

Ep34 - The 5 Ways You're Unconsciously Sabotaging Your Child with Autism

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SPEAKERS

Michelle Rogers



Michelle Rogers 00:04

Welcome to the autism mommy's potty talk Podcast. I'm Shelby Rogers,



00:09

autism mom and life coach.



Michelle Rogers 00:11

I help parents of children with autism who are pre verbal to start communicating potty train



00:17

guarantee.



Michelle Rogers 00:23

You're listening to the autism moms potty talk podcast episode 34. All right, everybody. Hi everybody on Instagram. Hi, everybody in the Zoom Room. My name is Michelle. I'm an autism mom and life coach. I run a group coaching program called the champions for our children masterclass. And I am streaming live to Instagram to let you know we have started the webinar, the five ways that you are unconsciously sabotaging your child with autism. So if you want to get in on this and you want to be able to ask questions, we've got an interactive chat, I want to I want to get in here I want to talk to you guys want to know what your biggest struggles are. I want to maybe even do some coaching and we have time for it. So just check

the link in the in the chat box and you will be able to click that link and join us live but I'll stay streaming as long as I can. So all right. Without further ado, who wants to hear the five ways that we are unconsciously sabotaging our children with autism? Let me pull this up hear me Yeah, me too, Tiffany. By the way, again, full disclosure. I am guilty of all of these. So just bear with me here. I'm gonna pull this up. Everyone who comes live by the way on Instagram. If you were there, everyone that comes live into the Zoom Room tonight, you will get a free gift email too. So everybody's already a winner. Everyone that's here live tonight is gonna get a free gift. If you're in the Zoom Room. If you if I'm sorry, if you're watching me on Instagram and you want to come in and get your free gift. Make sure you click that link and join everybody on the list. It's gonna get a free gift. And if you stay on q&a Tonight, I'm gonna do two raffles. What first raffles a little swag for my company. And the second one is we're gonna give away an Amazon gift card. So you gotta be here. You gotta be live to have access to it. All right. Without further ado, let us do our presentation. Can you see Jen? Oh, and Jen and Kim are here from my team. So Hi, Jen. Hi, Kim. They're going to be able to help me answer any questions that come up. You can put questions in the chat questions in the q&a q&a, I'm going to try and get to them as I go through this presentation. I see we have some hand raised, hands raised. If I have time tonight, I'm going to do with some coaching. And without further ado, let's get into it. So first off, can everybody see my screen? With like with the cute dolphin that's smiling? I see it. Excellent. All right. So these are the five ways that you are unconsciously sabotaging your child with autism. I want everybody in the chat to write no shame, because I am guilty of all of this, somebody in Instagram is asking for the link, make sure you check in Instagram team to send them a link. So everybody, no shame. That's right, you are here. I've done every single thing on this list. Sometimes I still do things on this list. So this is a no shame room. But you got to have awareness. If you want to change, you got to have awareness if you want to show up differently. All right. Okay, so let's get cracking. So you're in the right place, if you have a child on the spectrum, or you suspect they have autism, you're in the right place, if you have multiple diagnosis. If you are in the right place, if you have a child or an adult child from two to 30. Plus, I've worked with children and adults with autism. And by the end of this presentation, you I'm just gonna move that out of the way. Second here, you will clearly know the five ways sabotage is happening has spotted in your everyday activities and thinking, you will look at your child's future with a fresh new perspective. And you'll be the ultimate educator and feel confident you can teach your child anything. So I'm so happy to have you guys. I'm so excited. No shame tonight regret that in the chat, no shame. And by the end of this great presentation, you're also going to have the identity shift like never before, you're gonna look at your child differently, you're gonna look at yourself differently. And we're gonna rock and roll by the time we're done with this presentation. Okay. And also, by the end, I'm going to be sharing details on a secret new program that I'm developing, and we're launching it to you guys tonight. So I'm very excited about that. All right. So this is just a quick, I can tell you our story. I have a daughter, Juliana, she was diagnosed on the autism spectrum. One month after her second birthday, I could tell you the story and kind of move through it. I'm probably gonna be doing some moving later on tonight as I tell some other stories. But I made a video and I think it's beautiful and I want to share it with you.



Michelle Rogers 04:29

I remember when I got pregnant with my daughter, I felt so grateful and so blessed. I mean, my life up until that point had been pretty rocky, I'd have a lot of bumps and bruises along the way. And I finally thought that I was turning the corner and God was blessing me with this beautiful

gift of a child and I said yes. Finally something was going in my way. And then when she was born, she was just absolutely perfect. I had all of these dreams and expectations for her. I thought of all the things that I thought she was going to do.



05:06

Good girl.



Michelle Rogers 05:08

Right after her first birthday, I started to notice her behavior changes. She went from, you know, saying Matt



Michelle Rogers 05:20

He was obsessed with Dora the Explorer. Mama died as she was saying it all grew



05:25

up they met



Michelle Rogers 05:30

hit all of her milestones up until that point, she walked at one she was eating solid. She just, you know, she looked really good. And then I just remember her. It felt almost overnight or very quickly, where her demeanor just changed. She went from the super happy baby to crying and tantruming just frustrated all the time. And I remember saying to my mom one day during one of these tantrums, like you know where my happy baby go, but I didn't think anything past it. I think I was kind of not ready to fathom that something could be off even though maybe the telltale signs were there.



06:04

Cheerios okay, just



06:19

gotta get dressed, turning. Gum, I'm trying to get dressed.



