

Ep16

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SPEAKERS

Michelle Rogers



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. Hey, everybody, Michelle here from the autism moms potty talk podcast first want to say thank you so much for supporting me as I start this new endeavor, becoming a podcaster. Please be patient as we're trying to navigate the content topics, the flow of everything. But thank you for all of the love and support. People are telling me they love it, even though I don't know what I'm doing. So that's a great thing. So thank you for all that. And I also wanted to share that next month is Juliana's birthday. We're gonna be celebrating a big fucking way and I want to celebrate it with you guys. So keep a lux out keep an ear to the street on my podcast, we'll be sharing more information on it as we are getting close to November. And make sure you're on my email list is we're going to be sending you guys some information on hit there as well. Okay, so tonight I thought we would talk about coaching and how what it would feel like to get coaching from me. So I if you don't already know, I run a group coaching program called the champions for children masterclass. And we are a coaching program designed specifically for parents of children with autism to help them solve everything and anything that could come up with autism and teaching our babies on the spectrum. So this was a open coaching our I had done done probably a couple months ago. And I thought what a great opportunity on my podcast to share what it would be like to get some coaching from Michelle. So without further ado, I am going to share that live coaching with you. Talk to you soon. So you're looking for a safe space, I'm not your safe space. I'm here to help your baby. I'm here to help you to help your baby elevate. And if you're looking for a safe space, maybe there's a Facebook group for that, but I am here to help your baby get the skills they need to live an independent life. Okay, so sometimes I have to say the hard thing. I try to say it with love but I think because I'm a little edgy may come up that way. It was just an interesting email that came in today. How funny because I'm doing this we're doing this presentation she said, you know, you were so I thought you were such a like she brought like so I was like such an asshole. But I was right and she needed it and she'll never forget that I just touches my heart even though you know, I was tough on it. Okay, let's do some coaching. And I also some fun for the rest. And I don't know about you, I'm ready to go. I'm going to promote the people who are going to have to raise hands. For coaching. I'm going to promote you to panelist I would love if you show your face. But if you're shy, that's fine. I'm in my Wonder Woman t shirt here. Okay,

so unmute yourself. Let's get into coach I want to get as many questions answered as possible. And I'm gonna try and answer questions in the chat as I go here, Tennessee cook, I am going to promote you to panelists your screen is going to blank then you're going to come back up on your shell show us your pretty face. And let's get down to it. Let's get down to some coaching. Any questions? Let's see. Have you seen diet effects recovery so it's where I've seen diet effects recovery. If your child as really loose stool, if they're constipated, not just basic constipation. I mean, they're bowled over in pain, it's affecting like their every day. That's when I've seen this is my own personal experience where diet can make an effect for recovery. And that's why we do have a dietitian program because I have a 100% success rate of pi training. I had this kid from North Carolina and we were struggling to pi train because he was getting he got peed on. But he couldn't get poop because it was too loose and he couldn't get to the bathroom fast enough. And I was like, gosh, this is really crushing. And then I didn't even realize he had them still until I happen to be kicking the can around with mom and one of the falls. And then I realized Oh, this isn't fair. You know, he can't get to the bathroom quick enough. So if anybody's here wants to buy a train, who has very painful constipation, like severe constipation, or very loose stool, we want to correct that first. And that gets a potty training. So yes, in those instances, those specific instances when we address it with diet or supplements, or both, I've seen it affect the it's almost like a list of a fog off the brain and I've seen cognitive changes in those children. It's not to say it wouldn't work for a child that passes stools normally, but I've definitely seen it with children who have abnormal abnormal stools. Okay, can you see let's go let's coach that test some fun. Hi, how are you? Doing great.



04:37

This was awesome. My I like how down to earth you ours is really. It's really comforting. And I appreciate you doing this for for all of us. My question is Could I begin to potty train when he does doesn't like he doesn't put on his shoes. He does. Like he doesn't self dress yet. So he doesn't put he's in pull ups. I think this is just me pushing him into pull ups. He doesn't pull down his pull ups. He actually thinks is funny to be on the toilet like he does like a game. So I like that he's enthusiastic about it. Like he's very curious about the the body he just isn't potty trained yet, but he doesn't pull it out. So could you? And he



Michelle Rogers 05:40

got what we're saying.



05:43

So yeah, could you Yeah, could you potty train with, you know, with him that you know,



Michelle Rogers 05:52

you always need to potty train a child, you do not need communication skills. You don't need them to be talkers. It'd be nice to dance music kinases, you don't really even need it. They don't need to be talkers, they don't need to put shoes on, they don't need the fine motor pulling pants down and pulling him back up. We just need to see the signs of potty readiness.

So let me just go over some of that with you guys. If you don't know the the signs of potty readiness, I'm calling for potty pocket guide here is one thing he's already doing. He's curious about what goes on in the bathroom. That is a sign that a child's ready to potty train. Can he stay dry for hours? So if you ever just checked his pull up and it's dry for a while and all of a sudden it's loaded? Have you ever noticed that?



06:31

Um, yeah. Yeah. Okay,



Michelle Rogers 06:33

so that's a good sign. Does he have regular bowel movements?



06:37

Yes, immediately after he eats that's.



Michelle Rogers 06:42

I love it. Tell. You've got an ad. And I love Todd. Does he? Does he ever tried to take off a dirty diaper?



06:51

Oh, well, I tried to take it off. No explored in it. Yeah, that's fine.



Michelle Rogers 07:01

And yeah, all right, perfect. So all you need to these are the average ones. I always look for staying dry for two hours. regular bowel movements, ability to follow simple instructions. Demonstrate discomfort with being dirty. So that could be putting his hands in his pants and pulling out the booth. Pulling up pants up or down or ripping the diaper off. Or you know, saying that they need a diaper change or showing you a bring a food. I love this when they bring you the pull up like okay, hey. You only need one of these. And your child. That's right. Oh, so now, all of this. Yes. So your child is ready to pay attention to let's talk about this. I'm excited. What have you tried can see what's his name? By the way? Christopher? And how old is Christopher?



07:45

He turned four in August. He's four. So Christopher



Michelle Rogers 07:49

is ready. What have you tried to potty train him? What have you done?



07:54

I'm just taking him to the pot, like every hour or so when he's home. It just gets lost at school. I'm in pre K and daycare because they just I don't know. They just I don't know they just died that high. So



Michelle Rogers 08:14

I gotta you take them every hour. And then does he have Has he ever eliminated on the potty? Yes. Oh, okay. Excellent. So like, we're people both.



