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SPEAKERS

Michelle Rogers



00:00

Hi everybody, welcome. Welcome, welcome. Hi, Katie. Hi,



Michelle Rogers 00:08

Monique. Hi, Shari. Hi, Linda. Jasmine, Heather, Kathy, Katie, Linda.



00:14

Let me know where you guys are all from. Welcome everybody. Welcome to



Michelle Rogers 00:23

we're gonna go over the three secrets to potty training any child with autism hello from Utah. Shari, where are you guys from? I want tonight to be interactive. And let you know we did. I did this about a month ago and I really love the interaction. I want to create even more interaction I want to hear from all of you. Hi, Ariel from



00:41

Texas. Bermuda who,



Michelle Rogers 00:47

who wouldn't want to be in Bermuda in January around here, Linda from Ohio, California, Connecticut, Kentucky, the United Kingdom. I love it. Renee from North Carolina. Che from Jersey Delma

jersey bella



00:59

Hi, everybody. All right. So



Michelle Rogers 01:04

now that you've told me where you're all from, welcome to potty Power Hour. It's going to be the three secrets to potty training any child with autism. If you don't have a child with autism, you need pie training. You're in the right place to so welcome. Welcome Lenny's from New York. Che Oh, awesome. Awesome. Awesome. Oh, here we go VIP from New Jersey. Chanel, Rene Monique. Awesome. Welcome, everybody. My name is Michelle. I'm an autism mom and life coach if you didn't know who I was, and I run a program called the champions for children masterclass. And we handle we basically help parents with anything autism related. And the biggest problem that every everybody comes to me to solve is potty training. So we're gonna talk a lot about potty training. Tonight, I'm going to show you the exact steps that I get to help my parents to conquer to get potty training done. I'm gonna give you that tonight. I came from Mississippi. Hi, Kathy from Ohio. Okay, so here's some housekeeping rules. Number one, I'm gonna keep the chat open all night, I want to be interactive with you guys as possible. If you have any questions, you can put it in the q&a, if you put it in the chat when people talk, I'll lose it. But if it goes into q&a, I'll always see it. So make sure that if you have any questions, you're going to put them in the q&a chats just more for like some general engagement. At the end, we're gonna do two things with anyone who stays live tonight, everyone who shows up live tonight, you're gonna get a special gift. It is the last page of my potty pocket guides or toilet training collection data sheet, which I forgot to put on my desk. But I will get it right now for you guys. And this will allow you to track your toilet training data, which



02:46

is right here. And you're going to



Michelle Rogers 02:50

have this in PDF format sent to you as long as you're live on the workshop tonight. And if you stay until q&a, we're going to wrap up one private 20 minute session with Moe to help you get get started on your potty progress. So you want to stick around for that. Okay, other than that, I think we'll just dive right in. I have some slides. But I want to keep it as interactive as possible. So you guys just keep shouting out where you're from. I wonder how old your babies are giving you all the details. Boy, girl names, all that stuff. Yeah. Kathy from Iowa, Katie from Mississippi. Love it. So far from Seattle. Oh, one more thing.



03:30

If you want to be coached



Michelle Rogers 03:30

tonight, I'm going to be we're gonna go through the presentation. And once we start q&a, I'm gonna do some coaching. You want to be coached, you're gonna raise your little, your little virtual hand. So if you go on the bottom, there's like a raise hand button. You're gonna raise your hand if you want to be coached tonight. And I will be bringing you up on stage to be coached. You're gonna have good internet, you're gonna be in a quiet place with no distractions and we're gonna be able to see your beautiful face and hear you clearly All right. Perfect. All right, we're getting we're getting going here we got Barbie a four year old we got Kylie who's three Nasr who's four, nine year old grandson. We have tons of grandmas in the program. Nothing beats a balls to the wall, grandma. That's what I always say. Alright, let's get cracking here. I'm gonna go share my screen.



04:14

Let me know can you see it? Jen?



Michelle Rogers 04:17

And Janice here Jen is my sister. Hi, John. Can you see my screen? Yes. All right. So let's get cracking. So we're going to talk tonight about the three secrets to potty train any child I'm going to open the chat here so I could see you guys and see what you guys are saying I want to hear all about your potty woes and and oohs and ahhs because I am here to solve them all. Okay, you are in the right place tonight. If you have a child with autism or suspect autism and they need to potty train, they are mild, moderate or severe on the spectrum. They are pre verbal or verbal. You're in the right place site. If your child gets any and all of the above. They have multiple diagnosis is if your child has multiple Like nurses, you're in the right place, you're in the right place. If you've tried and failed many times, you're gonna talk all about all about the trials and quits tonight. And you are in the right place. If you have a child or an adult child from ages two to 30 plus years, that is in diapers, and you want them potty trained. So I made this net super wide, because I wanted it to include pretty much anybody. So if you have a child that does not use the toilet, and you want them to start using it, no matter where they fall on the spectrum, whether they talk or they don't talk, I got you covered. And yes, you're in the right place, we're



05:33

going to help you to potty train.



Michelle Rogers 05:35

And by the end of this presentation, you'll know how to potty train your child, you'll feel competent, that this can be done, you will get your life back, when that'd be amazing that get the time back that it takes to change this child and keep this child clean, you'll be able to be the ultimate educator, and feel confident you can teach your child anything. And we're gonna

give a special gift to those who stay at the end. And not only will potty training be possible by the end of tonight, it's going to feel easy and fun. All right. So Why is Trump potty training so important? And here's the here's my philosophy, I believe potty training is one of the three skills that every child on the spectrum needs no matter where they fall on the spectrum, no matter how severe their autism symptoms present, if they get these three skills, their quality of life, their chance and a life of independence increases, increases greatly. Okay, the first skill they need, they need to be able to communicate the second skills, they have to not have problem behaviors or minimal problem behavior so they can sit and attend and learn at school. And the third is why we're all here tonight, they have to potty train. So if they're not potty trained, they can't have an independent life. It affects everything. So if we can't get that done, well, then that's going to affect everything. That's why we're here tonight. And that's what I'm gonna help you to solve.