Michelle Rogers 06:28

She started to lose the words that she had gained. She wasn't saying mama anymore. She

wasn't saying ma'am. She just seemed really disconnected from us. Instead of playing with her toys, she would take them dump them alive VirtualBox and just start twisting them around her hands aimlessly, with no intended purpose. It's really kind of in denial about it. And then I remember, one day, we were in the middle of a store. And then all of a sudden out of nowhere, she just like, started like screaming and yelling, like somebody had slapped her. I don't even know what the rot was. And I was so I was so mortified. I didn't even know what to do, I was so scared, I literally just left the half full cart. And the store picked her up and just ran out of air never went to that store again, I was so I just didn't even know what to think. And that was probably the first time it really kind of stung for me that maybe something is wrong. diagnose her. They didn't diagnose her right away. They said that, you know, she was too young for a diagnose. I don't even know what they meant when I said that I was diagnosed with what you know, I just had no idea what they were talking about. And then they said, you know, you know, we'll come back. And if you're not seeing progress I saw, okay, you know, and a couple months later, I'm watching a speech therapist play with them on the floor, I'm not seeing any progress and felt like she was getting a little worse. And then we went for our two year old wellness visit. And the doctor said that she was behind if she wasn't using 20 words with intent. And that was just, that was probably just the knife to my heart. At that point, I really couldn't deny that something was up with her anymore. So then I called the County back in and then she was diagnosed on the spectrum. And I remember that day and it was the worst days of my life. It was the it was my darkest hour, I could easily say that. As a mother, as a woman, as just a human being it was probably one of the hardest times I had ever gone through. And I remember just being so I went from being so happy with God so thankful to be so stupid for doing a seminar and wrecking this beautiful gift he had given me. And for a while there I struggled, I struggled to figure out what this meant or what what we were going to do or how this was going to define her all those dreams I had for her future were just completely shattered. And I just had no idea what was going to happen next. And I went from just hopeful to just complete blank when I thought about the future. One night I was thinking, you know, I'm going to die one day, and who's going to care for her like her mom. And something about that thought to snap me out of my depression and my anger and my fear and said, Listen, we got to get to work here. You know, I promised that when she was born, I was gonna be the best mother I could be to her. And that promise, it hasn't changed. In fact, that should mean more now than ever, not less. She needs me now more than ever. And I didn't know at the time what we were capable of, or what she having those changes that mind shift mindset shift for me was going to do, but I wanted to know that at the end of every night, I could look myself in the mirror with confidence and say, you know, did you do everything you could the shell to give her the best possible life? And if the answer was yes, and that was a good day, and I wanted to answer to be yes. 100% and no matter where the cards fell, I know I can leave this earth saying I gave her every thing, everything I have no regrets. And as I've navigated this world with her, and walked away that day after having that thought, I really just grabbed the bull by the horns, I became her fiercest advocate. I'm not a special education. Master's degree teacher. I don't know any. I never had any formal training and ABA, but I knew that I was gonna learn whatever I needed to learn to be really strong for her. And Juliana was all of her language was you Cheerios? Once you Okay, she was nonverbal when she was diagnosed. She wasn't, which was her sign language



11:00

show me



11:03

show me good girl. Then she went from sign language to word approximations.



Michelle Rogers 11:18

Then she started to speak. Say I did. She went from the most restrictive preschool environments. She was in the sixth one for most restrictive preschool special education preschool.



11:34

Name is. Your name is



Michelle Rogers 11:43

Juliana to now where she is almost eight years old. She's in a second grade class and a gen ed school integrated class with typical peers. She speaks beautifully. Now, what did you like about the choice? I like coffee, and painful, she has a personality, she has conversation skills, there's still things that we need to work on. But for the most part, her future went from black to now having possibilities. And none of that could have happened had I not kind of gotten out of my own way, and really hit the ground running and started to take action for her. And I can't say that I can do that for every parent, I coach. But what I can tell them is I will have them feeling like I did look myself in the mirror, you looking at yourself in the mirror and saying I was everything I could be for her today. I have no regrets. And whoever hat whatever happens, it happens. It's really for us as parents to know we we fulfilled the duty that we promised when we had this soldier of interest to be the best versions of ourselves, to live to raise these children. I've helped now hundreds of mothers coach them one on one to do the same things I did to help them to be strong to help them to craft plans, where we're seeing constant progress. This is what I want to do. I want to give you the chance to to me and his head. I want to give you every opportunity to give your child back how day



Michelle Rogers 13:28

and great. Happy Birthday love June. So basically, what we ended up doing for her as we ended up teaching her sign language. And within I didn't think it was gonna work. I remember we tried to start we started with pecs first. And when we start with pecs first I was like, okay, you know, maybe this will work. And then we'll be able to do this. And then what ended up happening was, she had that stem where she would start excuse me where she would twist toys in her hands. And when she would do that she would do that with the picture. So I'm like, this isn't going to work. So then we ended up teaching her sign language. And I remember thinking like, great, she's going to sign like she's never going to talk about what she saw she sign language and what I didn't understand then what I that I do understand now is if you have thought here and voice here, the neural pathway between the two is asleep. And when you provide the child a functional way to communicate now, which can be sign language pecs or an AAC device, it's creates a bridge form of communication and it kickstarts it it almost like jumpstarts that neural

pathway. And I didn't know that at the time, but I was committed. I said alright, let's do it. Let's do it. And by day four, she was so I know by the end of day one, she was signing cookie. And by the end of the week, she had 10 signs and it was the first I was so floored because I don't want to try and get upset here. But I was so floored because all that time. I wasn't talking to her because I thought she was with me. And she understood every thing I said, and I had no idea. And I hadn't even been like, communicating with her because she could not. And when I saw that I just by my remember my mouth stopping when she made the sign for cookie, and I was like, Oh my God, she's been in here this entire time. And no shame, right? I didn't know, I didn't know better. I knew as soon as I saw that she could sign that she understood everything I said to her. I was like, Alright, let's go, she can learn sign language. And we can, we can move forward. And then, and I will send that out, we'll send the video out in the replay. But she, she learned how to speak. It was it was hard. At first, she was making a lot of sound, she was drooling. And she learned how to how to say one word, she do a lot of vocal scripting. And then she ended up speaking and she went from the most restrictive special education classroom, which was a 614 was an autism class to 12 One, two, and then I ended up pulling her out of the 12 one, two and put her in a general education Kinder Steps program, because there wasn't a pre K spot available with a with a shadow with an RBT at the time. And she did really well. And then I ended up who's November baby, so I held her back, and we did kindergarten in a private placement with that RBT and eventually, throughout the year, we faded that RBT and she started general education, and an ICT class, which is an integrated class, which means that the majority of the students are Gen Ed and there's a handful in there with IEP s. And they had a finished curriculum. And she's amazing. In fact, she left the ICT program in third grade, this is her second year in a general education class with neurotypical peers. So I just wanted to share with you you know, what's possible, and that this was our journey, and this is what led me to doing this work now. And tonight's training is really going to be about helping you recommit to your to the identity of the parent that you promised you would be before the diagnosis came. Okay. All right, amazing. So let's just get right to it because then nobody could hear so let's get to it. Alright, so we're gonna talk about workshop community standards. Can you guys see my screen?



