Podcast Ep 5

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SPEAKERS

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Welcome to the autism mommy's potty talk Podcast. I'm a Shelby Rogers, autism mom and life coach, I help parents of children with autism who are pre verbal to start communicating a potty train guarantee. Hey, everybody, so today is episode five, we are actually going into the tactical for potty training, very excited about this. But as I mentioned in my previous episode, this is the second part of the potty training your child with autism process, we want to make sure that we're listening to both episodes, so we can get the most out of doing all of the tactical. So as I kind of work through series like these, I'm going to make sure that we do them always in two parts, one on talking about our mindset around the goal that we're looking for. And in this case, it's spy training. And then the second one second one, the actual tactical, don't mind my cats, we have some visitors today, we have some special guests, visitors and my cats. But let's get cracking because I was trying to make the short and sweet. So as a quick recap to what I had talked about in the previous podcast is we really want to get clear in our potty thinking when it comes to potty training our children, if we're setting ourselves up for this to be a very difficult night, you know, Nightmare experience. And that's exactly what we're gonna get, I can look at pi training and saying this is going to be messing this is going to be disgusting, this is going to take us forever, my kids not gonna get it. Or I could look at it and say, Wow, this is an opportunity for me to teach this amazing life skill. And I could look at it like I am teaching them how to ride a bike or teaching them how to, you know, brush their hair, it's my choice in how I want to look at the task at hand, and the kind of energy that I want around it. So for me when it came to potty training, as I explained in the last episode, it was not the great glorious of experiences, because I had so many shit thoughts around it. And we but but one of the things I can say is that it was never optional in my mind, autism or not, that she be able to potty train. So it was mandatory in my mind that she had to be potty trained. So even though I made the experience really shitty for myself and my kids, because I did it with my neurotypical son as well. At the end of the day, there was never an option to quit. And I like I love that. But I would love that with a different thought about the process completely to begin with. So definitely not one of my finest moments when it came as a mother when I'm raising my own children. Hopefully I've made it up, and then some helping many families potty train their children with this podcast. Hopefully, I've I know, hopefully definitely with all the families that have come through my group coaching program, because we have 100% success rate in there. No any one child leaves without being potty trained. If you're working on actively with me, you

work on it, and you leave with a potty trained child. So okay, so on to today's details, which is on the tactical. So once we figured out yes, I'm going to choose to my thinking around pi training, I want to feel good about it. I want to think this is going to be an exciting experience. One of the things you're going to hear me talk about today is how not only are recreating a disney world experience, we're going to tell our child about this, this beautiful Party Party Party we're going to have and we're both going to be a part of it, it's going to be disney world experience for them and I'm going to feel so differently than I thought I would when we get going with this. So the first thing you need to do when you're ready to potty train your child on the spectrum is we want to make sure that they're showing potty readiness signs. So some examples of this are them staying dry in their diaper for two hours or more regular bowel movements so like you know bowel movements that are pretty consistent, not terribly horrible constipation where they're bowled over in pain they can't you know it's really affecting their behavior and no diarrhea. This is another