06:54

Okay, this



Michelle Rogers 06:55

is a picture of me and my beautiful daughter Juliana. This was the first day of school. You see we have girl power here. If you did not know our story, my name is Michelle. I'm an autism mom and wife, coaches, my daughter Juliana. She was diagnosed on the spectrum, one month after her second birthday. And I watched her go from a child that was happy, chatty, just solely engaged to completely quiet, drooling all the time, lost eye contact, had some language and lost that too. And I remember even this time when she was about 13 months old, I'd said to my mother, I'm like, where did my happy baby go? It seems like she's just pissed off all the time. There's nothing I could do for her. Family was telling me that they thought something was wrong. I was like, oh, you know what? Maybe she's just taking your own time, even though the signs were so obvious. And it was there for me. I still I just I was in denial. I couldn't believe that something was wrong with her. Tell me if that anybody can relate to this, if they felt this way, when they had a child that was progressing, that was hitting all their milestones. And then they stopped. And then I started making excuses for what I saw. And I thought that maybe, maybe this you know, maybe she's just taking your own time and she's gonna catch up. Yep. Ariel said yes. And then finally, at about 20 months, I had another family member come in from out of town. She's like, wow, she's awfully quiet. Like, why isn't she talking? And I was just like, Oh, now it's another person saying and not somebody that's been in my ear all the time. So somebody came out of town. So I finally called early intervention in and they said, Listen, you know, at that point, I think she's about 20 months old. She was too young to diagnose, but she was definitely behind. I'm thinking in my head. I'm like, diagnosed with what? And I was in such denial about the whole thing, because I'm thinking in my head, why wouldn't you say something's wrong with her? Because you just want the billable hours? Right? So I'm thinking like that you open Pandora's box. Now we can close it. I don't think anything's wrong with her. I don't think they they spent enough time with her. And I was just like, so when the service is started, I was just so against it. I was just not playing ball with it all. I still believe that she was going to develop, she was going to choose going to catch up and she was going to be fine. In the meantime, all this was happening. I had enrolled her into a nursery school program. And we went for orientation day. I'll never forget this because it's very pregnant with my son about eight months pregnant with my son when she started this nursery school. And at first

everything seemed fine. She seemed like all the other kids and then I started to see the differences where they would all kind of parallel play and they're actually playing with the toys and putting the puzzles together. My daughter's just dumping out bins and just twisting things in her arms. Next thing you know, she starts hysterical crying and I know where I didn't know what to do. I started started to become obvious now to me, without anybody saying a word that she was different. And it was the first time I was just like, okay, maybe something is going on here. And long story short. Within a week of starting that school, I got the call that when I dropped her off, she never stops crying. She's disrupting the class. She's not listening. And then you know, it's still I was still willful and denial. Remember there was A Halloween parade and I was the only parent that had to come because she would never listen, she would never cooperate. She'd be crying a lot. And I had to, like hide behind her in the class picture because I was just so embarrassed. I felt like she's being picked on I honestly, I was even though all of the signs and I was still like willful denial about what was going on for her. And then it was just like, Oh, my God, you know, like, I just still didn't want to believe that something was wrong. And then something happened and my son was born. And then and then she had to go for her two year old visit. And I'll never forget when early intervention came in over the summer, they said, Listen, if she doesn't get any better, call us back in. And we'll diagnose it, we'll get your diagnose. And I didn't even know what he diagnosed with what I had no idea what he meant by that. And I was like, I'm never calling you. And then I go to her two year old appointment, and I'm talking to her doctor, and I said, you know, everyone's saying she was behind, but look at her right. She's not behind still thinking. I mean, I'm have to at this point, she almost got kicked out of nursery school, I gotta pick her up, I gotta drop her off late, pick her up early, so she doesn't disrupt the class. And he's like, Oh, is she using 20 words with intent? And I said, No. And he's like, Well, she's definitely behind. And it was just kind of like a knife, you know, a knife to my heart when he said that. And for whatever reason, when he said that, I woke up and I remember calling that guy for I'd never call back into my home again. And she was diagnosed on the spectrum a week later. And, you know, for a while there, you know, I was really devastated. I didn't know what to expect. I didn't know shit about autism. All I knew about it at that time was Rain Man, a movie in the 80s about this guy that was institutionalized, and he couldn't live on his own. So that's what I'm thinking we're about to experience. I'm thinking her life's over, and my life's over, too. And I just, you know, I was just devastated. And I remember thinking, you know, one night, you know, as I was putting the babies to bed, I was worried about my son, because if you have one child with it, you're likely to have another. And I remember just putting my son to bed that night. And you know, and I'm looking in the mirror and I said, shit, you know, I'm gonna die one day, and who's gonna care for her when I'm gone. And there's something about that thought that just kind of snapped me out of my, my funk. And I said, I gotta get to work here, whether or not she lands, I don't know where she's gonna land. But I can't stay here, I have to show up my commitment to her as her mother, when I was holding on the arm, my arms in the hospital is now more important than ever, because she I got to do so nobody else is going to do it for like our Gleicher mother. And I knew like I'm a God fearing woman. And if we all stand in front of the gates of heaven, and God's playing back my life real, I don't want him to watch me with my head in the couch coaching for months and months and months or years. And I just said I can't do it. And I had no idea. By having that thought that scary thought that changed my course. It would lead to a life where she is now thriving. She went from the most restrictive special education classroom a 614. She was She learned sign language, she potty trained with a sign. She started making sounds, repeating things scripting and started to communicate. And she went from the most restrictive classroom 614 to where she is today. She is in her second year, and a general education class fifth grade with minimal supports, and she is going to live an independent life. And I had no idea that that was possible. But it is possible for my baby. It's possible for your baby. And I had to get out of my own way. We're gonna talk a lot about that tonight. Because once I got in my own way, it

was like, let's go. I'm just gonna show up. But I hadn't I you know, it's funny. I showed up not for her. But for me. I want to know that I did everything I could that I if I left the store tomorrow, I say I gave it everything I got while I was here. And that's what I want you guys feeling like to after tonight? Okay.



13:40

Thank you. Thank you. Yes, everything.



Michelle Rogers 13:41

Oh, wow. Awesome. Amazing. She's really amazing. She delivered in the mail. I'm so excited for her. I want this. I want everyone to believe that this is possible for their babies too. Okay. All right. So here's Niecy Niecy is a grandma in our program, and this is a hysterical story. She's one of my masterclasses, she came to me she has custody of her grandson. He's four years old, and she needed him potty trained. And he was resistant to all the efforts that she had made. We put a protocol in place, and we pee train and within a couple of weeks, then it took about another month to get and poop train and in between them nice. He sends me this email I'll never forget, it was hysterical. She was really angry at me. And she said, You know what? I am struggling so bad. This isn't what I thought it was gonna be. I don't think I can do this. And she was like, ready to quit. And I get Dc on the phone and see what's going on. He was doing so good. And then we just kind of talked through it. And then we figured out like it was just hysterical. He was one of these poop holders. And he held his poop until Monday and then he pooped poop at school. And he deliberately do that so you have to poop at home with her was hysterical. So once we realized I'm like, cute mom on Friday came home on Monday. And that was that we got him and I just we laugh at this because she was so angry with me. She was ready to quit the program. And it was just a shift of like, hey, you know, like, what happens with you guys is that when you're potty trained, you're kinda like in the mental imager in the field, I can see things from like a drone view. So sometimes you get so in the in you're so in the thick of it, that you just don't know what to do. And you're just flabbergasted and you don't know what the next steps are. But why can see it's so much clearer than you and this is what's going to take reps in your life. If you want to show up for your child like that. We've got to be able to take take a stiff face back and see what's working, see what needs the tweaking and we tweak and test until we get the result we came for. And that's exactly what happened from UC is the start We both laughed I so I'm gonna read your letter one day one of these webinars and she actually I deserve that it's I was a total asshole. I say I agree by the way, I curse over every cursing bothers you.