08:29

Yeah. He likes he likes the toilet when it flushes. He likes to toilet



Michelle Rogers 08:35

when it flushes, but he's actually eliminated just poop. He hasn't eliminated P usually it's the other way around



08:40

it and EML No. P



Michelle Rogers 08:42

alright. So just how often?



08:46

I was able to get him do that once,



Michelle Rogers 08:48

once. And when was that?



08:52

That's been like a month ago.



Michelle Rogers 08:54

Okay. So what do you think? Why do you think he's not getting it? Well,



08:59

when I end it's, it's my fault because I stopped because the school just wasn't. So it was like, Okay, if I potty train at home, but he gets to pre K, and they're not potty training him, then it makes no difference. And so I was like, well, I'll just wait till I get ABA therapy. That way the therapist is there to do this training to, you know, to support what I'm doing at home. So that's really what I felt like I needed that's why I stopped because I was like, Okay, I'm potty training him home, but then he goes to school. He can go all day and they're not even trying to do anything. So that's why that's why I stopped.



Michelle Rogers 09:41

Okay, so when he did go poop on the potty that one time what would it like? How did you celebrate?



09:48

So I clapped. I said yay. And I gave him a gummy bear?



Michelle Rogers 09:55

Because he liked gummy bears. Yes. My scale from one to 10 What would you call gummy bear for him.



10:03

For him as far as, like,



Michelle Rogers 10:06

how much do I love? How much does he love a gummy bear?



10:10

.....

Well, he eat them. He's not really. I mean, he likes them he likes. I mean, he likes them. He's not super white. I like that love. Yeah. Right to say like, six, seven? Yeah, like six or seven. Yeah. It's great. He's happy. Yeah,



Michelle Rogers 10:26

yeah. All right. So we have a situation here, we have a couple of things going on. You were very honest about it that you stop, because you've had some type of thought that he needed first you thought when we first started talking? Do you think he needs to be able to pull his pants up again? Because he doesn't want his shoes on? And then maybe I'll you know what, I'm going to wait because they're not going to take they're not going to follow through at school. And then we'll wait when ABA starts, and then that's when I'll get going. Right. So there's nothing wrong here. It's just that the reason why it hasn't progressed. It's because we haven't tried again. Right. Right. haphazardly got it one time. And I don't know, like, like what you were thinking, but I guess at that point, maybe you were thinking like, Was it difficult to get that one poop?



11:06

Oh, no, it's not difficult. I mean, he wants to stay on for maybe like, only like, a few moments. So you have to kinda like oh, okay, so



Michelle Rogers 11:18

you caught that too? Because you know, exactly. Yeah, I



11:20

can't because it was right after he ate that I know. You know, I know when he eats or things like his chair. He He's picky. He doesn't eat meat. But he loves chili spaghetti. So well. It's surely it's beans. It's that. So I know that. When he ate that. I was like, okay, yeah, I know. Right after this. He's gone. Because he had followed up with apple juice. So yeah, he's after this. Oh, so that sounds even hotter. Yeah, got it. Alright,



Michelle Rogers 11:52

so here's the thing. When you want to potty train, we want to make sure we have a couple of things going on. First, before we pi train. First thing is you want to have our data. This is the last page of the potty Pocket Guide. This is a guide that I sell. It's a \$10 guide. And basically the last page is just a toilet tracking data sheet. And like check it every hour chickens diaper every hour when he's wet when he's driving me as a bail. But the good news is she already knows when he's having about now I don't know how you know, how often is he wet? When does it happen? And then what I want to do is put a plan in place to pi train but before I can do that for for Christopher I've got to get him to be able to sit and not pop back up. So the reason why was not choose deterred and she probably felt a little discouraged is that she knew that even though she happened to catch the poop and they praise such grace and shoe every time it

came down that getting into pee, it's going to be a pain in the ass. She does this she's gonna get into she don't want to do it anymore. So and I get that set. So what the first thing we want to do is before we even start a potty training protocol, we want to just get them to sit neutrally. So basically, it depends we want to baseline what sitting neutrally will look like for him at first. It could be sitting with the sitting on the potty with pants on and we want to get them sitting up to three to five minutes on the potty. No crying no holding them down. No you hovering over them wanting to sit for three to five minutes enough time for a pee or poop to come out. And if you have a boy and you just starting out and you need both pee and poop, have them sit because they have to sit to who why don't we get a lot of parents that have joined the program saying like I we pee on lock, but he stands up and he won't sit. So the first thing we have to do is just get a neutral to sitting. So how do I do that. So this is a great opportunity where a gummy bear could come into play, right? The idea was to talk about rewards in a minute. The idea here with this rewards want to give a little something for sitting. So you're going to try and say okay, Christopher, go sit down on the potty. And you're going to time it how long he'll sit before he pops back up. So let's say it's 30 seconds, you're gonna say great. We're gonna set a timer, an audible timer to do something on your phone or whatever. And say for 40 When the timer goes off, you're gonna set it for 40 seconds, the next time you sit on it for a second, I'm gonna give you a gummy bear. I'm gonna give you a bubble. So I'm gonna give you a tickles. I'm gonna give you a sticker. I'm gonna give him a little reward for fussing for 40. Then once he sits for 40 I'm gonna do 45 And you do this like four or five times a day over the over the course of a couple of days. You'll get them you'll get this done within a week, where he'll just be sitting neutrally. Once you have that every time you asked him he sits and you get it up to about three to five minutes. Then you can body train.



14:18

Okay, okay, okay.



Michelle Rogers 14:21

See how like him not sitting is just super discouraging for you. Yeah. Like oh, maybe it's in this is the thing about like our thoughts and that's why thought work is so important in our program. Like your brain just starts giving you reasons why not to move forward with us. Oh, he doesn't have the fine motor. Oh, you know what habit preschool doesn't follow through so why am I even gonna bother it and this is the thing if anyone thinks that school is going to pi train your child you'll be sorely mistaken. If you have a school that does it. I bow down to you actually talk to your mom today. Who was a teacher she said that she buys transfer kids in her class absolutely love that bad down. That is not the norm. What happens is you set that you set the pace at home. You get about 80% or better of success and then you send them interest pool with a bunch of underwear and a bunch of changes of clothes with the schedule. Okay, you're gonna put in five minutes on 10 minutes off. That's what we'll start with first. You want to do a potty intensive after you want to do your actual potty protocol after you've gotten to sit. Three to five minutes pants down with no issue. Okay. How does that feel?



