

Quarter 3 Roadmap: Connection & Community

Ninety more days, Months 7 through 9. Everything built at home now has to work in the wider world too — with siblings, with other children, and out in your community.

Document 4 of 12

Read Start Here first if you haven't

Long-term, structured support delivered in small, consistent steps is what the strongest available guidance for autism and ADHD support actually recommends^{[4][11]}. Every day in this document gives you one small, clear step.

☀ HOW TO READ A DAY'S PAGE

1. **Today's idea, in plain words** — the concept explained simply.
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.
4. **A short question for before bed** — a moment to notice what actually happened.

• MONTH 7

Sibling & Family Connection

Sibling & Family Connection looks honestly at your children's relationship, builds one real shared activity, and gives extended family something specific and useful to do.

Week 25, Week 26, Week 27, Week 28

Week 25: Understanding Your Children's Current Relationship

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Brothers and sisters of a child who needs extra support often quietly absorb a lot — less attention some days, a home life that revolves around a sibling's needs, feelings they may not have words for yet. This week is about looking honestly at how your children's relationship currently stands, before trying to actively strengthen it. Sibling relationships and involvement have a real, documented effect on both children's wellbeing.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[20] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 181. 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 sibling connection deserves its own month



TODAY'S IDEA, IN PLAIN WORDS

A sibling relationship isn't automatically fine just because nobody is complaining — like a plant that looks fine on the surface but needs checking underneath, it's worth a deliberate look rather than an assumption.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think about your children's relationship as it stands right now, without judging it yet.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's your honest, first impression of how your children's relationship is doing right now?

Observe one full day of sibling interaction



TODAY'S IDEA, IN PLAIN WORDS

Watching for a full day, without intervening more than usual, shows you the real current pattern rather than a single remembered incident.



WHAT TO ACTUALLY DO TODAY

1. Today, simply notice moments of interaction between your children.
2. Note roughly how many were positive, neutral, or difficult.

IBADAN, NIGERIA

A mother realises, once she actually counts, that her two children interact far less than she assumed — mostly passing each other rather than truly playing together.



BEFORE BED TONIGHT, THINK ABOUT THIS

Was there more or less interaction today than you expected?

Ask your other child how they feel, gently



TODAY'S IDEA, IN PLAIN WORDS

A sibling old enough to answer may be carrying feelings about the family's routines that they've never been directly asked about.



WHAT TO ACTUALLY DO TODAY

1. Find a calm, private moment with your other child.
2. Ask simply: "How do you feel about our family right now?" and just listen.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did anything your other child said surprise you?

Notice one moment of genuine connection this week



TODAY'S IDEA, IN PLAIN WORDS

Even in a strained relationship, moments of genuine connection usually still exist — noticing them is the first step to growing them.



WHAT TO ACTUALLY DO TODAY

1. Watch for one moment today where your children genuinely connected, however small.
2. Write it down so it isn't lost.



BEFORE BED TONIGHT, THINK ABOUT THIS

What made that particular moment feel like a genuine connection?

Notice one recurring source of friction



TODAY'S IDEA, IN PLAIN WORDS

Most sibling friction repeats in a pattern — the same trigger, the same time of day — and naming the pattern is more useful than reacting to each incident separately.



WHAT TO ACTUALLY DO TODAY

1. Think back over the past few days.
2. Name one recurring source of friction between your children.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does this friction happen at a particular time of day, or around a particular activity?

Give your other child undivided attention, briefly



TODAY'S IDEA, IN PLAIN WORDS

Even ten minutes of genuinely undivided attention — no phone, no multitasking — can meaningfully register for a child who often shares attention.



WHAT TO ACTUALLY DO TODAY

1. Spend 10 minutes today giving your other child fully undivided attention, on an activity they choose.
2. Put away your phone and any other distraction for that time.

FREETOWN, SIERRA LEONE

A father spends ten minutes building blocks with his older daughter, phone left in another room — she mentions it again at dinner, clearly it registered.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your other child respond to fully undivided attention?

Talk to your other child about their sibling, plainly



TODAY'S IDEA, IN PLAIN WORDS

Age-appropriate, honest information about why some routines exist ("your brother needs quiet time to feel calm") helps a sibling make sense of a home life that might otherwise feel confusing or unfair.



WHAT TO ACTUALLY DO TODAY

1. In simple, honest language, explain one thing about why a routine exists for your other child.
2. Invite any questions they have, and answer honestly.



BEFORE BED TONIGHT, THINK ABOUT THIS

What question did your other child ask, if any, and what does that tell you about what they've been wondering?

Reflect on the week's observations



TODAY'S IDEA, IN PLAIN WORDS

A week of honest observation, without trying to fix anything yet, gives you the real starting point for the rest of this month.



WHAT TO ACTUALLY DO TODAY

1. Write down your honest sense of the relationship now, compared to Day 181.
2. Name one thing you'd like to see grow this month.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one thing you most want to see grow between your children this month?

Week 26: Create One Shared Sibling Activity

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This week builds one deliberate, shared activity your children can do together regularly — chosen specifically to be simple enough, and short enough, that it has a real chance of becoming a genuine habit rather than a one-off.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[20] — not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 189. 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.

Choose one simple shared activity



TODAY'S IDEA, IN PLAIN WORDS

The best shared activity is short, needs little setup, and doesn't require complex turn-taking at first — building blocks, a simple ball game, colouring side by side.



WHAT TO ACTUALLY DO TODAY

1. Choose one simple activity your children could do together.
2. Make sure it needs almost no setup and takes under 15 minutes.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular activity for your two children specifically?

