

Ep12

Sat, Sep 16, 2023 3:49AM 48:08

SUMMARY KEYWORDS

potty training, child, potty, autism, potty train, thoughts, baby, train, masterclass, juliana, kids, consistent, parents, work, tonight, happen, diapers, training, toilet, consistency

SPEAKERS

Michelle Rogers



00:04

Welcome to the autism mommy's potty talk Podcast. I'm Shelby Rogers, autism mom and life coach. I help parents of children with autism who are pre verbal to start communicating potty train guarantee. You're listening to the autism moms potty talk Podcast,



Michelle Rogers 00:26

episode 12. Hi everyone. Do some back to school potty. And as with everything else, I'm just an autism mom and a life coach, right, the information and all information. My workshops are not intended to serve as a substitute for a consultation with medical and behavioral professionals. Only qualified professionals who know and work with a child on an ongoing basis can adequately assess and supervise a child's program, I always recommend including a board certified behavior analyst on a client or child's team. This is especially important if a child is in danger of hurting themselves, or others. So you want to make sure you're on everything I suggest, by your by your therapist, by your pediatrician. And let's get private. Let's get crap. And well, literally, let's get crapping in the toilet, let's get cracking. Okay, so why is potty training so important. And this is what I call the Big Three, I have this philosophy that if our children on the spectrum have three life skills, their chances of a life of independence increase greatly. And it's the reason I call the Big Three, the first skill they need is to be able to communicate. And I'm not necessarily talking about the verbal word I'm talking about basic communication skills. Although verbal words word is where I want to head with it, right. The second is problem behavior at zero or close to zero, so they can sit in attended school and learn and sit and attend with you and learn at home as well. And the third is what we're all here tonight for potty training. And it's so interesting, you know, my journey with fine tuning wasn't really, you know, you know, buttercups and butterflies and all that shit, I almost wish I could do it over, because I was like, legit a potty shitshow I'll tell you more about that tonight. But one of the things about potty training is is that it's a foundational skill of independence. And it's a rite of passage from baby to child. And when that doesn't happen for us, it fucks with our brain, and it really could set us back then the effects of a child not having it. I mean, it could stop them from going to camps, it could stop them from social experiences. I was talking to your mother where it affected the child's ability to have sleep overseas, you know, he wants to sleep over

his friends but he poops in a diaper, right? So we want to like look at the the necessity of this not just from from like, you know, I don't want to change diapers anymore, and they're getting too old or whatever. But like the necessity of like, if this is one of the missing pieces to them having a chance to independent life. It's got to be a priority for you to fix it. Okay, so what I want to know and I'm gonna pull up the chat right now is I want to know what have you tried to potty train your child so if everyone in the chat could interact with me tonight, normally I don't do a lot of interactions. I want to do it tonight. Everybody in the chat tell me what have you tried so far to potty train your child you can put in the q&a or the chat. I've tried everything okay. That's an interesting thought. We're going to talk about that today. Charts, stickers, timer cries I've done all those to no pressure sitting on the potty, letting her sit on the potty with her iPad. Naked in the backyard. I did that with my son rewards hot potty chart, encouragement potty rewards timers. I tried to put my little one under where we camped out by the bathroom. We put them in underwear and took them every 20 minutes. While you guys did try a lot of stuff camper toilet, taking them repeatedly timing cheering wearing underwear sitting on the toilet. Nothing. And I have no idea where to start. No problem. Alexandra, we got you. My daughter tries potty training and gives up prizes. High fives cheering okay. Now I want you to think you've guys have done a lot of stuff here. I love it. Why do you think what you tried hasn't worked. So if everybody who's who's tried everything rewards time or sticker charts, taking them at center and I want to know why you think it hasn't worked. She doesn't understand he holds his P the oldest P forever meaning like he holds his key until you put the pull up back on all of the above. Because my kid is stubborn that they don't understand okay, you get frustrated consistency are Karen Jackson. It's a really interesting question. Really interesting common consistency. I'm just gonna write down a few of these because I want to address these tonight. Consistency. They were not ready sensory problems. My child doesn't care. They don't know who they need to go consistency. Let's see. I think she doesn't understand his lack of understanding. That's our number one. It seems so far. My patients endurance to consistency not understanding stubborn not interested not ready no acting as if like it's no pressure my son it's familiar comfortable with the PI freakin stubborn kid. Yeah, we got some stubborn ones in here. Like we're not consistent as the adults we're not consistent across environments. She holds it till the pull up goes on. Doesn't understand when the feeling comes like almost like it doesn't click right. My daughter is super scared she's scared in the potty got it. have not found a reward that'll do it scared of the toilet. I just want to read these all too scared of her poop my child wants to be in charge it's I love it. You got a boy king or girl King girl queen and training over there. It's not ready. My situation is different. I'm a caregiver. Once I've had the babies and sports babies number we're gonna sit him on the potty he'll speak for hours out hold up until the pull up goes on. He says he lets me know as PPE is briefs and clean then helps clean up but won't do it in the toilet seems to be scared to active won't sit. Okay, so I'm hold his pee until the pull ups on Okay. So let me ask you another follow up question for the people who wrote consistency. I'm not being consistent. And that's why this isn't happening. So I'm gonna We're just doing an experiment tonight. I've never do a workshop so interactive. But I'd love this. For those of you who feel like consistency is the reason why potty training isn't done. Why wouldn't you be more consistent than right? If you know that the key to potty training? If you believe that what hasn't? Why it hasn't worked? Is because you're not consistent, then why haven't you been consistent then? Because that's just an easy fix. If you if you think that's what it needs to that's what you need to get my train done. Why haven't you done it? Because I feel like he isn't even getting it. Okay. My daughter's on a 70 mile routine because I have a two year old or small business and I need to find balance here. Yeah. I just revert to what, what's easy, I get frustrated real quick and stop difficult being consistent because I'm my own struggles being a single mama with ADHD. Okay, so now for all of you who said that? I want to know, listen, if I told you like, like, you could buy it off the shelf like right, you could buy the potty training off the shelf. And it sits on your it sits in your house for two weeks. And all you

