

# Ep22 - Here's What Moms Has To Say In Our Program

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## SUMMARY KEYWORDS

potty, potty training, program, feel, aba, michelle, children, trained, joined, biggest struggle, potty train, son, parents, week, amazing, work, thinking, poop, nonverbal, speech

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00:04

Welcome to the autism mommy's potty talk Podcast. I'm Shelby Rogers, autism mom and life coach. I help parents of children with autism who are pre verbal to start communicating potty train guarantee. You're listening to the autism moms potty talk Podcast, episode 22. Eight parents this week is a special week because enrollment is open for my masterclass. It's a group coaching program specifically for parents of children with autism. I absolutely love it. But I don't want you to just take my word for it. So here is a amazing audio of all the parents that have worked with me, they're going to tell you exactly where they were before they joined, how the programs helped them and where they in their children's art today. So if you are on the fence about joining the masterclass, hopefully this will get you off it, contact me with any questions and enjoy.



01:09

So I guess I wanted to start asking you what were your biggest struggles prior to joining the program.



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You know, I was going around and looking for organizations, I was looking for help. And reading online about this program and this organization, this agency and nothing clicked and then I read about yours. And it resonated. It just felt right.



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I got to the point where I was really overwhelmed. And I wanted I knew there was more I could do for Joseph and I knew there was more room for him to learn. So I started looking up online and I'm like, I really need somebody who's been through or somebody who knows more than I do, who's walked through this that can be my coach or helped me you know, figure out figure things out.



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I joined because I have a three year old autistic son so by about 22 months no words left very unengaged. No eye contact didn't answer to doesn't answer to his name.



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There's no access to any kind of services over here and islands. So it was just really clutching at straws and Googling stuff and trying to find something and also quite defeated by my now three year old, just having absolutely what I felt zero relationship. An inability to communicate even it doesn't didn't have a point it never waned. never called me mum never does nothing really, you know, even without speech before



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participating. We weren't making as much progress. It was slow progress. Also, I feel like I was struggling a lot with the grief of the diagnosis and not having a lot of space to think about it and process it with other



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parents and have any local ABA. We have one facility in town that does speech and occupational therapy and everything seemed to be waitlisted or just not available or and I just felt like how do I get him the help when I felt like at that point in time, I felt like my hands were tied



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because he's a quiet listening boy. When you say to him do this, we'll do that. But it's just holding off. And that really got me worried it got my husband worried and thinking okay, we need to speak APD so that they can you know, tell us if this is gonna really affect his health and all that



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I think my biggest struggle was understanding their potential. And just believing and knowing and seeing through practicing what you offer to think about because they're all different all children are different, that anything is really possible and if you believe that it can and will occur like it did with my grandkids, Connor older was having meltdowns. The younger one was nonverbal and just having the older one was having sleep issues. The younger one is having feeding issues and language, the verbal issues, communication issues, the older one the meltdowns have almost disappeared, and we know how to anticipate them coming and offset it immediately.

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I was just hoping I can Yeah, get some help. Because basically before I found this program, like I actually didn't know like I was kind of relying on just the speech therapist and teachers and stuff. I would ask them a bunch of questions like our research stuff like I seriously had because this is also new to me. You know, I had no idea. So I was just hoping Yeah, for like some help.

 04:56

I came in just feeling very helpless. Very confused, alone, just, you know, not not knowing what to do to help my baby. Now, what's the biggest thing, just wanting him to move forward instead of being stagnant? speech was the big thing, because he wasn't talking, it was a lot of just silence. Nothing. And

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I saw the ad for Michelle and her group and said, Well, why not? You know, what, what, what else? What can I do? Now that I haven't already done? You know, what, what will be the harm? What can I lose money and I'm hearing Okay, she's, you know, artistic and,

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you know, you qualify for a lot of services. And when I go and try to inquire about, you know, no, you,

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you know, we can't, we can't service her, you know. And that's where I was at,

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I have twins, six year old twins that are potty training seem to be impossible. I have two older kids not on the spectrum, never had a problem with potty training, homeschooling all of the stuff that I do. And then with these guys, everything is just like a little curve. Because nothing, none of the traditional things work the same. Like I, I couldn't find a way to really just focus in on getting the potty training done.

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I have been really trying to hide train Alex for a really long time.

