teach today?

Reflect on the week's attunement window



TODAY'S IDEA, IN PLAIN WORDS

A window that's held steady for a week is real evidence this can become a lasting daily habit, not just an experiment.



WHAT TO ACTUALLY DO TODAY

1. Decide whether to keep the same time and length going forward.
2. Write down one thing this week taught you about your child that you didn't know a week ago.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest thing you learned about your child this week, just from following?

Week 7: Start a Sensory Ledger

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A sensory ledger treats a day like a bank account: some moments are deposits — things that calm and regulate — and some are withdrawals — things that demand and drain. Most families only ever notice the moment the account hits zero. A ledger lets you see the whole day's balance building up long before that happens.

HOW THE NEXT 8 DAYS WORK

Turn the page for Day 46. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Understand deposits and withdrawals



TODAY'S IDEA, IN PLAIN WORDS

A deposit adds to your child's capacity to cope; a withdrawal spends it. A hard afternoon is rarely one big event — it's usually a string of small withdrawals with no deposits in between.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of one thing that clearly acts as a deposit for your child, and one that clearly acts as a withdrawal.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest deposit and the clearest withdrawal you can think of for your child?

List your child's typical withdrawals



TODAY'S IDEA, IN PLAIN WORDS

Withdrawals are usually ordinary parts of life — noise, waiting, transitions, demands — not unusual events, just costly ones.



WHAT TO ACTUALLY DO TODAY

1. List 4 to 6 things that reliably act as withdrawals across a typical day.
2. Include ordinary things, not just obviously hard ones.



BEFORE BED TONIGHT, THINK ABOUT THIS

Were any of these withdrawals things you'd never thought of as costly before?

List your child's typical deposits



TODAY'S IDEA, IN PLAIN WORDS

Deposits are just as ordinary — quiet time, movement, a favourite object, a familiar routine — worth naming with the same care as the withdrawals.



WHAT TO ACTUALLY DO TODAY

1. List 4 to 6 things that reliably act as deposits for your child.
2. Keep this list somewhere handy for the rest of the week.

ONITSHA, NIGERIA

A mother's deposit list includes something she'd never written down before: five quiet minutes alone in his room with the door cracked open, no requests made of him at all.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which deposit on your list is easiest to offer more often?

Track one full day's ledger



TODAY'S IDEA, IN PLAIN WORDS

Marking D or W next to each hour of the day turns a vague feeling of "today was a lot" into an actual visible pattern.



WHAT TO ACTUALLY DO TODAY

1. Today, mark a D or W next to roughly each hour, using your two lists.
2. Don't judge the day while tracking — just record it.



BEFORE BED TONIGHT, THINK ABOUT THIS

Looking at today's ledger, does the pattern surprise you?

Find the longest withdrawal stretch



TODAY'S IDEA, IN PLAIN WORDS

A stretch of several withdrawals in a row with no deposit in between is usually exactly where a day tips over into a hard afternoon or evening.



WHAT TO ACTUALLY DO TODAY

1. Look at yesterday's ledger.
2. Find the longest run of withdrawals with no deposit between them.
3. Note roughly what time of day that stretch falls.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does this stretch match a time of day that's already felt hard to you?

Insert one small deposit into that stretch



TODAY'S IDEA, IN PLAIN WORDS

Adding just one small, reliable deposit into the identified stretch can change the whole balance of that part of the day.



WHAT TO ACTUALLY DO TODAY

1. Choose one deposit from your list to insert into that stretch today.
2. Keep it small and simple — this isn't about adding a big new event.



BEFORE BED TONIGHT, THINK ABOUT THIS

What deposit did you choose, and why did it feel like the right fit for that stretch?

Track the day again and compare



TODAY'S IDEA, IN PLAIN WORDS

Comparing today's ledger to the earlier one shows whether the inserted deposit actually shifted the balance, or whether it needs adjusting.



WHAT TO ACTUALLY DO TODAY

1. Track today's ledger the same way as before.
2. Compare the identified stretch to how it looked without the deposit.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the inserted deposit change how that stretch of the day felt?