have to do is be consistent for two weeks. And at the end of the two weeks. Your child would be potty trained. Could you be consistent for two weeks? Brian in the chat, if one of your things is that? Yes. All right. Yes. I love it more. Yes. Fucking A Yes. Yes, yes. Yes, of course. All right. Yes. This is really interesting. We talk a lot about this tonight. I appreciate all the answers. Love it. Yes. Yes. Yes. All right. Amazing. I don't think by the way, I'm not saying that's going to take two weeks for all children, all children are going to be different. But all you're going to learn our secrets tonight, that we have a 100% success rate for pioneering in the masterclass. And the reason that is, is is is what we're going to share with you tonight. So I'm giving you all the tips and tricks and secrets to getting any child with autism poetry, I don't care where they are on the spectrum. Most of the kids that we can't train in the master class are pre verbal, okay. And adults as well. All right. And this is Juliana, I want to share with you my potty shift show experience with her. This was an i i went from like potty shitshow to potty whisperer over the matter of a couple of years. And what happened with Juliana she was my first autism came. It was like okay, I understood about that. And I'm just you know, she's my first rights is my first experience potty training. So for whatever reason, in my head, I was like, Okay, it's time for her to potty train. I buy the underwear. I say, Okay, let's go. And she immediately starts having accidents. And then I start flipping the fuck out. And by the way, I curse this has just come spirited. So that's a problem. I apologize. Maybe I'm not your coach. I'm just gonna give it to you. Like, like I lived it right? So I was so mad. Every time she'd have an accident, I'd flip the fuck out. She gets scared. I'm pissed. I punch the wall. I get really like aggressive about it. And it just kept happening and happening and I felt like I was doing all the things I read books I followed videos. I tried to do every was so mad that she'd piss on the floor. She was on the couch and I'd see I'd have her sit and then she'd get back up. And as soon as she get back up she pissed again on the floor. I could never get over like how difficult this felt it felt so white knuckle to me. And then in the throes of all of this party craziness. I had my mother come over and I had to work in the offices that do me a favor Can you just watch her put her on there every 1520 minutes undefeated at this point and get a shake you know what I mean? Like I'm I don't even know if this is ever gonna happen. Right? He just put her on it. And you know, whatever right? So she says no problem. So about 30 minutes and I hear my mom would you say like, how are moms are like fabulous. Now when we were when I was a child my mother was a crazy Lady but anyway, so I hear my mom say to her, Oh, you peed on the floor? Let's just go clean up. And I remember like, why this isn't a big deal. Like,



Michelle Rogers 10:11

what do you mean, you're not freaking out, right? You're in a club, show it on the floor. This is what potty training supposed to look like. It's gonna have messes. And I think that had I had I taken my mom's approach, Juliana would apply trained a lot faster than she did. And that was one of the first lessons I learned in this is that I was making this very difficult because I had some type of fucking expectation that this was just going to be potty perfection, meaning she was just going to put the underwear on and just know how to do it. Right. And not understanding that potty training is just like any new skill, they're not going to get it right at first. And that's okay. We just need to take our time and get in and have patience. Something I was terrible at back then and just watching my mother be like, Oh, okay, she did it a couple of times that day, and she actually got her to go a few times. But I wonder like, now I look back on that as like shit. You know, I wish I could have a potty do over. Because I made that experience. So shitty. I used to describe it as the worst part of parenting. And now I think like, oh my gosh, no. I the way we experienced it in the masterclass is nothing like that I want I want this to be a potty experience. Like it could be as wonderful as teaching them how to ride a bike, how to pump on an on a swing, but I needed the experience that it was and that's the exact result that