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thing we talked about in the program. We want to get our babies as solid in that department as possible before we potty train them want to make sure there's no pain associated with it. Want to make sure there's no like cramping and then trying to rush to the bathroom before you have have a diarrhea accident. So we want to have consistent regular bowel movements. It does not need to be every day and you do not need to be alarmed if your child pooped everyday my both of my kids pooped every day and then once we potty train they stopped pooping every day they and he got more constipated, but that was okay as long as we can get some consistent bowel movements doesn't have to be every day even if it's every couple of days. That's fine. We want to make sure that our babies are have the ability to follow simple instructions. So it's super important, we're going to have them, you know, follow the, you know, a timer, we're going to have them sit where I'm going to pull down their pants when it makes sure that they can follow the simple steps. Even if they do need some prompting and support with it. We want to see if the child doesn't like to be wet or dirt or have a poop filled diaper. Like if they try and take it off. Or even if they try and grab the poop out of the diaper and throw it on the floor. These are signs that children are ready to potty train if they're pulling up their pants pulling up and down. I was talking to my neighbor a couple of weeks ago, she's got like, I say he's about two and a half. And while we're all talking, he's putting his hands in his pants. And he was, I guess moving is is peanut around because it was a big wet diaper. And she's like, Oh, I know. It's tough. I'm like he's there. He's ready to buy train. I don't know if you knew but he's ready to probably but ya know, I know. I gotta do what I gotta do. I'm just having thoughts on it. It happens to neurotypical moms too. So, but yeah, so they're pulling out their pants, messing around down there that these are also signs, they're ready to potty train. And of course, if they're requesting to use the toilet or wear underwear, that's always a fabulous sign that they want to be like you and they want to learn how to potty train and another one, which you've seen so many times, it's crazy is when they request the pull up to take a shit in it. That is a definite sign that we are ready to potty train. So do you need all of these signs? Absolutely not. You can just need one in a hunch. I'll call it one and a hunch. And we're good to go. So like listen if my child can stay dry for you know how you know this is like well, I don't know if the if the diapers dry. You're gonna check it every hour. It's like okay, I'm gonna check it every hour. Is there a couple hours that it's dry, and then all of a sudden it's full of pee that means that they're holding and then letting a big wash out. These are all the good signs and you don't need to have all of these just need to have one in a hunch that's a cool one. Amani hunch, or a daddy hunch your grandma grandpa hunch, or caretaker hunch on include everybody. But all you need is just that feeling like I think we're I think it's time I think we're ready. By the way,

when I did this, my kids, I don't even remember I doubtful they had any of these potty readiness signs. I was such a nut anyway. Okay. So once we do this, we want to choose a good time to start potty training. So you will want to potty train when you're in the middle of a move, when a new baby is is here or like I don't know eminently going to be here any second, you want to make sure that you're not going through a divorce, there's no death. There's no change your job, you want to make sure that everything is super neutral in the house, you know all have COVID want to make sure that everything is really calm in the house. And as neutral as neutral can be you don't want to do when you're about to go on a big trip, you want to really just kind of make sure that you're in a place where you can focus on this. So what I tell my parents is I like to have like a three day intensive and we're going to talk about like doing it kind of intensive and then kind of doing it as you go along after work on the weekends. I don't care which way you do it, I just want to make sure that when we are committed, that's it. We're committed, we're doing this and we're seeing it through the end number one reason why we have entrepreneur success rate in my program is because that's it once we've committed we are seeing this through, we do not quit until this result has happened. So of course there could be situations where you're in the middle of it and the child gets sick enough to pause. But then I don't consider that starting over. I don't consider that quitting I consider Okay, we just hit a bump in the road which is to be expected there will be bumps there will be shouldn't is accidents, but we are still moving forward towards progress. It's all in our thinking 100% So we want to make sure that when we choose our time we can do it there's nothing crazy going on or schedules nothing crazy going around the household and then we get to it so I usually like to give myself about a week to prepare. I like to make a big deal about it like a big build up I do this even when we go on trips and stuff I'll like set like these cool little calendars with these little rings and and every day my kid will take a ring off little paper ring I would create and what each day gets closer to the big day which is the potty training day. So what I do with my kids say guess what? On Saturday seven days from now we are going to have this amazing potty training experience. No more diapers you're going to be just like me and daddy and you're gonna wear underwear. You blowing this up into this big thing and there's we're gonna have so much fun when we do this kiddo. I am going to get you this beauty. I'm gonna get you the coolest underwear ever if your child my daughter love Dora the Explorer, we got to Dora the Explorer underwear. Your child likes Spider Man, your child likes Marvel Heroes SpongeBob whatever you're gonna go out and you're gonna find the most amazing underwear. You're gonna show it to him like look, this is it 10 more days, seven more days. whatever date you pick, you're gonna get to try these on. I'm so excited for you. Then what you want to do is you're going to make the decision if you're going to do it on a potty seat or if you're going to do it in A little potty chair. So the potty seat is the insert that goes on your potty. Or you're going to do it in a potty chair. So I personally like an insert into a big party, because that's kind of one less step. But if you feel that your child would benefit, maybe they maybe they're a little nervous about sitting on the big potty, no problem, you can always do the seat and then transition to the chair. A note here as well is we want to be super mindful of potty phobia. So what is that so that means that anytime you ever present the idea of hydrating, you present the idea of sitting on the toilet, they go running screaming in the other direction. So what we do I like to call this is like running programs and the whole process of pi training. If you wrote out all the steps from start to finish, it's actually a pretty lengthy, you know, process, there's only separate steps, you're gonna walk into the bathroom, we're gonna pull down your pants, you're gonna sit on the toilet, you're gonna eliminate in the toilet, you're gonna get up, you're gonna wipe, you're gonna put the toilet, you're gonna be toilet paper in the toilet, I'm gonna flush your will adjust. All of that is what I consider like running Pro, like a big program for potty training. When we look at this list of things, and I do this with all goals, by the way, so this is my handy dandy tip for today. If you want to look at your child achieving any type of goal, whether it's to go get their hair cut by a barber, or brush their own teeth, whatever the case may be, you want