Michelle Rogers 17:08

Can everybody see my screen? Yeah, okay, perfect. So workshop community standards tonight is I am Number one, I am direct. And you can be direct. I love direct, let's cut to the chase. But we'll always be respectful of each other and the rest of the community in the room. If you don't like anything, I say, you're always free to leave at any time. Fair warning, I curse I did promise my kids I would give up cursing for lengths. And every time I curse during Lent, I have to pay them \$1 And I owe them like 50 bucks. So I'm going to do my best. But if you get highly offended by cursing, I'm probably not your gal and you can leave at any time. Okay, if anything I say is triggering. First and foremost, I say things the way I say them I'm direct. I wouldn't say cutthroat, I'd like to call myself a velvet hammer. But I say things direct because I want you to win. And I have to get through to you. You've been thinking a lot of things potentially that have been hurting you and keeping you stuck. And sometimes I've got to get right to the point so that I can it's almost like a verbal shake, like shaking your shoulders like honey Look, your baby is waiting for you. They're capable of learning anything I just gotta get you to believe I gotta get you back with the program. So I always want you to win first I'm not trying to hurt anybody's feelings. I'm never attacking anyone so would expect to feel the same way from you guys in my workshop community in the chat right? And number four, this is the big one very important tonight our q&a and chat box is not a garbage dump you can't drop stinkies anywhere you please a please keep messages and questions to myself, my team and the other

webinar attendees respectful and productive. I think what happens is I'm such a direct and like cut to the chase kind of, you know, kind of gal that I get a lot of people that are like me and the next thing you know, they're like freaking out and they're and they're acting kind of crazy in the chat. We're not going to have any of that we're going to be loving, supporting respectful, not abiding by these community standards can result in comments being deleted and or you being removed from this workshop and the ability to join any of my other free workshops in the future. Okay, so let's go to it. And here's our regular disclaimer this information all information in my workshops are not intended for medical and behavioral professionals are not intended without are not intended to substitute for consultation with medical and behavioral professionals only qualified professionals who know and work with your child on an ongoing basis can adequately assess and supervise a child's program. I always recommend including a board certified behavior analyst and a child or clients team. This is especially important if your child is in danger of hurting themselves or others. All righty. So before we get into the five ways, that sabotage that may be seeping into our parenting. I want to talk about the big three and I have this philosophy called the Big Three. And I believe that no matter where your child falls on the spectrum, if they have these three important baseline foundational skills, their chances of living a life of independence break wide open that works for any child on the spectrum and Character moderate, mild, severe, level one, level two, level three, any age, if they get these three skills, the chances of an independent life break wide open for them. Okay? The first skill is they need to be fully potty trained. The second skill is they've got to be able to communicate first functionally and then ideally verbal, if they can function. If they can create functional communication through sign language and pecs and AAC, then I'm going to work hard with you that we want to get them verbal, okay. And third, we want zero or minimal problem behaviors. And I've seen mineral because you know, even my son who's neurotypical can be, he likes to fly these days, and you just got off of being grounded for life. So like, Listen problem behaviors are gonna are going to always be a part of a child's ability to learn and grow, right. But if it's not like when I say zero or minimal problem behaviors, I'm talking about the behaviors that would impede on quality of life. So if you're experiencing anything like that, and it's not making it so that they can't sit and attend and learn in school, and they can't be a functional member of the family that we need to fix that well to so if you get these three baseline skills, the opportunity to have an independent life, no matter where you fall on the spectrum, increases greatly the opportunity breaks life wide open for them. And I'm not like a Jesus loving kind of guy. Why would you slowly kind of gal but I'm not like a holy roller. But I love this quote, I believe in it. When it comes to the big three. It says in Matthew seven, Jesus said everyone who hears his words and puts them into practice is like a wise man who built his house on rock. Then he went on to say that anyone who hears his words and does not put them into practice is like a foolish man who built his house on sand. If you go out and you get your child any other skills before the big three, you're wasting your time, you're wasting your child's time, they have to have those foundational skills. And then you can build out creating skills from there. Like I there's so many times I'll come in contact with a family that will have a child that can read can repeat, but they can't have communication, right? And sometimes that just happens, right? It's not like we intentionally taught them to read, but we really wanted them to talk. We just didn't have the path to teach and to talk. But we got to work on that we got to create functional, functional chatterboxes out of those amazing readers. Okay, and we have to build out from there. We can't start anywhere else. If we do. It's like building a house on the sand. One bad thing happens one wave, one storm and it will knock everything down. It won't matter. Okay? A child who did not does not have these foundational skills first and goes off to grow into a teenager and adult may learn other things. But it's like a house being built on sand. No matter how it looks or how high it goes. All it takes is a storm or strong wave and it will fall apart. These are foundational skills and they always need to be mastered first, I really want to hit that home because I know a lot of you guys still want to work on that and you need to work

on it. And I'm here for it all. Okay. All right. So I was sitting at a coffee shop with a mom, who was laser focused focused on suing her school district. She felt that they were responsible for a shitty placement and a special education program she picked for her son that was on the school district's approved list. So in New York, because a lot of school districts don't have special education programs for preschoolers, you get a list and you pick from and she picked one and I guess it was a bad placement. Now she was suing the school district because of this bad placement. And at that time, he had a terrible habit of biting his parents and almost sent his sister to the ER for a bite to her stomach. And I asked mom in the midst of all this litigation and anger at the school that maybe for now the best use of her energy would be to fix the biting. And she told me he has some language. He's potty trained and our goals for Timmy is for Timmy to be the best version of tinny he can be. And to me that meant he got some skills. It provided some relief. But being the best he can be meant that his best is different than what I would expect for him if he didn't have autism. Okay, and that's going to lead me to sharing with you sabotaging way you're showing up number one. You're settling for baseline for your kids on the spectrum. You need to get the big three done. I'm 100% on that. I know some people have already messaged in the chat Yes, I need to get I get to pi train done. I need to help with problem behaviors.