Introduce it once, with you present



TODAY'S IDEA, IN PLAIN WORDS

The first time trying a shared activity, your presence nearby (not necessarily leading it) helps both children feel supported through anything unfamiliar.



WHAT TO ACTUALLY DO TODAY

1. Set up the activity today and invite both children.
2. Stay nearby, stepping in only if genuinely needed.

LUSAKA, ZAMBIA

A mother sets out building blocks between her two sons and sits nearby doing her own task, ready to help but not directing.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the first attempt go, honestly?

Repeat the activity a second time



TODAY'S IDEA, IN PLAIN WORDS

A second try, a day or two later, often goes more smoothly simply because the activity itself is now familiar.



WHAT TO ACTUALLY DO TODAY

1. Repeat the same shared activity today.
2. Notice if it felt more natural than the first time.



BEFORE BED TONIGHT, THINK ABOUT THIS

What was different about the second attempt?

Step back slightly further



TODAY'S IDEA, IN PLAIN WORDS

If the activity is going reasonably well, moving a little further away (not out of sight, just less directly involved) tests whether the children can sustain it more independently.



WHAT TO ACTUALLY DO TODAY

1. Set up the activity, then step back further than the past two times.
2. Watch from a distance rather than sitting right beside them.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the activity hold up with you a little further away?

Notice what your other child does when it goes well



TODAY'S IDEA, IN PLAIN WORDS

Watching for what a sibling does naturally during a good shared moment – patience, a particular way of including their sibling – tells you what to encourage more of.



WHAT TO ACTUALLY DO TODAY

1. During today's activity, notice specifically what your other child does that helps things go well.
2. Name it to them afterward, warmly and specifically.



BEFORE BED TONIGHT, THINK ABOUT THIS

What specific thing did your other child do that helped the activity go well?

Let the activity happen without you watching closely



TODAY'S IDEA, IN PLAIN WORDS

If the past several days have gone reasonably well, today tests genuine independence — nearby but not watching, available only if truly needed.



WHAT TO ACTUALLY DO TODAY

1. Set up the activity, then genuinely occupy yourself elsewhere nearby.
2. Check in only if you hear something concerning.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to let the activity happen without close supervision?

Reflect on the week and decide on a rhythm



TODAY'S IDEA, IN PLAIN WORDS

A shared activity that's happened several times this week is ready to become a regular rhythm — perhaps a few times a week, rather than daily pressure.



WHAT TO ACTUALLY DO TODAY

1. Decide how often this activity will happen going forward.
2. Write it into your family's routine somewhere visible.



BEFORE BED TONIGHT, THINK ABOUT THIS

What frequency feels sustainable for this activity, without becoming another obligation?

Week 27: Involving Extended Family

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Grandparents, aunts, uncles, and family friends often want to help but don't know how — this week gives them something concrete and specific to do, rather than a vague general explanation.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[4][20]} — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 196. 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 specific requests work better than general ones



TODAY'S IDEA, IN PLAIN WORDS

"Please be understanding" is hard for anyone to act on. "Please let him bring his cup to the table" is something a grandmother can actually do immediately.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of one extended family member who sees your child regularly.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which extended family member would benefit most from clearer, more specific guidance?

Choose one specific thing to ask that family member to do



TODAY'S IDEA, IN PLAIN WORDS

Pick something small and concrete: let him carry his own cup, don't insist on a hug, use his visual schedule if he seems lost.



WHAT TO ACTUALLY DO TODAY

1. Choose one specific, small request for your chosen family member.
2. Write it down in one plain sentence.

ACCRA, GHANA

A mother asks her mother-in-law simply: "Please let him bring his blanket to the table — it just helps him settle, that's all."



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular request as the most useful one?

Share the request warmly, not defensively



TODAY'S IDEA, IN PLAIN WORDS

Framing a request as help you'd appreciate, rather than a correction of something they're doing wrong, makes it much easier for family members to accept warmly.



WHAT TO ACTUALLY DO TODAY

1. Share your Day 197 request with the family member today, in person or by phone.
2. Frame it as something that would genuinely help, not a criticism.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the family member respond to the request?

Notice how it went during a real visit or call



TODAY'S IDEA, IN PLAIN WORDS

The real test is whether the specific request actually gets followed in the moment, not just agreed to in conversation.



WHAT TO ACTUALLY DO TODAY

1. During your next interaction with this family member, notice whether the request was followed.
2. Thank them warmly if it was, regardless of how small.



BEFORE BED TONIGHT, THINK ABOUT THIS

Was the request followed, and how did that change the interaction?

Share your starter letter template, if helpful



TODAY'S IDEA, IN PLAIN WORDS

Your School & IEP Communication Templates document's starter letter – "Your Child, in One Page" – works beautifully for a grandparent or regular family carer too, not just a teacher.



WHAT TO ACTUALLY DO TODAY

1. Consider filling in and sharing your starter letter template with this same family member.
2. Adjust the language to suit a family member rather than a teacher.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does a written letter feel like it would help this particular relationship, or does a conversation work better?

Choose a second extended family member to involve



TODAY'S IDEA, IN PLAIN WORDS

Once one relationship has a clearer, more specific understanding, the same approach usually works quickly for a second person.



WHAT TO ACTUALLY DO TODAY

1. Choose a second extended family member.
2. Repeat Days 197-198's approach with them.



BEFORE BED TONIGHT, THINK ABOUT THIS

Was involving the second family member faster or slower than the first?