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Well, my mother in law is actually the super skeptic when it comes to like, everything. And then she signed up for the program first. And she was just like, you have to watch these videos. She's amazing. She's like, she's just, she's very turned off by a lot of doctors and therapists and things. But she was like, Michelle, she's just a real person.

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So this programming forced me to Yeah, we can do it. So we did. So we started three days, potty trained with him in March,

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you know, seeing your story and stuff like that. I went back and forth. And I'm like, Okay, I'm like, she's going to start ABA therapy on like, on this day, and I told them, that was my number one goal, you know, first thing to accomplish was to get her potty trained

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as everyone would be, I was a little skeptical, because of how many times I have tried to Alexander, this is now my fifth time of potty truck or attempting potty training with them. Before

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I joined this program, my thinking pattern was so bad.

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At the time that we joined, we were working on the potty training. And that was that had been a struggle. I had been at it for months. And I just, I just needed support someone from someone to basically keep me down because I would start and then you know, it would work for a couple of days. And then something would happen and I stopped and then I have to start all over again. So I kind of needed someone behind me to not only give me the tricks and tools and all of that, but also someone to tell me like keep going, it's coming in fine tuning whatever errors that I was doing.

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When I son was about one year, two months, and I knew something was off and different. My child was staring in the mirror flapping his hands not responding to his name, just completely in in our world and just not developed developmentally getting anywhere and I was scared shitless



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when we met her, our son was like in year two of potty training. He's four years old, he's autistic. And he had been hospitalized a couple of times because of potty training related issues. And when we when we met Michelle, he had just been hospitalized again over Christmas and I was just at my wit's so he



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has been tracking on the spectrum for some time. And really, I was at a point he's he's pre emerging verbal, I don't say nonverbal anymore because of Michelle and her team. And he was I have potty trained, you know, I got him to potty train pee going number one, but he still would not poop in the toilet. He would sit on the toilet and who wasn't adverse to the toilet, but he would choose just to poop in his underwear. How do I get him talking? How do I get him pooping in the potty? Yeah, so



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I was looking for more to really help my son. He's for nonverbal and it was struggling with communication, social behaviors and also potty training. He will. He was somehow there but I wanted something solid. Gina



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was like six and half I think when we joined it seven and she had lot of temper tantrums she was taking your clothes have in the nighttime and everything, every little thing I had no, I've talked to Michelle,



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I had been three year old daughter who was recently diagnosed with autism this past January. And one of the things I was really working on prior to that was her potty training, felt like no matter what I tried, she would resist it and still want to, you know, hide in a corner and poop, or wanted to wait until the diaper is on to poop in it. And I wasn't very, I didn't know what else to do. I felt like I've tried all that I could.



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I was intrigued. So I signed up for it. Because doing it on my own was frustrating. And it was challenging. I could not get him to do the potty training traditional way, because he's my grandson. So the traditional way, it was easy peasy with my two kids. But you know, this was a little challenging for me. So I asked for help. So that's why I reached out to your program. So



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before joining my daughter, Monroe, she's three and a half. We got her autism diagnosis this year, January 2023, right before her third birthday. So we got the autism diagnosis. And that was basically we were having early intervention, just to come to the house twice a week. And then we were doing virtual speech once a week. So that wasn't really benefiting her just with the speech. So we felt like we needed something more she met girl wasn't potty trained. And she's pre verbal. So the communication was a huge struggle.



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Our biggest struggle was potty training and communicate well, we had all three, but potty training, communication and so in some behaviors,



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and my biggest struggle was potty training. And we had tried multiple times to try and get Sam potty trained was Gnosis s. And so that was my biggest reason for joining the program. All



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right, so now I guess where are you now you and your child now that you've joined the program,



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you're doing really, really well both are potty trained, I'd say 95% of the time, doing really, really well. With that they're both I think their ABA program here is is wonderful, we got very lucky with that.