Michelle Rogers 24:05

I need to get better communication. You still need to get that done. But I don't want you just to settle and stay there. It was never intended that the big three and I've been teaching my champions for our children masterclass. That's what we work on. We work on the core big three, we're going to help you to get your baby pi train. We're going to help you to get your baby talking. And we're going to help you stop prom behavior so that they can go off and learn more skills. But it was never intended to be a final stop. It's actually the beginning. And the big three is the ceiling if you don't have them right now of course it's the pie in the sky. It's the ceiling of what you aim for now. But it has to become now has to be your floor once you get it and you need to start dreaming bigger for your kids. Okay, and this is Marilyn she's been working with me for only a year guys only working with me for a year we started her daughter was in diapers and she was not talking. We got the big three but instead of feeling like that was the best she could get. Marilyn had a thought and I'm big on thoughts If you guys don't know me, I'm big on mindset. I believe not our mindset as parents is 95% of the game for the progress we desire for our children on the spectrum. And she had a thought Marilyn said, what if she could do this? The big three? And then what does that that must mean she could do so much more. And she gave this example of like, you know, if you're climbing stairs and there's a landing, you're happy to be there and you celebrate making that landing but you can't help but look up and you have a choice. Now my wife could be content at the landing, I could live a decent life at the landing. But what if there was more for her. And in a matter of a year, her daughter Marianne has gone from pre verbal to not just speaking wants and needs, but full sentences. She can be funny, she has conversations, and she's a sassy little girl. She went from the bottom of her current program to the pure role model of her class. Mom and I are working on a general education class for the coming school year. This was all working together for one year, and were going to the doctor would be tears and mom holding her down. She just had her first checkup and she had her first clean out cleaning at the dentist and she loves going. She used to run away and open spaces now she can be trusted to stay close to her mom. And they successfully navigated a Disney World trip in December. I remember taking Juliana to Disney right after she got diagnosed. I lost her twice. Can you imagine in one year this child had that much progress. This is what your babies are capable of too. This is Aaron Aaron is from Ireland. And when I first met Aaron, she described her son Eli is disconnected and he felt lost to her. He

would tantrum constantly was often to his own world, and almost had a feeding tube put in because there was very little food he would eat. She had zero hope for an independent future for him. But it all changed with him signing for cake on the fourth day of her in my program and working together. That was all mom needed to see that he could do so much more. Do you see what I'm saying? She's starting with the basics right? She's starting with the communication started with the sign language. She started with the potty training, right. But within a matter of months, guys months, he started talking trying new foods, you potty trained, and she's creating connection with his mom and his classmates in his preschool. And this child was on the verge of being put on a feeding tube and this is what will happen. We'll be working on potty training. And all of a sudden working on that structure of doing potty training or working on a structure teaching them sign language starts to fire other neural pathways in their brain on all cylinders. So where he wouldn't eat before next thing, you know, he was trying new foods without her even have to like do a process to get him to do it. He was he was trying he would he would cry when she left the room before he didn't even acknowledge her. That's why doing this work is so powerful and you can get so you can get fast results with it as long as you stay consistent and committed. Okay. When Juliana was ready to start in a special education preschool, I worked very hard to get her in that coveted school with an OT, it was an autism class, it was coveted the position. It was the most restrictive class, it was six kids, four assistants and one teacher. And there was only one class. So to get that spot, and that placement was a big deal. I've toured it in February, and she was going to start in September. By the time the class started, and Julianne was starting to say words and was potty trained, it would have been so easy to stay in that class and work so hard. You guys have no idea. I went there and interviewed three or four times they had it they vowed her. There were so many kids that wanted this placement, we got it right. And in February, we signed the paper that she was going to go there and in September, by the time she started, it would have been so easy just because of all the work I put into getting her there that she stayed there. But within two months of starting I saw she was the pure role model of the class. So when I toured it, it felt like she was going to fit right in there were going to be kids that were going to be above her in and skill set. And we're going to be kids below her. But then once we started and I saw the makeup of her new class, she was the pure role model, which we never want for our kids. We want them always that people will learn from and people underneath them. We don't want them to be at the top of the class. And if I wanted more for her than the basics, we'd have to move to another class that was suited for her emerging skills. This required me to give up the spot I had worked so hard for you know how hard we have to work for our kids. We fight for services. So when we something like this happens, it's a blow. I mean, it's a good blow, right? But it's a blow because you've worked so hard now where and now you've got to work for a different placement, which is going to lead me to sabotaging way. Number two. You're not taking radical responsibility for the results you have now good or bad, and the results that you want.



Michelle Rogers 29:36

You're not taking radical responsibility. For me. Radical responsibility means I take full ownership of the shit I don't like in our lives, and I take full ownership of creating the life I want for us. Juliana is still a picky eater. It's always been on my radar to make her a better eater and then other things popped up and then I would let it fall down the priority pole. Well guess what? I'm still living with a picky eater. But I take full ownership of that I made the big decision to shift priorities around, it's still up, it's still important for me to work on. It's still one of the hardest things that we that we are trying to break through. But I take ownership of the good and the bad, right? I can take ownership of the shit I don't like in our lives. But I also take full ownership of creating the life I want for us. And you guys got to start doing that, too. I got to take radical