15:19

It feels awesome.



Michelle Rogers 15:22

Keep me posted. Let me know how it works out for you. All right. I definitely will. Thank you. I'll talk to you soon. All right, bye. Bye. Bye. All right, Samantha Europe. I see you came back. Hi. I can hardly hear you. Hello. Hello. Can anybody hear her? Can everybody hear? Is it just me? I'm putting you up. No, I can hear okay, you got to speak up Samantha. Enough. It's a little odd enough. Why don't you try talking? Let me see if it gets better. It's it's very it's very faint, but I can hear enough so tell me what you what can I help you with today?



16:10

I do the same thing. My son is having a really fun



Michelle Rogers 16:17

I lost all audio now. I can't hear you. Now, yes, much five year old son. What's his name? He



16:35

Zachariah or Zack?



Michelle Rogers 16:36

Zack, hi, Zack. Okay. literally tried



16:40

everything possible. He was almost potty trained at age two. And then he broke his femur. And then after he passed last all interest 100% on potty training. Okay, we have Luke. He's good to go. Like if we tell him and set a timer or pay every hour, let's go try. No go pee most of the time. And if we catch the poo, on a rare day, we can get him to poop in the potty. But he's lost track and all rewards, charts. Anything and everything we've tried. He's lost all interest in it.



Michelle Rogers 17:14

Okay. Got it. All right. All right. So let's talk about the P so the P would you say if you tell him when to go where you go? Could you have 100% success day?



17:26

Know, it's maybe 30 40%?



Michelle Rogers 17:29

What do you think that is like, if you catch him, if he's let's say you took them every half hour, you don't think you'd get it.



17:36

You're the good. One, we would set the timer for every hour. And occasionally morning and evening. Like getting ready for bed, he'll want to go or he will go. But then during the day, he's like he's preoccupied. He doesn't want to waste the time to try and go. Okay, he just ignores the time and doesn't want to even try. I just doesn't have an interest in



Michelle Rogers 17:59

it. Okay. All right. So, so basically what we want to do here, I want to look at a couple of things here. So so there are times every day that he'll go to the bathroom on his own, even without being prompted.



18:13

Um, it's slightly prompted. It's like first thing in the morning when he wakes up. Okay, let's build the bathroom. Let's get dressed for the day. And then same when we're going to bed. Okay, you know, let's put your jammies on. Let's go potty and then get your jammies on. And so we're kind of pumping him. But it's more or less just kind of the routine now matches the two times he will always go.



Michelle Rogers 18:30

Okay, that's interesting. It's a routine. So let me just play scenario with you. If you took him every 30 minutes, do you think you could get that that percentage up to like 80% or 100?



18:42

No, because he fights us on it. Okay, so



Michelle Rogers 18:44

we're going to talk about that. And if assuming you didn't fight, do you think that would that would you probably get much better success? Right? Because you're taking in more? Oh, yes, definitely. All right. So let's talk about the fighting part right here. So when he goes on his own, there's no fighting. He goes in there does his business. Yes. Okay. God and see the standard here are set to be standard. Standard, okay. God stands to pay stands to be got it. Okay. But

when you ask him to go, he gives you resistance? Yes. Okay. So what we want to do here is we want to start stacking wins in his favor. But first thing we have to do with him is give him a little taste of winning, without having to actually like eliminate for it. So what I would like to do first is just getting him to go in there, we have to run two programs with him because he's halfway potty trained. So I know it doesn't feel that way. We just gotta like work the system to get him to want to do it more often. right now that whatever he's doing is more desirable than going. So I'm gonna ask about that in a minute. But we're gonna run two programs with him. One is because he's learned to stand to pay and this is why I always say with boys in the beginning, if you have a choice, make them sit to pee and stick and poop because they have to sit there. So the first thing we want to do is run a little program where we get them to sit. That ask is super easy, because we're not asking them to do any You're asking to eliminate we're just ask them to sit on it. And for sitting we want to see if we ask them to sit, we're gonna baseline data, just like we did with Christopher the last boy. Last time we spoke spoke to her son, and we're gonna see how long he'll sit before he pops back up. And then we're gonna make a game out of it, right? We're gonna say, okay, Zach, if you sit for 40 seconds, I'm gonna give you a coding. Now, I don't care what it is, we're going to talk about rewards in a minute, because I know you, you've probably told me that you've tried everything. If he does that, he gets the cookie. And the ask is so light. Because we're not asking him to eliminate, we're just asking him to sit. So that's one way we want to build up his tolerance to want to go in there. And we also are pairing the entering the bathroom and sitting on the toilet is now paired with something rewarding. Okay, it doesn't have to be a cookie, we'll go over the rewards thing in a second. The other part of this that we want to work on is is he and I pull up during the day now is he wearing underwear.



20:53

We've tried both. During schools, you asked me to pull up, most of the time at home, he's in a pull up. On the weekend, we try to do what we call big boy underwear, just regular underwear. Usually the mornings he's fair. But by mid afternoon, he's had quite a few accidents. And then he just doesn't want them anymore who wants to go back to the pull ups. Because why? They're comfortable. They're familiar.



Michelle Rogers 21:17

Your book. Yeah. And it's, you know, a pull up is meant to pull moisture away from my ass, and it makes it so I can run around with it full and it's great. So the idea here with potty training in general, is we want to create a world where Listen, doing it in your pants. Not good anymore. Doing it here, oh, it's so much better and so much easier, and it's cleaner, and you can get back to your business really fast. He doesn't understand that there's a much better way to do this, especially if he can still piss and shit his pants with without breaking a sweat. Right. So the idea here is when we start to actually potty train him, we're going to be committed to no longer allowing him to wear diapers now he can wear diapers to school. The idea here is when we do this, ideally, we want to set an intensive over a weekend or a three day weekend, where we can work on this with him and stay committed through the process. And I'm gonna keep going through this with you. So the idea here is that diapers are no longer an option for you at home. Now I know if depending on how we do it that intensive It may last longer be an option for school either the only time diapers would be allowed during when we are fully committed to getting paid training. And we're not going back is for naps, or and bedtime temporarily. The

idea here is like this is no longer a part of our home, you wear underwear. And if you soiled the underwear, you're gonna come with me, we're going to dump the poop in the toilet together, you're going to help the cleanup process, see how we're kind of. Yeah, and you see what's happening here. Like the idea here is that we're making his war world of wanting to shit his pants, like really uncomfortable, not great, not great, not great. And then on the other side of actually eliminating the toilet, we're gonna make this world so much more fun and enticing. And that's the next part we're going to talk about, which is the reward system. So first, before we talk about reward systems for actually eliminating, do you think a reward system would work just to get them to sit on the potty to build some reps up of like just sitting with no requirement of elimination?