to be able to list out exactly what's involved in mastering this skill, and then kind of see where your child is on that chart. So we're right at the point of like, Alright, going into the bathroom and sitting down, right, and your child has an issue with that, then we have to take that piece of the actual pie training, pull it out, and actually make it separate from the rest. And we're going to run a program just to get the child to sit on the potty. So if your child has potty phobia, we need to look at what it is that they don't like, will they sit on it will they touch it will they do they not like when it flushes, we got to try and figure out where we are in that part of the potty training process. And then we can actually get into potty training. So when I tell parents is that if they won't even sit on the potty, we don't just assume that we're gonna go full throws, full throttle in and potty train, we're actually just going to work the first program, which is going to be just getting them to sit. And what I have them do is, if they're not even willing to sit, I just have them like just be in the room with the potty. And we set that up, I'd like to go up to five minutes, where we started intervals of toleration so they can tolerate like, I don't know, 30 seconds and the next time we go in there, I'll do this up to four times a day, I'll run the program and say, Okay, if you go up to 45 seconds, I'm going to give you tickles. If you can go up to two a minute, I'm gonna give you a you know, a piggyback ride around the house, you see what I'm saying. So there's a reward for the longer they can tolerate it, we want to get it up to between three and five minutes enough to get a full pee or poop done. So once you get once you get it up to the point where they can just be in the room with the pie, then it's like alright, let's sit on it with clothes on. And then the same thing, right? How long can they sit close on before they start getting antsy before you don't want to hold them down? They've got to sit willingly. What can I do to entertain them while they're sitting, you can show them a book, you maybe give them the iPad, I'm not big on that for this part of it not because most of the time iPad is such a high reward actually like to use it for potty training. But you know, just if you're dealing with severe Do you really going to have to go with your gut on this. Like if we were dealing with really severe potty phobia, we're going to do whatever we need to do to get the child to want to sit up to five minutes. And it's the same thing here you can go as fast or as slow as you want. I was thinking I'm gonna since high school, so I'm potty training my cat and I moved the litter boxes, the first step is to move litter box and where they normally are to the bathroom. And we had to the first night we had shit on the floor. And I was going to take it and put it back where it was. And then every day move it closer towards the bathroom and our behaviors to to frigiliana. So why don't you just put it outside the bathroom and see what you get. And it's not a good idea. And I did that. And I saved myself a bunch of steps by going that way. So I'm saying the same thing for you, you can decide, okay, you know, maybe we're gonna do go right to Pants Off sitting. But if your child is really adverse, that you can always step back and say, Okay, I'm going to do pants on first. So I'm gonna have them sit with pants on. See how long they could sit up to five minutes is ideal, because that's enough time for a pee or poop to come out. And then once I get that neutral from pants on, then I can do pants off, do the same intervals, you know, your first test with pants off when you go to the next step and the goals. You want to make sure you start at like just you're doing testing, right so there's no pass or fail here. So you haven't take their pants off and say, Okay, I want you to sit and let's see how long they can sit and that's going to be your baseline, how long they can sit comfortably, not with you holding them down. We never talked all them down without them wincing or trying to pop back up. Get your time around and see how long they'll be able to sit. And then you're going to build that up and once you've got that mastered, then we go on to the next set of steps in the actual potty training process. Okay, so once we've decided we've mastered our potty phobia, they sit without issue, we've decided potty seat or potty or a little potty chair, then we're going to actually get into our party plan. So before while we're doing all of this while we're doing all our prep work, and we've set our date, and I like to set like a week out in advance, and the reason I do that is not is to create that excitement that I'm telling you about. If they if you're going to be using an iPad for reinforcer for this, you want to think about and we're gonna talk

