

Ep26 - Theresa potty trains her 10 yr old “ in weeks!

Fri, Dec 15, 2023 5:33AM 22:20

SUMMARY KEYWORDS

michelle, work, program, child, potty, son, potty training, words, tactical, mom, good, life, recover, love, verbal, school, peanut butter cup, talk, token, autism

SPEAKERS

Michelle Rogers



Michelle Rogers 00:04

Welcome to the autism mommy's potty talk Podcast. I'm Shelby Rogers, autism mom and life coach. I help parents of children with autism who are pre verbal to start communicating potty train guarantee. You're listening to the autism moms potty talk Podcast, episode 26. Hey everybody, Michelle here from champions for children, and I am with one of our master classes to reset. She's going to tell you all about her experience working with us, Teresa, thank you for taking the time to do this interview with me



00:48

today. You're welcome.



Michelle Rogers 00:50

Amazing. So tell us about you. Tell us about your son. What was your biggest struggles during the program? What were you struggling with with him?



00:57

Yeah, again, my name is Teresa, my son's name is Anne. He's 10 years old. A little bit about him. He started regressing around a year to 18 months. And we got him in the early on intervention program through the community schools. So he 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 go number one. But he still would not poop in the toilet. He would sit on the toilet and who wasn't Versiv to the toilet, but he would choose just to poop in his underwear. So. So the two big things that I got myself and my son, we just were at roadblocks.

Like how do I get him talking? How do I get him pooping in the potty. And I knew I come to this point, read enough information that I don't think the words are going to come out until he masters this basic skill of going to the bathroom, right. And I had been going through Facebook, I'm not a real big Facebook person. So anybody out there, I don't get into it much. But when I had, I saw Michelle's potty training. And I probably have watched it or clicked on it about six different times before I decided to actually sign up for one of your free little webinars. And I was like, I'm sold I, I have spent 10s of 1000s of dollars on recovering my son. Sorry, I'm a crier, okay. I thought what the heck, this is the cheapest thing I'm ever going to do for him. In all honestly, this has been the cheapest, greatest investment I've ever made, not only to him, but to me. And that's what I found was amazing. I was not ready for the help I was going to receive. Now only the basics like how tos. But the the mindset, the training of the mind that perspective. Because I was starting to crack. I don't want to say I was starting to accept the it is what it is. Because up until that point, I was the mom, I didn't want to be around people who said it wasn't possible to recover. I just didn't want that in my life. Because I know he can't. But I'll be honest, I was starting to slip. Because we had gotten to a point where things had really stalled out and I didn't have anybody in my life. That was a catalyst for more change. And I knew I was stuck. I needed different information, I needed a new perspective to break free. And that's where champions for our children came in. So those were two big things was first potty training. And now you know, I'm going to be getting help with getting those words to come out. And just just as a testimony for for this program. Michelle and I haven't even really met yet to talk about exactly how to get these words to come out but he's already schools like he is crazy verbal right now. And they're and they're all they're saying number one because I just took the same concept applied it to words. I don't know I got to talk to Michelle Yeah, but this is what we're gonna do. 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. Because it's like, done completed. You know, and, and he chose, I want, I want to encourage everyone to bring your child into their recovery learning process. I did the first time I looked at my son, he said, Do you want to give him a try? Do you want to learn how to play more? Or do you want to work on getting the words out? And his eyes got so big? He goes, I want to talk. Oh, is talker says I want the words to come out. Oh, my goodness.



Michelle Rogers 05:33

How awesome is that? That's very,



05:36

not only it's so snap, the pushing work, we're walking together. Right? We're and he is, there is no, there's no stubbornness. He's all on board. And it's amazing, because I finally got the perspective that somehow he's a victim and he's trapped or something, you know, they use those words, they're trapped inside that. And I'm like, well, actually, they're sort Yes, but there's a way in. And I think part of it is letting them help themselves. Don't just treat them as the little child that they are anymore. My sense 10. So it's a little bit different. He's, he's got the cognition to understand. But it really has been a game changer, because I haven't seen any stubbornness at all from him and trying to do this, you know, now working on words, He's excited. Amazing.



Michelle Rogers 06:34

Amazing. So you let you talk, you touch on a couple of things I just want to ask you more about so the feeling of starting to slip mindset part of our program, you know, we have all the tactical tools and ideas and tricks to get potty training going to get communication happening. But one of the biggest heart of my program is the thought work that needs to be done. And she Teresa just really landed it hard where she said that, you know, I was doing all of the things. Because I had this vision that I wanted to see my child not to be the to keep progressing. And she was starting to slip. And how does the program help? When you're feeling that energy of starting to slip? How did we help you with that?