15:37

I might not be your coach, but



Michelle Rogers 15:38

we're gonna have fun tonight regardless. Okay, let's see here. Hi, everyone. My nephew has Down syndrome is nonverbal is so smart. He's seven years old, and his mom, my brother's wife passed away in January. So I'm older. So I'll need all the help of ni Training. Welcome. We have

passed away in January. So I'm older. So I'll need all the help of potty training. Welcome. We have children with multiple diagnosis in the program down syndrome being one of them. So I believe my methods work for all children. So you're definitely in the right place. And speaking of seven year olds, this is Mary. She's one of my first clients. Her son was seven when we first worked together, he was pre verbal and in diapers and within two weeks of working with me, he was fully potty trained. And within a month he said Mama for the first time. Why couldn't this be your baby? Do you see what I'm saying? This could be your baby and your baby and your baby. I say it like that because it's so possible. We just need the skills we just need the tips, the strength, the ability and we have that we can we can really hit the ground running. So before we get into the program, I always have to do my disclaimer, and that is this information and all information in my workshops are not intended to serve as a substitute for a consultation with a medical or behavioral professional. Only qualified professionals who know and work with this child on an ongoing basis can adequately assess and supervise a child's program. I always recommend using a board certified behavior analyst on the child or clients team. This is especially important if the child is in danger of hurting themselves or others. So full disclosure, I am not a doctor, I am just a badass mom, who does not stop to she gets what she comes for. And I've used that to help 1000s of children with potty training hundreds of families in the masterclass but I am not a doctor so make sure you run anything I advise you by a doctor. Okay. All right. So now I want to know let's get interactive here. What have you tried to potty train your child I want you to put in the chat. What have you tried to potty train your child? So Sarah bird five year old nonverbal peas and bathroom perfect wears underwear perfect. The whole pool pool till I offered him a diaper. He squats in pools and sits on the toilet. We then open it and plop the poop in the toilet. You are in the right place. We're going to talk about that. So throwing Cheerios in the potty that's what she now did. I haven't tried anything I've been researching welcome Jennifer. Let's get go Jennifer let's know because the signs are potty readiness signs is he waking up dry from naps or or sleep time doesn't have to be consistently but sometimes. Does he take a dirty diaper off? Does she tell you when she needs to be changed? I'm a doctor so we're good over here. All right. Great. I love to hear good to go over here. All right. Amazing. Oh you did a potty watch. You've done books. Renee says let's watch videos while on the potty. Alicia says she tries every hour goes bottomless I love it. I used to do waste out commando style. Putting them on the potty every 15 minutes using sweets as a reward wearing underwear I'm sitting on the potty using his iPad potty chart. See guys tried a lot of stuff by two and a half year old piece in the morning it's just between hours has worn underwear haven't tried to pie train it you're in the right spot potty watch timers books, my daughter lives to flush so she is willing to go pee. That's right. Just ordered potty watch. You know here's the thing guys always say that if a child can work an iPad, they can flush the toilet. Okay. I love it. All right. Awesome. So you guys have tried a lot of things to potty train your child and I'm here to help you to get to the finish line. Okay, so here is potty secret number one. So how do you secret number one to potty training your child is to know that all children on the spectrum, no matter how severe their autism symptoms present, can potty train. They say that again. All children on the spectrum no matter how severe their autism symptoms prove this prove at present, they can potty train, you just need two things. Number one, they have to have a parent who believes in them and themselves. Number two, your child has to have the desire to go. So these are two major components. And as long as you have these doesn't matter where the child falls in the spectrum we potty train children as young as two years, two adults a 31 and counting. I'm looking for my 40 year old woman for my 35 year old right at the end of the day. If I have these two things, I am potty unstoppable. Okay, and this is not my daughter Juliana, and this is a great story. worry of how consistency and commitment made pi train ham for us. So with Giuliana P was we got that that unlock first pooping was the challenge. And we have some parents in here already talk about like, my daughter or my son will pee on the potty. But they asked her a pull up for poop. Well, Juliana was kind of the same

way. And at one point, we had her completely potty trained, but for whatever reason, every Saturday morning, she wasn't a regular Cooper. She pooped maybe twice a week. But every Saturday morning without fail, she would poop in the safety swim pool. That was her swim instructor at the time, and she would poop in this pool. And when she did this, there were other kids in there getting their lesson. So if everyone had to get out, they had to shut the pool for two hours. And of course, it's in the middle of winter. That'd be like February, I'll never forget this. And everyone who was there for their lessons had to have their lessons cut off early, the company had to call anybody who was coming in for the next couple of hours to cancel their lessons because the pool was closed. And the first week she didn't I didn't think anything of it, because oh my god, this happens to us. I've seen other kids do it. And then she did it another week. And then she did it a third week in a row. And then she did it a fourth week in a row. Now everyone knows the child that's causing this problem. So we're getting the stairs. And then she did it the fifth week. And then that was it. I thought for sure she wasn't going to do it. For whatever reason that time. I think she had pooped on Friday. So I thought we were good for Saturday. And sure shit, she pooped in the pool again. And I remember getting rushing in there getting her out and running into the bathroom, locking the door and crying, hysterical because I knew everyone was mad at me. And I was humiliated. And I just thought like, we're like we're quitting swim, and we're never doing this again. And I remember listening at the door with like, tears down going on my face, like me, like, I'm not going out there. And so everybody's gone, you know. And then finally, I think I hear the last people leave. And then I opened the door and I climbed to the staff and I said, I'm so sorry, we will not be back. I will do this to you guys again. And I know I get emotional, I tell the story. I'm gonna return this, but I still get emotional. On the way home I cried. And I've called my husband, they said we're quitting swim, she peed, who keeps pooping in the pool. If I can't figure this out, we're just gonna quit. And this is like that moment that nisi had earlier, right, when you're just in the throes of pi training, you just want to give up. And that's how I felt, you know, it was like, we're gonna quit sweat. I'm not doing the same. And then I thought about it. And then I calmed down, you know, I kind of lick my wounds. And I calm down in a wait a couple of days to think about it again, because it really just needed a minute just to disconnect from the whole experience. And I said she's doing this for a reason. But I have to understand why she's doing that. is quitting swim, going to solve for this? Or am I going to get her potty trained? And I knew in my heart of hearts when I started on this journey, I'm like, There's no way this is not happening. I am not changing the diaper of a five year old, 10 year old 21 year old, she will potty train, I have to figure this out. Quitting the swim team is not the way to do it or quitting the swim lessons. So I finally had this epiphany midweek and I said, This is it. So the next week we went back and this time I go and have my bathing suit on underneath my clothes. I still tell the swim instructors because she only sees her 30 minutes. I'm with her all the time. So I know the face. You know, she made like this face when she was ready to go. And I said listen, I'm gonna stand over here. And as soon as I see that face, if I think she's gonna, I'm gonna grab her. And that's exactly what I did. So as soon as the lesson started, she was playing having fun or saw the face and I hadn't grabbed I ran out of the pool ran into the toilet, ripped her clothes off right with your bathing suit down, sat on the toilet, nothing. But I knew she had a goal I just knew it. And like you know you're not supposed to poop in the pool and poop in here and I bought a reward boba. Get all dressed, put it back into pool. I'm like two minutes later, I saw it again, ran and this time I almost missed it and ran or the bathroom. And she two things happen that day. Number one, she pooped in the safety swim toilet instead of the pool. And she never did that again. In fact, she was officially pi chain from that point forward. And had I quit swim. She normally I don't know where she'd be swimming today. I don't know if she'd even know how to swim at this point. But she wouldn't be on a swim team today. She's like one of the best swimmers on our local swim team. She is an

