

GENTLE PROGRESS FAMILY · \$97 FLAGSHIP PROGRAM



The 365-Day Family Support Program

A full year, four quarterly arcs, eight illustrated card sets (fifty-six printable cards in total), a year-long journal, and every single day given its own page — built on the same evidence-informed, adult-Montessori teaching style as everything else we make, so nothing here assumes what you already know. Every quarter in this program, including Quarter 1, is original material written specifically for this flagship — nothing here is a reprint of anything else we sell.

Gentle Progress Family

Evidence-informed, non-clinical family support

12 documents

Start Here · 4 Quarterly Roadmaps

4 Quarterly Card Sets · Workbook · Templates · Trackers

● BEFORE ANYTHING ELSE

Why a Full Year, and Why Four Different Arcs

A season builds a habit. A year builds a life that actually runs on it.

If you've already worked through our \$7 or \$47 programs, thank you — and please read this next part carefully, because it matters. This flagship is not those programs stretched out, and it does not reuse their material. Every single quarter in this 365-day journey, starting with Quarter 1, was written specifically for this flagship, from a genuinely different angle than anything else we sell. If you've done everything else we offer and bought this too, you will not see a single repeated concept, technique, or worksheet. You paid for something new, and that is exactly what this is.

The strongest available guidance for supporting autism and ADHD consistently points to long-term, structured support carried across settings and time — not a single season tried once^{[4][11]}. A year is also simply long enough for real, durable change to take root: long enough to move from understanding WHY a behavior happens, to actually changing how you and your child respond to each other, to carrying that change into school and community life, to it finally becoming just how your family lives, without you having to think about it consciously anymore.

So instead of 365 identical days, this program is built as four separate three-month arcs, each with its own genuinely distinct job, each one standing on the shoulders of the arc before it — never repeating it.



THE FOUR ARCS, IN ONE SENTENCE EACH

Quarter 1 — Reading the Signal, Regulating Together, Following Their Lead: understanding WHY your child's behavior happens, HOW your own regulation genuinely helps, and HOW your child's real interests can carry new learning.

Quarter 2 — Deepening & Personalizing: stretching communication into real back-and-forth, widening self-care independence, and using real data to personalize everything.

Quarter 3 — Connection & Community: carrying what you've built into sibling relationships, friendships, and the wider community.

Quarter 4 — Mastery & What's Next: handing your child real ownership, protecting your family's system against hard seasons, and closing the year with an honest review.

Reading the Signal, Regulating Together, Following Their Lead

This is the flagship's own, original starting point — not a repeat of anything you may have already bought from us.

If you've completed our \$7 System or \$47 Program, both of those taught you specific tools and specific ways of maintaining them. Quarter 1 of this flagship starts from a completely different place: it doesn't hand you a new tool at all in Month 1. Instead, it teaches you to understand WHY your child's hardest behavior happens in the first place — a skill that makes every tool you already own, and every one you'll ever be handed by anyone else, actually work better. Month 2 then turns the lens onto you, the parent, since your own regulation is the real engine behind every calming strategy that exists. Month 3 closes the quarter by teaching you to use your child's own genuine interests — properly observed, not assumed — as the engine for teaching anything new. If this is your very first program with us, Quarter 1 is exactly where you begin, and it stands completely on its own.



MONTH 1: READING THE SIGNAL · DAYS 1–30

WHAT THIS MONTH IS ABOUT

Every hard behavior your child shows you is communicating something — even without a single word. This month replaces guessing and frustration with a genuine, repeatable process: noticing what happens right before a behavior (the antecedent), what the behavior itself actually looks like, and what happens right after it (the consequence) — often the very thing quietly keeping the behavior going, without anyone meaning it to. By the end of the month, you'll be able to make an honest, useful guess at which of four common functions (escape, attention, access, or sensory feedback) a behavior is most likely serving, using a method you can reuse for the rest of your child's life.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 1 (Days 1–8):** Behavior Is a Message, Not a Character Flaw
2. **Week 2 (Days 9–15):** Spotting the Antecedent
3. **Week 3 (Days 16–23):** Naming the Consequence
4. **Week 4 (Days 24–30):** The Four Functions — Putting It Together

HOW THIS MONTH RUNS

Ten to fifteen minutes each morning with your Roadmap page, building steadily toward your Function Detective Method card set, introduced in full in Week 3 once you have every piece of the picture. This month draws on functional behavior assessment, a recognised, evidence-based practice for understanding behavior in children with autism^[11].