I had. So I don't want you guys to have that either. That's why I'm doing this tonight. So I do the masterclass. So potty secret number one for all of you tonight. Most if not all children on the spectrum, no matter how severe their autism symptoms present, can potty train. So everybody in here, who's posted that many things they've tried and how it's failed and how they've struggled. Your baby can potty train to okay, I've helped 1000s of parents potty train their kids on the spectrum. Pre verbal multiple diagnosis is Down syndrome with autism, ADHD with autism, global developmental delays, epilepsy, we've potty trained them all. Okay, so if that's the possibility, we have a 100% success rate proprietary mean the masterclass, meaning when you come in, you leave with a potty trained child. And we've had the whole gamut from two to 31 potty trained in there. And I want to share this story with you too, because this is safety swim. On the left OCC swim on the right is Julianne today on her swim team. And I'll never forget this. There was a time in the middle of pi training, she got P first, so she was able to land peach up within the toilet, right? We were struggling with poop. And a few times like one week we go to safety swim, and she poops in the pool. And I'm like, okay, whatever, you know, other kids have done it. So I knew I knew what the routine was when any child poops in the pool, all the other lessons and your child too has to get out. They have to clean the pool for two hours. They have to tell all the parents that were coming in to not come in, reschedule their appointments, the staff is kind of in limbo for two hours while the pool is being cleaned. Right. So this happened the first week, I didn't think much of him like alright, we're in the middle of high training, you know, she's just gonna, whatever, we're just gonna figure it out. And she does it again. That's we to show that again, week three. Now now I'm starting to get like anxiety taking her to swim or like trying to find reasons not to go. Week four, she did it five weeks in a row. By the fifth week, everyone there who has the same set time as us I'm having anxiety just sharing this have you had the same time with us knew it was hard that was making the whole lesson stopped. So I grabbed her ran in there grabbed her as soon as they gave me the signal that she pooped again. And I ran to the bathroom, and shut the door. And I cried and waited for everybody to leave. Because that was so I felt so bad that we had done this like, with more than a month now. She's disrupted this company, and disrupted all of these other children to be able to swim. And I remember waiting for everybody to leave, kidding her dressed in the bathroom, locking ourselves in there listening to make sure all the parents were gone. And I came out and I apologized to the staff Mr. I'm gonna figure this out. We're not going to come back until I figured this out. And I cried. And when I got home, my husband was hysterical. And I said we're never quitting swim. And we're never going back. And you know, once I calmed down, and I really thought about it, I'm like, there's a reason why she's doing this in here. I need to understand why she's doing this, you know, and I said quitting is not going to solve for that. And I did made a decision in column this that next week. When we go back, I'm going in the pool with her because you know what the girl, this girl here at hers, her teacher at the time. She didn't know, the queues, right? But I'm in the midst of potty training. I know when she's holding it. I know when she's about to go. So I feel like I'm going to catch it better than she is so called schooling. Listen, I'm gonna go and pull the right promises won't happen again. Right? Literally go on the pool there and watch it. I'm just standing. I'm like on the side of the pool just watching. And she's doing the thing and I saw whatever I saw, I think I saw a look or something grabbed her, I ran around the pool, brought her into the bathroom, and she pooped in the toilet and safety swim, and she never pooped in that pool again. had that experience not had happened the way it did. And I quit. She wouldn't be that girl in that picture today. I want you guys to understand, like, we can put our head in the couch cushion with this shit and blame like autism that this can't get have this can't happen. Or we can say you know what, if she she can hold it deliberately to shed my pool so she doesn't have to shit in a toilet with me that she can do it in the toilet to Allah, especially for my parents who had that who have the stubborn children. Right. I would call that stubborn too. She was waiting to poop in that pool. But I didn't give up. Because I didn't give up she actually learned to swim, she might never learn to swim,

