

# Ep24 - Rewards and the iPad!

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## SUMMARY KEYWORDS

child, ipad, parents, reward, behavior, potty training, autism, motivates, training, potty, life, hands, language, home, talk, teach, find, high, kids, power

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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



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you are listening to the autism moms potty talk podcast episode 24.



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Okay, today I want to talk about board. The biggest things discussed when you join the masterclass and working with parents privately, we talk about reward systems, and I want to miss the thoughts about rewarding our children and how it may seem like bribing or, or training a dog, I really could give a fuck because if I can get my job, hottie dream, and I can give my child communicating rewards, I've been the key to everything that I've taught my daughter, actually even how I've raised my son. So let's neat, let's dive knee deep into the idea of what rewards really mean, how they're helpful. And one of the biggest rewards out there, one of the most powerful rewards that parents just relinquish their power to, which is the iPad. First, let's talk about how rewards are presented in my home. So rewards in my home, are always provided in response to them doing a behavior I like. So it could be you clean the table, and you get to go outside, you put your clothes away, and you get iPad time, right. So basically what how it's constructed is that they do something I like an exchange for doing something I like I reward them with something of high preference. And that's kind of the concept of how it really taught Juliana a lot of things. And I want to come back to the belief about behavior behavior, I believe the primitive language of all species, right, even before you can talk, your behavior really can be your voice. And for kids on the spectrum, that's a big deal. Most of our kids on the spectrum struggle to get vocal language. So while we're working on building out the muscle, of them becoming vocal, we have to work on getting them to communicate with them. And they communicate through behavior when their language hasn't developed yet. So knowing that that is the language of all children, now that I understand that they're speaking in behavior, I want to shape that behavior and get a lot of behaviors that I like, and get rid of any behaviors I don't like, while I'm trying to build out their actual vocal language. So one of the best ways to do this is through a reward system. And I use a reward system for everything I use

a reward system for potty training, I use a reward system to help a child to stop running away, I use a reward system to get a child to try new foods to help them with their communication skills. Rewards are the bomb diggity in my home, okay. Now some of you have a belief that a reward system is like bribery, or a reward system is like training a dog. And here's the thing. That's optional for you to think that, right? When I say that potty training, my child is very different than potty training my dog, probably not. But like at the end of the day, if the result is the child gains this valuable life skill, is it's helpful for me to shit on the way that I do it. Now, if the child is happy, we're not beating a child, we're not demeaning a child. We're not making them not screaming at a child. I don't, I'm not, I'm not a fan any of that, right? If this can be done in a happy, loving way, is it helpful to think that it's bribery? Or it's like training a dog? Okay, so that's the first thing we want to kind of show like, it's optional to think that. But like, at the end of the day, if it gives your child a valuable life skill, puts them on the path one step closer to a path of a life of independence, that why would you have a problem with that? Why would you choose to think that this is a problem? Okay, so now the next thing I want to talk about and one of the best rewards that has ever invented in the history of reward inventions, and that is, the iPad can be the tablet, the iPad, the computer, the video game system, the phone, they are the most one of the most powerful rewards that I've ever come in contact with. Not just my children, but majority of the families I work with all their kids. Love those electronics. Guess what? You love him to write? You're on your phone constantly. I can't believe how much I'm on my phone, I think started telling me how much screentime I had I was ready to jump off a bridge. I had no idea how much we are attached To our phones. So we know that they were made to be addicted. addicted, right. And we know that it would be natural if we're addicted to that our kids are too. Anytime I see something like an iPad, my kid's life. And if I tried to take it away, and it causes like a gremlin like behavior where they start going nuts, that's really fascinating to me. Because they say, Oh, this is something of high value. How can I use this to help parents, they can use this to my advantage. I have parents on both sides of the spectrum will say, the iPad is so disruptive. When I take it away, they go absolutely violent man, I had a mom tell me that her kid tried to burn down her house, right? She said that, I think she was just joking. But that's where her brain was going. If I take the iPad away, and I start using it for a reward system, my child will burn down my house, right? Their brains are going right to like the worst case scenario of taking this iPad away. And I want you to think, you know what, that could potentially be a response. But that's a heightened response. Right? Nobody can stay pissed off, angry throwing shit tantruming for days on end, I say about an hour tops is the most I've ever seen. And that's because the reason why I went so long is because the parents have always given in, do you understand I'm saying when we give in to a tantrum, or we give it to that type of behavior, we instantly make a neural pathway connection to the child that pay tantruming throwing shit, getting angry gets me what I need, even if it only happens one time. That's how deep of neural pathway will build, especially for kids on the spectrum. Because their behavior is their language, right? And so we can teach them how to communicate functionally, their behaviors are throwing tantrums is their language. So have parents on both sides of sections, I have had to say, Listen, do you think I'm going to use this for a reward system, you're out of your mind, I can't we need it. We use it every day, she'll lose her mind if I take it. And then I'll have parents say that the violence that we saw, when this iPad was a part of our lives was so bad, that we're gonna get rid of it altogether. What I want to say is, let's meet in the middle, is there a way that we can use this powerful device to our advantage? Now I could look at the IP and say this thing is a fucking disaster. And I don't want anything to do with it good or bad right here. I don't want to have any control over it. What my tiles have free rein over, or I'm so scared of it. I'm so scared of its powers, I'm gonna take it away at all. What I'm saying is, is that if our baby speak in the language of behavior, and this thing is valuable as it is to you and me, let's all be real, Jehovah seven, assume that we might even be listening to this podcast on that I want you to consider could I use this as a valuable