Notice the effect on your own stress during family time



TODAY'S IDEA, IN PLAIN WORDS

Extended family who understand specifically what helps often meaningfully reduce a parent's own stress during family gatherings, not just the child's experience.



WHAT TO ACTUALLY DO TODAY

1. At your next family gathering, notice your own stress level compared to previous gatherings.
2. Write down whether it felt different.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did having informed family members around change how the gathering felt for you personally?

Reflect on the week



TODAY'S IDEA, IN PLAIN WORDS

Two extended family members with clearer understanding is real, lasting progress — this doesn't need to be done with everyone at once.



WHAT TO ACTUALLY DO TODAY

1. Write down which family members now understand your child a little better.
2. Decide if there's a third person worth involving next month, or if this is enough for now.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest sign that this week's efforts made a real difference?

Week 28: Family Connection Review, Month 7 Close

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This final week of Month 7 brings sibling and extended-family work together and closes the month with an honest review.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[20][19]} — not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 204. 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.

Combine the sibling activity and family involvement



TODAY'S IDEA, IN PLAIN WORDS

Inviting an involved extended family member to join the shared sibling activity connects both threads of this month's work.



WHAT TO ACTUALLY DO TODAY

1. If possible, invite an involved family member to join your children's shared activity once this week.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to bring both threads of this month together?

Ask your other child how the month felt



TODAY'S IDEA, IN PLAIN WORDS

A direct, gentle check-in with your other child closes the loop on the very question you started this month with.



WHAT TO ACTUALLY DO TODAY

1. Ask your other child, gently: "Has this month felt any different?"
2. Listen fully to whatever they say.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did your other child say, and how does it compare to Day 183's answer?

Notice the shared activity's current state



TODAY'S IDEA, IN PLAIN WORDS

Checking on the shared activity from Week 26 shows whether it's become a genuine habit or quietly faded.



WHAT TO ACTUALLY DO TODAY

1. Check whether the shared sibling activity is still happening at the rhythm you decided on Day 195.
2. Adjust the frequency if needed.



BEFORE BED TONIGHT, THINK ABOUT THIS

Is the shared activity holding as a real habit, or does it need adjusting?

Re-score your Three Lenses



TODAY'S IDEA, IN PLAIN WORDS

Seven months in, another honest score continues building your long-term picture of the whole year.



WHAT TO ACTUALLY DO TODAY

1. Score all Three Lenses again, 1 to 5.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has anything moved specifically because of this month's family-focused work?

Name what Month 7 actually achieved



TODAY'S IDEA, IN PLAIN WORDS

Sibling and family connection work is often invisible in daily life but significant over time — naming it clearly keeps it from being overlooked.



WHAT TO ACTUALLY DO TODAY

1. Write one or two sentences on what genuinely changed in your family connections this month.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest evidence that this month's family-focused work mattered?

Thank the family members who helped



TODAY'S IDEA, IN PLAIN WORDS

A specific thank-you, naming exactly what they did, makes family members more likely to keep helping in the same way going forward.



WHAT TO ACTUALLY DO TODAY

1. Thank each family member who was specifically involved this month, naming what they did that helped.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did it feel to thank them specifically, rather than in general terms?

Look ahead to Month 8



TODAY'S IDEA, IN PLAIN WORDS

Month 8 moves from family relationships to peer relationships — a natural next step once home connections feel steadier.



WHAT TO ACTUALLY DO TODAY

1. Read the Month 8 introduction in your Start Here document.
2. Rest today.



BEFORE BED TONIGHT, THINK ABOUT THIS

What are you hoping for as this program starts to focus on peer relationships?

● MONTH 8

Peer & Friendship Skills

Peer & Friendship Skills moves from parallel play, to turn-taking, to a fully prepared first playdate – each step building on the one before it.

Week 29, Week 30, Week 31, Week 32

Week 29: Parallel Play Basics

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Parallel play – two children playing near each other with similar materials, without necessarily interacting directly – is a completely normal, valuable stage of learning to be around peers, and often the right starting point rather than jumping straight to full interactive play.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[21] – not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 211. 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 parallel play is a real skill, not a failure to interact



TODAY'S IDEA, IN PLAIN WORDS

Being comfortable simply existing near another child, doing a similar activity, is genuine social progress — it doesn't need to become full interaction to count.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of one child your own child could safely spend brief time near: a cousin, a neighbour's child, a classmate.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which child would be a good, low-pressure choice to start with?

Arrange one brief, low-pressure time near another child



TODAY'S IDEA, IN PLAIN WORDS

Keep the first attempt genuinely short — 10 to 15 minutes — with no expectation of direct interaction at all.



WHAT TO ACTUALLY DO TODAY

1. Arrange a brief, low-pressure time near your chosen child.
2. Bring similar materials for both children (two sets of blocks, two colouring books).

BAMENDA, CAMEROON

A mother arranges for her son and his cousin to sit at the same table with their own sets of crayons, side by side, for fifteen minutes.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your child respond to simply being near another child with a similar activity?

Notice any spontaneous glance or comment toward the other child



TODAY'S IDEA, IN PLAIN WORDS

Even a brief glance toward the other child during parallel play is a real, meaningful sign of social awareness, well before any spoken interaction.



WHAT TO ACTUALLY DO TODAY

1. During today's parallel time, watch closely for any glance, gesture, or comment toward the other child.
2. Don't prompt it — just notice if it happens naturally.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did you notice any spontaneous awareness of the other child, however small?