Reflect on the week's ledger work



TODAY'S IDEA, IN PLAIN WORDS

A single deposit, proven to help through real tracking rather than a guess, is worth turning into a permanent daily habit.



WHAT TO ACTUALLY DO TODAY

1. Decide whether this week's inserted deposit becomes a permanent part of your day.
2. Keep your deposit and withdrawal lists — you'll return to this idea again later in the program.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the strongest evidence from this week that the deposit helped?

Week 8: Build Your Weekly Rhythm Map

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Just as a day has a rhythm, so does a week — some days are structurally harder than others (a Monday after a loose weekend, a day packed with appointments), and most families only discover this by being surprised by the same hard day, week after week. This week zooms out from the day to the week itself, and builds a real recovery day into the pattern on purpose.

HOW THE NEXT 7 DAYS WORK

Turn the page for Day 54. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Understand why a week needs its own rhythm map



TODAY'S IDEA, IN PLAIN WORDS

A week is more than seven copies of a day — some days carry more structural weight than others, and that weight is worth naming clearly.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think back over the past few weeks: is there a day that's reliably harder than the rest?



BEFORE BED TONIGHT, THINK ABOUT THIS

Without checking anything yet, which day of the week do you predict is hardest?

Rate each day of last week



TODAY'S IDEA, IN PLAIN WORDS

Rating from memory gives you a first rough picture, even before you start tracking a new week properly.



WHAT TO ACTUALLY DO TODAY

1. Rate each day of last week, 1 to 5, for how hard it felt overall.
2. Write a quick one-word reason next to any day rated 4 or 5.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did your prediction from yesterday match what you found?

Identify your structurally hardest day



TODAY'S IDEA, IN PLAIN WORDS

A structurally hard day usually has a real reason behind it — a packed schedule, a transition from the weekend, a specific recurring appointment — not bad luck.



WHAT TO ACTUALLY DO TODAY

1. From this week's ratings, name the single hardest day.
2. Write down the specific reason it tends to be hard.

KADUNA, NIGERIA

A mother realises Wednesdays are consistently her son's hardest day — it's the one day with both a therapy appointment and a later pickup time, back to back.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the actual structural reason behind your hardest day?

Identify your easiest, most recovery-friendly day



TODAY'S IDEA, IN PLAIN WORDS

An easy day is just as useful to name clearly — it tells you what conditions actually support your child well.



WHAT TO ACTUALLY DO TODAY

1. Name the week's easiest day.
2. Write down what's different about it compared to the hardest day.



BEFORE BED TONIGHT, THINK ABOUT THIS

What does your easiest day have that your hardest day doesn't?

Build one adjustment into the hard day



TODAY'S IDEA, IN PLAIN WORDS

A single deliberate adjustment — removing one demand, adding a known deposit from last week — can soften a structurally hard day without needing to redesign the whole week.

✔ WHAT TO ACTUALLY DO TODAY

1. Choose one small adjustment for this week's hard day.
2. Use a deposit from last week's sensory ledger work if it fits.
3. Plan exactly when the adjustment will happen before the day arrives.



BEFORE BED TONIGHT, THINK ABOUT THIS

What made you choose this particular adjustment?

Try the adjusted hard day



TODAY'S IDEA, IN PLAIN WORDS

Comparing the adjusted version to a typical version of the same day shows whether the change genuinely helped.



WHAT TO ACTUALLY DO TODAY

1. Use your planned adjustment on the hard day this week.
2. Notice, honestly, whether the day felt any different from a typical version of it.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the adjustment change how the day actually went?

Reflect on a month of rhythm work



TODAY'S IDEA, IN PLAIN WORDS

Energy rhythm, attunement, the sensory ledger, and now a weekly map are four real, connected tools for seeing your family's actual shape — worth reviewing together, not just one at a time.



WHAT TO ACTUALLY DO TODAY

1. Look back across all four weeks of this month.
2. Write your family's energy rhythm, best deposit, and hardest day onto one single reference page.
3. Revisit Week 2's environment fix — is it still holding a month later?



BEFORE BED TONIGHT, THINK ABOUT THIS

Of everything mapped this month, what's the one insight you'll actually keep using?