23:20

Um, oh, definitely. He'll sit now. So that's, I mean, we have books and stuff that keeps them on there. And sometimes he'll sit for 1520 minutes sometimes and not do anything.



Michelle Rogers 23:31

Gotta do it or just to get some reps of going in there and getting the water just for going in there. Okay. It's something like we want to we don't want to pick our 10 for this. And that was one of the things I wanted to talk about. With Christopher's mom, she's still on. This is one of the things for everybody. The reward has to be 10 times yes. That's why I say on a scale of one to 10 whatever it is that you're presenting, it has to be 10. I can see. It has to be a 10 she said gummy bears were six and I had to guess gummy bears or a six probably because it could have been any time not every day, but he had he can have access to them. The way you take something and make high desire is you withhold it if I haven't if I want to make gummy bears the reward, but he can have gummy bears with grandma or the babysitter or whatever, that it doesn't have that it's nice. I'll take it right it'd be great for sitting on the potty but to eliminate for that, man, I think I'll shoot my pants. You know what I mean? So the idea here is to think about what he's interested in and what is like a tenant his life that we can use as the reward for potty training. So what are your thoughts about that when you think about it?



24:38

Um, that I need to find out something he likes and no, I have it. Alright, so what



Michelle Rogers 24:42

are some things that come to mind that you think are attending his life?



24:47

Well, his number one is he loves to play Nintendo.



Michelle Rogers 24:51

Okay, word or baby right now with Nintendo. They just bought him a switch. Alright, so a Nintendo Wii loves that.



24:58

Oh, that That's his 100% Answer is go to That's his favorite thing in the world right now. I love it.



Michelle Rogers 25:05

On a scale of one to 1012 1515 Okay, guys, you're gonna have this, you're gonna have this boy pie training by day because guess what? Now I'm not saying you already know what's coming. I'm not saying that we rip it out in his arms right now. He goes to bed that thing goes by. He wakes up tomorrow. Where's Fido? Right. So I know you have a child there. Then I say guess what? Zach this week and Mommy got you all new one. I guess you all this cool stuff. And I have your Nintendo. And every time you pee or poop in the potty? You pee on the potty. I give you 10 minutes Nintendo time. And if you poop on the potty, I give you 30 minutes Nintendo time. What do you think you would do?



25:50

You'd scream and throw fit. Okay, you well



Michelle Rogers 25:53

Yeah. Cuz now it's like, he's gonna do that tomorrow when it's gone. Because the idea here is right. Right now everybody, Nintendo is his top thing. And it's so desired. I'm assuming he gets it, he gets to play with it a lot. So now that's going to change now I'm not trying to, quote torture her towards her child. The idea here is whenever I have something that a child loves like that, I'm like who I love it. Because I need to be I need to always have power over that. So I can use that to teach them important life skill. So this was an iPad, I don't have my phone here. But here's my phone, and they love the phone. This is always a big one for us, iPads and phones, or any electronic device, they're meant to be addictive. I don't have an issue with that. I don't have an issue electronics with kids at all, as long as it's under my control supervision. So I can use it to uplevel them. So I know if he gets it in tendo. And he gets it off and it's gonna suck it for sure. Yeah, especially when tomorrow he's gonna come home or tomorrow, he's gonna wake up and it's gone. And he's gonna be looking everywhere for a ship, I know where it is, you know, and he's gonna get what the reason why I say to do this is because I want to build that desire. He's already at a 15 for that Nintendo. He's gonna be like a 20 when she represents it to him again. And the idea here is when she comes in with the new underwear, and she tells him guess what we're going to poetry. You can even build it up and say, Listen, we're going to pi train speaker, but it's going to be funnest that we've ever done it. It's going to be like fucking going to Disney World. Because we're going to make this so fun. I got a special surprise for you way to find it. You're gonna be so excited. And he's not gonna know what that is. And you're

just gonna be saying this in everyday. Two more days. No more diapers you're gonna do next week and or whatever you're gonna do three more days. No more diapers. I'm so excited. We're gonna say bye bye. The diapers, the diaper. Fairies come in and take all the diapers away. No more diapers. You're gonna be in big way underwear and you're gonna pile on the Patriots gonna be so fun. We're gonna read potty books between them. Potty stories, we're gonna sing party songs. And I've got such a special thing planned, right? In the meantime, he's gonna be scouring for this Nintendo. You're gonna be like, Oh, no clue where it is. He's gonna find other things to entertain him. Then you're gonna present the Nintendo and say guess what, mommy foundry and kendo. And if you pee on the pie, Mommy's gonna give you 10 minutes unintended time. And if you poop, you get 30 or whatever it is. You want to decide for that. Now, let's see. He was the unsinkable and has a tantrum. Right. He's like, Oh my God. You're so time he starts crying. Right? Yeah, you think that's what he's gonna do? Right? Oh, yeah. Okay, then what happens? You're gonna want it right. Yeah. Okay, and then what happens?



28:26

He just keeps whining and screaming and tearing things apart. And Alright, so we're gonna put



Michelle Rogers 28:31

away our precious knickknacks. Okay, then what happens?



28:35

Well, we pretty much send him we haven't gone to his bed. And that's kind of the time where we almost let him calm himself down. We've tried to bring him we've tried you know the tantrums. And as I go to your bedroom, you have a bed with air, he doesn't have to go to his



Michelle Rogers 28:48

bedroom, I could give a shit. The idea here is that we can survive this. A tantrum is a heightened state right? Eventually he's gonna calm down and move on. The idea here is right a boy or a boy any child who tantrums This is a roars purest form of communication, meaning that I tantrum to communicate, and it has worked in the past. That's the only reason a child tantrums is because it's served them at least one time, all they need is one time to reinforce the behavior. It's so easy to do. And it's so blood currently for most to hear that they usually it serves them well. We have to teach them this is no longer going to get you what you need. And this goes for communication too. For every one here and I'm not talking about making a nonverbal child, just magically speak. We have to meet you where you're at. That's what my program does. We kind of meet you where you're at. And we build out blueprints like this because her son is at a point where he kind of knows what he's doing in there. It's just not preferred. We're gonna make it so that it is preferred. This is the only way you're gonna want to do it. There's no other way and every time you do it, you're gonna get access to that amazing thing. And yeah, he is gonna be he will be upset, but he'll be fine. He's gonna get over and you're gonna be fun to see it. Yeah, like, if you think about using something that's a 15 that you

would hold for a couple of days will be a 20. By the time you, you give it to him, he'll be potty trained by like Sunday. No doubt in my mind. For the great guide everything, right? Oh, yeah, we've just



30:22

we've been trying to potty train for about three years. Yes.



