

Ep29 - Potty PHOBIA to FULLY Potty Trained with ICE CREAM!

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SUMMARY KEYWORDS

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SPEAKERS

Michelle Rogers



Michelle Rogers 00:04

Welcome to the autism mommy's potty talk Podcast. I'm Shelby Rogers, autism mom and life coach. I help parents with children with autism who are pre verbal to start communicating potty train guarantee



00:26

you're listening to the autism mommy Body Talk Podcast, episode 29.



Michelle Rogers 00:40

Hi, everybody, Michelle here from champions for our children. I have the honor of chatting with Vicki this week. Hello, Vicki. Hi. She came into our program about three months ago for her son and I wanted to ask you some questions about your experience working with us sound good? Yes. All right, perfect. So when you came to us, what were your biggest struggles prior to joining the program? And what was your child's biggest struggles? Before you came to us?



01:10

So mine? Of course, the big one was potty training and speech. Like he had some words, but I couldn't really get him to fully tell me, you know, what do you want it? So those were always my two biggest concerns with him. And for him and me, I guess. So for both of us. And



Michelle Rogers 01:28

so like when you came to us, what were you hoping that was was going to happen?



01:32

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 I would research stuff like I seriously had, because this is all so new to me. You know, I had no idea. So I was just hoping Yeah, for like some help. Or I was just willing to try anything. But I was like, Okay, this is good. Let me try this you know, and see what happens. And it was actually the best thing that has happened so far. Ah



Michelle Rogers 02:07

to tell us about the progress. Tell us about potty training. Tell us about everything. Okay,



02:11

yes. So the potty training is great. So when I first started, he was scared of the potty like he wouldn't even touch it go to the bathroom nothing. And then when I started working with Michelle and the whole team, like you know, she gave me great tips on how to get him first not scared of the toilet seat. And I didn't know that before. I was just trying to get him to you know, like come on potty train and then I would stress out I'll like why does any potty train and but you guys helped me walk through that like, okay, there's a lot of steps you know, like step by step and so that helped me a lot helped me calm down and just focus on that. So yeah, so focusing on getting him not scared of the toilet and then that took a little bit you know, for now, but then he finally was sitting down doing it and then and then after that I finally started the actual going potty, that toilet. Oh, and also sorry, one more thing. He was also even didn't want to wear his underwear either. So then after he got over the fear of the toilet, then he started wearing the underwear. And 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 work great. He was finally sitting down going to the potty. And yeah, we're fully potty training. And then he burned his hand. So we kind of had a little setback. But now I just spoke to Michelle about that, because I was so worried. I was like, no, no, no, I'm gonna have to start over like, oh, no, he's doing so good. But he went right back on it. And if we did take some days off because it was his right hand and again, it was hurting. He couldn't even put on his clothes, you know, so it's a big thing. But now he's fine. He's feeling and he's back on the potty. So we're still not fully potty prayed, but he's doing it you know. And actually, the other day I was gonna tell you he ran into the bathroom and I was like, oh my god, this is gonna go pee. Like you closed the car and I went in there and he so he peed in the underwear, but he peed in the bathroom. Yeah, he had never done now.



04:23

Smart does a good job of



04:25

you know, rushing to make it that's probably what happened. He had to make it



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without me. You know, I didn't even have to like do anything. I just saw him running in the house in the bathroom. So that was awesome.



Michelle Rogers 04:39

So one of the things you brought up, which I think is important that we kind of go over is that he had fear of the potty. Correct. So it was important in the sense just to get him to just be comfortable being in the room with it, touching it sitting on it fully clothed. Was that kind of the process that you took with it so



04:58

I did that yeah, like So I would sit him down either with his clothes or pull up, you know, and we I would do the incentives and before I didn't know to do that, you know, so I would tell him like what worked really well for us was he likes my phone my because I never let him use it. So he'd be laying out actually still said he'll be like Bert toilet



05:20

told me that even till this day, I'm like, okay.