● MONTH 3 OF 3

Independence & Review

Independence & Review is about your child needing you a little less at each step, and about carrying everything you've built into the wider world — school, family, community — before closing the season properly.

Week 9, Week 10, Week 11, Week 12

Week 9: Start Fading Prompts



WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Fading prompts means slowly stepping back so the routine itself does the work, rather than depending on you standing next to it forever — the same way training wheels come off a bicycle one small adjustment at a time, never all at once. This week, you'll take one well-practiced routine and remove your help one small layer at a time, using the Independence Fade Sequence from your Illustrated Card Sets.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 61. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand what "fading" really means



TODAY'S IDEA, IN PLAIN WORDS

Fading is not about doing less for your child — it's about doing slightly less each week, so they gradually take over the parts they're ready for, one small layer at a time, like training wheels loosened gradually rather than yanked off.



WHAT TO ACTUALLY DO TODAY

1. Read Document 3's Independence Fade Sequence card set once, all the way through.
2. Think of one routine your child now follows fairly reliably with your help.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which routine feels closest to "almost independent" already?

Pick ONE well-practiced routine to fade



TODAY'S IDEA, IN PLAIN WORDS

Choose a routine that's already fairly solid — fading works best on something stable, not something still shaky.



WHAT TO ACTUALLY DO TODAY

1. Choose one routine: getting dressed, or the bedtime wind-down are common starting points.
2. Write down exactly how much help you currently give, step by step.



BEFORE BED TONIGHT, THINK ABOUT THIS

Listing it out, how many separate steps of help are you currently giving?

Shorten one verbal instruction



TODAY'S IDEA, IN PLAIN WORDS

The first, gentlest layer of fading is simply using fewer words for the same instruction.



WHAT TO ACTUALLY DO TODAY

1. Pick one step where you usually give a full sentence of instruction.
2. Today, say it in half as many words.
3. Notice whether your child still follows it.

LAGOS, NIGERIA

Instead of saying, "Okay, now it's time to go brush your teeth before bed," a mother just says, "Teeth time."



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the shorter instruction still work as well as the full sentence?

Replace words with a gesture or point



TODAY'S IDEA, IN PLAIN WORDS

The next layer removes words almost entirely – a point or gesture asks your child to fill in the rest themselves.



WHAT TO ACTUALLY DO TODAY

1. At the same step from Day 63, replace the shortened words with just a point or gesture.
2. Wait to see if your child completes the step on their own.

LAGOS, NIGERIA

The same mother just points toward the bathroom instead of saying anything at all.



BEFORE BED TONIGHT, THINK ABOUT THIS

What happened when you removed words entirely and just gestured?

Wait 5 extra seconds before helping at all



TODAY'S IDEA, IN PLAIN WORDS

Adding a longer pause before any help at all gives your child room to start the step themselves, which they may be more ready for than you'd assumed.



WHAT TO ACTUALLY DO TODAY

1. At the same step, wait a full 5 seconds after your gesture before offering any further help.
2. Count silently in your head to make sure you actually wait the full 5 seconds.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did your child start the step on their own during the pause?

If it fell apart, go back one step calmly



TODAY'S IDEA, IN PLAIN WORDS

If fading too fast causes the whole routine to fall apart, that's the single most common mistake here — not a sign to give up, just a sign to slow down by one layer.



WHAT TO ACTUALLY DO TODAY

1. If any of Days 63-65 caused real trouble, go back to giving slightly more help today.
2. If things went fine, simply repeat Day 65's approach again today.



BEFORE BED TONIGHT, THINK ABOUT THIS

Is slowing down for a day a failure, or is it actually part of doing this correctly?

Try the full faded sequence again



TODAY'S IDEA, IN PLAIN WORDS

After a day of adjustment either way, try the whole faded sequence once more, from shortened words through to the 5-second wait.



WHAT TO ACTUALLY DO TODAY

1. Walk through the whole routine today using your faded approach from this week.
2. Notice which parts your child now does with less help than at the start of the week.



BEFORE BED TONIGHT, THINK ABOUT THIS

Compared to Day 62, how much less help are you giving now?