responsibility for the results I love about our lives right now. And the results I don't, because I'm a part of why that still exists, whether I like it or I don't. And if no one's responsible, it's no one's responsibility, but ours, not mom, it's mine, not my husband's her doctors, for teachers, it's always me taking 1,000% responsibility for what I have the good, the bad, and what I want for our lives. And I go back to that, that that, that, that reading from the Bible, Jesus said everyone who hears his words and puts them into practice, right? It's not one thing to know that you shouldn't be doing this. But now I've actually got to put it into practice. I've got to apply it to my life. That's what matters, not the people who hear it know what they shouldn't be doing. But don't do it. Right. Have all the excuses in the book why it can't be done. That's that's where it's not gonna work. You have to be willing from this point forward to take radical responsibility. And that means taking responsibility for the shit you don't like. We had a situation with her earrings, where it was really traumatic. She wanted to get her ears pierced but once she got pierced, she made such a face when they put the like when they pierced her ears, like trauma, me. And I remember thinking, oh my god, oh my god, she's going to be fucked up. Because, you know, anything that touches you, you're necessarily freaked out, she probably would have been fine. But but you know, she can feel my energy, right. So I left her earrings in for too long, and one of the posts grew skin Grover post. And now this year, one of the earrings, it's I mean, her earring, almost like put your ankle almost split, she might have to get it stitched, I have to take responsibility for that. It's not my finest parenting moment. Right, I had a little bit of a trauma response when I saw her reaction when she got the ears pierced. And I didn't really want to, like touch it, and I left them in too long. And the next thing you know, I have to take ownership for the good and the bad, right? She's made lots of progress, but we're gonna probably have to fix a year. Right? So this is what you guys have to do. I'm being honest with you, I'm sharing the good, the bad and the ugly of my journey with it with autism, just like you need to share it with yourself, the good, the bad, the ugly and take responsibility and then take understand that that responsibility, right, you have so much power to do good with it. Don't just take the negative take the positive, I have so much power to create a life that we would love, then I want to channel that energy into doing the things that will create that. And most days, and this is the most days, I don't sleep through the night. This is my passion doing this coaching parents or children robots. And so I want to do to my dying breath, right. And some nights I just wake up my brains going. And I'm thinking about new ideas to help children and adults with autism to learn life skills, they need to live better quality, hopefully independent lives. And one of the things that's made me so successful in helping so many is I take radical responsibility for the results I get for myself, my child, and I'm always taking action to make my program stronger. Most days, though, right? When I think these things when things get rough, I put myself in your shoes like right, so if I have a family that's been working with me for like a month, and their kids still shitting their pants, right? We're trying their pee train, and maybe they're not poop trained, right? I understand that frustration, I would be frustrated too. But the difference between me and maybe somebody who might quit, it doesn't mean in my mind that it can't happen. In fact, I'm like a machine, there was no world in my universe, and I was changing pot diapers past the age of three, but age appropriate, whatever age appropriate is to get rid of diapers and underwear, I would not go to underwear I was in my mind in that thought process. I'm never gonna live that life. No come hell or high water. Right. And I think what happens with some of us parents, parents of children with autism is that we think that the autism makes it so that the kid can't learn. And then we don't make that declaration to ourselves. And when we don't make that declaration to ourselves, we're not taking radical responsibility for what we desire most, which is a potty training child, right? So when this happens to me when I get when I get a setback, right with the earrings, I'm taking responsibility for it's like, okay, now I can't put my head in the sand anymore. We gotta fix this. We gotta figure out what we're doing. And I'm like a machine I go and go and go, and I don't stop to like get up, get to go like recommit. I double down I go. So right now with her ear, she got one

earring in. She's got one earring that year that we're hoping is going to heal. If it heals completely. We're going to have to repeat it and I'm preparing her for re piercing but for the trauma for both of us. Okay, and that's taking radical responsibility. And it took me six full months to potty train Juliana. He came natural but poop took months because she wasn't a daily pooper. You know, she pooped once every couple of days. So it took a lot longer to get it mainly because she didn't Oops. So then once I did, I finally got both one lock. And then right after we did, she got a UTI. And what that meant is that every time she peed her, so I had to put her in a pull up and put her back in a diaper till she finished her antibiotics. And we had to do it all over again. And I knew that and I do it just took me six months to do this. But there was no place in my earth, my late my my community in my head, that I was going to raise a child that wasn't potty trained. Now Little did I know back then, if you've ever had this happen, and so you had your child, and they had the ability to potty train, and then you lost it for whatever reason. The good news is once you It's like riding a bike, it's gonna be a little wobbly at first, right you but you get, they get right back into it. I didn't know that at the time. But it didn't matter I was radically responsible is going to keep you committed to getting whatever needed to be done to make sure that this still happens. And this is react radical responsibility to show up and keep showing up until until the work is done. Right. So what radical responsibility looks like working on the big fear any anything else you want for your child to get to goal? It means looking in the mirror and believing I am the most powerful change maker in my child's life and showing up as that person every day. Radical responsibility isn't just a nice to have guys, it's mandatory for blueprinting the best possible future for your child. Okay, I'm gonna give you some more examples of radical responsibility. She pooped in the safety swim pool, five weeks in a row. Every time you poop in the pool there, everybody's got to get out. They've got to call the people that are coming in for their next for the next round of people that are coming in for their swim lessons to tell him not to come because the pool is gotta be cleaned for two hours. She did this five weeks in a row. By the fourth week, everybody knew it was hard. And I ran into it. By the fifth week, I was done. I took her out of the pool. Everyone got out, I ran into the bathroom and I cried. I said we're never coming back here waiting for everybody to leave. And I remember coming out crying like I am now. And I said to them, we will never come back. We will surely never do this again. Or we're never coming back. Right. And I left and I called my husband on the way home. I said we're quitting your shit in the pool. Like this is a big week. Now everybody knows Tara, you know, first couple of weeks ago than anybody right? I said we can't do this. And I remember calming down. And I said you know there's something about the going in the pool that she feels like that's where she can go and I know her tells, but her swim teacher doesn't know or tells. So once I calmed down I thought about and I said you know what? If I don't take her back, then she's never going to learn how to swim. And that's not helpful for her. We live on an island, she needs to learn how to swim. And I said, I'm gonna go in the pool with her. And that's what I ended up doing. Okay, my bathing suit the next week, so I'm gonna go on the pool. And as soon as I see that she's gonna go like she she used to have this little stair she do. And I knew that was not that she was about to poop. And I took her and I ran around there the first time she didn't go put her bathing suit, they'll pull her bathing suit back up. You know how hard that is. It's all wet, right? Go back up, throw it back in the water. Again, she made the face I grabbed her and pulled her and she pooped in the pool toilet at safety swim, and she never pooped in the pool again. That was very painful. And had I not done that she wouldn't have been on a swim team today. Which is another example of beat taking radical responsibility. She was at her first swim meet, I didn't know how what the whole thing was about the place was packed, the bleachers were packed, there was no place for me to even stand out to wait out in the hallway. And everyone's watching these kids get on the block to you know, once the little like, the buzzer goes off, they have to jump in. She's about five years old at this point. And all of a sudden, the coach came out to me and said Julianne is crying. She doesn't want to go to the pool. And I went in there and she's hysterical, she's really