07:21

Oh, my goodness, it was a success stories. I mean, your your personal success to success stories. And then helping me understand that the diagnosis of the label doesn't mean XYZ. And the concept of living with autism, just like adults live with diabetes, and adults live with this. And adults live with all kinds of conditions, right? And but we still grow and we can still recover. And that's the funny thing is actually my husband's recovering from type two diabetes as we speak. So, again, I think it was between you and Stella and Stella is just amazing. Because you don't and I like the whole approach that you guys do that strong mamas and data's, you know, help our children. And so she tackles not only maybe this little sliver of your life of your child or child with, you know, special needs, but marriage and everything else. And there's a lot of line slats and reorganization of of, like, so what? So when he can't have an iPad? So what if he has tantrums? Because, you know, we're trying to get this basic skill, you know, recovered. So though, there was a lot of truthfulness, and just pulling out things that were blocking me, if that makes sense. Yeah, move on. You're really good. When I first went to I said, What a I don't know what I don't know. And I'm very, very good at acknowledging that and all parts of my life, but I told I said, every time we get to this spot, I'm in the way that him, um, in a way, because I am not doing something or I don't know, something to help them because he really is never shown and I don't think any of our kids really show a push back to growing and learning and changing or recovery, right? It's usually us, and especially when Armando if anyone hasn't watched the video testimony, Armando. Oh my goodness. But when he said the biggest factor, game changer for him was the support of his parents and love. I was like, bingo, because we've done ABA and lots of stuff. But I said, you know, all of his monumental, big accomplishments have been with me eat at home, not out there. And I thought, What the heck am I doing? So and that was another reason. And you like pretty much the first couple times also put those together, right? That our kids I think do grow and change faster in the care and love of the parents. And although I think ABA and going there is good, I think you can get much quicker results when you do it. You don't



Michelle Rogers 10:31

need to be a special education teacher, you don't need to be a BCBA you don't have to have any form. I have no formal training and therapy. Me know exactly what I believe I am the number one catalyst for everything that my daughter has Teresa feels that way about her son. And here's the amazing thing



10:49

you can prove it. That's just like you. I mean, I can now statistically prove it. And I that was my conversation with the senator. I'm like, I don't know if I need you anymore. Right?



Michelle Rogers 11:01

What an amazing feeling. If I If I Could you have imagined I always do this sometimes when I when I see a family outside major change. Can you imagine when you started the program that you wouldn't be here today saying that I've had a conversation with a senator thinking that maybe we it's time for us to move on? Do you ever would you ever have visualized that same mom having that conversation today?



11:25

No. I know, because I was contemplating send them there this summer. And I'm like, now I'm not. I'm putting him in more neurotypical situations. Because I am. I mean, I just had conferences with his teachers. And I said, are you able and ready to start moving his IEP like, you know, cuz I said, this guy is gonna move and shake you come back next fall with way more verbal notice than right now. So he is probably going to come in and we're gonna have to change his whole thing. I mean, that is where my expectation for him is so high. Because he is his expectations so high. He wants it. He told me yes. And every time he does it, now he and I school apparently he beat I mean, he can't go anywhere without his token board because that's his words. And he's just always trying to say words because he wants another token, first hotel and swimming pool. And the leak the links kid, which are some neurotypical peers, a little bit higher grades come in and do social activities with them. And a teacher that'd be nice to take the token board. Well, at the time it was pooping in the potty. So out of respect to that while go put this on my desk. And he's like, we don't with the back like I'm proud of my poopy.



Michelle Rogers 12:44

Absolutely amazing. All right. So it's interesting, because one of the things i She said nice want to really hit the songwriter, she came in for the tactical, but she leaves with so much more because it's now it's like, making the connection that it isn't just the tactical isn't just sending to the best school. So the best centers are getting the best therapists, I get to feel my best as his mother. And if I feel that, you know, the I feel like a victim or trapped inside. That's not the problem. The problem is if you feel that there's no way out. And if I believe like there that is there's a book somebody had written this is like, I know you're still in there was like the title of it. It's an interesting thought. Um, and it could go either way, like maybe there could serve you or couldn't serve you in the way cannot serve us. He's in there and he can't get out. Or he's in there. And I just got to find the thing or the right way to connect with him to have him to set him free.



13:42

Yeah, and I think that's what your program does. Yeah. I mean, not, again, not just the tactical,

which is I mean, I want to set you free. Yes. Yeah. And that's what I needed. Because even the ABA centers world, they, they don't, they're not they aren't the mom and dads and so they're again, they're very heavy in the tactical, and maybe some of the theory. But that's the thing that can't, the child is not ever going to feel as loved or saved. Safe, except in the arms of their parents. Nobody knows them better than you. Yes, and you can read them and you can understand right? Especially when they're pre emerging and you can still read their body language and understand exactly and and Michelle tells you had to be a very good detective and Sleuth for yes. And that was good because and it takes the I think it took the pressure off the whole process. I was always I think part of my personality. So melancholy and listen this and process in it has allowed in AI to just not always be in this mind frame of doing therapy or doing this It's, I feel like we can just be mother and son again. And we're just loving each other. And I don't know, it's, it's different, it doesn't feel forced, it doesn't feel like well, we got to do this, we got to do this list because eventually, hopefully, hopefully, we're gonna get XYZ results, right? That's kind of the mindset I came in, because that's how that works out there. This is different. I don't know exactly how to put it. But it's allowing the relationship to go above the tactical. And we always, um, I've read a lot of self help books and people books, and the relation does have to go over tasks. And I think you guys hit out the park. Because we were having so much fun learning how to go pooping on the potty, but really, it was really finding his little motivator that just Yes, was big enough that he decided it's time.