MONTH 2: REGULATING TOGETHER · DAYS 31–60

WHAT THIS MONTH IS ABOUT

This month turns the lens onto you, the parent, for the first time in this entire program. Every strategy for helping a child regulate depends, first, on the adult nearby actually being regulated enough to offer it — so this month teaches you to spot your own physical warning signs early, offer genuine co-regulation through your voice and body rather than just words, build a real personal habit of pausing before you respond, and repair honestly with your child after a hard moment, whichever of you lost regulation during it.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 5 (Days 31–38):** Your Own Warning Signs
2. **Week 6 (Days 39–45):** What Co-Regulation Actually Means
3. **Week 7 (Days 46–53):** The Pause Before the Response
4. **Week 8 (Days 54–60):** Repair After a Hard Moment

HOW THIS MONTH RUNS

The same daily rhythm continues, but the mirror is now pointed at you instead of your child — expect this month to feel more personal, and sometimes more uncomfortable, than Month 1. Your Repair Ritual Sequence card set arrives in Week 8. This month draws on published research showing that the quality of a parent's own co-regulation is closely tied to how well a child's own emotional regulation develops over time^[24].



MONTH 3: FOLLOWING THEIR LEAD · DAYS 61–90

WHAT THIS MONTH IS ABOUT

Rather than treating your child's strong interests as something competing with learning, this month teaches you to treat them as the actual vehicle carrying new learning across the finish line. You'll learn to tell a genuine, repeated interest apart from a passing preference through real observation, build a small deliberate bridge from that interest to a brand-new skill, and learn the real, important difference between authentic interest-led motivation and simply bribing your child to comply.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 9 (Days 61–68):** Real Interest vs. Passing Preference
2. **Week 10 (Days 69–75):** Building a Bridge From Interest to New Skill
3. **Week 11 (Days 76–83):** Motivation as the Engine, Not the Bribe
4. **Week 12 (Days 84–90):** Closing the Quarter — Your New Understanding

HOW THIS MONTH RUNS

This month closes with a full quarter review in Week 12 — not a review of tools, but a review of how your own understanding of your child has changed across three months. Strength- and interest-based approaches are increasingly recognised as valuable for supporting autistic children's engagement and learning^[25].



WHERE TO FIND IT

Quarter 1's Roadmap and Illustrated Card Sets live in this package's Quarter 1 folder. Your Parent Workbook, School Templates, and Trackers for Quarter 1 are already built into the year-long versions of those three documents, described in full later in this [Start Here](#).

Deepening & Personalizing

You've built new understanding. Now you put it to work.

Quarter 1 gave you three new lenses — understanding function, offering real regulation, and following genuine interest — deliberately, on purpose. Quarter 2 is where those three lenses go to work on something bigger: real two-way communication, genuine physical independence, and a system that's specifically, provably yours rather than a generic starting structure.



MONTH 4: DEEPEN COMMUNICATION · DAYS 91–120

WHAT THIS MONTH IS ABOUT

A single request answered once is only half a conversation. This month stretches whatever exchanges already exist between you and your child into genuine back-and-forth — adding one more turn on purpose, waiting far longer than feels natural for a response, and building toward a real vocabulary for naming feelings, so a big emotion has somewhere to go besides only showing up as behavior.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 13 (Days 91–98):** Understanding Back-and-Forth Communication
2. **Week 14 (Days 99–105):** Teaching Your Child to Ask for Help
3. **Week 15 (Days 106–113):** Naming Feelings
4. **Week 16 (Days 114–120):** A Real Back-and-Forth Exchange, and Month 4 Review

HOW THIS MONTH RUNS

The same daily rhythm continues from Quarter 1. Your Feelings Ladder card set arrives partway through this month, directly building on the emotional awareness Quarter 1 began.



MONTH 5: WIDEN SELF-CARE INDEPENDENCE · DAYS 121–150

WHAT THIS MONTH IS ABOUT

Dressing, hygiene, and self-feeding each break down into far more individual steps than most parents realize — this month teaches backward chaining, where you help with every step except the very last one, so your child genuinely experiences finishing the whole task themselves from the very first try, then gradually takes over one more step at a time, from the end backward.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 17 (Days 121–128):** Dressing, One Small Step at a Time
2. **Week 18 (Days 129–135):** Hygiene Steps
3. **Week 19 (Days 136–143):** Self-Feeding Steps
4. **Week 20 (Days 144–150):** Combining Self-Care Skills, and Month 5 Review

HOW THIS MONTH RUNS

Your Self-Care Steps Build card set arrives during this month, giving you the full repeatable method as a printable sequence.