amazing freestyler She's amazing. breaststroker and would that have been happened if I didn't have that experience and work through it? And that's just to show you guys you know, it doesn't matter what your experiences. If you're consistent and committed this you cannot



24:30

win. Okay, all right.



Michelle Rogers 24:34

Thank you for your realness. No worries. I am a real chick. I am a real mom. I don't have props. These are my props. This is my real kid. Okay. Here are some of the moms that work with me. Hey, Michelle, I haven't been able to join that much on our calls. We have weekly group coaching calls my program I'm back at work but I wanted to keep you updated. Sam has now pooped in the potty twice. So if you've got to poop with older that's what Sam was. Sam poops in the potty now we still have a ways to go but progress is crying Haratz my other mom here, my boy peed in the potty for the first time this morning since beginning this program that was within a couple of weeks for this mom, this mom here, I couldn't have done it with all the advice and support. This is what it takes a tribe of people just getting your back making sure that this stuff gets done. Which leads me to potty secret number two. The steps to potty training any child are the same. I'm gonna say that again. The steps to train any potty training it to potty train any child, whether they're on the spectrum



25:33

or not, are the same.



Michelle Rogers 25:37

And here's my son Cody who's neurotypical, there was Julianne and her training pants and him in his underwear, right? And I did the same exact steps with them.



25:48

Potty training, I



Michelle Rogers 25:49

always say is simple, not easy. What does that mean? Easy means something is achieved without effort. Right? I don't have to put any effort to it just happens. Simple means that the steps of potty training are uncomplicated and easily understood. But it's going to require effort and commitment, consistency and commitment. And these are just the signs that you need to know how to potty train. These are the steps to successfully Potty Train number one, they have to show potty readiness signs. I had a mom reach out to me with an 18 month old one epi train,

we went over the potty readiness signs we don't have them. So that's no problem. We can work on communication, right? The idea here is that Don't set yourself up for failure set yourself up for success is your child showing any party writing signs and I would venture to say a child three and up has potty writing to science even if you don't believe it. Potty writing asides can be waking up dry from a nap or asleep and it doesn't have to be consistent. It could be taking off a dirty diaper. It could be putting on a pull up to pooping right? It could be walking around the room and a dry diaper and all of a sudden it's full. These are all the signs that the rate of hygiene need just want. And I would venture to say even if you didn't believe it, if your child is three



27:03

and up, they're ready. Okay. The number The second



Michelle Rogers 27:07

thing you need to pay train a child is you got to be free of any gastro issues, such as loose stool, diarrhea or painful constipation. Now, when I talk about loose stool, like listen, it makes sense, right? Why would we pay to train a child who wouldn't have the nature's like, right, they don't have the reps like you. And I do like if we ever had like a bad piece of food right? Or we took we took a laxative, right you and I know the feeling of like, Oh my stomach struggling I gotta get right to the bathroom, we're not going to hesitate because we've had so many reps over the years of knowing you nature calls. So if I have a child, I want a pie train and they're having loose stool all the time, it's unfair to try and attempt that because they don't have the ability to get to the bathroom Exactly. With all the reps and experience that you and I have. So we want to solve for that first and we do this in my role we want to solve for that diarrhea, we want to solve for painful constipation. I'm not talking about running and no constipation. Nine times out of 10 when we potty train a child in the beginning, most children will hold and that causes constipation. That's not what I'm talking about. I'm talking about like, I can't pass it I need some type of intervention to pass it my bellies descended my behaviors change. They look like they're in discomfort. That's the type of constipation so we want to solve for that first we solve for that first and then we could potty train. How has all the side with scared of the potty but loves a scared of the potty and undies and loves her diaper. That's another thing we're going to talk about too. They have to be willing to sit on the potty. If a child will sit on the potty we call that potty phobia. And even if it's whether a phobia or not, that's just what I call it, right? So we kind of run we can't we can't run before we crawl we've got to be getting we have to practice instructional control. We've got to get our children willing to sit willing to wear the underwear. I wouldn't even say that to for her. I've said we just got to get them willing to sit in them. We'll take it to the finish line from there, then go commando for a minute. Okay. The next thing is they need to be motivated to go and we do this with reward system. Next thing we need is a schedule to go and this goes for all children. By the way, this whole list is the same for all children, not just children on the spectrum. They need to be taught they need to be put on a schedule once ago. They need to be told when to go. If we're potty training, we're going to be committed to the process. That means no more diapers or pull up somebody said I asked my son or my baby. I'm like, Are you still in diapers? No, no, he wears pull ups. I want everybody just a half laugh for me because I'm like, listen, it's a lateral move on just because you ain't using the tabs and there's going up and down as long as you get shit business is as labor. But if

we start thinking that pull ups is a step up, it almost gives us a false sense of confidence that we're on our way. I'll tell you something right now Huggies ain't ain't trying to help you by train your kid by making pull ups to try to sell more



29:47

diapers. Okay.



