

Practical Benchmarks of Healthy Progress

Indicators of Success

What to look for beyond standardized scores (Notes & Observations)



Increased Engagement & Initiation

Child seeks out people or activities more frequently and sustains interaction.

Observations



Faster Recovery from Dysregulation

Spends more time in the "just-right" zone; returns to calm state more quickly.



Expanded Communication

Uses speech, AAC, or gestures for more than just requesting (e.g., commenting, protesting).



Increased Flexibility

Greater tolerance for changes, transitions, and new play ideas.



Improved Family Connection

Caregivers report feeling more confident and connected to their child.

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"Progress is measured not just in skills acquired, but in the quality of life and connection experienced."