Reflect on how much your child can now do alone



TODAY'S IDEA, IN PLAIN WORDS

The real measure of success here isn't a perfect routine — it's a routine your child can increasingly run themselves.



WHAT TO ACTUALLY DO TODAY

1. Write down, honestly, which steps your child now manages with little or no help.
2. Decide whether to keep fading this same routine further next month, or shift to a different one.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one step you're proudest your child now manages more independently?

Week 10: Generalize Across Settings

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A strategy that only works in one room of one house is fragile — the same idea, recognisable in a new place, is what makes support genuinely portable, the way a spare key cut from the original opens a second door just as well as the first. This week, you'll carry one small, familiar tool into a setting outside your home, using the Cross-Setting Generalization Map from your Illustrated Card Sets.

HOW THE NEXT 7 DAYS WORK

Turn the page for Day 69. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand what "generalizing" really means



TODAY'S IDEA, IN PLAIN WORDS

Generalizing simply means the same tool working somewhere new — not a brand new tool, just the familiar one shown up in an unfamiliar place.



WHAT TO ACTUALLY DO TODAY

1. Read Document 3's Cross-Setting Generalization Map card set once, all the way through.
2. Think of one setting outside your home where your child spends real time: school, a relative's house, the car.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which outside setting causes your child the most difficulty right now?

Pick one setting outside your home



TODAY'S IDEA, IN PLAIN WORDS

Choose a setting your child genuinely spends time in regularly, so this week's effort has somewhere real to land.



WHAT TO ACTUALLY DO TODAY

1. Choose one: school, the car, a relative's or neighbour's house.
2. Write down what makes that setting harder for your child than home.



BEFORE BED TONIGHT, THINK ABOUT THIS

What specifically about this setting seems different from home?

Build the smallest possible travel version of a calm tool



TODAY'S IDEA, IN PLAIN WORDS

A travel version doesn't need to be elaborate — a single small object that reminds your child of feeling calm is enough to start with.



WHAT TO ACTUALLY DO TODAY

1. Choose one small calming object your child already reaches for at home.
2. Put it in a small bag or pocket your child can carry to the new setting.

NAIROBI, KENYA

A mother places her son's favourite soft cloth from his quiet space into a small pouch that goes in the car.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which object did you choose, and why does it represent "calm" to your child?

Tell the adult in that setting what it's for



TODAY'S IDEA, IN PLAIN WORDS

A tool nobody else understands can accidentally be taken away or misunderstood — one plain sentence prevents that.



WHAT TO ACTUALLY DO TODAY

1. Tell the relevant adult (a teacher, a relative, a driver) what the object is for, in one sentence.
2. Keep the explanation simple and non-clinical.

NAIROBI, KENYA

She tells the school driver: "This little cloth helps him stay calm in the car — please let him keep it with him."



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the other adult respond to the explanation?

Try it in the new setting once



TODAY'S IDEA, IN PLAIN WORDS

The first try in a new setting is simply information-gathering — it doesn't need to work perfectly to be worth doing.



WHAT TO ACTUALLY DO TODAY

1. Bring the object along to the new setting today.
2. Notice, without judging, whether your child used it or even remembered it was there.



BEFORE BED TONIGHT, THINK ABOUT THIS

What actually happened when the tool met the new setting for the first time?

Notice what was different there versus at home



TODAY'S IDEA, IN PLAIN WORDS

A tool rarely works exactly the same away from home the first time — noticing the difference tells you what to adjust.



WHAT TO ACTUALLY DO TODAY

1. Write one honest sentence comparing today's outcome to how the same tool works at home.
2. Think about what made it different: noise, unfamiliar people, timing.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the biggest difference between how this tool works at home versus in the new setting?

Reflect and choose a second setting for next month



TODAY'S IDEA, IN PLAIN WORDS

One setting generalized well is real progress — you don't need to tackle every setting at once.



WHAT TO ACTUALLY DO TODAY

1. Decide: does this tool need more practice in this same setting, or is it ready to try somewhere else too?
2. Name a second setting to try generalizing to, next month.