about reinforced in a minute, that if you're giving yourself a week or two, to plan this out, we want to start to build desire for this grand event when it's coming for them. And for you, we want to really set you both up for potty success here. So what we want to do is we want to figure out, first one, we're doing it, then we're going to make sure that we create a potty plan. So in that process of when you're like, Okay, it's a week out two weeks out, I want you to start to collect data on your child. So every hour while they're you know, playing or at school, you can give it to the school. There we have those data collection sheets online for potty training, schools might even already have their own use print one out and you say okay,

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I want to know when every hour if the diapers wet dry if there's about movement, and that's going to start to help you to understand patterns about your child, give you more of an idea of what kind of schedule you need to start with depending on the age of your child, the older they are, the longer they can hold it. It's going to give you a general idea of like how often you should take them five days of data is usually what I tell my clients that usually gives you enough information to really kind of put your put your party plan in place. In the meantime, while you're while you're collecting your data, getting your underwear thinking about your reinforces which what we're going to talk about next. You are going to build them up. Everything they watch is potty books, potty, movies, potty cartoons potty, you're telling potty stories, singing potty songs, everything about the build up is helping to create the desire to want to partake in this potty Disney Experience. When the day comes that you start, okay. The next part of this is selecting the reinforcer. So what's a reinforcer? A reinforcer is something positive that the child receives from making progress with potty training. So we have to be really clear, this is probably the heart of all goals that you want to try and work on your child is if we want a preferred behavior to happen over and over and over again, we want to repeat it. And I'm gonna go back to my cat example. They love temptations, and we love to just feed them temptations whenever they want all day. They're so cute, the good cry for the meow for the get up on the two boys where now we're trying to teach them a new behavior. And I want to reward that behavior with something very, very valuable. So now we started to withhold those treats. And they're going nuts because they don't understand they used to be able to have access to this. Anytime they give us the cute face, they get up on their toes, we'd hand it to him now they're crying up a storm, they don't understand what's going on. And because I'm withholding this desired item, and I'm only using it when I see them eliminate where they're supposed to go. So now they're now their brains are making the connection that every time I poop and pee in this thing she's getting. I used to do this before and never get rewarded. Now she's been on peeing and pooping this I'm getting rewarded. What this is great. Yeah, just to say so now they understand the terms of what gets them the treats. And that's the same thing we're gonna pick for a reinforcer for a child. But here's the thing, we have to look at their day, what they do with their day, and pick the thing that is the absolute most desired. And that thing may be something that they have unlimited access to right now, like an electronic device like it like an iPhone or an iPad or a tablet. And we have to say, Okay, if there's other things that don't do anything for like candy, Bubbles, car rides, whatever, I'm for it, I'm all for it. The idea for me as your coach is to get you getting your child pai trained as quickly as possible. And the quickest way you're going to do that is to take the most desired thing out of their environment and allow them only to have access to it when they go pee and poop in the potty. So, in this example, I mean, we've had, I've had parents do it with things that kids stem on. We have parents that do it with with with little matchbox cars that they would wrap. I had parents build out these beautiful treasure chests and throw a bunch of candies in it say guess what all these candies are yours. And anytime you go pee and move on pot, you're gonna get to pick one.