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Okay, so where I am now, it's where I kind of know that I'm in charge, and not just in charge, but I also like count my it's not just where I need yourself to be. But I knew that if I'm better, just has a better mom, and I make better decisions



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to break it down to him. I had to have somebody break it down to me, like they tell me you're gonna start so small with him but it was almost like somebody had to start so small with me on me, hey, this is what you do and kind of give me the stepping stones to do that so and that's made a world of difference he'll tell us now you helped me



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formulate the confidence in myself a realize Henry was ready. And to really go for it. You



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know, my son's five since he was diagnosed just before he turned three in you kind of feel like you're left out on your own in the cold in you want to do every single thing you can for your kids. And I'm telling you this is it the changes



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in him in less than two months I think I've been like six weeks in a miraculous hit the behaviors have decreased the stemming has decreased the the listening to directions has increased. The language has increased. He went from single words to using sentences and this is in six weeks. I can't imagine what six months will bring. He's doing



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so much better. He's more eye contact for sure. We're working on on talking on saying some words. He's you know, he's a he's using a little button and doing doing more things than he was doing before. And



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then he started you know, sitting on the toilet we finally started the process and yeah, I went really well. Like all again the tips you guys gave me all the parties to work great.



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You know, I started listening to tips for Michelle got involved in the course and in the first couple of weeks. My son was fully potty trained not even I'm not talking, you know, dead wedding or or you know, going number two, all of it,



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you know, I just you know, set those goals for myself and cross them off and, and you know, and once I did that for me turn my focus 100% And you know, and then I was able to get the work done.



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potty trained 100% No accidents for P 's and he's just picked up.



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I've just been given something so precious. I couldn't stop hugging him for coffee. I at some point, I thought I was hugging so tight, and I just couldn't let him call in. I was him over the key phase. And I just don't know if I felt what I felt was so



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deep everything we got the service puppy in three months, his potty train, he's more verbal,



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on the potty he gets like toys because that was the only thing that was high enough value to



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him. He's awesome. He is fully potty train now. We never in a million years thought that it would happen this early. We didn't know if it was going to be something that would even happen for him had



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no accidents for me and even pooped on the potty. So I was like, Okay, maybe we're gonna get both of best worlds. And I'm not going to have this child that will only pee and have to worry about poop later, he's



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making a lot more sounds he's now at that point where he's no longer frustrated since you in all of the teachers have given me all of the, the ideas and the strategies, and he honestly now is 85% potty trained now. And then he has some accidents, but he pretty much is able to go on his own. And I am pretty much so proud of him.



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And they're able to explain it to me, or they're able to give me an alternative idea that I can talk to the my son's BCBA about, and they're very receptive, you know, because, you know, we all want our children to succeed in it's just been wonderful. But



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- from a 9-year-old into the classroom and then just with the students, because all the teachers had



after, after getting into the program, and I'm seeing other parents now well they're taking lead, how well the steps that led to this program are so inspiring. So that is the best thing that I got the program getting inspired

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my thoughts, my thinking pattern as actually be really transformed. I'm not shy, I'm not ashamed. For my son, whenever I see me, you know, I feel comfortable now in charge in grocery, and I feel comfortable whenever he's excited. And he begins to think he worked

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on the talking, we worked on some of the items for obviously chocolate requesting, and some closing things also. I feel like there's so much like that I worked on

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with him. He's potty trained to take him to the potty he pays we he has no accidents and he loves going to the potty. There's no problematic behavior. ABA was very supportive in this process. I'll go ahead and mention this that I had a lot of fear about ABA, because you've got that duality within the community of ABA. And I do think that there are probably some bad apples out there. But ABA changed our life. And I hope to have him in ABA till you graduate high school

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like ABA is amazing. Within a month of being in the program, Jude was potty trained both number one and number two, he hasn't been in a pull up for over four weeks. And I have so many strategies and a community and just this amazing support network.

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And so I've taken the same model applied it to words, and we're lacking step and and I think because he's got the poop and down and he's very independent for the whole process. And in fact, he's not even going to the bathroom as much, you know, he's kind of self regulating his bathroom needs. And he's now able to focus on something else.

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He's okay, in the sense that he also has some confidence, like knowing about a reward system for him to even initiate than him dependent on me to always prompt him to go, that path has changed it mentally for me, it comes when I'm also not feeling emotionally drained. It kind of affects him as well. So that part, I know, I can listen to any of the playback to kind of take my

mind on the negative parts and then feeling the positive and change my approach with him. So that one has been helping me destroying any behaviors. I know how to respond to him. Dan reacted.