MONTH 6: PERSONALIZE THE SYSTEM · DAYS 151–180

WHAT THIS MONTH IS ABOUT

By this point you have real data — six months of it — plus a genuine understanding of what your child actually cares about. This month uses both to make honest decisions about what's genuinely worth keeping in your routines and what should quietly be dropped, and to make the routines that remain more motivating by weaving your child's real interests directly into them.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 21 (Days 151–158):** Identify Your Child's Own Interests
2. **Week 22 (Days 159–165):** Let Interests Shape Your Routines
3. **Week 23 (Days 166–173):** Your Six-Month Data Review
4. **Week 24 (Days 174–180):** Quarter 2 Close

HOW THIS MONTH RUNS

This month closes Quarter 2 with a full Quarter Reset in your Parent Workbook before Quarter 3 begins.

Connection & Community

Everything you've built at home now has to work out in the world too.

A system that only works between your own four walls is only half finished. Quarter 3 carries everything you and your child have built — real communication, growing independence, a personalized system — into the places your child actually lives their wider life: alongside siblings and extended family, with other children, and out in public settings.



MONTH 7: SIBLING & FAMILY CONNECTION · DAYS 181–210

WHAT THIS MONTH IS ABOUT

Support that rests on one parent alone is fragile. This month looks honestly at your children's relationship as it actually is right now, builds one real shared activity between siblings, and gives extended family members something specific and genuinely useful to do, instead of vague advice to "be patient."

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 25 (Days 181–188):** Understanding Your Children's Current Relationship
2. **Week 26 (Days 189–195):** Create One Shared Sibling Activity
3. **Week 27 (Days 196–203):** Involving Extended Family
4. **Week 28 (Days 204–210):** Family Connection Review, Month 7 Close

HOW THIS MONTH RUNS

This month's work often involves other family members directly, so expect a few conversations beyond just you and your child.



MONTH 8: PEER & FRIENDSHIP SKILLS · DAYS 211–240

WHAT THIS MONTH IS ABOUT

Friendship skills build in a specific order: parallel play first, then real turn-taking, then a fully prepared first playdate — each step deliberately built on the one before it, rather than expecting a finished social skill to appear all at once.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 29 (Days 211–218):** Parallel Play Basics
2. **Week 30 (Days 219–225):** Turn-Taking With a Peer
3. **Week 31 (Days 226–233):** Preparing For and Holding a First Playdate
4. **Week 32 (Days 234–240):** Peer Skills Review, Month 8 Close

HOW THIS MONTH RUNS

Your Turn-Taking Game Sequence card set arrives during this month.



WHAT THIS MONTH IS ABOUT

This month prepares for real outings — the market, a place of worship, public transport — with the same careful, small-steps approach used everywhere else in this program, and takes the first genuine steps toward your child advocating for their own needs in the wider world.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 33 (Days 241–248):** Preparing for a Community Outing
2. **Week 34 (Days 249–255):** Place of Worship or Community Gathering
3. **Week 35 (Days 256–263):** Public Transport and Travel
4. **Week 36 (Days 264–270):** Self-Advocacy Basics, Quarter 3 Close

HOW THIS MONTH RUNS

Your Community Outing Prep Sequence card set arrives during this month. Quarter 3 closes with its own Quarter Reset before Quarter 4 begins.

Mastery & What's Next

The final stretch: your child leads more, your family plans further ahead, and the year closes properly.

By Quarter 4, most of what you're doing is no longer new — it's practiced. This final arc has three genuine jobs: hand your child real ownership of their own routines, make sure your whole support system can survive a hard season without collapsing, and close the full year with a proper, honest review before deciding what comes next.



MONTH 10: CHILD-LED ROUTINES · DAYS 271–300

WHAT THIS MONTH IS ABOUT

This month hands over one, then a second, fully-practiced routine to your child directly, with you stepping back further than at any earlier point this year — the natural next step after a full year spent gradually reducing your own involvement.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 37 (Days 271–278):** Choosing a Routine to Fully Hand Over
2. **Week 38 (Days 279–286):** Full Independent Practice
3. **Week 39 (Days 287–294):** Generalizing the Independent Routine
4. **Week 40 (Days 295–302):** Month 10 Review

HOW THIS MONTH RUNS

Your Independence Handover card set arrives during this month.