Michelle Rogers 30:25

fucking crazy if it was done in a weekend. It was always



30:31

were but nothing to this extreme.



Michelle Rogers 30:35

Yeah, but like, What do you mean nothing to this extreme holding back to Nintendo? You mean?



30:40

Yeah, I will. I will usually let him play that. And then if he has an accident in his pants, then we'll take it away. So you have this?



Michelle Rogers 30:47

Yeah, but see that what she's doing is what we call negative reinforcement. If you do something bad, it gets taken away. What if you do something good. And you earned the right to use it? Ah, that changes. Right? that I wanted to do that more and more instead of forgetting and getting, you know, doing it in my pants? Yeah. Would you say?



31:08

I said he gets so focused on the game that that's kind of where yeah, getting?



Michelle Rogers 31:11

Exactly. The idea here is to to turn it around. And he can't get focused on the game that much. If you're not letting them have more than 20 minutes, you see what I'm saying? So because he's already kind of halfway there. And I want you to believe like, you're halfway there. There's

plenty of parents who would be like, I'd be dying for what she's got. If you start you start this weekend or whatever, we can decide this the switch disappears in the morning, you represent it as the as the reward system for PI trading, whatever day it is that you decide to do it. And the idea here is that instead of kick him every hour, you're going to set a timer. He's gonna go every 30 minutes, we're going to stack wins for him. He's gonna get lots of access to this. And when the timer comes off, he's got to get it back and you make throw sick. Everyone will survive. Oh, yeah. How's that feel?



31:56

That's yeah, some good ideas. That's definitely something else to try.



Michelle Rogers 31:59

Thank you. I appreciate that. We'll keep you posted. Let me know how he does. You're very close and excited for you think about Theresa. She got fucking kidneys. One pound Reese's Peanut Butter Cups. I had just on visualisers chopping up a big one pound peanut butter cup. With a hatchet every time her kid takes a shit. I love it. All right, we keep us posted. Okay, Samantha.



32:24

All right. Thank you. All right. No



Michelle Rogers 32:25

problem. I'll talk to you soon. All right, let's do um, let's do Andreea next so fun. So phone. Let's see while she while she's see we got another new member? masterclass. I can't see your neighbor, welcome. Let's see. How would you assist a two year old who seems to have calm? And she doesn't respond to commands. Amy. Let's chat. I need more information on that. Why do you Hi, Andrea. How are you?



33:00

I'm good. I'm so sorry. My son was in my lap and I couldn't get to you right away. No worries. My question today was about the potty training, but also to he got sick off of chicken nuggets one time. And after that he stopped eating anything except for crackers. sausage links and little muffins. That's it. He wants anything else. And my question to you is, you know, is there something or some within your program about eating and? Yeah, right.



Michelle Rogers 33:49

Absolutely. So we actually had a mother from Iowan and this was really sad, and I'm so happy that she found me. He was almost gonna be put on a feeding tube. It was a very similar

situation where he was very, very picky. She couldn't put weight on CPS was whatever Ireland CPS was, is what they were going to call on her because of his eating issues. Eating issues is probably the fourth on the list when it's so severe like this and what happened is he had a traumatic experience associated with one of the minimal things that he will eat so now he won't eat that anymore. So the idea here is yes, in my program, we customize blueprints for all things autism I consider myself like a Harvard of autism we cover every challenge that you face. What we did with Julianne is a picky eater as well. We do something called the picky eater protocol and you'll get access to this when you join the program. And we customize this for your baby. What I would do the first food I would pick to have him reintroduced to is what he used to eat which is the chicken nuggets that would make you happy right? Yeah. So what we want to do is we want to do something we what we call I call it disarmament It's fucking cold technically, it's called a bite for bite protocol and the and teenagers we actually do these things sessions. They have to be hungry when we do it now now when you study only it's crackers, sausage links and muffins Z any junk?

 35:10

No. You know what? No, I take that back. He does like cakes, like a birthday cake or something like that. He'll eat that. And he has vitamins. Every morning I give him like seven different vitamins. Okay. Yeah, the gummy flavor.

 Michelle Rogers 35:32

Yep. Have you ever given them those gummy fruit snacks? Or gummy bears or anything like that?

 35:36

Yeah, and he'll eat him sometimes. But I think it's overkill. Because he eat the gummies on the gummy vitamins.

 Michelle Rogers 35:46

Vitamin CZ like him. Like he looks forward to him.

 35:49

Yeah, cuz um, I put them down with his muffins in his sausage links, and he'll eat the vitamins before he touches food.

 Michelle Rogers 35:59

And the muffins are they like little mini like chocolate chip muffins. blueberry muffins.



36:03

Yes, so he liked the chocolate chip. And he liked the birthday cake once. But the other ones he won't. And he knows the difference of bran of the muffins and he knows a difference of bread and sausage links. If you switch the brain, he won't eat it.



Michelle Rogers 36:22

Hi, there trouble. Alright, so here's what we're gonna do. So what I would do with him, we want to obviously, doing a picky eating protocol. When we're doing a bite for bite, you want to do hungry. So the idea here is to catch him when he's hungry when we're going to do this. So the first thing we want to do is baseline and same thing I do with pie tree. We want to see if I put a bunch of if I put like three chicken nuggets on a plate in front of him, what will he do? Will he freak out? Will he run away? Will he push the plate away, we got to get neutral. Same thing is like getting on getting rid of potty phobia, get a neutral just to the side of the plate in front of