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I think main thing helped me was all the people you have in your coaching. You know, everybody help. It's so nice. So nice. I mean, I really enjoyed and then any question was I'm every time I am thinking about asking questions. I'm like, is this stupid question should I ask? But I don't feel that maybe these people, you know, feels like they're my family.

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I really like hearing the advice that you guys provided and not just me but for everyone else. So we're learning from each other. One thing I realized is like, wow, these kids are the same like, well, I have the same issue. They all do that. So the advice that was given them being able to learn from each other, and seeing that light bulb, come on, and then like, Okay, wow. And then there are a couple people, other people in the calls, like, I would love to hear how their story and the advice you've been given, like I'm like, and some of them I'm a little ahead, but I can think, oh, wow, you're almost there. I'm like, oh, that's the Michelle thought. That's what Michelle is. Because I can see like, I've been there and I can see where you're taking them like, wow. And it's so I'm like, I would love to see how she ended up with her child.

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So I followed instructions to the tee where the weekend, hey, you set a time, certain days to spend solely in the house, which was very challenging, but she gave me the materials that I need. And so I went shopping and bought everything that was needed. And you know, he is fully potty trained. I mean, he excited he surprised us last night, we put them down for bed, but he came right back downstairs to because he put them in a onesie. Because if you don't be in a onesie he being in or whatever. So, um, but he came downstairs to ask my husband to unzip the onesie. So he can open a potty and use the bathroom. Oh my gosh,

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because I didn't have hope. I don't mean to get emotional. But before I met you, like you just don't know how much you changed our lives. And it's just been so amazing. Because when I got the diagnosis, I was just, I was at a loss, I really was. Um, I would just have outbursts crying, I just felt depressed. I didn't know how to help my daughter. So when I found you and your amazing team, you guys just gave us a new hope. Like, we felt like this isn't that, you know, to her autism diagnosis wasn't the end. You know, I was like, okay, she can get potty trained. She can talk she can communicate. And she is she's potty trained. Monroe did have any sign language before starting your program.

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We're doing pretty good. He's, I would say he's like, almost 100% You know, our kids are gonna have accidents. But he's, he's like, even like, through the night. You know, he's, he's in on these during the day and just pull ups at night just in case. And he's pretty potty trained, gone from saying like, Oh, to saying, oh, like almost open. And like he says cooking out fully not just cook. And then when he gets on the bus, he now says I love you and have a good day. He's some of its he's probably just repeating. But he, you know, he's really got a lot more going on with his vocalizations compared to just, you know, just the noises he was making all day, with

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your help. Within two weeks. He was potty trained over. He was peeing in the potty. And then overnight, he was potty training the very next week. So within a three week time period, he would actually voiding the potty. So would

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you recommend our program to any moms or dads that are going through this right now?

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Absolutely. Hands down of everything. We've done any book, and this has been the best thing. This was the most the most support and all the way around? Absolutely. I have already to a couple people. So Oh, yeah, I

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would definitely refer anyone to this. But you guys, you know, giving me all the tools and confidence and everything. Now I'm like, Oh, I can do it. I can do everything. Like I could do this. You know,

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I can do it? Yes, definitely. You definitely you guys need to do this program. It'll change you guys and your child's life tremendously.

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I do recommend them. Because all weeks when they come here for any of the course, you learn something new,

 24:00

I would definitely, definitely suggest to go through this program for at least first four to six

I would definitely definitely suggest to go through this program for at least first four to six months, to know what to do for your child, how to do it, what are the different things that you can do? This

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program has allowed that and I'm really grateful for that. And grateful for that space. I feel like it's allowed me to be able to move forward with more momentum and joy. Finally, the best part of working with Michelle and her team is that Michelle works hard to get a team and interdisciplinary team on board to help support us take

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this course you know, do the one on ones. Listen and absorb everything that this team has to offer because it has been absolutely life changing for me, we would not be in the position that we are right now. Had it not been for Michelle and her team. So I just want to say thank you. We love y'all. I'm so excited, you know for our journey going forward. I know we're only going up from here. So thank you so much.

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You guys have a good left in your sharing it and that's amazing. You guys are the ones who relate to every day, parents and issues and joys with our children. 10 stars. absolutely without a doubt.