she'd never be on a swim team today. That's why why he gets arrested every moment of every day is an opportunity to do something different. And had I not chosen to do something different, like quitting, which would have been so much easier. My humiliation would have been done because I've never seen any of these people again. It was it was so much more important that I chose the harder path harder, you know, social past here, right to go in the pool like no other parent had to do and yank her out. And she and she learned that she was fully potty trained after that. Now, another child, this is Mary, she's one of my first clients. Her son was seven when we first started working together. He was diagnosed with autism while we were working together she she delayed it because she was having such a hard time with it. But so but I would say he was more on the moderate to severe side of the spectrum. He was pre verbal in in diapers when we started working together and within two weeks of working together, he was fully potty trained. And within a month he was saying mama for the first time in meeting her. This is possible Juliana stories possible for all of your babies, Mary son's story is possible for your babies too. Which leads me to potty secret number two. The steps to potty training any child are the same. Read that one back again. The steps to potty training any child are the same. And these are my kids. These are the only pictures I could find from pai training because it wasn't like a glamorous experience with me for Giuliana. But I remember with Cody, I would visualize what it would be like to have him walking around his little undies, and how wonderful that would be. And that, you know, the experience in the middle was rough. And I wanted a different experience with my son. And it was I didn't expect perfection. He got pee first. Then he got poop. Then he lost it because they were I was teaching them to sit to pee at home and they were teaching them to stand at school. So they say oh, he's peeing in the yard. And then he came back and he started peeing in the toilet again. It's potty training now potty perfection. And if I have those expectations that it should be done in a certain time. Or it's more difficult because of our because of autism, then I'm going to get that kind of experience. But if I look at like what it is about, I asked you guys this in the beginning, what is it about this, that they're your children that makes you smile. And everything that everyone said was all of the things that show us that they're capable of potty training, to capable being silly with us or capable of being a pie training. If they're capable of of filling us with kisses to get what they want, then we can get them to we can get them to potty train. Alright, so potty. Secret number two, all the way to potty train all children is the same. And potty training is actually simple, but it's not easy. And I wanted to help you to understand the difference between the two. Easy means something's achieved without effort. I don't do anything. It just comes to me like like, like second nature. It's natural, right? But simple means that the steps to pi trading are uncomplicated and easily understood. But it requires efforts and commitment. One of the things we were talking about tonight, why you think it hasn't worked is I haven't made the commitment to it. I haven't been consistent with it. And then I asked you we're going to come back to this with potty secret number three. If I guaranteed you in two weeks, this would be done. Would you be consistent? You said yes. It's required if we want to potty train our kids.



Michelle Rogers 19:51

And these are all the signs that you need. And these are basically it's like the cliff notes to a potty training experience for all children. Number one They have to show potty ready to science. And I preface this to because some of our kids in here are older. And we might be thinking that we don't have potty readiness signs or the window of that past, right? But it's not the case. It may just be that like what I always say past the age of four, they're ready to poetry, whether they're showing them or not, but potty reading, the signs could be waking up dry, taking their diaper off, asking for a diaper holding their key until you put the pull up on these are signs that they're ready to potty train, going long periods of time with a dry diaper and then

it fills these are signs that they're ready to potty train. The second thing you need to see is they need to be free of any gastro issues such as loose stool, diarrhea, painful constipation. Now I'm not talking about run of the mill constipation. When I potty train both of my kids, they both became constipated, meaning that they used to poop every day. And now that even to this day, they poop once every couple of days. That's not like constipation, that would stop this from happening. I'm talking about where like their bellies distended, their behavior is changing, they're in discomfort. That's the type of constipation that we want to resolve to get them potty trained. And I would even say that you could potty train a child that has that kind of constipation, or even potty train a child with foodstore diarrhea. But I want to see you get from start to finish the fastest and easiest as possible. The simplest, I should say, right? Number three, they have to be willing to sit on a potty. You need that to potty train. So you got to be motivated to go with rewards. And I'm not just talking about any rewards gotta be like, I do anything to have access to this. I'm sure we're going to talk about this in coaching tonight. You need a schedule to go and this goes for all children by the way, one through five go for all children need to put them on a schedule once they realize pee and poop go here. They got to be added diapers or pull ups. Okay, by the way, diapers and pull ups are the same things. And they'll say Okay, your son's in diapers? No, no, we're in pull ups. Pull Ups and diapers are the same thing. It's a lateral move down if they can still soiled themselves, not eliminating the toilet, it's a diaper. Okay. And if we're going to be committed to potty training, we can't dip our toe in, we've got to do full submersion, we've got to be committed, right? Remember the last, the last couple of slides go right. Potty Training requires consistency and commitment. When we're potty training, you have to have a lot of reps and attempting to go right you have to have them practicing a lot, they have to be trying to go a lot. You also have to be reminded when they go by the way again, just as a friendly reminder, these are the steps to train any child, they have to be reminded when to go. And then number nine, which is hopefully potty potty training completion is they're able to tell us when they have to go and or the child starts using the potty 100%. Independently, they're wearing underwear, nighttime naps full full time. And now they're able to either get up and go when they feel nature call, or they can tell you and you can take them to the bathroom. Okay? The skills you need to potty train your child. Number one, you need to be consistent. You need to be committed guys. Number two, you need to be committed consistent and committed. Right? I guess consistency is consistent, I guess and commit will go hand in hand. But I need to make sure that I'm not just committed to potty training, but I'm not doing it all the time. Right? That's not being consistent, right? I'm committed to potty training, but I only want to do it on weekends. Now. It doesn't work like that. We're committed to potty training. We're going to be consistent and making it a requirement of this household. And I'm going to be consistent in how many times I take them. Number three, you need to be willing to clean up accidents. This is what it's about. I love it. I was I was I don't know what the fuck I was thinking that I was just gonna go potty trainer and she was just like, what, maybe pee a little bit on the seat be done. That was not what we had. It's not what it's supposed to look. It's not potty perfection. It's potty training. And if Caitlin's here she'd laugh because we always say this amongst ourselves. It's a big joke. Yes. Number four, you need to be in a winning learning mentality. I think this is one of the biggest things. We're going to bring this into the secret number three. A lot of times when I was doing this with Giuliana and she, we were missing the mark. Sometimes I'd miss it by like a second. And she pooped my pants. And it gets so mad and I just be like, Oh, this sucks. I'm not we're not getting it. And thinking that thought was really shitty. Because each time I was getting closer and closer, there are no fails and potty training are either learning or winning. If I see it as a fail, if I keep biting my lip and I'm so frustrated and I'm pounding my fists, I'm not going to want to keep doing this kind of want to quit. And that's the only true fail of an autism parents quitting on your kids. You can't do that. The reason I have a 100% success rate in the master class is when you show up you stay showing up and there's it's done. Potty training is done. But I can't

