

Handout 3—Template for tracking questions and answers

As the caregiver of a young child with autism spectrum disorder (ASD), you most likely have a lot of questions. It can sometimes feel overwhelming to have so many questions, and be unsure of the answers. As you think of questions, consider writing them down on this template. Then, when you have a moment, you can brainstorm 2–3 possible resources, people, Web sites, organizations, etc., that may be able to provide you with an answer.

Questions	Resources for Answers
Questions as they arise	2–3 possible ideas