Michelle Rogers 29:49

And once we get going we need reps of attempting to go we gotta get a lot of those reps and like you and I have right you and I already know the values already built in to not wet my pants right here in my chair because going I ruined my clothes. I'm gonna run my chair, I'm gonna have to stop what I'm doing, I'm gonna have to clean up. Children don't know that. So we meet, they need to have those reps to understand the value and going in the reps to hear nature call. And they need to be reminded when to go and this goes for all children again, like I still tell my 810 year olds have been pi trained since they were three Hey, guys, we're about to go to the restaurant, nobody's getting out and getting out of the table to go in the bathroom go to the bathroom. Now. Why would we think that it's going to be so much more like there should we expect something different for a child on the spectrum, this goes for all children. And number nine, they have to tell us when they have to go and or the child starts using the potty 100% independently. So if your children this is all it takes. And guess what, this is the same list I'd have. If I was in a room with parents of neurotypical toddlers, this is exactly what



30:47

needs to happen.



Michelle Rogers 30:49

Right? So the skills you need to pi train is number one, you need to be consistent. Number two, you need to be committed consistent means I'm doing it I'm committed to this process. I'm not going to stop, I'm not going to start and quit start and quit. How many times have you guys started and stopped and I understand we're gonna go over why that happens. But like, it's the idea here to see this to the finish line is I don't stop to like get when it came for. Number three, you need to be willing to clean up accidents. That's a huge one, right? I think sometimes I thought this to like, I'm just gonna put her on the pot. I'm gonna, I'm gonna have her go like every 10 minutes, and we're gonna be great. And then when she had a piss on the floor, I'm like, like, I'm like, shocked. Like, it's so stark. All right, I have to expect this. Sometimes I have to just say this. Like, Listen, guys. It's not potty perfection. It's potty training, which means that there's going to be some mistakes made while we're potty training. And you need to be in a winning and learning mentality. I'll get I think a lot of the times we start and stop because we think it isn't working. Or the results maybe aren't what we thought they'd be and then we quit. Right? That's the only true fail of an autism parents squinting. If I always think like Well, listen, I did a three day intensive and maybe they're not fully poetry, NAFTA. But I got a lot of data, right. I go through my, my sheet here and I got a lot of data I know that he can hold for two

hours. And I know he usually puts between six and eight, right? I can look at like I'm failed, but that didn't work and quit right? Because if you think you're a failure who wants to keep doing that? Or I could say Oh, all right. I have data now I can keep building on the progress I made even if it was inconsistent progress, inconsistent progress that is still attempted that you're still committed to will become consistent progress.



32:25

I guarantee you as long as you don't quit.



Michelle Rogers 32:28

And these are some of my mom's and this one was hysterical. She's on the left. Her name is Jessica she's a bodybuilder So for her to sit home and do an intensive it was funny. And she said one year ago today she just posted this I decided to give Michelle Rogers intensify training role and boy was I amazed how quickly she learned how to go on the potty. No lie. By day three, she was trained with pee with no issues. We had our issues with pooping on the potty but with continued guidance, we conquered it I can finally say say that my daughter is vocalizing after a year she's fully potty trained, she can go and I no longer have to ask just wanted to share with you all don't give up on your children. Patience is key consistency is key commitment is key. But that's how my little girl got it done. And a big thank you to Michelle and then this mom here you are literally the reason I was able to potty train my four year old and somebody said oh, I need help with high training. She's like this lady. She has a PI training program for autism kids and I swear it works. See what I'm saying? It's possible for them it's possible for me I'm no unicorn, I ain't no special snowflake either. There ain't nothing magical here, right? It's just a mom that's just determined. I will not give up. I will not leave until I get what it came for. And that's what happened and that's what my mom's and my grandma is and my great grandma's. I got great grandmas in the program too. And this is Teresa, her son was 10 in diapers when she came to me she said my husband was 10 and he's officially potty trained. And two magical things happened. He watches videos of people opening and eating candy on YouTube. So we got a huge one pound peanut butter cup for Christmas. And it was the perfect reward for potty training. He gets a piece of that peanut butter cup every time he poops on the potty. And for number two, we also implemented a token board system and his reward was a local hotel stay with a swimming pool. And she said bingo when she presented that to him he literally went into the bathroom and took a shit on the toilet. I love it. His teachers are just speechless because they've never seen such a quick turnaround in any of the children she's worked with. And I can't tell you how much joy unspeakable joy I have in my heart right now. For all of us availa depression that they didn't know existed has lifted and I can see and feel more clearly now who would absolutely love it this



34:42

for their life. This program



Michelle Rogers 34:46

we put in place is so much more fun affordable than any of the treatments

we put in place is so much more fun and doable than any of the treatments



34:49

I've paid for which leads me to potty secret



Michelle Rogers 34:54

number three. Now before I even get into this I want to ask you guys I'm gonna paint a beautiful cool picture. It's Sunday morning, and it's raining outside. So we're all going to hang out. And you wake up your little baby sick come on time to get up. And they're in underwear. They spring out of bed in their cool character underwear. And they run to the bathroom. And you see their little feet running to the bathroom and you hear them pull up the toilet seat seat, and they sit down and they pee. You hear their little pee going in



35:24

the toilet. And you get up. They put their underwear



Michelle Rogers 35:29

on they wipe their to wipe their bond put their underwear out, they flush the toilet, they wash their hands, and they come out to you and say mommy, daddy, grandma, grandpa.



35:38

I did. Are they so excited? They're clapping. What would it be like? If that was your Sunday morning?



Michelle Rogers 35:47

Tell me in the comments. What would it be like if that was for you?



35:53

Heavenly I love that. What



Michelle Rogers 35:55

a perfect word.



35:56

I couldn't even think of a better word for it. Heavenly fab. Awesome. Phenomenal. Best day ever.



Michelle Rogers 36:05

Best day outside of of birthing this child. Amazing. Everything heavenly and everything thankful.



36:14

This is possible for you guys.



Michelle Rogers 36:17

I'm gonna show you blessed love it beyond incredible.



36:21

I love this. Happiness.



Michelle Rogers 36:24

I love my best words your heavenly. Everything. Blessed accomplished happiness.



36:33

This is possible for you guys. We're gonna work towards it tonight. Okay, accomplished. Love it.



Michelle Rogers 36:39

So now we're going into potty secret number three. You are your child's number one resource to get potty training done.



36:51

You are the secret weapon to getting



Michelle Rogers 36:54

paid training done. I know what you're thinking, well, if I was secret weapon, it'd



36:58

be Jonna, ready.



Michelle Rogers 36:59

Here's the thing you don't know your secret weapon. We're gonna go over that in a minute. You don't need to be a professional. Nobody knows your baby better than you. And I saw this mug in my doctor's office. It was I think her developmental pediatrician. I'll never forget this. And said in the window as we were checking out she said Please, it said please do not confuse your Google search with my medical degree. And I laughed, and I told the receptionist to tell the doctor don't mistake your 120 minute lecture for me living this life with this child 24/7. And how many times have you heard a doctor or a teacher or a therapist tell you something about yourself? Somebody you know or about your child and be wrong. You are the perfect person to teach them nobody's gonna be more invested to see them when the new no one knows your child better than you. You're in and out of doctor's office. They're in and out of school, they're in and out of therapists office. Nobody is going to want them to win like you nobody's going to know them that's the secret man nobody knows your child better than you you know their idiosyncrasies you know their schedule you know their habits you know the things like love you know everything about them having that skill is the secret you are the what they need you are their secret weapon to getting this done. So if that's the case, if you are the key to getting potty training done to why is your child still in diapers?