MONTH 11: FAMILY SUSTAINABILITY PLANNING · DAYS 301–330

WHAT THIS MONTH IS ABOUT

A system that only works when one specific parent is present and well-rested isn't actually sustainable. This month documents your routines clearly enough that someone else could run them, trains a real backup caregiver, and deliberately protects your own rest, since caregiver wellbeing is part of what keeps any family system standing.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 41 (Days 303–310):** Documenting Your Routines
2. **Week 42 (Days 311–318):** Training a Backup Caregiver
3. **Week 43 (Days 319–326):** Protecting Your Own Rest
4. **Week 44 (Days 327–334):** A Sick-Day and Emergency Plan, Month 11 Review

HOW THIS MONTH RUNS

Your Backup Caregiver Brief card set arrives during this month.



MONTH 12: ANNUAL REVIEW & LOOKING AHEAD · DAYS 331–365

WHAT THIS MONTH IS ABOUT

The final month is a full, honest look back at the entire year — every quarter's real progress, what held up under stress, what didn't — followed by a genuine celebration of how far you and your child have come, and a clear-eyed decision about what a second year, or simply ongoing life, should look like from here.

WHAT TO EXPECT, WEEK BY WEEK

1. **Week 45 (Days 335–342):** Gathering a Full Year of Evidence
2. **Week 46 (Days 343–350):** Scoring the Full Year
3. **Week 47 (Days 351–358):** Deciding What Comes Next
4. **Week 48 (Days 359–365):** Your Full Annual Review and Celebration

HOW THIS MONTH RUNS

This month closes with your full Annual Review in the Parent Workbook — the single longest reflection in the whole program, worth genuinely setting aside real time for.

● WHAT'S IN THE BOX

Your 12 Documents, Explained in Full

Every document has one specific job. None of them repeat each other, and none of them repeat anything from our other programs.

We're not going to just list these documents — we're going to explain each one properly, the same plain, assume-nothing way this whole program teaches everything else, so you know exactly what each one is for before Day 1.



DOCUMENT 1: START HERE (THIS DOCUMENT)

What it is: The map for your entire year — the document you're reading right now.

Why it exists: 365 days and 12 documents is a lot to hold in your head at once. This document exists so you never have to guess what's coming, why a month exists, or which document to reach for.

When you'll actually use it: Read it once, fully, before Day 1. After that, come back to it at the start of each new quarter to refresh what that arc is about before its Month 1 begins.



DOCUMENT 2: QUARTER 1 ROADMAP — DAYS 1–90

What it is: One page for every single day of Reading the Signal, Regulating Together, and Following Their Lead — 90 pages in total, each with a small idea, a concrete action, and a short evening question.

Why it exists: A full year is too much to plan day-by-day yourself. This document plans it for you, one page at a time, so your only job each morning is to open today's page.

When you'll actually use it: Every single morning, for about 10–15 minutes, for the first three months of the program.



DOCUMENT 3: QUARTER 2 ROADMAP — DAYS 91–180

What it is: The same one-page-per-day structure, covering Deepening & Personalizing.

Why it exists: Communication and independence both build gradually — this document paces that gradual build so no day ever asks for more than the day before it.

When you'll actually use it: Every single morning during Months 4 through 6.



DOCUMENT 4: QUARTER 3 ROADMAP — DAYS 181–270

What it is: The same one-page-per-day structure, covering Connection & Community.

Why it exists: Taking a home system out into the world is a genuinely different skill from building it at home — this document paces that transition specifically.

When you'll actually use it: Every single morning during Months 7 through 9.



DOCUMENT 5: QUARTER 4 ROADMAP — DAYS 271–365

What it is: The same one-page-per-day structure, covering Mastery & What's Next, closing with your full Annual Review.

Why it exists: The final quarter needs its own careful pacing too — handing over independence and planning for sustainability both take real, deliberate time.

When you'll actually use it: Every single morning during Months 10 through 12.



DOCUMENT 6: ILLUSTRATED CARD SETS — QUARTER 1

What it is: Two fully-explained, printable card sequences: the Function Detective Method and the Repair Ritual Sequence, seven cards each.

Why it exists: Some methods are worth having in your hand, not just in a book — a card you can prop up mid-moment is far more usable than flipping back through 90 pages to find the step you need.

When you'll actually use it: Print each set the week it's introduced in your Quarter 1 Roadmap (Weeks 3 and 8), then keep them somewhere easy to reach for the rest of your child's life.