scared you know, because there's like all these people who was like really, I guess TED to her. She's five years old. And I'm trying to like keep it together myself and he said you have to do it. I know you're scared just I'm going to be watching to worry. We practiced our breathing you know like breathe out Luna birthday cake that's just do your best just get in the water. You know, even if you don't swim, I just want you to to make the attempt. And had we not done that she might not be the awesome swimmer on a swim team today. And she did that and I pushed myself in her even when it's hard and that's the most important thing this is not like a nice to have you have to be willing to do the hard things which is going to lead me to sabotaging right number three. So this is during COVID We thought it would be a perfect time to teach Juliana how to ride a bike and the first time we tried she fell once when hysterical and said she's never doing it again. So this was her here. This was just a quick snapshot of what it was like. She wanted nothing to do with it. Here's just what to



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do. Why not it was all fake cries by the way, I could totally tell it was fake cries but she wanted nothing to do with it. I mean, it's so easy for me to just not do this. It's not really a requirement to live to ride a bike. But we kept at it because it was never optional on my mind that my children not learn how to ride a bike after many scraped knees, many falls countless crying from both of us. About a month later, I watched Juliana ride down the block by herself, which was only a month later that she was actually riding a bike. Never thought this would be possible. Which leads me to sabotaging way number three, you resist doing hard things. Okay? Doing hard things is not changing diapers for years, doing hard things is not hand just handing your tantruming child everything you want from the pantry because you don't know what they want. Doing hard things is not putting locks on all your windows and doors. Because if you don't, your child will run away. You resist doing hard things. And here's the thing, right? It would have been so easy for me to say I forget it, forget it, we're not going to pierce your ears because you know, because if she could have that response, and look what happened, right? It would have been so easy to say we're not going to want to ride a bike, she doesn't need learn how to ride a bike, maybe autism makes it I think I wrote the example here, she could get hurt. And she's an OT and PT so She's clumsy. So it's gonna make it 10 times harder argue that Oh, every excuse in the book not to teach her how to ride a bike. And it would have been so easy for me to do that. But doing hard things is when we take massive often painful action to get skills that we know that they need for the best quality of life. And it means that we're doing hard things is by learning to be resilient. We're doing hard things does for us is when we take fail after fail, which I don't consider to fail every time she fell off the bike every time that maybe we tried a new food and she hated it right? I never saw it as a fail. It's actually learned. If I look at everything as fails, I'm never gonna I'm never going to stick with it. I think it's a quit. I don't look at anything that doesn't go my way as a fail. Now I would call it a process of elimination. That didn't work. Alright, well, that didn't work that didn't work. But guess what, the more things I try is going to lead me to things that will work 90% of the things if I had to give it a percentage 90% of the things I tried with Giuliana didn't work. Only about 10% it. But if I looked at all of those things as a waste of time, a total disaster shouldn't have even tried to begin with I would have never found what would work and learn to be resilient taking these and just keep keep getting these learns will always move you closer to finally what will work. What will for sure, get you nowhere is quitting. And doing hard things is fighting back when you feel like giving up showing that you're stronger than the struggles in front of you. It's about making sure the kid knows that together you can face anything and come up on top. And you know, growth is hard. If we think about the change change is hard change is definitely hard for our kids on the spectrum Change is hard for any human being. So it was growth growth is usually a very

uncomfortable thing. And if you want to have a thriving life versus the surviving one, the ability to do hard things, you have to be committed to that as well. Okay, so if you've been resisting doing the hard things, you've been resisting, seeing Pythor training to the finish line because you don't want to clean up shut up your walls, or you don't want to have to you know, you know, shampoo the rug. But like how is that helping your child move forward if you keep quitting which is gonna lead me to sabotaging way number four. Juliana was invited to a playdate with her bestie and the family wanted to invite her to dinner with Juliana didn't want to go because she doesn't eat Japanese. They were going to a Japanese place and wanting to go home before the dinner instead. This just happened about a month ago. And not only did she not want to go because of the food she was so focused on that she was oblivious to the fact that her best friend really wanted her to go. And her best friend grabbed her iPad pulled up the website for the restaurants so Julianne and their chicken nuggets on the menu. She knows that Juliet is a picky eater so I don't think she knows she's she doesn't know she's on the spectrum. But she knows that she's a picky eater. And Julie has like no I want to go home i There's nothing there for me to eat. And I could see our friend felt really bad. And she didn't even pick up on it. And one of her. One of the things we need to work on now with her are her social skills like reading, reading cues, reading, body language, reading eye contact, and it made my heart hurt in that moment, because I thought she had you know, this is autism, I left and I left her at the playdate assuming to pick her up before the family went to dinner, thinking that she wasn't going to go with them because she was just so perseverating on the food and it just sucks, you know, and I cried a little on the way home because I thought sometimes autism makes it so she can't experience life. And that's gonna lead me to sabotaging way number four. And I'm guilty of this too, that my perception of the autism diagnosis still has limits. And let me pull it up. So the T line here, we call that a T with a colon. That's your thought. And the thought I had my moment is that this is autism. It sucks. This is bullshit. And I still have those thoughts. It's like, I don't know if it's self protection. I you know, after all this time being an autism coach teaching kids, kids and families, how to do amazing things that nobody thought they were capable of. I still have these thoughts and I have to catch them. So I have them. And I still have, you know, I can catch them but I never indulge. And every time we achieve goals, it's like we climb stairs to that landing, right? Not the top. I want to enjoy the land, right? I want to celebrate when my ceiling becomes the floor, right? But is there more we could climb? What is waiting there for us at the next stop? Could it be better than the life you're living now? And I have to burn the boat to dust that Autism means less. It's just different. And I know this. I know this. I teach this to you guys. I say listen, I can teach my daughter anything. And I believe this and I still had this thought. And I had I indulged in this thought I would have missed a beautiful, perfect teachable moment in real time. If I indulge in that thought and picked her up, and I'm always recommitting down the line whenever my brain wants to say something different. And after I picked myself up, and this was for me, the process is getting faster. Right and this might take you time right awareness is the first gift of all of tonight. Like if you could walk away with anything tonight know that these things are happening. Nobody's sabotaging ways are seeping into your parenting and we need to catch it first. We need to be aware of how it's happening and need to change course. And after I left that that day, I was driving home and my brain was immediately like No, no, no, no, something's not right here. We can't like just except picking her up before they go to dinner. And I called Juliana playdate I asked the mother Can you can you please have Juliana call me she called me? I said you're gonna go to that dinner. No, I don't want y'all you're going to the dinner. I'm gonna give you pom pom poms is a war award a jar of these little round fuzzy things. And she is She fills the jar with him. She gets to go to like an indoor play area. And I said if you go to the dinner and you at least try the food, I will give you 10 pom poms. And if you don't like the food, just she has an Apple Watch. I said send me a message and I'll come to the Japanese restaurant drop off a Lunchable or something she right. So after I did that now I had to have a text conversation with that with my with her best friend's