38:24

And I want you guys all to



Michelle Rogers 38:25

quit your y'all told me before what you tried there were potty stickers, potty charts, potty books, potty stories sitting on the iPad, taking them at set intervals. Why do you think all the things that you listed that you tried hasn't worked? And I want you to put that in the chat. Why do you think that what you've tried hasn't worked? Not sure he's complete he's completely ready yet that's why I haven't tried not sure I'm not sure he's completely ready yet.



38:53

So that's why I haven't tried because we gave up I haven't been consistent stubborn



Michelle Rogers 39:00

I haven't been consistent enough and consistent i She has a lot of consistency is the word of

the night. Because I keep stopping singing stickers toys my daughter is stubborn because I get frustrated and I have no patience not believing in myself I wasn't constantly inconsistent while consistency that number one and I know time I



39:17

gave up. He gets up and runs away.



Michelle Rogers 39:21

Let me ask everyone who said consistent like listen, if you believe that because that consistency is what it takes the pie train. Then why haven't you been consistent? Tell me in the chat if you were one of the people who said you weren't consistent. And if you believe that that's the reason Then why haven't you been consistent no time? No time for consistency, my depression grieving and not being consistent. We're talking about grief and a minute to no time time to patients. All right, for everybody who said that. Okay.



39:51

Everyone who said that? If I told you, I'm gonna cut



Michelle Rogers 39:55

I'm going to come to your house. I'm gonna give you a blueprint. It's gonna be an A to Z list of exactly what What you need to do, and if you do everything on this list, with all the time that you have, right, like you have a lack of time, that's one of the biggest reasons why people are saying that they're not consistent, right? So if I come to your house and I give you this blueprint, and I send you off, they said, if you do this, if you follow every instruction, even with the limited amount of time you had, would you be more consistent? So put that in the chat. I haven't been consistent because he's four and gets upset sometimes when I put them on the toilet. Working moms spent weeks being consistent, flat out refused and I lost motivation. answer that question for anyone who said they were consistent that yes, okay, here we go. If I came to your house, I gave you a blueprint nested, you follow this to the team, they will be done in two weeks, they'll be done in a week. Right? And you still have to work, you still have whatever amount of time that you have now, would you do it? Could you be more consistent, then? We'll start now. EC? Yeah, yes. Yes, absolutely. I would make it happen. Yes. All right. Awesome. So here's the secret. If you if I'm telling you that every child on the spectrum, no matter where they fall in the spectrum, can potty train, that the steps to pi training any child are the same, and that you are the secret weapon to getting this done. And you want to understand why it's not happening. Here's what it is. This is what everyone was saying tonight, and I wrote this out before we came on live today I wrote set like a week ago. And these are some of the things that you guys said in the in the chat. You said inconsistent. You said that he doesn't care if he's white, you said they're stubborn. You said they want privacy. So they're unpredictable. Somebody had said that they're too old, or they're going to going on too long, right? He's comfortable in his ways. She's just used to the diaper. Somebody said the readiness window past, right? She's not ready. It hasn't clicked consistency, you see it down in the left,

right? Why do you think it might not be working. And when you think those things, you think that maybe your child needs to be verbal to potty train. So maybe you start think that and then you stop. Or you might think that your child's too severe on the spectrum, you start that then you see that, you know, you're not making the progress that you thought, then you think about how they behave, and then you think that maybe can't have for them because of where they land on the spectrum and you stop, you start and you realize that they won't sit, somebody had written that write somebody that wrote that in there. And then you see, like, I can't get them to sit, so they must. So that's why it's not it can't work. Or you think your child doesn't care. Because if when they're dirty, and they're not interested in going, so that must mean that's why it won't work. Or you might be thinking your child to hold their pee or poop for hours until the pull up is back on. So they won't go and that's



42:33

why this is isn't working.



Michelle Rogers 42:35

Or you might think you don't know how to teach a child of autism epi trainers, you're not an expert.



42:39

And that's why this can Okay,



Michelle Rogers 42:43

let me get a little get a little technical glitch here, why it's really not working. Now I want to tell you what the real problem is, is what you all think it is. Here's what the real problem is. Potty Training is optional in your home.



42:57

As long as the child has an option to piss and poop and their pants, they will do it. And that means that you're letting them have that available option to them. And that your child,



Michelle Rogers 43:08

it's not about where your child falls on the spectrum. It's not about when you know this, whether your child can talk or not, your child doesn't see any value in wanting to go on the toilet, they love the way things are now. And they're just following your lead as a parent. So as long as you think all of those thought errors, like from the, from the slide before I actually call these thought errors right here. As long as you believe these things, all belief is let me just tell you something all belief like this is it's just a thought. And when you think it over and over and

over, you start to believe it's like a fact. And then we start believing it's a fact that it's not really required in your home for potty training. And as long as it's not required your child's like, great, because I like sitting and visit in my pants, I don't see a reason to change. As long as you're going to be not putting me in a test. I'm just going to keep doing what I'm doing. Because I know this is cool, this works for me. But their babies, they don't see why they need this one day, they think you're gonna be here forever. And we know we know as their parents, we're not. And we know this is a critical skill they need that's going to walk them towards a life of independence. If they don't get it, it's going to be a huge problem. So as long as that we believe that they can't do it because of the autism diagnosis, then I'm never going to put them to the test. And I always say to parents, if your child did not have autism, no matter what age 510 1831 Would it be acceptable for them not to use the toilet in your home? Write that in the chat. Would it be acceptable if your child didn't have autism to still be in diapers today? No.



44:49

No, no, no, that's right. It wouldn't.