BEFORE BED TONIGHT, THINK ABOUT THIS

What made this week's setting a success, a partial success, or something to try again?

Week 11: Prepare for a Real Transition

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Preparation before a transition beats explanation during one, the same way a plane needs a runway to get up to speed rather than a mid-air announcement that it's about to land. This week, you'll use your Cross-Setting Generalization Map and the School & IEP templates together to prepare for one real, upcoming change in your child's life.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 76. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10-15 minutes.

Understand why preparation beats explanation



TODAY'S IDEA, IN PLAIN WORDS

Explaining a change as it happens is like trying to teach someone to swim while they're already in deep water — too late to be calm about it. Preparation happens on dry land, well before the water.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of one real transition coming up in the next month: a new term, a new caregiver, a trip, a house move.



BEFORE BED TONIGHT, THINK ABOUT THIS

What transition is coming up that you've been putting off preparing for?

Identify one real upcoming transition



TODAY'S IDEA, IN PLAIN WORDS

Choose something specific and dated, not a vague future possibility — preparation works best with a real event to aim at.



WHAT TO ACTUALLY DO TODAY

1. Name the transition specifically.
2. Write down the approximate date it will happen.



BEFORE BED TONIGHT, THINK ABOUT THIS

How much advance notice do you actually have before this transition happens?

Fill in the "before a transition" handout



TODAY'S IDEA, IN PLAIN WORDS

Document 4 (School & IEP Communication Templates) includes a handout built exactly for this moment — filling it in now, rather than the night before, gives you time to think it through properly.



WHAT TO ACTUALLY DO TODAY

1. Open Document 4 and find the transition handout template.
2. Fill it in for this specific transition, taking your time with each answer.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which question on the handout took the longest to answer, and why?

Walk through the relevant visual support once



TODAY'S IDEA, IN PLAIN WORDS

If you built a visual schedule or card for this kind of transition already, walking through it together, in a calm moment, is the actual preparation work — not just having it exist somewhere.



WHAT TO ACTUALLY DO TODAY

1. Find the relevant visual schedule card or routine card for this transition.
2. Walk through it together with your child once today, calmly.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your child respond to walking through the change in advance?

Walk through it a second time, a different day



TODAY'S IDEA, IN PLAIN WORDS

Repetition, spaced across more than one day, is what actually builds familiarity — a single walk-through often isn't enough to stick.



WHAT TO ACTUALLY DO TODAY

1. Walk through the same visual support again today, ideally not immediately after Day 79.
2. Notice whether your child remembers any part of it from last time.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did your child recall anything from the first walk-through?

Share the handout with whoever is receiving your child



TODAY'S IDEA, IN PLAIN WORDS

A handout that stays in your own folder doesn't help the new teacher or carer — it needs to actually reach them, ahead of time, not on the day itself.



WHAT TO ACTUALLY DO TODAY

1. Give or send your completed handout to the relevant teacher, carer, or relative.
2. If possible, do this a few days before the transition, not the morning of.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did you feel handing over this information — was it easier or harder than expected?

Go through the transition itself, or a rehearsal of it



TODAY'S IDEA, IN PLAIN WORDS

If the real transition happens today, use everything you've prepared. If it's still ahead, use today as one more rehearsal.



WHAT TO ACTUALLY DO TODAY

1. If the transition is happening today: use your visual support and handout as planned.
2. If it's still ahead: do one more walk-through as a rehearsal.



BEFORE BED TONIGHT, THINK ABOUT THIS

What part of your preparation felt most useful in this actual moment?

Reflect on what part of the preparation helped most



TODAY'S IDEA, IN PLAIN WORDS

Naming what actually helped, versus what you assumed would help, sharpens your preparation for the next transition life brings.



WHAT TO ACTUALLY DO TODAY

1. Write down the single part of your preparation that mattered most.
2. Note anything you'd do differently preparing for the next transition.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would you tell another parent to prioritize when preparing for a transition?