36:57

him. He'll push it away. Got it. So



Michelle Rogers 37:00

the idea here is first before we even get him to take any bites of them. We want to just get him to be okay with them being in front of him. Oh, good job. So what I would do is like just like while I'm giving him practices vitamins, like just put the plate there, he may pull it away or whatever it say no, no, these are in the middle of wherever he'll not touch them. And each each time he sits down for a meal or whatever, just start bringing a little closer and closer. You're not asking him to eat it. The idea here is to not to just be so visceral and his knee jerk reaction to kick it out of the way. This takes patience. But with a situation like this, you have to do this, because you don't want his palate to go smaller and smaller, you want to go the other way is to bring in just let's lay down a little plate in the play room lay down a little plate mirrors that just to get him used to the idea that these aren't hot, they won't hurt you. You know what I mean? We didn't know the last time we got sick on them violently sick on him, he may just have association that they're terrible things. We just want him to get him. Once we get up to that point, we want to see where the child is some children progress past this point very fast sometimes. Or say he gets to that. Next thing we want to do is just reward him for touching it. Can you just touch the nugget and just get in touch touches it then he gets a little bite of muffin. Now I started with pulling them up. It's I don't sit that down. And when we get to this stage, I'm starting to do I'm starting to get ready to do a bite for bite. One when you're hungry if they're not hungry. So is it gonna work? Even if you want to do or like if he likes drinks? Does he like any types of drinks?



38:36

Yeah, he only drinks like the juice boxes.



Michelle Rogers 38:40

Perfect. So what I would be doing is I'd start like, what about water? Does he do water? every blue moon. Okay, so these are the things like we can start to build out some ideas here in the sense of like, what I would do, how's the drink the juice box out of the box and in the box? You put it in a



38:56

juice box? Yep. I tried to give him like in different forms. And he won't drink it at all. But he will try to drink a sip of water from the little small mini water bottles. So every blue moon he'll drink from there.



Michelle Rogers 39:15

So what have you put some juice in this mini the mini small water bottle? Yeah, I



39:20

tried that too. Okay, yeah. Yeah, like every once in a while he'll, he'll try it if I wanted to. Wow. Yes. And it's a year since. I'm sorry.



Michelle Rogers 39:37

That's right. It's been over a year since you tried that. It's been over



39:41

a year since he stopped eating other foods.



Michelle Rogers 39:45

Okay, so that's fine. What I want to come to is if I put it when you said that sometimes when you put the juice in another cup or in a small water bottle a couple of times he did drink from it



39:57

a couple of times, but most times he'll just push it away.



Michelle Rogers 40:01



Michelle Rogers 40:01

Because he knows



40:04

I'm going to eventually give him the juice box. Yeah, yeah,



Michelle Rogers 40:09

the only time he drank at those times is because the desire was hard. Remember, this is about the reward system again, guys, right? If desire is high, you're gonna see a lot of behavior or case glimpses of the behavior, which they do all the time, which is drink that juice from any cup. I wouldn't even be presenting it to him in the box anymore. I'd be putting in all different cups. The idea here is to get him used to different things in front of him that go in his mouth, like for food and drink, especially. Thirst is like primal, right? He can be running around, he's gonna get thirsty. And if there's juice, but it's in a cup, and he's thirsty, he's you're drinking. Okay? If he's been able to hold out with you in the past and you feel bad, and you waited 20 minutes, here's your deal. And he knows he's going to wait that long till you hold out. The idea here is that we're not trying to dehydrate her son. We're trying to get it so that he understands like his world can't go smooth. can't entertain a child's life and can just keep making the world smaller and smaller. So I always see he's close and everybody laughs about oh, what's his apparent? Oh, no. And of course full of the same fucking chicken nuggets. It's half. Half not right. To be my life. I don't want to identify as the mom, it's gotta buy a fucking crate load of of chicken nuggets. Exactly. That's right. Exactly. So it's like hat tongue in cheek, but really not. The idea here is to start widening his horizons means we kind of create a little bit uncomfortable for everybody. But now I don't consider it like bad uncomfortable says good uncomfortable. So it's going to help him elevate grow. So so what happens is after you get past the point where you get used to looking at the nuggets, then it's bite for bite in the sense of interact with the nugget, I give you a piece of mouth now even the whole month and you just drop a piece in the plate. And then okay, now put it to your mouth, like sniff it be sniff See, what's his face close to he gets another piece. All right now, and this may not be in one setting, you're gonna have to base on this. We have like a whole protocol, we work on this in the program. And we say, Okay, if you just touch it to your lips, and then maybe he gets a whole mop, and for that, it really depends on how he's responding to each step of this. Okay, then you take it and you make it a piece size, right? A piece size amount for one whole muffin, you see how they ask? The reward is 10 times the Ask literally in size, he gets a whole mini muffin for a pea sized piece of chicken. Okay, remember, he has to be hungry, and he's gonna throw a fit, because that's what's worked in the past just like any other, you know, I know that if I don't eat it, and he has the option here. He doesn't have to eat it, but he has to get the muffins. The idea here is we're working it says we're not going to do you know, I'm not trying to starve. And the idea here is to work and just get him trying stuff. And you're gonna notice we do we do about 10 PCI sessions where they take 10 bites or 10 sessions of taking a couple of key size bites before the next size. Okay. It's a gentle increase. And we have been working on ice cream for Giuliana for years. But it's been stop and go because we work on other things. In the meantime, we just got it to where she's eating about half a cup of cookies and cream ice cream from Baskin Robbins. Yeah, clear it is. And this is what, like we've been working on this is the you know, this is this is one of the things that it's probably one of the more tedious programs to run,

but it's gonna be the one that means the most because we want to make sure that he gets the nutrients he needs not just from the vitamins. Okay, does that seem doable? Helpful? All the things?



43:47

Yeah, that seems helpful. I'll try that. You know, because I do give in because I want to make sure he eats something but yes.



Michelle Rogers 43:58

Awesome. All right. Well, keep me posted let me know we always start with the things that they used to eat. And then we go back to them and then once we get chicken nuggets down then we want to say okay, you got the Purdue nuggets down now he's got to try the McDonald's now he's got to do the the other nuggets you want to generalize this. Yeah, you knew what the muffins I'd be messing with that now like, alright, you know what? I'm just what if I just one day just offered him those muffins. He could have the other ones later. Let's see what happens. You see what I'm saying? When they're all hungry enough. Nature's gonna call when he's thirsty enough. Nature's gonna call he's gonna drink out of a cup, but there's no other way to get it.