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So anyways, not help so I would do with his pants. And then we kind of did it then after that his pull up and then little by little, we would do you know, okay, and then now underwear. And



Michelle Rogers 05:33

you think there was a correlation that he knew in his head that you're making him do underwear, because you're gonna have more on the potty that he's scared of? Yes. Go. So by working specifically on the actual wording specifically on the actual fear itself, made him then correlate that it was safe, and then also made him correlate that wearing underwear was safe, too. So that's just a thing. Super important step. For any parent who's dealing with a child that either avoids runs from it, first want to see if it's fear, regardless of what it is, we need to get them to want to sit and attend on it first, you can do that fully clothed, and then that's gets a reinforcer. And then once that's been established, like Vicky and I were talking on a weekly basis in the program, once we realized our I think we've got this, I remember saying to children might be like, Oh, I missed the kid that was very scared of the pyre, you're scared. So once we

kind of established that safe space potty, he's not going to hurt us, then we were able to take it to the next level to do the actual potty training. So that was an important tip number one that came out of her experience, which is amazing. The second important thing that came out of her experience, and this happened to my daughter as well, when Juliana was potty training, she got a UTI. And she was she was really sick. We at first didn't even know what it was. And she was having accidents. And I kept thinking great. This is going to be like I'm gonna have to potty train her all over. So the first thing we needed to do because she wasn't feeling well, it was I'm not going to focus and stress her out by trying to get her on the potty when she's really It hurts to pee right now. UTIs hurt. We had to help her get over that first. And then once she recovered, then go back to the potty training. And that was the same thing that happened to you because he burned his little hand a little guy, right?



07:24

Yeah. So it's hard for him to you know, pull up and down as pads or underwear or anything. So yeah, so if you're scared even use a pad. Yeah, it was hurting so bad. But good thing is it started healing pretty fast. So we got to get back on it pretty quick. Yes.



Michelle Rogers 07:40

And then that was the thing when you've already done the foundational that big potty train experience. It's almost like riding a bike when you get back on it might be a little wobbly, but they kind of pick up where they left off if you're consistent with it. So that's another positive from this really good potty conversation I was I forgot all of the steps we took to kind of go there but this is such a good learning experience for any parent who is struggling with potty training that first we had a child that was fearful to potty we established that then he she went through the fundamentals of our potty are the autism mommy potty Pocket Guide or the potty power force? And she basically you know, did how did you do? The actual pie training was like 10 minute, five minutes on 10 minutes off how to do it?



08:25

Yeah, I would do usually like 10 to 15 minutes. And then yeah, I would on and then off and then on so yeah, probably like 10 or 15 minutes, depending on how many liquids like if you drink more water, then I would just do 10 If he wasn't drinking as much, and I would do like 15 So I kind of felt it out. Yeah, so that helped a lot too. And then I actually like you said I got to really see like, okay, he drank you know that glass of milk that means he's gonna go potty and a little bit so I would have to like watch him but I will catch it. That's how I was able to catch a lot of you know, and go are you



Michelle Rogers 08:59

taking data or like you you? Are you just kind of mentally noting when he was



09:03



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going I was kind of mentally noting, just because I was working from home right now. So I was grateful that I'm able to just you know, I mean sometimes it was hard because I'm like okay, I can't like just want to mandate but so then I would kind of write it down like okay, he drink it at this time. So that I know, you know I've taken the potty in like 10 or 15 minutes and that helped a lot. I was able to catch a lot of it. No,



Michelle Rogers 09:27

no great. So when you caught it What was his reinforcement? Like when you got the money and you got him on the potty and he went?



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Yeah, so for him it was ice cream because



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I want to talk about this too. This is very good. Yes.



09:42

Okay, so I bought so he loves the drumsticks so I had the big ones and then the little ones the little ones were like for when he sat on the toilet and then the big one was for when he actually went you know in the body. So and I went to actually I brought the ice cream and I brought it in there and I was like okay first you know potty With an ice cream, ice cream and ice cream, it was like, okay, so you kind of stuff. And I remember at the beginning, he was so nervous, like he would sit there and I could tell he was like, he would just do it. And then the more he did it, the more comfortable he fell. And of course, you want an ice cream. So he did and when he saw the ice cream, that's what helped. Like I remember you had told me that you have to bring the incentive to show him and so I brought ice cream. And then anyway, so when he saw it, he was like, oh, okay, so then he finally went, and then I gave him the ice cream, and then it was good after that.