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So I will recommend you to anybody, whoever's out there that's confused, they give, there's no help. And they are all by themselves. No, not all by yourself. Get where Michelle, and she will get you to take the baby steps might taught

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my thinking patter as actually be really transformed. I'm not shy, I'm not ashamed. For my son. Whenever I say me, you know, I feel comfortable now in charge in grocery, and I feel comfortable whenever he's excited. And he begins to sync

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with you guys on board. And you know, the, the encouragement, the pushing at it, just go for it, just keep going. It's, it's been really great. It's been really great. For my son, I just felt like anything I could do. Like, even if it said to me climb the mountain,



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this is going to help you, you can learn through other parents experiences, you can, you know, have some camaraderie with people that are going through the same thing as you are,



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just do it. Don't hold back, just go all in with your daughter or your son. And I promise you will definitely see results. Because truly, I'm not gonna lie I was I was skeptical for a little while I waited, I really kind of went over the program a few times. I'm like, I don't know if I can do this. But it was totally worth the sacrifice of me as a very active mom sitting in the bathroom is not for me. And I did it. And I'm very proud of myself for developing the patience that I have with her. If



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there is a friend that is who's going through the same situation like me, I would definitely definitely suggest to go through this program.



27:03

Thank you. Oh, I wish I would never stop coming up for this poor guy with something that can't be created that, you know, can't be part of this group at 150%.



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Yes, it's yes, yes, yes, yes.



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You'd be crazy to not get in this program. If you have concerns about your child, even if you don't want to go after a diagnosis.



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It's, it's amazing. I can't recommend the program enough that this is more than an investment. It is something for you as an autism parent that is going to enrich and enhance your life. Absolutely.



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And I have already been recommending champions for our children. And



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yeah, you and your team, like help pull that out. It's amazing. You know, it's



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amazing what you guys do.



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If I'm having a problem, I can go on any of the BCBAs calls, I can address it. It's not just your child alone. It's you the parent while you also get to be able to support your child in emote like the emotional part. I live in the being able to advocate because I always want to I was more comfortable. Only asking for the professionals opinion and doing nothing. But now I'm advocating like a boss. I know that I can have more for my kids. So I can I can verify what you're doing. Is that a writing? Can we try this? I don't just I also bring in opinions. And that's what I love about this program. Yeah, you get some help for yourself to be able to help your child



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person 100% I would. Yes. There is no question about it.



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Absolutely. I would absolutely recommend it. I would not think about it twice. I know when I when I did it. The first thing that came to my mind was money. But I thought you know what, this is nothing compared to the joy and the excitement I feel at the end of the program. So I would not think about it. I would certainly recommend it to someone anyone that's struggling with those three areas because they will see results as long as you're willing to put in the work. You will see results.



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I absolutely will and I will also say do not skip any chapters read all chapters as for a reason so you won't have to be sitting nasty Graham to her please read all the chapters and listen to all the videos in his order.



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Yeah. I really recommend everyone and I even people with children on the spectrum. I mean even neurotypical I mean, you guys give such amazing advice. You guys personalize everything and I think that's what like really like helps us just You know, and you feel like a part of a family

and you don't feel alone and I just, you know, sometimes I'm like, Oh, I'm gonna just email her and hope I'm not bugging her but then you know, after a while, you know, I, I feel like I know you think that's the other thing is like you guys really care. You know, like, I feel that I feel like you guys want the best for her and the Bots for us. And I think that's what makes the program even more amazing. Is that like, you guys genuinely care about all of us and our children and that just makes it like a million times better?

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Yes, I would. Absolutely. I think you brought in some really great things yes. Bringing in all the options for families like to bring it up whole program. It's not just you know what I mean? Like you're there that you're BCA B's you got career now you got speech you got ot? Yeah, you definitely have a whole program. They're all in one place. I would definitely recommend that I would

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have been lost and I just would have been ready to throw my hands up in the air and give up so thank you so much for all of your help.

 31:12

Hey, parents, Roman is open from my champions for our children masterclass. This is my group coaching program specifically for parents with children with autism, who want to teach their kids on the spectrum, how to potty train, how to communicate and how to stop problem behaviors. If you're thinking about joining now's the perfect time in Wilmington closes Sunday and I want to make sure your spot is reserved to join us. You can go to this URL, that's Michelle B rogers.com. Forward slash unlock the shell with two L's mi CH, L L.

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boy Rogers or og ers.com forward slash unlock. Can't wait to see in the