Week 12: Your 90-Day Review and Close

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Finishing a season properly matters more than rushing into the next one — the way a good meal ends with actually noticing you're full, rather than immediately reaching for the next dish. This final week is dedicated entirely to looking back honestly across all 90 days, and deciding, calmly, what comes next.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 84. Each day that follows gets its own page: one small idea to understand, one concrete thing to do, and one short question to think about before bed. Some days include a real family's example. Nothing asks for more than about 10–15 minutes.

Understand why finishing well matters



TODAY'S IDEA, IN PLAIN WORDS

A season that ends without being reviewed is a season whose lessons get lost. Finishing well means taking the time to actually learn from what happened, not just moving on.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Set aside a quiet 15 to 20 minutes sometime this week for the review ahead.



BEFORE BED TONIGHT, THINK ABOUT THIS

In one word, how do these 90 days feel, looking back?

Re-score your six focus areas one more time



TODAY'S IDEA, IN PLAIN WORDS

Use the same 1-to-5 scale from Day 1 and Day 25, for a fair, real comparison across the whole 90 days.



WHAT TO ACTUALLY DO TODAY

1. Score food, communication, movement, sensory, sleep, and routines again, 1 to 5.
2. Write today's date next to these scores.



BEFORE BED TONIGHT, THINK ABOUT THIS

Before comparing, which area do you predict changed the most over 90 days?

Compare Day 1 scores to today's, without expecting perfection



TODAY'S IDEA, IN PLAIN WORDS

Ninety days rarely turns every number into a 5 — and that was never the actual goal. The goal was steady, real movement, even if uneven across areas.



WHAT TO ACTUALLY DO TODAY

1. Place your Day 1 scores next to today's scores.
2. Circle every area that moved, even slightly.
3. Resist judging any area that didn't move much yet.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which area's movement (or lack of movement) tells the most honest story about this season?

Name your proudest moment from these 90 days



TODAY'S IDEA, IN PLAIN WORDS

A proud moment doesn't need to be dramatic – it can be as small as one meal, one word, one calm transition that wouldn't have happened 90 days ago.



WHAT TO ACTUALLY DO TODAY

1. Think back across the whole 90 days.
2. Write down one specific moment you're genuinely proud of.
3. Be as specific as possible – a date, a place, what actually happened.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why does this particular moment stand out above all the others?

Name what still needs the most work, honestly



TODAY'S IDEA, IN PLAIN WORDS

Naming a weak spot honestly, after 90 days of real effort, is not discouraging — it's simply the most useful information for what comes next.



WHAT TO ACTUALLY DO TODAY

1. Write down the area that still needs the most work.
2. Describe it plainly, without judging yourself for it still being hard.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has this area always been the hardest, or did it become harder over these 90 days?

Decide what the next season should focus on



TODAY'S IDEA, IN PLAIN WORDS

You don't need a full plan for the next 90 days today — just one clear starting point, the same way Week 1 only needed one anchor area.



WHAT TO ACTUALLY DO TODAY

1. Based on Days 87-88, choose one focus for whatever comes next.
2. Write it down somewhere you'll find it when you're ready to start again.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does this next focus feel like a natural continuation, or a fresh start?

Celebrate. You ran a full 90-day program.



TODAY'S IDEA, IN PLAIN WORDS

Ninety days of structured, evidence-informed effort is a genuine milestone, regardless of what any single day along the way looked like. That is today's only lesson.



WHAT TO ACTUALLY DO TODAY

1. Do not start any new task today.
2. Mark this day in some way that feels meaningful to your family — however small.
3. If you're ready, know that a full 12-month version of this same structure exists to continue with, whenever you choose.



BEFORE BED TONIGHT, THINK ABOUT THIS

Ninety days ago, on Day 1, would you have believed you'd reach this page?

Sources for this guide: [4] NICE CG170 · [11] Steinbrenner et al., Evidence-Based Practices for Children, Youth, and Young Adults with Autism (2020) · [13] Repeated Exposure to a Novel Vegetable (2021) · [15] Caregiver-Implemented Feeding Interventions (2023) · [16] Turn-taking and joint attention (2022) · [17] Vestibular/proprioceptive RCT (2025) · [19] Self-Monitoring effectiveness study. Full list of 10 references in Document 1 — [Start Here](#).