Repeat with the same child



TODAY'S IDEA, IN PLAIN WORDS

Repetition with the same, now slightly familiar child usually feels more comfortable than starting fresh with someone new each time.



WHAT TO ACTUALLY DO TODAY

1. Arrange a second parallel play session with the same child.
2. Keep the same low-pressure, similar-materials approach.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the second session feel more comfortable than the first?

Sit slightly closer together this time



TODAY'S IDEA, IN PLAIN WORDS

A small physical adjustment — chairs slightly closer, materials placed between them rather than separate — nudges toward more natural interaction without forcing it.



WHAT TO ACTUALLY DO TODAY

1. Today, set up the activity with the children slightly closer together than before.
2. Still don't force direct interaction — just adjust the physical setup.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the closer setup change anything about how the children related to each other?

Model a brief comment to the other child



TODAY'S IDEA, IN PLAIN WORDS

Modelling a simple comment — "nice tower!" — gives your child a real example of a low-pressure way to acknowledge a peer.



WHAT TO ACTUALLY DO TODAY

1. During today's session, model one simple, friendly comment to the other child yourself.
2. Don't require your child to copy it — just let them hear it.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did your child seem to notice the modelled comment, even without repeating it?

Try parallel play with a second child



TODAY'S IDEA, IN PLAIN WORDS

Once comfortable with one peer, trying the same approach with a different child confirms this is a transferable skill, not specific to one relationship.



WHAT TO ACTUALLY DO TODAY

1. Arrange a brief parallel play session with a different child.
2. Use the same approach as with the first.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did comfort with the first child transfer to the second, or did it feel like starting over?

Reflect on the week's parallel play progress



TODAY'S IDEA, IN PLAIN WORDS

Comfortable, repeated parallel play with two different children is a genuine foundation for the turn-taking work coming next week.



WHAT TO ACTUALLY DO TODAY

1. Write down how your child's comfort with parallel play has changed this week.
2. Decide which child to continue with for next week's turn-taking work.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which child felt like the more natural fit for continuing this work?

Week 30: Turn-Taking With a Peer

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Turn-taking with a peer is a step up from turn-taking with an adult — peers are far less naturally patient and predictable than parents, which is exactly why practising it deliberately, with a simple game, matters so much.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[21][16]} — not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 219. 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.

Choose a simple turn-taking game



TODAY'S IDEA, IN PLAIN WORDS

A game with an obvious, physical turn signal — rolling a ball back and forth, stacking blocks one at a time — makes "whose turn it is" much clearer than a game relying on spoken turns alone.



WHAT TO ACTUALLY DO TODAY

1. Choose a simple game with an obvious physical turn (rolling a ball, stacking blocks one at a time).
2. Plan to play it with the peer child from last week.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why does this particular game make turns easy to see and understand?

Play the game together, narrating turns out loud



TODAY'S IDEA, IN PLAIN WORDS

Saying "my turn... now your turn" out loud, for both children, makes the invisible structure of turn-taking visible and concrete.



WHAT TO ACTUALLY DO TODAY

1. Play the chosen game with both children today.
2. Narrate each turn out loud clearly, for both children.

BLANTYRE, MALAWI

A father plays a simple ball-rolling game between his daughter and her cousin, saying "Ama's turn... now Chikondi's turn" each time, clear and simple.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did narrating turns out loud seem to help either child understand the structure better?

Reduce your narration slightly



TODAY'S IDEA, IN PLAIN WORDS

As the pattern becomes familiar, using fewer words tests whether the children are starting to track turns themselves.



WHAT TO ACTUALLY DO TODAY

1. Play the same game today with less narration than yesterday.
2. Watch whether the children track turns without your full narration.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the children track turns with less help from you today?

Let the children play with minimal involvement from you



TODAY'S IDEA, IN PLAIN WORDS

Stepping back further tests whether the turn-taking pattern has become genuinely theirs, rather than dependent on you running it.



WHAT TO ACTUALLY DO TODAY

1. Set up the game, then step back and let the children play with minimal input from you.
2. Step in only if genuinely needed.



BEFORE BED TONIGHT, THINK ABOUT THIS

How far could the children take the game without your involvement?

Notice what happens when a turn is "broken"



TODAY'S IDEA, IN PLAIN WORDS

A peer breaking the pattern — taking two turns in a row, grabbing early — is a completely normal part of real peer play, and handling it calmly matters more than preventing it entirely.



WHAT TO ACTUALLY DO TODAY

1. If a turn gets broken today, notice how both children react.
2. Step in calmly to reset the pattern if needed, without frustration.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your child handle a broken turn, and how did you help reset it?

Try a second, slightly different turn-taking game



TODAY'S IDEA, IN PLAIN WORDS

A second game with a different structure shows whether turn-taking itself has become the transferable skill, not just this one specific game.



WHAT TO ACTUALLY DO TODAY

1. Introduce a second, different turn-taking game today.
2. Use the same narrating-then-fading approach as before.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did the turn-taking skill transfer to the new game more easily than you expected?

Reflect on the week's turn-taking progress



TODAY'S IDEA, IN PLAIN WORDS

Real turn-taking with a peer, even briefly and imperfectly, is genuine readiness for next week's prepared playdate.



WHAT TO ACTUALLY DO TODAY

1. Write down how turn-taking went across the week.
2. Decide if this peer is ready for a slightly longer, less structured playdate next week.



BEFORE BED TONIGHT, THINK ABOUT THIS

Do you feel ready to move toward a slightly less structured playdate next week?