Michelle Rogers 44:52

Why are you thinking that Autism means less? I'm not going to say that there aren't different ways of teaching a child on the spectrum, potty training isn't wonderful. By the way, it's a different operating procedure because they speak more in behavior, especially if they're a pre verbal baby. But guess what? So does a neurotypical child a toddler. A lot of them don't have a lot of language when they potty training either. I never saw autism as less, I saw it is different. I used to look at Julianne, I'd say, You know what I studied her, I'd watch her play with her toys and watch her eat and even watch how a potty trained her and how she engaged with it, I'd say you know what, it's almost like her brain just operates at a different frequency. And if I could communicate with that brain on that frequency,



45:32

I could teach it anything. And I had made a commitment



Michelle Rogers 45:36

from the gecko, and she was diagnosed moderate, severe on the spectrum, I will not under any circumstances, hen sitting in a pool for weeks in a row and feeling all types of whatever, that I will not have a child that doesn't use the toilet. And I knew back then she knew how to use TV remote to me, I use the iPad, there's no way she can't figure this out. And I was committed, I was not leaving till I got when I came for her. And that's because I never saw her autism is some developmental disability debilitating disability, that would make that not possible. It might have been a, you know, a different experience. And I might still, you know, you know, I had to get my reps in with it. But I was committed, I knew she could do this. And I need you guys to start believing that about your baby to okay, as long as it's optional in your home. And you'll as long as you get throwing softballs to your kids, they're not going to rise pass the bar you set for them. So if the bar is set here, they're gonna meet you here. And guess what, that's

not an autism thing. That's a human being thing, right? As human beings, we do that we want to do the least amount to get the biggest payout, right? That's all humans. So as long as you're not expecting much of them, they're just going to meet you where you expect them. And if you don't think they can get out of diapers, and that's exactly the life you're gonna continue to have. Until I say, No, I know you're in there. I know you're capable of so much more. I used to think, I don't know if anyone follows X Men. I used to like the X Men series, they talk about and there's like a mutation. Right? X Men were like the mutations of the humans the next, you know, evolution, I thought it would have autism is that see how that feels like it's not a problem. I see a mutation in a good way. If you didn't know what X Men was, it was like, everyone started having superpowers. Like they got to the next level of human. Like, I forgot what to call it. Evolution. It was evolution and everyone's starting powers. And it's like, what if autism is a power, and I'll say that bullshit where my puzzle pieces your autism is a Supra know what it this is just another another step in the evolution of the brain. And all we need to do is learn how to communicate with it. And she's learning everything my son's learning, including to



47:42

be social.



Michelle Rogers 47:43

So if I believe that I show up a lot differently when it comes to teaching or something like potty training. And that's how you guys have to show up to. Okay, so the if you're going to set the lead in your they're following your leads, as long as you think that autism is a problem, then you're never



47:59

gonna get potty training now.



Michelle Rogers 48:02

When we think it's not really working, because you have thought errors about your kid, and when you think bad things about the autism diagnosis, you have asked your potty training, and you stop and start and you don't even attempt it. And autism does not make potty training your child more difficult. It's your shitty thoughts about the diagnosis that do I always say autism is unusual and happened to all of us? Right? It wasn't like we had anything to do with it. Right? It's the the diagnosis just landed? Right? I always say, there's the thoughts I have that I think are facts. And then there's real facts of life, like we could submit to a court of law that all of our children have an autism diagnosis, right? That's a fact beyond our control, when it gets muddy is when they start having shitty thoughts about that. And that's when it gets in. That's when it makes things difficult. If you're the key to getting titrating down, then I need you to stop believing shitty things about your kids. And if your child was not on the spectrum, would it be acceptable for them not to learn how to use the toilet?



48:57

Course not? Fuck no.



Michelle Rogers 49:01

And this is where I want to lead right into our parents, potty power lines. This is my beautiful Giuliana. And what I want you to understand is how your brain works. And the gift of the pain and pain of human beings is we can hear our own thoughts. The pain is that most of us don't question any of the thoughts our brains present. And the gift is that we can choose what to get behind and what we want to toss and this isn't my quote but I absolutely loved it. It said the mind is like a furnace either room your



49:27

house or could burn it down.



Michelle Rogers 49:30

And one of the things about me was that when I was when I when I was a kid I was really shy. I was young for my the age group I was in I was for baby. And I was constantly picked on in fact, I was picked on from starting elementary school to middle school and every single day I'd come home crying and I'd say myself like why isn't somebody stopping this? Why isn't somebody coming to save me? I have visualized almost like a syrup superhero swooping in to save me. And I spent years thinking that up until middle school and it was one of these usual days where I got picked on by this Typical bully. And I remember thinking in my head again, like the pick, the teachers are watching us. We're allowing this to happen. Why isn't somebody coming to save me and something happened to me in a minute. And he said, Michelle, no one's coming. It has to be you. And in that moment, I was the first time I ever stood up to a bully, and he never messed with me again. And actually, after that, a hit many life adversities. I had a many obstacles that hit me head on. But I overcame every single one of them, because I knew that I had to be my own savior. And when that happens, I by the time I had Juliana was 35. I was like, I'm so practice, in the identity of a master problem solver, I can solve for anything that comes my way, nothing is going to slay me. So when the autism diagnosis came two years later, I saw it like you guys did, I saw it as this this debilitating disability, like that Rayman movie. But even with that fear, I was so practiced in the belief that I could be the exception to the rule. That by extension, my girl was going to be exception to the rule. And I'll never forget this I was in. I was in my office right after the diagnosis, tears running down my face, my mother in law came over. And she's like, are you okay? And I'm like, No, I'm not okay.



51:10

But I don't know what we're gonna do. But she could never have a better mother.



Michelle Rogers 51:18

I didn't know what was going to happen. But I said that that moment, and I meant it, she couldn't have a better mother. And your babies couldn't have a better mother either. I just got to show you the way. You are their secret weapon. And you just start believing in what's possible instead of sitting in what you think they can't do, both stepping more into what they can.



51:40

And all I all



Michelle Rogers 51:41

leaving myself as this master problem solver. An exception to the rule is just thoughts I believe about myself, just like you believe maybe certain things that are keeping you stuck. I believe certain things that get me moving. That get me helping not just my baby with 1000s of babies that hydrate hundreds of babies in my masterclass. And I choose to believe this about myself every day. That's why my girl is where she is today. And I assumed at the time when I went through this everyone had this evolution of life. Like I thought all parents thought like I did. And but here's the thing when I went out to the to the special needs community when we left early intervention, and we went out we went into, you know, she went into the sixth one for the most restrictive autism classroom. I saw that's not how most parents thing. Most parents are grieving still. They grieve for years, they might even grieve to their dying day. And you say, Well, how could they you know, what are you talking about? Grief is has to do with death of a person. No, it doesn't just have to do with that. We are all grieving the neurotypical childhood experience we thought we had when that diagnosis came. And here's the thing about grief. You go through five stages of a right to net I have it on my wall denial, anger bargaining, depression and acceptance. Most people don't get to acceptance. Let me tell you some acceptance isn't like a kumbaya, love, love fest hug and under retreat. It's not like that fact. It's usually pretty sweaty and not not sexy, and kind of like you're grinding through it. acceptances. You know what, this isn't fair. This makes no sense. We never had history of this. And our family had no reason to think this was gonna happen. She had language she was hitting every milestone and lost it. I could sit in that shit. Be mad about that. And here's my girl. Just wait somebody to take care of her now. So acceptances you know, it isn't fair. It isn't right. But it's what is. And when I can get into acceptance, I can start what I believe the sixth step of grief, which nobody talks about, which is creation. What can I make from what is this is my hand. This is the hand I was dealt, I don't know why I don't think it's fair and like, whatever. But how can I make something beautiful from this? And I went from being so pissed at God, thinking he'd wreck this beautiful gift of a child to saying listen, we don't have to like each other. Maybe you could just work in parallel with me parallel play with me here right? To now I am 100% belief that this journey was sent to me to heal my girl so that I could help many other families heal. They're 100% believe that. Although I wouldn't have wished it, I don't really like that. The path you know, there was a lot of pain I hadn't hit I took a lot of lumps becoming the coach I am today. But it made me such a stronger mother and even all the pain that she's been through has made her such a strong girl. And I can't give you the path to potty training. If you've already given up on a limitless future for your baby. We got to get to add a grief. We got to get you to let's go let's get to creation. And you can't change anything for your child. If you don't believe that you can create change for yourself. I always say it's the invisible and go for it. And you know when you're on the plane, they say we're giving you the mask instructions, they make sure you put your mask