This is such an important part of the process because if this is not on point, if it is not the most desired thing, the PI train process is going to hit more more road bumps in it knees. And another note on reinforcements or rewards is that they can be changing. So if the potty training process is taking us a week, two weeks a month, two months, right? And I hope that it's not going to take that long but if it does, we It doesn't matter how long it takes because we're committed, right? Even in my worst thought process of it cheering my kids from the shittiest mindset. It took us probably about six months for each kid to really be 100% Fully pi trained, because of my shitty thoughts. But I was committed, I did not give up until I got that result. So one of the things I want to mention about rewards and reinforcements is that you could start with like Milky Way's like, oh my god, I love candy. The love m&ms, Milky Way is whatever, right? And it's so great. And after a couple of weeks, all of a sudden, it's not worth the effort anymore. So once I start to see that the desire for the item has decreased, I've got to come up with something new, that is going to have a higher value desire, you want the desire to be like 10 times the ask, that's my general will tell at least 10 times the ask, the more the better, you can get 20 times yes. 50 times yes. Now we're cooking, the better the more you the more the ask Is it the more than desire so high that you could pretty much ask for anything in return. Because it's it's it's it's the value to ask is is so is so wide. So when it comes to this, a lot of parents get hesitant, they hesitate to use the iPad, because they've used the iPad for other things. The iPad could be like, you know, their way of getting their work done or getting cooking done or chores done. And they give it to the child. And I get that. And I'm not saying that you can't have that again. But if we can't figure out any other reinforcer for the child, we need to take our power back with this, we're gonna have to find something else to occupy the child with this isn't this isn't forever too by the way, this is just temporary. And that's another thing to remind ourselves as we're going through the pie chain process, my cats have had pissed on my curtains, they've shit on the floor, somebody peed on the bath rug, I got a full on bottles of, you know, the Nature's Miracle and all this other shit, I'm committed to this. So I'm like, Alright, it's gonna be a little uncomfortable right now, kind of, you know, a little, you know, there are times where the socks, but I'm just going to push through. And it's the same thing for you too. I'm, you're committed to this result, you're going to do what it takes, if it means we've got to get pulled that iPad, and only give it for pee and poop, then that's what we're gonna do. Okay. All right. So basically, after you figured out your will, you know, when you're going to die, train what the plan is going to look like. Then you want to be able to make sure you're choosing words that everybody is going to generalize. So it's like, alright, you know, time to go potty. And if you've ever child that's pre verbal, you compare that with either a picture of the potty or a sign, but I'm not asking for any type of communication, I'm just trying to bring the awareness to the child of what my my vocal, my gesture, what my picture represents. So as soon as you set your schedule, you set your time, we're gonna go over that next you're gonna say, Okay, time to go potty. This is what we do for Juliana would shake a fist in the air. And I'd say at the same exact way, and I'd make like this face, because the reason why I put so much like animation to this is because I want to eventually fade out as much of the prompt as possible, so that she could start to do this on her own. Okay, so then you're gonna pick your time on when you're going to do this, you're going to figure out, Okay, we're gonna, we're gonna set a specific time for this. And there's two ways that I like to potty train. So there's the first way which is my kind of, intensive way. So basically, I like to either I'd like to bang out a real intensive experience over the course of three days, or I can just start as soon as they get home from school, pull off the diaper, put on the underwear and let's start the process. It's obviously up to you. I like an intensive because it gives me a lot of data. And it works the child and it works me not just physically but mentally to like I'm looking at this baby. And I'm learning things about them. I'm looking at things I've never even looked at before and be more aware of things I've never been aware of before because they've been running around the diaper the whole time. I'm gonna start to notice when they're right about to pee, I'm gonna start to notice