Week 31: Preparing For and Holding a First Playdate

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A prepared playdate — planned activities, a clear time limit, an exit plan if things get overwhelming — sets a much higher chance of success than an unstructured, open-ended visit, especially for a first attempt.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[21] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 226. 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 matters more than for other children



TODAY'S IDEA, IN PLAIN WORDS

An unplanned, open-ended playdate leaves a lot of uncertainty — preparing specific activities and a time limit in advance removes much of that uncertainty before it becomes a problem.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Choose which peer and which parent to invite for a first prepared playdate.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular child and family for a first attempt?

Plan 2-3 specific activities in advance



TODAY'S IDEA, IN PLAIN WORDS

Having a plan doesn't mean rigidly following it – it means having something ready the moment "what do we do now" silence happens.

✔ WHAT TO ACTUALLY DO TODAY

1. Plan 2 to 3 specific activities for the playdate in advance.
2. Include at least one activity both children already enjoy from your parallel play and turn-taking practice.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which planned activity feels most likely to go well, based on recent weeks?

Set a clear, modest time limit



TODAY'S IDEA, IN PLAIN WORDS

A shorter playdate that ends on a good note is far better than a longer one that ends in overwhelm – 45 minutes to an hour is a reasonable first attempt.



WHAT TO ACTUALLY DO TODAY

1. Decide on a clear time limit for the playdate, 45 minutes to an hour.
2. Tell the other parent this limit in advance, framed simply as what works well for your family right now.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does the time limit feel comfortably short, or are you tempted to make it longer than is wise?

Prepare an exit plan for overwhelm



TODAY'S IDEA, IN PLAIN WORDS

Deciding in advance what you'll do if your child becomes overwhelmed removes the need to improvise during an already stressful moment.



WHAT TO ACTUALLY DO TODAY

1. Decide your exact exit plan if your child becomes overwhelmed during the playdate.
2. Consider bringing a familiar calming object your child already turns to at home.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's your specific exit plan if things become too much during the playdate?

Hold the playdate



TODAY'S IDEA, IN PLAIN WORDS

Today is the playdate itself — use everything prepared, and remember that a shorter, calmer visit that ends well is a genuine success.



WHAT TO ACTUALLY DO TODAY

1. Hold the playdate as planned.
2. Use your exit plan without hesitation if genuinely needed — that is not a failure.

CAPE COAST, GHANA

A mother holds her son's first prepared playdate for exactly 45 minutes, with two planned activities ready, and ends it exactly on time even though the children seem happy to continue — leaving them wanting more, on purpose.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the playdate actually go, compared to what you prepared for?

Reflect the day after



TODAY'S IDEA, IN PLAIN WORDS

Reflecting a day later, once any immediate stress has settled, often gives a clearer picture than reflecting right afterward.



WHAT TO ACTUALLY DO TODAY

1. Write down what went well and what was hard about the playdate.
2. Note anything you'd change for next time.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one thing you'd change about how you prepared for this playdate?

Thank the other family specifically



TODAY'S IDEA, IN PLAIN WORDS

A specific thank-you increases the chance of a second playdate being welcomed warmly.



WHAT TO ACTUALLY DO TODAY

1. Thank the other parent, naming something specific that went well.



BEFORE BED TONIGHT, THINK ABOUT THIS

What specific thing are you most grateful the other family did or understood?

Decide on a second playdate



TODAY'S IDEA, IN PLAIN WORDS

If the first attempt went reasonably well, even partially, a second attempt with the same child usually goes more smoothly.



WHAT TO ACTUALLY DO TODAY

1. Decide whether to plan a second playdate with the same child, or wait and try again with the family from Day 217 first.
2. If ready, tentatively plan the next one.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would you keep the same, and what would you change, for a second playdate?

Week 32: Peer Skills Review, Month 8 Close

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This final week of Month 8 closes out peer and friendship work with an honest review before Quarter 3's final month turns to the wider community.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[21][19]} – not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 234. 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.

Hold a second playdate, if ready



TODAY'S IDEA, IN PLAIN WORDS

A second attempt, informed by what you learned from the first, is usually the biggest single jump in confidence.



WHAT TO ACTUALLY DO TODAY

1. If you decided to move forward, hold your second playdate this week.
2. If not ready, use today to plan when you will be.



BEFORE BED TONIGHT, THINK ABOUT THIS

What felt more confident about this attempt compared to the first?

Notice generalized peer comfort



TODAY'S IDEA, IN PLAIN WORDS

Comfort built with one specific peer sometimes shows up in how your child behaves around other children too – worth watching for.

☑ WHAT TO ACTUALLY DO TODAY

1. Watch today for any sign of increased comfort around children other than your practice peer.
2. Note anything you notice, even something small.



BEFORE BED TONIGHT, THINK ABOUT THIS

Have you noticed any change in comfort around children beyond your specific practice peer?

Talk to your child about their friend, if they have words



TODAY'S IDEA, IN PLAIN WORDS

Hearing your child's own perspective on the relationship, if they can share it, tells you something observation alone can't.



WHAT TO ACTUALLY DO TODAY

1. If your child has words, ask them simply what they think of their playdate friend.
2. If not, notice their nonverbal reaction when the friend is mentioned or seen.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did you learn about how your child experiences this friendship?

Re-score your Three Lenses



TODAY'S IDEA, IN PLAIN WORDS

Eight months in, this score continues building the long view of the whole year.



WHAT TO ACTUALLY DO TODAY

1. Score all Three Lenses again, 1 to 5.



BEFORE BED TONIGHT, THINK ABOUT THIS

Has anything moved specifically because of this month's peer work?