Michelle Rogers 10:33

Excellent. And it was important about this reinforcer. You didn't give him ice cream any other time. Yeah, that's right. So that means that the reinforcement kept its value was super high. So that's one of the big takeaways about the whatever reinforcer you pick, it cannot be given for anything other than the thing we were working on, which in this case was potty training. And one of the things that Vicki had said during one of our coaching calls was I feel like I'm giving him too much ice cream, right. So what we eat



11:08

too much sugar because also what of course all the sugar work because he loves the crunch berries, cereal to the Captain Crunch Berries. So I would sometimes so first actually, I started sometimes with the crunch berries, too. But then I was like, Man, this is a lot of sugar, like ice cream, crunch berries, but then when I spoke to you, you're like, No, I mean, you know, it's not going to be forever. So I was like, oh, yeah, you're right. So the now I ended up just buying the little ones. So now I've just been giving them the little mini cones. When he goes potty and he's happy with it. Yeah, and he'll still go. So a few of the big ones just in case, you know, so if he doesn't want to go or something, I'll I have it ready. So you know, I couldn't get him to go, which is.



Michelle Rogers 11:51

So when he went like that first time, were you like totally shocked or like, yeah,



11:57

no, I was so shocked. I was like, Oh my god.



12:02

That gave him all this praise. And even yesterday, he was going and I gave him all this praise. And he's just looking at me smiling, like so happy. Like you did it. And yeah, it was awesome. That's amazing.



Michelle Rogers 12:13

Okay, so So now he's potty trained. We're getting there. He's he's making amazing progress. What was the best part of working with us through this whole thing? Oh,



12:24

my God, everything. I feel like now, like with all the help, I just have more of a direction and clearer of stuff of how to help my son. And before I just had no idea like what I was doing and how to help them. And with you guys. Like it just helped me so much. Because, you know, on the calls on Wednesday with Stella, like, she gets my mind right on stuff. And then with you and all of it. Yeah, so it was all great. I tried to read some notes I wouldn't forget. And also just felt great to be in a group with other moms who are going through the same thing that I was going through, because I hate like around here, like I really like them, my friends, you know, their kids are neurotypical and everywhere everyone I know, like I haven't really met a parent yet. Now that he's finally in school, I finally meeting you know, a few moms but before but then COVID and all that, like I didn't know anyone. So we just felt alone, you know, I'm talking about here and all these moms going through the same thing. I'm like, oh, it just makes you feel better. And now I feel more hopeful and calmer and happy. And now I just see like now I just feel like the future is gonna be so different for him. And for a while I didn't feel like that. Oh, thank you

so much. I was just so like, the more I think about I was like, I really had no idea what I was gonna do with my son. And I thought like, Oh my God, he's gonna have no future, like, what am I going to do? Like, you know, all this stuff, but now I see. Like, I can see it's gonna be okay. It's gonna be better. And he's doing so well with like potty training and talking and just asking for things. And it's so awesome. It makes me so happy. All right, so



Michelle Rogers 14:09

last question. Would you recommend us to any other moms?



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Yes, I've actually already thought of, because my cousin her son, I think she just found out was autism. And I was like, well, we're gonna have to message her and tell her about this program. So yeah, I would definitely refer anyone to this because again, I never thought he was going to be potty trained. Like in my mind, I was like, I don't know what I'm gonna do. It's never gonna happen. Like I almost thought I have to rely on the teacher or someone to help me but with 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 can do this. You know? I can do it. It's like yeah, I almost looked at it like a dog because like how you said you were in sell so my like I've always done sell. So it's like once I have a goal like to do it and that's like my mission. and like, okay, potty training mission. Okay, what's next? You know, now I have to work on his eating but I just wanted to get the healthy eating, but that's okay.



15:08

Why don't we go one step at a time and we're here for everything.



15:13

Exactly. I'm so happy you guys are awesome and so helpful. And again, all the moms and it just it feels good. Awesome.



Michelle Rogers 15:22

Thank you so much for your time, Vicki. I appreciate it.



15:25

Thank you.



Michelle Rogers 15:28

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 Be Rogers.com forward slash training. That's Michelle Be Rogers.com forward slash training. See you there