force you to the river you got to come, you got to come with me, you got to help me to help you. And that's how you have to be when you're thinking about potty training committed to this, I'm going to be consistent. I know accents are a part of the package, and I'm okay with that. Even if it means the accent is then smearing it on their face or on their wall. And I'm not failing anymore. I mean, they're learning until I'm winning. Okay, like I masterclasses can attest for this, we take steps, we're keep moving one step closer and closer and closer to the finish line. We're never not doing it. And that's what you guys got to stick to. Which leads us to potty secret number three. You are your child's number one resource to get in training doctors. Say it again. You their parent, are the number one resource the most valuable person, the best person to get potty training done. Now this is a mug I saw at my doctor's office, I always thought it was it was just such a bullshit mug it was through through the ups through it on the ground when they saw it. Because he ended up on the reception desk and said please don't confuse your Google search with my medical degree. And I laughed, I told the receptionist I said, Tell the doctor not to mistake is 120 minute lecture for me living this life with this child 24/7. And I say this because I think a lot of us, when the autism diagnosis comes, we kind of like let our fucking intuition fly out the window. Like we don't show up as the parents we intended to be when we were carrying this baby in our tummy when we were holding them in our arms in Iraq, in the hospital or in the nursery, right? When autism kit comes we drop our identity as their parent. And then we start seeking external sources, because they must know best because I know shit about autism. But we do this. We're giving away all of our power to the most powerful person in your child's life because nobody knows them better than him. And how many times has you've heard a doctor or teacher tell you something that is wrong for yourself for somebody you know, and for your child? I've had it happen to me for myself, for both of my kids. They're serving a mass amount of people, right? They take they take their education, I'm not just I'm not sure canning doctors i There are there are a few that I really love. Right, but not sure canagan. But what we what they what they can't take into consideration with their with their medical degree is my knowing and knowing this child to the bone. And that's why you are the most valuable person, you're the person that can get this done. You're the person that's most destined to get this done. No one knows your child better. So if you're the key to getting paid training done, and why is your child still in diapers? Now remember that question. I asked you at the beginning of this presentation. I said why do you think what you tried hasn't worked. And I created a slide over a week ago. It's like magic. I feel like a magician. These are the reasons why your child you think that your child isn't potty trained. And a lot of these, if not all of these are said in the chat tonight. You might believe that pi train hasn't happened because they have autism. That they don't talk. It hasn't clicked my child has a learning disability. My child has brain damage. This is where she is and we adapt to where where she's at not the other way around. My son has no desire to learn the readiness window pass both parents work full time and we can't be consistent. It's a mystery to me. She's not ready. He's locked up. She doesn't understand what's supposed to do. I don't know. Right? She used to she's just used to wearing a diaper. He's comfortable in his ways. How many of you guys is your reason here? Right. They're stubborn. I wrote this before a week ago. And all of you said all of these here tonight this is why you think potty training isn't working. But the real reason when you think this when you think that pai training isn't working this is really what your belief has become. You have those thoughts that came on that slide before this and when I think those slides over and over and over write their thoughts I think about my situation and if I think those thoughts over and over and over a belief is just a thought on repeat that believed that a lot of my life I believe I thought that thought many times so now it becomes a belief it's almost like burned into your identity.