Name what Month 8 actually achieved



TODAY'S IDEA, IN PLAIN WORDS

Peer skills often develop unevenly and slowly — naming the real, specific gains keeps the picture honest and encouraging.



WHAT TO ACTUALLY DO TODAY

1. Write one or two sentences on what genuinely changed in peer relationships this month.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the clearest evidence that this month's peer work mattered?

Plan how to keep the friendship going



TODAY'S IDEA, IN PLAIN WORDS

A friendship built over a month needs a plan to continue, or it can quietly fade the way any relationship can without effort.



WHAT TO ACTUALLY DO TODAY

1. Decide on a rough rhythm for continuing this friendship going forward – monthly, fortnightly, whatever's realistic.



BEFORE BED TONIGHT, THINK ABOUT THIS

What frequency feels realistic and sustainable for maintaining this friendship?

Look ahead to Month 9



TODAY'S IDEA, IN PLAIN WORDS

Month 9 moves from one-on-one peer relationships to the wider community – a natural next step once a real friendship has taken root.



WHAT TO ACTUALLY DO TODAY

1. Read the Month 9 introduction in your Start Here document.
2. Rest today.



BEFORE BED TONIGHT, THINK ABOUT THIS

What community setting are you most hoping to make easier for your family?

• MONTH 9

Community Outings & Advocacy

Community Outings & Advocacy carries everything you've built into the market, a place of worship, public transport, and the first small steps of your child advocating for their own needs.

[Week 33](#), [Week 34](#), [Week 35](#), [Week 36](#)

Week 33: Preparing for a Community Outing

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A trip to the market, a shop, or a store is full of unpredictable sensory input and social demands — this week prepares for one specific, real outing using the same visual and calm-tool supports built throughout this whole program.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[11] — not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 241. 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.

Choose one specific outing to prepare for



TODAY'S IDEA, IN PLAIN WORDS

A specific, real outing — not a vague future trip — gives this week's preparation something concrete to aim at.



WHAT TO ACTUALLY DO TODAY

1. Choose one specific outing coming up: the market, a particular shop, a specific errand.
2. Note the approximate date and time.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular outing as the one to prepare for?

Make a simple visual plan for the outing



TODAY'S IDEA, IN PLAIN WORDS

A short visual sequence — leave home, walk/drive, inside the shop, pay, go home — works the same way your full-day schedule does, just for this one outing.



WHAT TO ACTUALLY DO TODAY

1. Make 4 to 5 simple pictures or written steps showing the outing's sequence.
2. Keep it just as short as your full-day schedule template.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which step of the outing did you predict would need the most preparation?

Walk through the visual plan together, calmly



TODAY'S IDEA, IN PLAIN WORDS

Just like any other visual support, walking through it together in a calm moment beforehand is the actual preparation, not just having it exist.



WHAT TO ACTUALLY DO TODAY

1. Sit with your child and walk through the outing's visual plan together, calmly, today.

KUMASI, GHANA

A mother walks her son through four simple pictures the night before market day: car, market, buying rice, coming home — the same evening, not the morning of.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did your child respond to seeing the outing laid out in advance?

Pack a small calm-tool bag



TODAY'S IDEA, IN PLAIN WORDS

Bringing a familiar calming object from home gives your child something steady to hold onto in an unfamiliar, busy environment.



WHAT TO ACTUALLY DO TODAY

1. Pack one small, familiar calming object for the outing.
2. Decide where it will be easily accessible during the outing.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which familiar object did you choose, and why does it work well for this setting?

Decide on a signal for "I need to leave"



TODAY'S IDEA, IN PLAIN WORDS

Agreeing on a simple signal in advance — a word, a card, a gesture — gives your child a way to communicate overwhelm before it becomes a full meltdown in public.



WHAT TO ACTUALLY DO TODAY

1. Decide on one simple signal your child can use to indicate they need to leave.
2. Practice it once together at home before the outing.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does your child seem to understand what the signal means and when to use it?

Go on the outing



TODAY'S IDEA, IN PLAIN WORDS

Today is the real outing — use your visual plan, your calm-tool bag, and your agreed signal, and remember that leaving early if needed is a success, not a failure.



WHAT TO ACTUALLY DO TODAY

1. Go on the planned outing today.
2. Use everything prepared, and honour the leave-signal immediately if it's used.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the outing actually go, compared to what you prepared for?

Reflect on what helped most



TODAY'S IDEA, IN PLAIN WORDS

Naming specifically what helped sharpens your preparation for the next outing, rather than starting from scratch each time.



WHAT TO ACTUALLY DO TODAY

1. Write down which part of your preparation helped the most.
2. Note anything you'd add or change next time.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one piece of preparation you'd absolutely repeat next time?

Plan a second, similar outing



TODAY'S IDEA, IN PLAIN WORDS

Repeating a similar outing soon, while the preparation is fresh, builds real confidence faster than waiting a long gap before trying again.



WHAT TO ACTUALLY DO TODAY

1. Plan a second, similar outing for later this week or next week.
2. Reuse your visual plan, adjusting only what needs to change.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would you keep exactly the same for the second outing?

Week 34: Place of Worship or Community Gathering

WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

A place of worship or regular community gathering often involves long periods of stillness, unfamiliar sounds, and social expectations that can be genuinely hard — this week prepares specifically for that setting.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[11] — not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 249. 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 makes this setting specifically hard



TODAY'S IDEA, IN PLAIN WORDS

Naming the specific demands of this setting (sitting still, loud or unfamiliar sounds, greeting many people) helps you prepare for the actual difficulty, not a vague general one.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. List the 2-3 specific things about this setting that are hardest for your child.