DOCUMENT 7: ILLUSTRATED CARD SETS — QUARTER 2

What it is: Two more fully-explained, printable card sequences: the Feelings Ladder and the Self-Care Steps Build.

Why it exists: Communication and self-care independence are both skills built through repeated, small physical steps — a printable sequence keeps every step visible at a glance.

When you'll actually use it: Print each set the week it's introduced in your Quarter 2 Roadmap.



DOCUMENT 8: ILLUSTRATED CARD SETS — QUARTER 3

What it is: Two more fully-explained, printable card sequences: the Turn-Taking Game Sequence and the Community Outing Prep Sequence.

Why it exists: Social and community skills both benefit enormously from a clear, predictable sequence your child can come to recognize and expect.

When you'll actually use it: Print each set the week it's introduced in your Quarter 3 Roadmap.



DOCUMENT 9: ILLUSTRATED CARD SETS — QUARTER 4

What it is: Two final fully-explained, printable card sequences: the Independence Handover and the Backup Caregiver Brief.

Why it exists: Handing over a routine and briefing a new caregiver are both one-time, high-stakes moments worth having a clear, printed sequence for.

When you'll actually use it: Print each set the week it's introduced in your Quarter 4 Roadmap.



DOCUMENT 10: PARENT WORKBOOK & PROGRESS JOURNAL — FULL YEAR

What it is: Every week's reflection space, your Behavior Journal, warning-sign log, and Interest Map from Quarter 1, all four Quarterly Resets, and your full Annual Review — one physical place to actually write things down across the whole year.

Why it exists: Reading and doing are not the same as reflecting. This document is where the program actually becomes yours, in your own handwriting, in your own words.

When you'll actually use it: A few minutes most days, a longer sit-down each Monday, and a proper 20–30 minutes at the end of every quarter.



DOCUMENT 11: SCHOOL & IEP COMMUNICATION TEMPLATES

What it is: Three ready-to-adapt letter templates for communicating with your child's school team, plus a fourth Annual Review Letter added for this flagship.

Why it exists: Explaining a home strategy to a school team in the middle of a busy week is hard to do well from scratch — a template means you're editing, not starting blank.

When you'll actually use it: Whenever you need to loop in a teacher or school team on something you're working on at home, and once more at the end of the year for the Annual Review Letter.



DOCUMENT 12: TRACKERS & PRINTABLE LIBRARY — FULL YEAR

What it is: Your reusable full-day schedule template, a full year of brand-new activity cards across sensory, communication, movement, and routine-building categories, and a full-year overview tracker.

Why it exists: Some things are worth having as a simple, reusable printable rather than reading about — a schedule template you fill in once and reuse for months, activity cards you can grab without planning ahead.

When you'll actually use it: Print the schedule template once near the start of the year; pull an activity card whenever you need a ready-made idea; fill in the overview tracker monthly.

● HOW TO USE THIS PROGRAM, STEP BY STEP

Your rhythm for the next 365 days

☀ EVERY SINGLE MORNING (2–3 MINUTES)

1. **Find your current Quarter's Roadmap** (Documents 2 through 5) and open today's page, labelled by its day number.
2. **Read the whole page once**, then do the "What to actually do today" section whenever it fits naturally into your day.
3. **Glance at the short reflection question** before bed — even a one-sentence answer in your head counts.

📅 EVERY MONDAY, IN ADDITION (5 EXTRA MINUTES)

1. **Open Document 10** (Parent Workbook) to that week's reflection space.
2. **If this week introduces a new Card Set**, print it now, ahead of when you'll need it.

🕒 AT THE END OF EACH QUARTER (20–30 MINUTES)

1. **Complete that Quarter's Reset** in Document 10 — a longer, honest look back at the three months just finished.
2. **Re-read the next Quarter's opening pages** in this document, so the new arc's shape is fresh before its Month 1 begins.

★ IF YOU FALL BEHIND, AT ANY POINT IN THE YEAR

Across 365 days, almost every family will lose a week, or a month, at some point — illness, travel, a hard season. When that happens: don't try to catch up on missed days. Simply resume from wherever today's real calendar date suggests, or the next day number after your last completed one. A year-long program is measured by the whole year, not by an unbroken streak.

Consistent, structured support delivered over a long period, rather than in short bursts, is what the strongest 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 12 documents in this program draws from this list, 2017–2025.

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