44:29

Okay, okay, I



Michelle Rogers 44:32

gotta go by touch gonna lean in stepmom, intuition. I gotta get this done. Okay,



44:37

I got one. All right. keep



Michelle Rogers 44:38

you posted. All right. I love it. Okay, bye. All right, we're gonna take one more and then we're gonna wrap for the night because I am like running out of steam. But this is fine. I hope you guys got a lot out of this. We'll get to communication one up here. Leilani I'm promoting you to panelists join our program. You guys gotta join. You're gonna have so much fun with me. because you get me oh you get me for like months one of this lady told me it was alright to read her email but she did but I'm going to I'm going to add limit Leilani promoting you to panelists your screen is going to blank you're going to pop up on the screen you're going on mute yourself up she declined all right we're gonna go to yah yah yah yah promotes panelists and while you were talking when to answer questions or try Katie Kay we again my son can identify when he needs to pull up when he's scared to actually let it happen. If he is wearing

underwear he will hold it in, but will go in a pull up if I sit him on the potty when I know he needs to go he will sit there for a minute and then get too nervous and get up and hold it in. I don't know how to break the barrier and help him finally go and it's beyond rewards. They don't help in this scenario I could bet I could disprove that Katie, we were actually talk you should join my program. So what we want to do with him is we want to make sure Yeah, declined to be alright, I'm going to do crystal next. One more crystal, you're up? Well, we want to do Katie here is we first want to make sure that your crystals coming. We want to make sure that we are not suffering from any party phobia, especially if you think he's scared to poop. If he'll just sit neutrally without you requesting it without you just taking him when you know he's got to go. And give that a little rewards first want to make sure that works. I'm not talking about the major reward like we talked about with Zach's mom, right with an intended we're talking about just a little something to get him get him some wins and some some good associations with the bathroom, then I would love to talk to you about about why you think he's scared to actually poop. It is a different sensory experience. And they don't get as many times to practice it. So we just got to honor that. But we want to really analyze what we're seeing, like, Why do you think he's scared? Like, give me details as to like, what's making you think it's fear that you're seeing and then the other thing is, it's beyond rewards. They don't help in this scenario. I want to understand what you've tried. Why you think that? It was interesting, because that's mom said, We tried everything. We've been doing this for three years. And we just talked for about what 10 minutes and it's like, oh tendo I guarantee she comes back and says Michelle is by train the weekend after she does it. All right, Crystal, you're up



Michelle Rogers 47:24

Christo got on mute. Can you hear me? Okay? Hi, how



47:30

are you? Hi, I'm good. How are you?



Michelle Rogers 47:33

Good. rocking it out almost my bedtime. Now.



47:37

My question to you is, so my son is four years old. And he like he goes to he goes, he's in on CBSE. And he also goes to daycare. So at his school, they're like, you know, all the children, he's in a eight to one to two class ratio. I always get it mixed up. So I hope I said that right. He was in a 10 to one to two classroom and then they downsize into an eight to two to one or however you say classroom setting. So there's more. One has on hand staff there. So at school they're really good with I taking him to the bathroom, but he's gotten into like this routine where it's like he goes to the bathroom, he sits on the toilet or the potty. And then he'll sit for a second and then pop and get right back up. And then says all done time to wash your hands and like washes his hands. So like he follows this routine. And then if at home, if I try to get him

to use the bathroom, he'll do the same exact thing that goes to the bathrooms he'll sit on the toilet for maybe a second and then pop right back up and then request to wash his hands. And that's the ending cycle. Got it? So I want to know



Michelle Rogers 48:49

is the washing hands like fun for him? He likes that.



48:53

I don't necessarily know that it's fun for him. I think he enjoys it but he just he's very like routine baby. So that's what they do at school. So he's like into a strict routine like everything he does like is a routine.



Michelle Rogers 49:07

Got it. So right he's suffering from what the other kids are which is the potty phobia, meaning that ease he doesn't want to say whether it's real phobia I don't care so I just call it meaning that he won't sit for more than a second we pops back up now you're saying it's like oh, because he's in a routine because he knows once he pops back up he's got to wash his hands now I'm not sure about this. Why is like is it a pay off for him? Does he enjoy sudden up turning the water on putting his hands and a lot of kids like to play with that?



49:34

I don't think he really enjoys that as much I like to do it but I don't I don't think they can get that much struck him.



Michelle Rogers 49:42

Yeah, so I got I've seen him



49:45

get joy from other things and that's not really



Michelle Rogers 49:49

fair enough. So So what he's trying to do is just kind of bust through it and like see I did it. I'm done. Stop asking. Right. Yeah. So now we want to tell him what we want to do is baseline what the real number is Just one second three seconds, whatever. And now we're gonna say like, Tell me some of the things that do bring Him joy.



50:07

I'm coloring watching his iPad. Singing me reading him bedtime stories, hugs kisses.



Michelle Rogers 50:17

Like bubbles, tickles piggyback rides. Yeah. He



50:20

loves tickles. Yeah. Oh, okay.



Michelle Rogers 50:23

So what if we did something where like, listen, What's your son's name? St. St. Louis. Like that seems? What if we said St. Guess what, if you sit on the potty, and you wait for the audio timer to go off, right? And once it goes off, you wait till it goes off, then you pop back up, you wash your hands, and I'm going to give you a typical session. What do you think he would do?



50:44

He would tell me to tickle him right there. And then



Michelle Rogers 50:47

the idea here is we've got to keep testing out rewards till it's not for the app. This is really easy. We're not asking them to eliminate. We're just asking them to sit. And that's you're gonna tell this Mani only wants you to sit. And we're gonna test it like would he sit longer if his pants wrong? You see what I'm saying? All right. So fair enough. So that's the case whether a pants on our pants off the idea here is to increase the time that he'll sit and what would be worth the ask for the timer to go off. And once it goes off, he gets access to this thing. Now I don't want to go right to the iPad, because I want to use that supply chain because I suspect the iPad attend, right. Yeah. He's like, what you told that other mob? I'm terrified. No, it'll be fine. Okay, so before we even go in there, the idea here, but I would start preparing myself because that's where we're headed to potty train him. We want to get him sitting enough long enough to actually eliminate. So what else does he like snacks does he likes



51:47

Oh, he loves snacks, pepperoni. So he he used to love chicken nuggets. And then he's like a seasonal eater. So it actually does a seasonal either, but he likes something and then he just doesn't like it. And then we'll revisit it again. And then he just doesn't like it. So now he's back to liking cereal like cornflakes again, so Frosted Flakes, so he'll eat that now. Whereas like he

didn't he didn't care for it a month ago. And he was eating waffles and toast to show this. Now he doesn't care anything for the waffles and the strawberries and a little sugar. So he goes through the cycle where you can try him again with different foods, but it's just at a certain time. He only wants to eat specific things and then it's like up. I'm out of that phase. Okay, great.