Michelle Rogers 20:46



Michéle Rogers 29:40

So when you have those types of thoughts your beliefs turned into child needs to be verbal to potty train your child's to severe on the spectrum to potty train. Your child will sit on a potty so they can't potty train. Your child doesn't care. They're dirty and are not interested in going. And that's why they can probably train your travel whole people for hours until a pull up is put back on. So they can't quite be potty trained. And you don't have to teach child with autism how to potty train. But I've had some technical difficulties here. This is why it's really not working. It's not any of those things on that sheet. Right? We just went through the, the list of all the things you guys had said to me earlier tonight, we went through the list that I created a week ago. But it has nothing to do with anything that's there. The real reason why it's not working, or for two basic reasons. Number one, potty training has become optional in your home. I'm gonna explain this in a minute. The second reason it's not happening is your child doesn't see any value in wanting to go on the toilet. And they're following your lead as their parents. So what does it mean to say potty training isn't optional in your home? Well, because of course, you will want your kid potty trained. But if but if I'm having all of these shitty thoughts about why it can't happen, I'm not committed, I'm not consistent. I might not be trying at all, I may be saying I'm trying, but I'm really half assing it, right. But the reason I'm showing up this way is very understandable. Because you have these thoughts, we call them thought errors in the program, there are all these beliefs that you have about your child that you've been thinking for a long, long time. And it's making it so now like potty training, I'd like it to happen. But you know, I don't know if I believe it can happen. But really, your child's following that lead. And if you're not going to put them to the test, they're not going to rise to the occasion. To them. Life is great in a diaper. I like the way things are, I don't see the value in learning any other way. And if you don't think I can do it, I'm not gonna you know, if I have the option to not do it, I'm going to opt to do what I do. Now this is works for me, I have no desire to learn any other lead. Okay? This type of stuff stuck there. Okay, so why it's really not working. Because if you have thought errors about your kid, you have as your potty training, and you stop and start, you don't even attempt it. Autism does not make potty training more difficult. It's just shitty thoughts about the diagnosis that do. I always start with Julianne, I'm like, you know, I never saw autism as less. I always saw it as like, you know, her brain just works on a different frequency. And if I could learn to communicate with that brain on that frequency, I could teach it anything. I never saw her. I never saw autism. I just see autism is different. It's not less. She's totally capable of doing what all the other children can. I just got to figure out the way to get through to her. And if you're the key to get potty training done, right, you're the secret your secret number three, that I need you to stop believing shitty things about your kid. If your child wasn't on the autism spectrum, I love this question. If you're and I want everybody to answer in the chat, if your child was not on the autism spectrum, would it be acceptable for them to not learn how to use the toilet in your home? Oh, fuck no. And I say this for communication too. Because I'll have a lot of parents will say, you know, they say words, but they don't really use them functionally. And I'm like, Okay, well, how do they get their needs that well, they can lead me to the kitchen. Okay, well, would it be great if you didn't have autism wouldn't be allowed that they not come talk to you and your home? Yeah, fuck no, not a chance. That's right. So why are we giving these babies a pass? They're capable of so much more, just from everything that you guys said in the chat. These babies can do so much more than they're doing and you're not putting to the test because you think autism is less you think autism can't make it that I can't do this. Autism is the neutral circumstance of life. It happened to us and happen to all of us, right? I didn't sign up for this, you guys started sign up for it. It's a circumstance beyond our control. We do a lot of mindset work in the program. I'm going to talk about that in a second. But if I can see autism is neutral. Like it's not autism, it's a problem. It's my shitty thoughts about it. And then when I have shitty thoughts about it makes me feel like crap. And then when I feel like crap, I'm gonna take the action of potty training from a space where I'm