mother. And this is very vulnerable for me because I had to put myself out there and she could have said no, I don't want anything to do with this. So this was the text conversation I had with her. I said hey, I'm happy to cover Juliana going out to dinner with you guys. I think it's important she go is a learning lesson. They have nuggets on there and she can eat rice. Is that still okay? And she said, Oh my god, absolutely. I absolutely will take her. You never have to offer money. I just want to make sure she'll eat right now. I'm thinking they're feeling uncomfortable. They don't want to be eating and just having her sitting there. Right. And I wouldn't want that either. And I said she's like, I mean, I don't care what she eats. I just don't want her sitting there hungry if she doesn't like the options, and I told her well, I think it's a rigidity thing that she needs to work through. And I think it's important she go but this was so hard for me to test because she could have easily said you know what, pick her up. I'm not down for this, right? I don't have like that. We're getting closer, me and this mom, but like this was this was a reach for me. And I said I think it's important she go but if it makes you feel a certain way I understand. And they said okay, she's like, I wanted to think about her not feeling uncomfortable. Otherwise, I would have said Your ass is coming. And she's like, I think she'll find things she likes and it will be a fun experience. And I said I'm comfortable is life. Only gonna get more uncomfortable as she gets older. And I said you're an amazing mom, friend. It means a lot to me that you're doing this. Thank you. And she said, I love and appreciate your family. And I said and I love you too. And how they picked her up she wouldn't have had these memories. Not only did she eat the food at the Japanese restaurant, I could never if we went to a Japanese restaurant with Juliana, I would have never gotten her to try any of the food. She ah they cook the food on the table she cooked the food with her little bestie she cooked the steak they went to Sephora she had a pedicure. I don't even know who this kid is she had so much fun with them. And if we would have missed out on this opportunity if I listened to thoughts that I have right I still have them as an autism because you have I'm having them you're definitely have and you've got to create awareness that you're having thoughts that are keeping you stuck, it's making it so you can't do the hard things it's making it easy for you not to take radical responsibility. And had I not had I just picked her up at four o'clock she would have missed this whole experience of going to Sephora and getting your nails done and and eating the student having this experience this bonding experience with her which is going to lead me to sabotaged way number five.



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And I remember this was this was back when we were in um, back when we were in preschool when we were in the special needs preschool. And I remember thinking like we should all you know we all work hard you know a special needs parents like let's let's do it overnight at a spot in Connecticut. And I remember planning this overnight trip for all the parents that I knew in the scepter PTA for this special needs preschool. So while we're dipping my feet in the hot tub, they were all talking about something called a pooled trust. I didn't even know what this was. And a pooled trust is an earache. Double trust that contains the assets of many people, each held in separate sub trust accounts. And basically, it's a trust where you can deed your home to the state when you die so that your child is guaranteed a place to live. Because it turns out there are huge weightless for group homes, I had no idea that this thing existed because I never looked into it. By the way, every parent that was in that hot tub with me, including myself, all of our children were younger than five years old. And they're talking about signing their house away in the state. Which leads me to sabotaging way number five, you are not continually surrounding yourself with the best community. And I don't hold this against and one of the best things about the autism community is when you meet another autism mom, it's like Girl, girl, or Dad, dad, right? I get you, you get me. And that's one of the most beautiful things