BEFORE BED TONIGHT, THINK ABOUT THIS

What are the 2-3 specific things that make this setting genuinely hard?

Prepare one small accommodation for the hardest part



TODAY'S IDEA, IN PLAIN WORDS

A small, specific accommodation — noise-reducing headphones, a quiet-activity bag, permission to stand at the back — addresses the actual hardest part rather than trying to fix everything at once.



WHAT TO ACTUALLY DO TODAY

1. Choose one small accommodation for the hardest part you named yesterday.
2. Prepare it in advance of your next visit to this setting.

JOS, NIGERIA

A father prepares a small quiet activity bag for his daughter to use during the sermon, after realising sitting still, not the noise, was the actual hardest part for her.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why does this particular accommodation address your child's specific difficulty?

Talk to a leader or usher, briefly



TODAY'S IDEA, IN PLAIN WORDS

A single brief, warm conversation with someone in a position to help — a religious leader, an usher, an organizer — can make a real difference without needing to explain everything to everyone.



WHAT TO ACTUALLY DO TODAY

1. Have a brief, warm conversation with one relevant person about your plan for this setting.
2. Keep it simple and specific, not a long explanation.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did that person respond to a short, specific request?

Attend with your accommodation in place



TODAY'S IDEA, IN PLAIN WORDS

Use your prepared accommodation at your next real visit, and remember that a shorter, calmer visit — even leaving partway through — counts as real progress.



WHAT TO ACTUALLY DO TODAY

1. Attend the gathering with your Day 250 accommodation in place.
2. Leave early if genuinely needed, without guilt.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the accommodation affect the visit, even if only slightly?

Reflect on what to adjust



TODAY'S IDEA, IN PLAIN WORDS

One visit rarely gets everything right — noting what to adjust keeps each visit a little better than the last.



WHAT TO ACTUALLY DO TODAY

1. Write down what helped and what you'd adjust for next time.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the single biggest adjustment you'd make for the next visit?

Prepare a second accommodation, if needed



TODAY'S IDEA, IN PLAIN WORDS

If one specific difficulty is now better managed, addressing a second one is a natural next step rather than trying to solve everything at once.



WHAT TO ACTUALLY DO TODAY

1. If there's a second hard part from Day 249, prepare a small accommodation for it now.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does the second difficulty need its own accommodation, or has it improved on its own?

Reflect on the week's community progress



TODAY'S IDEA, IN PLAIN WORDS

Real, specific accommodations for one community setting are a genuine template you can reuse for other settings going forward.



WHAT TO ACTUALLY DO TODAY

1. Write down what you'd tell another parent about preparing for this kind of setting.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the most important thing you've learned about preparing for this setting?

Week 35: Public Transport and Travel



WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

Buses, taxis, shared transport, and travel involve waiting, close quarters with strangers, and unpredictable timing – genuinely hard for many children, and worth its own dedicated preparation.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^[11] – not just tradition or guesswork.



HOW THE NEXT 8 DAYS WORK

Turn the page for Day 256. 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 the specific demands of this kind of travel



TODAY'S IDEA, IN PLAIN WORDS

Naming the actual demands — waiting without knowing how long, being close to unfamiliar people, unpredictable stops — clarifies what you're actually preparing for.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of the specific mode of transport or travel your family uses most.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the specific hardest part of this kind of travel for your child?

Prepare a simple visual sequence for the journey



TODAY'S IDEA, IN PLAIN WORDS

A short visual sequence — wait, get on, sit down, get off — works the same way as your outing plan from two weeks ago.



WHAT TO ACTUALLY DO TODAY

1. Make a short visual sequence for your chosen mode of transport.
2. Include the waiting step specifically, since waiting is often the hardest part.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did including the waiting step as its own picture change how you thought about the journey?

Pack a small quiet activity for the journey



TODAY'S IDEA, IN PLAIN WORDS

A small, quiet, familiar activity — not a new toy — helps fill unpredictable waiting time without adding new stimulation to process.



WHAT TO ACTUALLY DO TODAY

1. Pack one small, familiar quiet activity specifically for waiting and travel time.



BEFORE BED TONIGHT, THINK ABOUT THIS

Why did you choose this particular activity for travel specifically?

Practice a short version of the journey, if possible



TODAY'S IDEA, IN PLAIN WORDS

If practical, a very short practice trip — one stop, a brief taxi ride — builds real familiarity at low stakes before a longer or more important journey.



WHAT TO ACTUALLY DO TODAY

1. If possible, take a very short practice version of this kind of journey today.
2. If not possible, walk through the visual plan once more instead.

NAIROBI, KENYA

A mother takes her son on a single, short matatu ride to the very next stop and back, purely as practice, well before a longer trip is needed.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the short practice trip go?

Take the real journey



TODAY'S IDEA, IN PLAIN WORDS

Use everything prepared, and remember that a real journey, even an imperfect one, is a genuine step forward.



WHAT TO ACTUALLY DO TODAY

1. Take your planned real journey, using your visual plan and quiet activity.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the real journey compare to your preparation and practice?

Reflect on what helped most



TODAY'S IDEA, IN PLAIN WORDS

As with the other community settings, naming what specifically helped sharpens your preparation for next time.