not even sure they can do it. And then that's where we all flick fail. And it's the number one thing everyone comes to me with. It's the number one thing I saw, because I don't think that about your babies. I know every single one of them. We packed a bag, he dropped them at the front of my house, that he no doubt in my mind, I'd get a potty train. I gotta you believe in that out too. That's what we're gonna do with the potty power parents mindset. This is Juliana. And I want to talk to you about your brains because we all have the same exact rights. I know you all think you know, everybody's brain is special and unique. They're not they all work the same. All of our brains present 60,000 thoughts to us today, and most of them are shitty. And the reason why our brain presents a 60 1000 thoughts a day, we don't even hear most of them. But most of the ones we do here are shitty. It's not because your brain is broken. It's not because your brain is a sadist. Right? Your brains job is not to keep you happy or give you what you want your brains job is to keep your body safe. The way the brain keeps everything safe, is to make sure it says things to you to keep you in the cake. So even though you're here, and you desperately want to have changed in your life, you desperately want this baby potty trained, or communicating or stopping your problem. He was having the big three, your brain is like now now. I know you don't like the diapers and shit. But we were surviving here, this is safe, you stay in the cake. And one of the one of the gifts and the pain of being human beings is we can hear our own thoughts. But the pain is that most of us don't question any of the thoughts, our brains present. All of those reasons why you guys said you couldn't potty train your kids or why it wasn't working, or thought errors. They're not true. All you need is consistency commitment. Right? If I'm consistent, and I'm committed their pipe dream is no longer optional in my home, and I'm going to show them a reason why they want to do it, I'm gonna give my kid a reason he doesn't see the value in it because I don't see the value. But if I'm not seeing the value in it, because more of my brain keeps doing is feeding me shitty thoughts. And as a human species, as far as I know, we're the only species that can hear our own thoughts. I don't have to get behind every fucking one of them. If you do that, it's like letting your brain run around. It's like a toddler running around your head with scissors, stabbing everything. And that's the life you're living now. The gift of being human being is that we can choose what to get behind with thoughts and want to get behind that are going to support us and move us forward. And we can choose what we want to toss. And this is this is kind of just explaining me in a nutshell. I wasn't born this way. I used to think people could be born this way like I'm born like, like my husband say, Oh, you must have been born this way. And that's not how it works. When I was a kid, I was very shy. I was young for my grade I was in super shy, it took me a while to kind of academically keep up with the class, right? And I was bullied from kindergarten probably till Middle School. And I remember thinking all through that time, like I wish somebody would just come and save me. I'm getting tortured every fucking day at school, coming home crying every day. What and I know teachers see this, why don't they stop this, like this is just wrong. They shouldn't be somebody should come in and just save me. And this went on for years. And I remember being in biology class, I'll never forget it. I was sick, of course sat next to my biggest bully for the last three years and he starts making fun of me. And I've had that same thought again, like why isn't somebody stopping this? Why isn't somebody coming to like, swoop me in and save me. And I remember thinking, all of a sudden out of nowhere, the slot came flashing into my face like, no one's coming has to be you. It was the first time I ever stood up to that bully. And he never fucked with me again. The fact nobody really fuck with me again. After that, I learned that I could be the exception to the rule, I can be my own savior. And only did that help me in the following scenario. There were so many life adversities that I used to start to step into this identity of being somebody who's the exception to the rule, a master problem solver. I could solve for any problem, even if I had zero experience in it. So when I had Juliana right by that time, from middle school to 35, when I had her, I was in that identity deep into that identity and lots of years of practice being there. So when the autism diagnosis came two years later, when I was 37. At first I saw autism like maybe you all saw it, and I'm dating myself

because there was this movie in the 80s with Tom Cruise and Dustin Hoffman called Rain Man. That's all I fucking knew about autism, this guy had to be institutionalized. He'd never live a normal life. When autism came to us, I thought this was going to be our life. I thought my life was over. And her life was over too. But even when I felt that I've had that need your thought that you all had, by that time in my life, I was practicing the belief that I could create the exception to the rule, I could be the exception to the rule. And by extension, Juliana would be the exception to the rule. Which by the way, are the thoughts I choose to stand behind? I choose to believe about myself because those are the thoughts that have gotten me that helped me survive till this moment. And I choose to believe this about myself every day. And I need you guys to start believing different things about yourself and different things about your kids. If you want to get them pie trade, you want to get them communicating, you want to stop there problem behaviors.



Michelle Rogers 39:31

You've got to be this exception, not the rule. It's why Juliana is where she is today. It's why all my parents and I masterclass are going to have babies that have the life like Juliana today. And it's so funny because when I was going through this with Julianne in the first year of autism, we were in earlier intervention at the house, and I just assumed all parents thought this way. But when I entered the special education world, I relaxed many times and it's the biggest fall from Greece for our baby At least because if you're there number one person, right, your secret three are the number one person if you don't believe in him who's gonna, it has to be you. No one is coming. Same thing as what my head said to me in the middle of getting bullied that last time no one's coming. It has to be you. And I can't give you the path to potty training tonight. If you've already given up on a limitless future for your baby. You can't change anything for your child. If you don't believe that you can create change for yourself. See invisible bilkul cord right? garbage in garbage out. Fucking boss in fucking boss out. You can't change that autism is here. But you can decide how you want to show up for yourself and your child. And only when you do that, can you change the reality for yourself and your baby? What are your thoughts around lowering your child learning to potty train? Do you think they're capable of potty training? Do you think you're capable of teaching them? Just autism mean diapers for life? In your mind? Does autism mean cancer to you? Because it's not cancer. Juliana is going to live an amazing life and have autism. We have so many examples of that from graduate families in the masterclass from people I've worked with. This is possible for your baby but it's only possible can get your head out of your ass and stop thinking shitty thoughts about your kids the number one reason stopping your child from pi train your thoughts about that about it that's it we fix that great let's fucking go and I don't want anybody to have like this isn't this is a judgment free zone right? I love having these like very honest conversations I don't do my webinars half assed I go all out like what you see here is exactly how I am and the reason why I want to be that way with you. I need you to fucking move I really need you guys to move your babies I see this work is life or death because nobody's gonna champion for them like you guys. And I don't say this from a judgement standpoint. I love you. I love your babies. I'm not their mom you are I'm not the caretaker you are so I gotta have you I want to build you up so you come at it like I would come out if it was my code and awareness is always a gift because if nobody's ever talked to you like this now you can say nobody knows that you can't ever say that nobody ever told you and if you are the gatekeeper to the success that that that they're possible of this is the way to open the door so the way to to instantly course correct I can course correct it anytime I can take radical responsibility from this point forward show up differently to think different things about my child to make potty training is done in your mind as it is mine your thoughts are creating your current results pie take so let's book and change. All right. Thinking