tool to teach my child how to be independent when I get a phone with a parent and they stay? Well, there's really just a whole other conversation talked about this a minute, when I have the thought that there's nothing that motivates my child, and we'll go through their day. And then they'll say, Well, there's the iPad, but I can't take it away. You know, they'll just go bananas. I get excited. When I'm on a conflict with somebody who says like really excited. Like, David, it's gonna get in my head because



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Hi, Pat addicted child. They potty trained the fastest. And here's the thing, when I start to look at that iPad and start looking at it, it's like this kryptonite of my home that I can't even touch. I lose all my power. But if I can look at it, as this magical golden Wonder Woman Lassa right. And I take this and I haven't we allow them very, you know, specific access to it right? So we'll go right in my home. It's a privilege you earn to us. Boy, does that change the game? Now, when you put this in place, I always tell my parents like don't go and yank it out of their hands like right alright, Michelle just said, let's let's just use the iPad for a reward system like a rabbit out of their hands. I don't do that. I like to be stealthy about it. So what I do is if I make the decision that I want to be a person who has something very powerful in her hands that could that could teach my child an important life skill like potty training. I'm going to wield that power wisely. So what I do you have one of two options. I'm the type of girl that kind of steps on from you packed your babies bag today. And you drop them off at my house and say hi train him. I'll be back in a week right? I'm going right for the jugular iPads gone. Right. But don't take it from their hands. What I do is they go to bed. Again, I new covers again. Under the covers a little Sandman comes, their eyes are starting to slip and they're out. Tao cold. Take that iPad, and it's gone. Friday. This morning. They woke up like with marriage. Oh no. Oh, no. Wait, what do you think of what I have no idea. I have no idea where it is. Most times when we hit it like this. The kids are so like confused to that they're just kind of looking around for it might be a little whiny. But something magical happens. They go and find something else to do with their time. And this is one of the best side. One of the best byproducts that a lot of my families come back and report to me that they didn't realize how much this iPad was stealing their child away from them. All they thought about as if when I took it away, I won't be able to wash dishes, I won't be able to do laundry, I won't be able to have this thing that would keep them happy and keep me out of trouble. But what they really gained was a one step close, closer connection to their child who was lost in the device to begin with. And I want to pose that to you even for the other children that might flip out, right? They wake up, the iPads gone, and they go bananas. They're screaming and yelling, they're tearing the house apart. Mind you, you're you've already packed away your precious knickknacks. Right? You're prepared for the storm, I don't do it. When I'm about to go to work. I do it on like a Friday night, Saturday morning, we have nothing to do. But I can just cuddle love and support them as they feel withdrawals of their iPad. And this is what if that even happens, what's going to happen is they're going to have, like, if they're going to have a heightened state, we're going to be really upset, and you're going to do your best to kind of weather the storm, give them their space, whatever they need, and then they're going to come back down, they're going to figure out something else to do with their time, they're gonna mourn the loss of the iPad, and then they're gonna get back to limit. And it's gonna be a very different experience in your home. And I usually tell my parents, if we're going to use potty, we're gonna use an iPad or something of high desire like this, for potty training, we make it disappear a couple of days before potty train. And with and when every time I've done this, the parents always come back and say, Listen, the first day was hell, or whatever. But then all of a sudden, my child just started being more engaged with his environment. It's one of the best gifts that you can give a child who was so addicted to an iPad was a complete unlimited