WHAT TO ACTUALLY DO TODAY

1. Write down what helped most during the journey.
2. Note anything to change next time.



BEFORE BED TONIGHT, THINK ABOUT THIS

What's the one thing you'd absolutely bring or do again for the next journey?

Consider a slightly longer or less familiar journey



TODAY'S IDEA, IN PLAIN WORDS

If the practiced journey went reasonably well, a slightly bigger challenge is a natural next step – always building on real, already-tested confidence.



WHAT TO ACTUALLY DO TODAY

1. Consider planning a slightly longer or less familiar journey for the future, using the same preparation method.



BEFORE BED TONIGHT, THINK ABOUT THIS

What would a reasonable next step up in travel difficulty look like for your family?

Reflect on the week's travel progress



TODAY'S IDEA, IN PLAIN WORDS

A genuine, prepared journey is real evidence that your family's toolkit of visual plans, calm tools, and practice works across very different settings.



WHAT TO ACTUALLY DO TODAY

1. Write down how this week's travel work connects to the outing and community work from the past two weeks.



BEFORE BED TONIGHT, THINK ABOUT THIS

What pattern do you now see across outings, community gatherings, and travel?

Week 36: Self-Advocacy Basics, Quarter 3 Close

☆ WHAT THIS WEEK IS ABOUT, IN PLAIN WORDS

This final week introduces the very first, simplest steps of self-advocacy — your child having some way, however small, to communicate their own needs to someone outside the family — before closing Quarter 3 with a full review.



WHY THIS WEEK'S APPROACH IS BACKED BY EVIDENCE

This week's approach draws on published research^{[22][19]} — not just tradition or guesswork.



HOW THE NEXT 7 DAYS WORK

Turn the page for Day 264. 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 self-advocacy means at this age



TODAY'S IDEA, IN PLAIN WORDS

Self-advocacy doesn't mean a young child fully explaining their needs to a stranger — it means having ANY way, even a card or a single word, to signal a need to someone other than a parent. Supporting a child's growing voice in their own life, even in small ways, is linked to better long-term outcomes.



WHAT TO ACTUALLY DO TODAY

1. Just read this page today.
2. Think of one need your child could realistically signal to a non-family adult (a teacher, a shopkeeper).



BEFORE BED TONIGHT, THINK ABOUT THIS

What's one specific need your child could realistically learn to signal to someone outside the family?

Create one simple self-advocacy tool



TODAY'S IDEA, IN PLAIN WORDS

A small card reading "I need a quiet moment" or "I don't understand" handed to a non-family adult is a real, usable first step.



WHAT TO ACTUALLY DO TODAY

1. Make one simple card or phrase for your chosen need.
2. Decide who your child could realistically hand or show it to.



BEFORE BED TONIGHT, THINK ABOUT THIS

Does the tool feel simple enough for your child to actually use?

Practice using the tool with a familiar non-family adult



TODAY'S IDEA, IN PLAIN WORDS

Practising with someone your child already knows a little – a teacher, a trusted neighbour – is a safer first step than a complete stranger.



WHAT TO ACTUALLY DO TODAY

1. Practice using the self-advocacy tool with one familiar non-family adult.
2. Explain to that adult in advance what the tool means.



BEFORE BED TONIGHT, THINK ABOUT THIS

How did the familiar adult respond when the tool was used?

Notice one moment your child needed to advocate this week



TODAY'S IDEA, IN PLAIN WORDS

Watching for real, naturally occurring moments — not staged ones — tells you whether the tool is genuinely useful in daily life.



WHAT TO ACTUALLY DO TODAY

1. Watch for a real moment this week where the tool could have been used.
2. Gently prompt its use if the moment arises.



BEFORE BED TONIGHT, THINK ABOUT THIS

Did a real opportunity to use the tool come up, and how did it go?

Re-score your Three Lenses for the quarter



TODAY'S IDEA, IN PLAIN WORDS

Nine months in, this score gives you real evidence across three-quarters of the whole year.



WHAT TO ACTUALLY DO TODAY

1. Score all Three Lenses again, 1 to 5.
2. Compare to your Month 6 (end of Quarter 2) scores.



BEFORE BED TONIGHT, THINK ABOUT THIS

Which area moved the most across this entire quarter?

Complete your Quarter 3 Reset in the Parent Workbook



TODAY'S IDEA, IN PLAIN WORDS

This fuller version deserves real time and thought, just like your previous quarterly resets.



WHAT TO ACTUALLY DO TODAY

1. Open the Parent Workbook to the Quarter 3 Reset page.
2. Answer all questions with real thought.



BEFORE BED TONIGHT, THINK ABOUT THIS

What did writing the full reset reveal about this quarter's community-focused work?

Rest, and look ahead to Quarter 4



TODAY'S IDEA, IN PLAIN WORDS

Nine months of structured, evidence-informed effort is an enormous milestone — Quarter 4 is the final stretch, focused on independence, sustainability, and closing the year.



WHAT TO ACTUALLY DO TODAY

1. Read the Quarter 4 introduction in your Start Here document.
2. Rest today — no new task beyond that.



BEFORE BED TONIGHT, THINK ABOUT THIS

Nine months in, what's the biggest change in your family that you're proudest of?

Sources for this guide: [4] NICE CG170 · [11] Steinbrenner et al. (2020) · [16] Turn-taking and joint attention (2022) · [19] Self-Monitoring effectiveness study · [20] Sibling support group RCT (2021) · [21] Peer-mediated interventions systematic review (2021) · [22] Self-advocacy and self-determination mini-review (2025). Full list of references in the [Start Here](#) document.