Michelle Rogers 52:31

So what does he consistently like? Even if it's junk food?



52:35

So he always likes Oreo cookies. Oh,



Michelle Rogers 52:39

my heart and Juliana's too. That's a favorite cookie. So all right, so he said to him if you sit for five seconds or whatever till the time it was I'll give you an Oreo. Would you do it?



52:49

So here's what what he would do the whole entire time is Oreo cookie, please mommy Oreo cookie, or? Yeah.



Michelle Rogers 52:58

Yeah, cuz he's gonna want it and that's why you see Yeah, first you sit. You sit until the timer goes off. You're getting a really visual because our kids are visual learners. First you sit and then you get the Oreo. And you have to give them a big or you want a mini Oreos at an Oreo cast or whatever, you know, I mean, he's just gonna be delighted to get an Oreo because the Oreo Oreo Oreo. The reason I'm saying that it's because if I say that enough, like how they say like a kid and go walk around a story of yours kids say Mommy can have this guy that says they asked her mom like 50 times to get it to eventually get it 50 times. So he's going to do the same shit. He's going to keep trying the stuff that usually works. And now you're saying no first this you sit with the timer, and then you get access to the Oreo. Okay, so what are your thoughts on that? Um,



53:46

let's play so like



Michelle Rogers 53:48

Alright, you're gonna say guess what? st you're gonna sit on this for 10 seconds when the timer goes off. I'm gonna give you an artist or your or your Oreo. And then what happens?

 53:58

Um, he'll if he sees that with me with the Oreo, we'll probably try to get up and reach for the Oreo.

 Michelle Rogers 54:04

Yeah, and then we'll have

 54:09

I'm not sure I did that maybe if I put my foot down and like stand my ground maybe he will definitely do it I think his dad it for sure he would do it. But Oh, that's interesting. Why so? Yeah, because I guess he knows like, I'm the easier parent so he can get away with a lot of things with me than he can with that. So I think he'll listen to Dad more than he'll listen to me.

 Michelle Rogers 54:34

Alright, I don't care who he does it with it would be great if he does it with both of you. The idea is like get him some reps for sitting on longer but you want to get this you don't want Dad Yeah, all of the fun with this. He'll he's gonna push you harder because you notice that your mommy and you love on him and you cave. He was pulled on shoot with dad because he knows a dad says it he means it. Right when a mom says that she also has to mean it. And this doesn't mean that you can't have this love The cuddly swoosh on you relationship. There's the two types of parents, I always say there's the moms who discipline in love. And the moms who indulge in love. And which, and both moms love their child equally, which mom is always going to get be able to uplevel their baby. Right? The one who has the respect of his who respects his mother as the authority. And he gets, she gets a love on him and push on him and whatever, I want to change the identity that you see in yourself as like, if he's gonna do it for his dad, he's gonna have to do it for me, too. Right? And then it's not like we're asking you to do something hard to resist him to sit, and he is going to try to do the things that he used to do bad, grab it from USA, stand on his head, whatever. But eventually, if he really wants it, he's gonna have to sit. And the idea with any reward, especially even in this instance, and where he feels like he's gonna give her a lot of resistance. Oreos are no longer presented at any other time. Okay, do that. Because now it increases desire. And if he really wants it, the only way he's gonna get another Oreo on in this little in this little pile is he has to sit on the toilet for five seconds. I wouldn't name you your horrible mother. I mean, I don't even know. You sleep at night? 30 seconds. Are you at? You're crazy? My three to five minutes for one mini Oreo for it?

 56:31

All right, thank you.



Michelle Rogers 56:32

Do you think that that's possible? Or what are your thoughts? I did,



56:37

I do think it's possible. I do. I do think it's possible. Anything like saying he really adapts well, as long as you're consistent. So that's one thing I can say. Like a like a few weeks ago, I had broken a habit of and had him sleeping in my bed because he wasn't feeling well. And then we kept doing it. And then he didn't want to transition back to his room. So one night, I just said enough is enough, and put him back in his bed. And of course, it was held the first few nights. But then it was just like with repetition, repetition. Now he's just like, he doesn't even like think about my room anymore. So one thing I can say with being consistent



Michelle Rogers 57:13

think that way about doing this or even getting paid training done to begin with,



57:18

it's I feel like it's honestly on me, I will I will definitely take accountability for it. Because I think I kind of like thought like, I think what the other mom would say that, like the school and daycare and stuff would do it for me. Because they asked me like, can we potty train? And can we help with potty training him? And I'm like, Sure. And then I bring on the word.



Michelle Rogers 57:45

I agree. I think they always do that, like they say it but I don't know if they actually want to see it through. Like they didn't want to do it for a unicorn again, you know, it's sort of why Okay, I want to use according to what I'm saying here is that it's interesting, because if we put ourselves when you just had started the conversation with me, and this is why I thought work is 95% Not even 1050 95% of the game is fear. And you're acknowledging that now. We started like, he's, he's stuck, he's fixated and I go, I get up, I wash my hands, I go again, wash my hands, I gotta start to believe that it's possible to break that. And how you do that is you give yourself the examples of how he's done it other ways. He just did that with that time training, right? Because that was like, I put my foot down, you know what I mean? So it's just the same thing, I'm gonna put my foot gently down. And he's not gonna be honest here. He's gonna get rewarded for doing it right. And we just got to teach him just like he's consistent. So that's one thing about him. Once we teach him something, he'll get right into the routine with it. Right, potty training will be no different. So the first thing you're going to do is just do this. Get him get the momentum going with this. And then we can actually start pai training and use the iPad as the reward. He'll be potty trained as well, within a weekend, no doubt in my mind if he loves it as much as I think he does. He loves the iPad. We see dad talking about. Yes, we're not taking away he can have it anytime he wants. All he's got to do is pee or poop on the potty.



59:11

Well, I don't give him the iPad during the week. So he only gets it on the weekend. So he does look forward to having it on the weekends.



Michelle Rogers 59:19

Yeah. All right. I'm excited. I'm excited. Thank you so much. Keep me posted. Let me know how it goes. Hey, autism parents. November is a special month around here because my daughter Juliana, the girl who inspires me inspires all of us is turning 11 And I want to celebrate this milestone with you in a big way. So keep your ears open for more information coming soon. On a special live training you will