when they were what they what their pattern is when they want to go poop. So that's why I like an intensive because it's basically an intensive the way it looks is that you're viewing the child or picking the day the time this is gonna happen or you're picking the day and time is gonna happen then you're gonna lock yourself in a room with a potty chair or a room next to the potty seats. The child cannot go anywhere without you seeing it. And we're preparing ourselves like Alright guys, I'm not cleaning the house this weekend. We're taking we're ordering pizza this weekend. I'm sitting in this room with the shop and the minute they wake up to the minute they go to bed and we are going on a potty schedule to to the potty. So that's the intensive and you do that for three days. Now, a lot of times we'll get children that are pretty much potty trained 80% success by third or fourth day of doing that. And then we can go into a lighter schedule where it's like, all right, you know, we're just gonna set schedule based upon the experience we've had over the last couple of days.

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Or if that's not your jam, then you can also decide to do it in like, spurts. So where you can kind of just get the child exposed to it, you can set intervals of like, okay, when I get home from work, I'm just going to cook dinner. And then after dinner's done and ready to eat, I'm gonna as soon as the child gets off the bus, I'm going to put them in the underwear in between underwear and bedtime, I'm going to focus as much as I can and take them at center intervals and see how we do. This isn't a problem on this is actually probably, it's not honestly, it's either flavor is fine. By me. It's just I always like, I want to get you the results as quickly as possible. It's why like consensus. And you're basically going to do the same thing, you're going to set a schedule, you're going to figure out you know, the towels, you're going to talk to be somewhat aware so that you can see accidents happening, or about to happen, and you're gonna get on it. The idea with this one is, there's no like, I don't want you to feel pressure, or if it's not possible for you to focus like that, or stay in a room with them for three days that you have this option. The only caveat I want to say is that if this takes longer, and it has more accidents, you are committed regardless, no matter what happens, we are not stopping till his baby is potty trained. Okay. All right. So once we've decided how we're going to buy a train, we've got our underwear. We've got our cool potty books. I think Daniel Tiger's got like a bunch of cool potty stuff going on. Elmo has got a great pie song, we're all into this, we got the cool potty. See, we've got the reinforcers. And I'm gonna say this too, again, with the reinforcers. Let's say your child loves like Matchbox cars. And you could have a box that you decorate, right? You could have a regular brown Amazon box, you could put the cars and say Hey, guys, guess what? You go pee on the potty. You get these cars. Now the car is super high value. But how can I even increase its value more? If the value of that it's like a 10? How can I make it a 12? Or 15? What if I decorated the Amazon box, we colored it together? made pretty pictures of cars and put stickers on it right? Put the baby's name on it. You see I'm saying like I'm increasing the desire around the reward. Then I say How about what if I wrapped all of these little matchbox cars? I wrapped them if they really love to unwrap presents, what if I just wrap all of these little box little matchbox cars and I throw them in the box. And then I and then I put it up on a shelf in the bathroom, or very close to where the bathroom is that he can he or she can see them but she cannot have access to them. So it's always a reminder to them that this thing is there waiting for them when they go pee or poop. See how like I could just present a matchbox car in a in a plastic bag or a brown box. Or I can create what looks like a treasure chest. And I can wrap them you see how you're you're taking that very desired thing and creating even more desire around it. It almost it's just making it's almost so irresistible for the kid that they just can't, they just can't, they can't think about anything else other than getting this and they're in they want to know how they can get access to this thing. Okay. All right. So once we've got all