on before you help anyone else. And the reason that is is because if you don't put your mask on first, if you're dead, nobody's gonna be able to help the rest of us. We've got to get you to the point where you are believing that you can create the change that you are that secret weapon that you are the perfect person to teach this shot on the potty train. I always say it's invisible umbilical cord. And if it's garbage, it's garbage out. And if it's good shit, and it's good shit out. And then once we do that your child has no choice when you raise the bar, they're not going to have a choice because the rules of engagement, my home has changed. So they got to meet me where I'm at. Now, it can't be any other way. You can't change that autism is here, none of us can. But can you can decide how you want to show up yourself and your child from this point forward. Only when you do that, can you change the reality for you and the reality for your baby? What are your thoughts around your child learning to potty train right now? You could put them in the chat. What are your thoughts about your child's learning to pi train?



55:40

Do you think they're capable of potty training? Do you think you are capable of teaching them? Does autism mean diapers for life? In your mind? Does autism mean cancer to you? Because it's not it's not a death sentence.



Michelle Rogers 55:55

My daughter has autism and she's going to live an independent, amazing life. And she's not the only one. The kids in my masterclass are all going to live amazing lives. And the number one reason stopping your child from potty training is just your thoughts. Which is amazing. It's an amazing aha moment because now I can change the way I think. And when I change the way I think, listen, you can go back and say feel guilty. And you can go back and say all this is all my fault. I don't I don't do that shit, because it's useless, right? I can't unring the bell. But if I want to hold on to that, well then guess what? I can now take responsibility. I can take radical responsibility from this moment forward to get a different life and a different outcome, especially when it comes to potty training for my baby. And let me tell you something, why training is such a it's so funny that that became my my calling card because you saw what I told you about the poop story and we had a UTI, we had to go back into diapers, she had to get over the UTI, then we don't hydrate all over again. It wasn't like a potty, you know, fairytale for me. But what was so interesting about all of that is just I was committed, I was always committed to getting this outcome. And that's what I need you guys to do, too. And there's something about this when our kids get this skill. It's like holy shit. I never thought it would happen. I took what Michelle said, Oh, my God, what else can they do? They've been in here the entire time just waiting on me to step it up to put them to the test.



57:22

Amazing. I love it. I believe



Michelle Rogers 57:23

my daughter is capable, but it's continuing to keep it at it even when setbacks happen. Yes. What if setbacks weren't a problem? One of the biggest things that happen in the autism

what if setbacks weren't a problem. One of the biggest things that happen in the autism community is they say progression is death. And I actually started to write a blog on this. Why is regression considered death? Because that was the first thing we saw, a lot of us had a child that talked and stopped talking. A lot of our children, a lot of our kids had pointing or eye contact and lost it, we automatically automatically assume regression, next to trauma, right? Because it's what led us to the diagnosis in the first place. But what if progression is really just a part of life, which it is, all human beings have some moment where they can regress. But because we've connected it to this trauma, we don't want to think we can't survive it if it happens while we're potty trained. But what if that's just a part of the process. I have a mom that's in the program right now. And she got her daughter up to the point where she take her every time she take her she'd go. And I said, she's like, I'm happy and excited. I'm like, why I'm like not that you couldn't be excited and celebrating that. It's time to go to the next level mom, she's got to start going to a room. And she started to have x and some moms freaking out and she's not have access to that she's got an axis. Yeah, because she got so dependent on you telling her when to go. And you got to happy with that you got complacent with that. Right? The bar was set here, and she met it and you were happy. Well, you tell the coach that and I say we want to get her as independent with this as possible. That means we got to take a couple steps back. I mean, she's gonna have snacks and because she's not used to feel a nickel on her own, she just the mom telling her, but if mom quits, she's gonna you know what I mean? If that means that she's never gonna get what she came for. And that's why you can't think of regression or think of the stutter steps of progress as a problem.



59:07

It's potty training, not potty perfection.



Michelle Rogers 59:10

I believe my grandson is capable and I just need to be to hell yes, Cheryl. Awesome. Alicia says yeah, I know it's me. But I know I can do this for them. Yes, you can. And your thoughts are creating your current results with chi Ching. So just start we gotta just get your understanding your brain science getting you that mindset support, so that you don't think like this anymore and you think only things that are going to keep motivating and



59:33

pushing you forward.



Michelle Rogers 59:36

You're thinking needs to be setting yourself and your child up for success when it comes to potty training and presume competence. I always say to my parents were really shaky on belief. I don't know what to do. I don't know where to start. Because you're starting lesson presume competence. Tell me how that child can understand. Even if they're severely on the spectrum, tell me how that child can understand even if they're not talking. Our thoughts have to be in alignment with the results we want for potty training. We don't We can't say I was bleeding when I see it. because that's the life we're living now. Right? I believe pie charting

happens when they see it. No, I create potty training. I don't know, I may need some help with the, with the steps, but I created, it's gonna happen I'm getting when I come forward because that's what I believe you think about anything you want in your life and you were so obsessed and possessed. You saw I want that. I don't know how I'm getting it but I'm gonna get it and you didn't stop to you got it. That's how this has to be for potty training, and communication and stopping problem behaviors. And all thoughts you think are optional. You get to choose your thinking to get new emotions, new actions and results. And I help parents like you to think intentionally to get the results you want for your child with autism. It's not just poetry, it's by traces. The beginning pie train communicates that problem behavior social



1:00:43

skills, not a little picky eating, you name it. The results. When you work, this child will be more compliant. You'll be more confident, then you can that you can teach them anything. You'll be less stressed. You and your child to have more freedom your child will be potty trained will not be an amazing result. And