access to it. Because you get your child back. It's one of the best things. And if you're not willing to deal with a tantrum or two, in exchange for that, on the other side, what are we here for? What are we parenting for, you want to just be a have an iPad babysitter, or you want to be a parent, a teaches her child to lower. And that's your choice, I want you to think like listen, if the child gets upset, because you take away the iPad, and you want to quit, but you don't want your child being upset, why? And guess what? Life's full of shit that makes us upset, not doing this child any favors when they can have what they need. And I just make sure I give them everything? Or am I teaching them an important lesson? Sometimes we don't get what we want in life. And you have to parent in this moment. And what if it's not as bad as your brain is making it out to be. And that's one of the beautiful gifts of our award system brings is that it creates a connection with your child that wasn't even there before. Because they're going to be seeking you out to get that payout. Okay, the other way you can do it, that's the you know, God, Michelle step on your throne method. The other way you can do this, is if it's too scary for you, if you're too afraid that the child just can't handle it, you could start reducing their access. So if let's say every day after school, they always get it right after school will maybe I wait a half hour, before I give it to maybe I find some structured activities for us to do give it to them, then then half hour turns into an hour, then it turns into two hours. Next thing you know, it turns to do half hour and then once you're comfortable enough, you take it away for a couple of days, just like we would do in the first method. The idea here is to really take your power back, this thing has so much power. They love it so much. Make them earn the right to use it. Okay, so I hope this was helpful today, I really wanted to hit this home about rewards, what I think about them, and then I want to leave you with this because I'm getting a lot of parents, they'll say this to me too. I have a child that likes the iPad. I have a child who likes anything my child had cannot be there is no reward out there to help my child get pi two there's nothing that motivates them. My loves my parents, this is a huge dead end thought our when our parents says this to me, I say okay, so you just nothing motivation, no, nothing. There's nothing they'd be willing to do it. You potty train. Well, that's for sure. Nothing that they care about. Okay. So now that create decision, I said, Alright, so on a Saturday morning when it's raining. Does your child just come downstairs? sit on a chair facing the wool day? No, no. Did I say okay, well tell me about their day, right? Tell me about what they do. And we start playing the painting a picture of a rainy Saturday morning or even like a whole day at home as to what the child does. And I want you to start thinking about that. The questions I want to ask you if you truly believe that there is nothing to motivate your child. That's really just, it's a kiss of death thought. Because if you don't if you believe that then there's nothing left to try. Just like thinking I've tried everything right. I've tried putting so many times which I've tried everything. There's nothing that you've tried that you're going to tell me that I haven't done. First off I've trained 1000s of kids at this point to potty train tip taught parents 1000s of parents out of high train their kiddos with autism. Now with autism, we just had a mom who gave us a review, her son had a brain injury. He struggles the fine motor movements support his hands up and down, but he is potty trained. So so when a parent comes and says that to me, I call bullshit, because I can't even say that I've trained 1000s of children. And I can't even say that I've tried everything. But if you've read things, there's nothing left, that I can't there. I've tried everything. And there's nothing that motivates your child. That's a death sentence thought. Because when you think those things, that means there's nothing left to try. And I know if you're listening to me, you don't believe that you may believe that your child is capable of doing more. And some of the things I say resonate with you, and it does great come to that webinar. Reach out to me, I want to help you. But you could also have a footplant and in disbelief that autism makes it that I can't do these things that I've been to this club for a while. And I tried and failed and lots of attempts. And how is this going to be different? Well, I want to pose to you is having a foot in disbelief. And having a foot in belief, disbelief will always win. Because your brain is not made to give you what you want, which is a potty train

communicating child, your brain is trying to keep your body safe. And it doesn't want you to feel the uncomfortableness of trying and not succeeding. But let me tell you something. The only way you find what works is you got to try a lot of shit. And I never saw trying stuff that didn't work with Giuliana as a problem. I just saw it as a block that needed just cleared my path like okay, there's a bunch of things I can in front of me on our path to get Juliana pie tree. And as I tried each thing, and when each thing didn't work, it wasn't a fail. It was actually me taking that block and clearing another foot of the street. And the more things I tried, that didn't work. The more I did that, the more it brought me closer to clearing that street to finding what did work. And that's what I want to leave you guys with tonight. You can think about my child is severely autistic. I've tried everything. There's nothing to motivate my child. You know what you can just find a way your house and put them in the group home today. But if you're willing to say, Listen, I don't want to think that anymore. Different than honey, I got you. That's what I do. This is what I do all day long. I'm gonna help you to get on stuff. What you start to believe different things about your child. And sometimes just asking ourselves questions to really disprove those thoughts will really help us to understand that they're just thought or so my brain is trying to keep us in the cage. Because it doesn't want me to be disappointed. But life's little disappointment. You already know that right? We're all in this club. No, no, I thought we were gonna be here.

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We survived it. We're here right now. I'm listening to you right now you survived it. So I need you to, to get tap into that. Start asking yourself and you think you've tried everything? Is that really true? And when you think that there's nothing that motivates my child, and you should really think about how they spend the day off.

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What do they do? How do they like to eat for breakfast? What do they what do they like to play? What

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do they like to go out? Do they love bubbles? Do they love playdough? Do they love to paint and you'll be surprised at the list that you come up with of the things that they would do on a Saturday morning from a child that you thought 10 minutes earlier, had nothing that would motivate them. I hope this was helpful to you next time.

 18:45

If you're ready to help your baby now with potty training, communication or stopping their problem behaviors, I want to invite you to watch my free 10 minute video training that shows you how I took my daughter with autism from pre verbal to sign language potty training with a sign to making sounds and then speaking, head over to [Michelle B rogers.com](http://MichelleB Rogers.com). Forward slash training. That's Michelle M I see h e l l e. B as in boy Rogers r o g e r s.com forward slash training. See you there