that set up, you want to always make sure another reminder on reinforcements is make sure that they are readily available. And instantly, you can give them to your child or as soon as they fear poop you want to instantly gives them the reward so that they can make the connection. Oh, I wouldn't hear and that's why I got this. Okay. And this and that's the first part of the potty training process is teaching them Oh, pee and poop go here. Everyone's like, you know, my child's you know, they don't talk and, and they may have severe autism symptoms, and I just, I just don't see how they're gonna get this. And that's a bullshit thought through I just challenge that when it comes up. Like that's just a thought that's not necessarily true. And guess what, even neurotypical children are in the same boat as maybe your pre verbal, autistic child, nobody knows what you want us to do. All I know is up to this point when stuff's ready to command on my bum. I just let it out into my diaper, that everyone needs to be taught that you want it to go in a specific place. Everyone starts the same level, same playing field. In fact, everything I'm showing you and talking to you about today is the exact way to train my neurotypical son, not even anything different. Okay. All right. So now what we're going to do is we're going to start to get our system together. So once we've decided how we're doing it, underwear, reinforcer check, what days what kind of intensive or relaxed method we're gonna use, then we're gonna get ready we're gonna have when we do our sessions, we're gonna make sure we have a lot of salty snacks, and drinks anything they want to drink. I don't even Who cares, obviously no alcohol, but anything outside of that they want Sony, they want you, they want water, they want chocolate, they want milkshakes, whatever they want. The idea here is to get them eating salty things drinking as much as possible. So we can get a lot of ability to have P going on. If it seems like they're catching on to like I'm not drinking, because I know that we're going to apply and I'm scared going to die. I know what we're doing here. And I'm terrified of what's going on here. And I don't have an accent because I don't like how it feels in my underwear, then you can start running them around the yard, running them around the room really build up like physical activity to get things moving, you're really just gonna go all out to encourage them to drink and eat so that you get more abilities to actually get pee or poop. And here is the next step. Now you're going to decide whether you do intensive or you do more of like a chill method, how many how often you're going to take them to the party. So what I do if I'm doing an intensive for example, I get them up. I say guess what, today's today, let's go rip off that pull up. No more pull up some committee throw that shit out. All of it's out the door. We only got underwear now and we go right to the potty. As soon as we get up, we sit for five minutes, we talk I sometimes run the water, you know, we're having fun. I usually sit with them for the first the first time they sit, I say okay, we didn't go you get up, you throw on the drawers. And you remind them hey, look up there, that treasure chest, that's all yours all those toys are yours. Whenever you go pee or poop, you get to pick one thing out of that treasure chest just for you, whatever it is that you've put in there candies, cheese puffs, I don't care what nevermind or another stirring reminder, whatever we pick for reinforcement, they cannot have access to it ideally for a week, up until pi training. So that means by the time is presented to them again, they're like, I want this, I'll do anything to have this. Okay, we're still, by withholding we are also keep increasing that desire, right, I'll do anything to have access to this again. Okay. So then once I've decided that, okay, I can make it I can start my my PI training process. If I have a younger child, I would do a five minutes on 10 minutes off, that's what I like to start with. And then I can build out and then I'm going to take data as I'm doing this. So that way, that'll tell me how much I could spread the windows out. So I start with five minutes on 10 minutes off, when you start with such a tight window, one of two things are gonna happen when the child's sitting there reading a book or just hanging out playing with their little toys while they're sitting on the potty or just sitting there, they're going to accidentally pee. And when they do, and this is why you have to be so close by and so kind of connected to the child's almost like reattaching the umbilical cord during the potty training process is you want to be able to say oh my gosh, good job. Or if they don't like loud noises, oh