needs to be setting yourself and your child up for success when it comes to potty training. This is what masterclass is all about. It's not just about the tactical I got all I got gold tactical, but if you don't fucking believe my tactical goes to shit, you waste my tactical, I need a mind that's believing committed, confidence consistent. This is going to happen. Potty Train is no longer optional in my home. And I always say for parents who are shaky, like alright, I want to do this. I want to I want to work with you. But like I'm really like, I don't know where to stand. Where do I stand first they say the first place you stand is you presume competence. For all of the things you said that makes you smile about your baby. Those are the reasons why this can happen. We start there and then we'll help you along the way. Your thoughts need to be in alignment with results you want for potty training always. That's why every all of the tactical things I was doing with Giuliana were right. But my brain was in the fucking gutter. Had I just had a different thought about it a different expectation. So it is done. I would have been fine. Somebody had said which probably would took me three or four weeks for her to finally get P down. That that's a one that was gonna take, I would have cooled my fucking jets. But that's the problem. You can't do it. You can't be into this like, Well, I'll see it when I believe it. Right. I believe it when I see it. I believe it when I see it really means I don't believe. Unless I'm proved wrong. That's not what you have to do. As a master Problem Solver that I was at Monster calm Sal from middle school to when she got diagnosed, I was already in the identity of I make shit happen. And that's how you have to go into this. Alright, so now that we know that all thoughts are optional, you get to choose your thinking to get new emotions, new actions and new results, which is exciting. And I help parents like you to think intentionally to get results you want for your children with autism and the results, you start showing up like this child's gonna be more compliant. They'll be more confident than you can that you can teach them anything. You'll be less stressed, and you and your child have more freedom. Most importantly, while you're all here tonight your child will be by training. You start thinking about things differently. You start seeing yourself as the most important person you have everything needs to change You will be potty trained, you just got to start believing it's possible. And that's my potty power class. I want to share with you and if it's alright with you guys, let me know in the comments, I want to share with you how we create the three pillars of success to get hydrated. Is that great for you guys? You guys alright with that? Yes. All right, awesome. I hope this tonight has been helpful for you. I'm going to do q&a. But I want to talk about what it takes to get the three pillars for success. So you remember the big three, right? These are the three skills that every child needs for a chance at a life of independence, right communication, problem behavior, no problem, we have to have communication, no problem behaviors, and they've got to be potty trained. You need three pillars for success in yourself to make that happen. You can be your child's number one resource, even if you think you're not technically qualified. All you need is knowledge, belief, and support. Having these pillars guarantees success. The first one knowledge, this is where you have the you learn the tactical steps of what it takes to potty train a child, and you're going to meet them where they're at. So we have a child that scared of even walking into the bathroom. And that's where our work starts. And we have a child that's scared to sit on a toilet, and that's where it works. And we have a child that'll keep it won't poop. And that's where our work starts. And having the knowledge of knowing the tactical steps to get that going. That's what's the first pillar for success in helping your baby with autism with anything, not just potty training, anything. The second thing is what we talked a lot about tonight, belief. We want you to have belief in yourself, that you're capable of doing this, that your baby is capable of learning. It sky's the limit. As long as the sky's the limit is what is the the roof is where you believe, where you stopped believing that's where the roof is. And that's the life you're living now. I want you to think way bigger than what you have now. They're capable of so much more. They're waiting for you. I always say that to my parents who were really shaky when they started like don't worry, your baby's ready to die tree whenever you

are. Got to have that belief in place. And the third pillar of success that you need to help your baby with autism. Live a thriving, healthy, happy, independent life is support. Can't do this alone. You got to have a tribe around you a community.



47:26

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](http://MichelleBogers.com). Forward slash training. That's Michelle M i c h e l l e B a s i n b o y R o g e r s . c o m forward slash training. See you there