Michelle Rogers 16:01

Yes. And



16:03

him was hotels with swimming pools. He loves it. And you know, who knows? Maybe he'll grow up to be a Donald Trump and live in.



Michelle Rogers 16:10

Hey, Ben, take care. The hotel one day mom, Sarah, you know, you said to just sitting in home and we all have parents, so call me and say, you know, Michelle, how many hours a day do you work with Juliana? I'm like, fucking I don't know. Because it's not even it's not work. Like, that's where you missed the mark. This is a connection, you're going to connect with your baby on the deepest level, you think you're close? Now? This is going to show you how to connect with them on the deepest level. It's I can't I couldn't even quantify how many hours a day I work with her because it doesn't it I don't look at it like that. Wow. And you



16:47

don't we don't set we didn't I didn't set time aside, you know, you just mean it's, it's just integrating it as you're living. So he wants something and he's requesting some. I put put the tablet away. You gotta say this phonics, this word, this part something. So now he's saying help so much, and he's gonna give it to me five times, let's go five times. And he just couldn't offset

it. And he's producing these, you know, and I said, okay, but we gotta say it the first time that like, the fifth time when you're, you know, and he's like, okay, and, and that's just to get help to get a drink. Yeah, how many times you can do that just am cutting up zactly



Michelle Rogers 17:32

your mom and you're already showing up as a mom. But what if we can make that time is the most effective? I have about like running a program. It's about showing up at your in your highest form. Yeah, and



17:45

I'm literally making dinner and I'm just in there. And then he's, he's counting on me to count on your fingers too. So we're doing all kinds of things, right? But it's that energy and synergy that you guys bring to go like, what does this look I'm I'm a full time working mom. Okay, I've got three other kids. And, and we never I have yet to stop and do something like intentional now, the only maybe like games, but that's like game time with everyone or whatever. But I have done the potty training was almost like, seriously until we get the mode, the real motivator. Now pre motivator, there was a lot more sitting down and you know help in and but it wasn't as to motivate once I want us to motivator as a coach before. I showed him the token board and he had had these half pound peanut butter cups that he got a little bit of. He literally turned around, we were in the kitchen, he turned around, went to the bathroom and literally pooped in the potty, just like that. It's like on command. And then he went out and sick may have a peanut butter cup. And they went got his token. And it was like Game Over. From there. It really was me and I really didn't have to do anything except okay, we're going potty. We're going he's like, come on. I want my token. Awesome.



Michelle Rogers 19:06

All right. So would you recommend any family based on your experience to join our program?



19:15

Absolutely. And I have already been recommending champions for our children. I'm a Special Needs pack rep for our school. And so I just share that to a whole bunch of families because their families in need. Big time need and what I love about champions for our children is that it's it's economical. I know every dollar is hard right now, but it really does help for those who don't find themselves in good school districts that have maybe good programs, or you can afford the ABA centers that are ridiculously expensive, you know, I only can afford him because I have good insurance. earns honestly. But this is affordable, and it works. And you'll get faster, better results, I took the lifetime



Michelle Rogers 20:08

of knowledge, she just said she we haven't formally coached her on how to get communication of her son. She's using the same principles of potty training to get more language out. So I have

of her son. She's using the same principles of potty training to get more language out. So I love that.



20:19

It's why that's right. I mean, it's the it's the concept that if you teach someone how to fish, they'll never be hungry. And, and that's what Michelle and her team are doing. And I just love everyone else's stories. And I love when I get on there. I don't make it to everyone. Like it's I have a busy life. But the ones I do stay on all until the very end, because there's so many tidbits that you can get from other people in their in their situations, because a lot of times it's It's beer, I could raise my hand and every single, you know, question or issue and so you get all that free knowledge and experience and just start taking notes. Because if you actually do it, it will work. It's the first time I've ever been able to say this. In his 10 years of life. Like I said, he's been involved in something in 18 months, and we've been to some very high tech hospitals with OT and PT and speech. And I'm just blown away. And more than anything, I'm super excited about his future.



Michelle Rogers 21:27

Amazing. Thank you so much for your time to receive your kind words, kisses.



21:33

Thank you, you made a difference in this family.



Michelle Rogers 21:36

Oh, thank you so much. 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://MichelleBrogers.com). Forward slash training. That's Michelle M i c h e l l e. B is in boy Rogers r o g e r s.com forward slash training. See you there