my gosh, good job. And you're going to grab the reinforcement, you're going to praise the shit out of this and you're going to immediately give them access to the reward. So either that's going to happen, or you're going to be running around the room and you're gonna be watching them because you're watching them like you know, you want to be watching them pretty intently, you're gonna start to see p run down their leg, and you're gonna pick them up, you're gonna run to the bathroom, as long as some pee or poop land in the potty, they get the reward. And then we just do this over and over and over. And we keep practicing testing, tweaking, practicing, testing, tweaking, take, we keep doing this, keep doing this, keep doing this. And as time goes on, if we stay consistent, we get stay out of our fucking head and make any accent mean whatever. We will have a potty trained child at the end of the day. Okay, so after that, I want to talk specifically really quickly about poop. Oh, we're already over 30 minutes I'm gonna go really quickly into poop at nighttime and then this is really the heart of everything you've got my whole package here right and to into calls really quickly for poop and we have some families that have issues with okay, we get pee down but we have issues with poop. This is normal. Don't make it like I have a unicorn I have this problem that can't be solved. Remember the whole potty training process and we write out a list from start to finish. We may have to take sections of the whole potty training process and run separate programs for them. So if we get past potty phobia pie phobia was his own program. Okay, then we start by saying okay p 10. Turned out to be its own program. Okay, got it. Now we've got poop. We don't look at this as a fail. We don't look at this as a step back. We don't look at it as anything is fucking data data is neutral. Okay. And I say okay, I haven't we have this issue with poop. So that it's the same thing. We look at what's worked for P up until this point, and then we start thinking about a new plan for poop. Basically, the general consensus as long as they are not having any medical issues if they are we need to resolve those first. Then we can go into pi training. I said that earlier in the call, but then also We want to make sure that that we are taking data throughout this process and you will start to see that they poop at very specific times. It'll be right after lunch, it'll be right after they get off the bus, right before bed, whatever the case may be. What you're going to do is as they learn to potty train, whether pee or pee and poop, you're going to start widening the window of when you get them to go. So if they were going every five and you know, you had them on five minutes on 10 minutes off, and they've had 100 debt, 100% success or even 80% or success, or better, you can start widening that window. And what ends up happening is, is that you'll end up taking them maybe every hour, and everyone shits on this foster like, alright, you know, yeah, they

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go pee and poop, but I always have to tell them when to go. Like, yeah, worst, what's the problem? Because that's what you'd have to do for a neurotypical child as well. By the way, first you tell them pee and poop go here, and then you too and then you have to tell them when to go and even to this day, my daughter is nine my boys seven All right, we're getting in the car. We're going to the beach. Everybody go potty? Oh, no, I don't have to nope, everyone's gonna try it. This is a, you have a potty train child on a schedule right now. We just need to keep working to fine tune that. But this is a part of the process. You don't have to shit on this part of the process. It's actually every child has this where you now have to tell them when to go. And then what ends up happening is we start widening the window, widen the window, we're still reinforcing. And when you're widening the window, one of two things is gonna happen. Either they're gonna have an accident, or nature's gonna call and they because they've practiced this so much with you, they're gonna run themselves to the bathroom, they're gonna find you and you're both gonna go to the bathroom together. And this is pretty much my pie training in a nutshell. But if we have a separate situation with poop, I actually

think probably should have just did poop in its own call. Anyway, good thought for one other time. I'm gonna go I'm gonna do a quick outline of poop issues. And then maybe I'm gonna do another podcast specific to frequently asked questions around pooping. We're gonna look at the poop process. We're gonna say, Okay, from pooping. Same thing, I'm going to take data when they're going. And instead of like, maybe if I'm only in an hour every hour now for pee. When it comes time for that window between four and six when I know they poop, I'm gonna bring that window and I'm gonna try it every 30 minutes. And I'm gonna look for tells, and I'm gonna look at my reinforcer. Maybe it's enough to go pee, but it's not enough to go poop. Do I need to up the ante? Do we need to give them double reinforcement, something completely different. We really have to get like, granular around the process, the real real become real detectives, real data collectors, and see how I can tweak and test this. So I can do what I did for P for spotty phobia. For P come up with a separate program for poop. A lot of it's a lot of the steps are the same. But maybe I'm going to look at the reinforcers different maybe I'm going to look at the the schedule more intently and apply it to poop the end of the day. We are committed we are not giving up. And I've just decided I'm going to do the next podcast we're going to talk about all the issues that may come up around poop. Because I want to end this one right here. I think I've given you a lot of information. I hope it's helpful and I will see you next time. Let's talk about some shit. Bye everybody. If you're ready to help your baby now with potty training, communication or stopping their problem behaviors, I want to invite you to watch my free 10 minute video training that shows you how I took my daughter with autism from pre verbal to sign language potty training with a sign to making sounds and then speaking, head over to Michelle B rogers.com. Forward slash training. That's Michelle M i c h e l l e B as in boy Rogers r o g e r s.com forward slash training. See you there