God's humbling how welcoming it felt when I was in early intervention. And I was struggling with a diagnosis by myself. And they come into the world and they meet these wonderful moms. They're not bad people. But the problem with a lot of this community is they're not forward thinking, why would you even put it in the universe, we have preschool age children, that you're preparing to give away your home. Because you don't already believe that they're never going to make it. They're never going to make it on their own. You can't be around that type of community. You can't be alone, either. That's just as bad as being in this community. And I love these parents, I love all autism parents, I get you I feel you I do. But you cannot. You cannot show up like this. And you cannot as a parent who wants the best for their child, surround yourself with a community like this. Good community neutralizes our beliefs that we're the only ones going through this. That's one of the best things about this. Good community, though, can offer us advice when we're stuck. Not so yeah, you're having a shit day. I am too. Let's be in the ship boat together. Instead of problem solving. Hey, what worked for you? Hey, I'm trying to help him with hygiene. I see her further on what are you doing? What are you working on? What are you nobody talks like this in this community? Well, we want to talk about is how hard our lives are, and how awful this is. And boy, you know, it's good. I'm glad I know you because we could both be in the shithole together. That's not community that's going to help you to show up as your best for your child. Good community can keep us from quitting on our kids. I think that's huge. You need a good community so that you don't quit when it gets hard. When you have to take responsibility for the good and the mistakes you've made. When you got to recommit. When you've got to chest out those thoughts. You need a community that's going to stop you from quitting on your kids. Thank you good community can teach us when things are going when we're going through the same things. A community that hey, I'm trying to put like, I see this all time and champions, right, my current program, I'm potty training and this, this mom just finished they can camaraderie, what have you doing? I'm gonna try that that's such a great idea, right? You're with people who are thinking like you who want the same things for their children, nothing beats that nothing helps support good accountability, good community. And you need a warrior community, where we defy statistics where we are no longer the exception, we're creating the rule. And it's normal to celebrate playdates, it's normal to have sleepovers, vacation sports, extracurricular activities camp, we want to make this possible, I want to make this possible want every child on the spectrum to have all the opportunities available to them. And as far as I'm concerned, you have two options of where you go. Tonight. The first option is you could do you could take everything you've learned tonight, you can look at all the five ways that you're not showing up and recommit yourself down the line. You know what, Michelle? I didn't realize I was having limited beliefs about autism. I didn't realize I've surrounded myself either I'm doing this alone, or surrounding myself with shit community. I didn't know I was not taking radical responsibility. I know I was resist doing hard things. Right? I could take all of that right. And, and I could try and do this alone. And I'm maybe gonna get a lot of the results I'm getting now right? I could be frustrated and exhausted. Or you could do option two tonight. Be a part of a badass community of doers that will support you and ride with you the entire way, where we set the standard that your child can have an amazing life and have autism. That's what I believe about Julian and I'll tell you something, I believed until kindergarten that I could cure her overall autism that was not accurate thinking but I'll tell you something. You don't regret it. Because I showed up like a fucking boss. There was nothing I wouldn't do nothing, no train that would stop me. I was I was I was like a Porsche with no brakes, right? I would do everything I could to make that a reality. And once I realized it became very apparent to us in kindergarten that autism was here to stay. And then as she grew up, she's going to have age appropriate problems with a side of autism. And it definitely took the wind out of my sails. I said, Okay, but what if she could have autism? Come and live an amazing life. And that's what I've been living since then. Instead of trying to think I could cure autism, she can have autism and she can live an amazing life. So I'm leaving

you here tonight with two options option one, you can do this alone you can take the five ways that you're sabotage and correct them and go off and implement and be alone doing it or we could be a part of a community together tell me in the chat option one or option two what would you rather



Michelle Rogers 55:29

to option two there are no doers community where I live neither i i tell you, I still don't know anybody in my community like in my neighborhood that is like me in the special education world two to two. I love it to option two girl you got it, too. I love it. All right, well, then I have something very exciting to share with you. I'm very excited about this. Obviously, I'm excited to announce I have a new program that I am about to launch tonight to you guys first, and it is called next level autism. Next Level autism is a monthly membership, where we'll work together on the next level things your child with autism will need to continue to thrive. This membership is for you if you've mastered the big three and are ready to dive deep into the work I've done and I'm currently doing with my daughter Juliana. What makes this membership so special, is I'm living this life. Now. We're going to next level our babies together. So I've been running champions for our children for the last four years. And I absolutely love it. I love helping Tamarack parents believe possibility is there when they didn't believe it beforehand. I love holding the torch of belief until you can grab it from me. Right and we work together we get those baseline skills. This really excites me because I'm living next level autism. I've been living next level autism with my daughter since she was five. All of the examples I gave you tonight Are next level things that we're solving and we're still solving. We just told her about the changes. She's 11 years old. Puberty could happen at any minute. We just told her about her body changing. I'm gonna get to share that with you like Hey, guys, this is what I'm working on. This is what I've taught her up until this point I'm gonna share not only the experiences of the next level things I've already accomplished with her and how I did it. You're gonna watch me do next level things with her teacher next level things now. I just had her IEP meeting today very emotional. It's always very emotional for me. I think I'm getting better. Like I cried, didn't cry as much as I usually do. But I cried but because she's going into middle school, this is such uncharted territory, and you're going to be with me, as I go through this, you're gonna see how we navigate it, how I'm teaching her how I bought our combination locks so she can learn how to do the lock before she gets gets in middle school does a locker how she's going to handle peer pressure, how she's going to handle getting the getting the changes, you guys are going to be witnessing that and doing that if you when you join this membership with me. And because you're here tonight, you're being invited to be a founding member of next level autism because this is a brand new program that I've created, where you're getting exclusive pricing and working with me as I build this program out. You're a founding member that means you start from like if you look at champions, champions and running for four years now I have a full study waltz, all the different courses are up high training communication, problem behaviors, picky eating, you name it, it's in there, and hours and hours of content and that study mold we're going to be creating the study vault from course zero I have not one course in there yet but we're gonna be building it out together that's what a founding member launch is so exciting is we're gonna be doing this together and you're gonna be on the ground level with me and what this means you're gonna be on the ground floor and we're going to be bought embarking on this journey together from the store and I'm going to be doing this with you this is what next level what's his MS it's my life right now. I did champion's I did all of the things I potty trained my girl I taught her how to communicate when she she lost all her language. I helped solve her problem behaviors we still have some problem behaviors right? And I love that work but I want never intended that to be the only work we do. Next Level autism is my wife. It's been what I've

been living for the last What is it, she's she's going into sixth grade. I can't believe it the last six years and I'm going to be able to share what I've done and how to help and share what I'm going to be doing with you. So when you join next level autism membership, this is what you're gonna get. First thing you're gonna get is a weekly group coaching call with me. I'm an autism parent like you I've already begun my journey into next level autism on a weekly calls I'll be sharing with you what I've accomplished with Juliana past the big three, as well as when I'm working on to keep us all moving to the next level. Middle school is just around the corner for us and we're about to hit the teen years. You'll learn what I've done to get there get to this point, and I'll show you how to navigate what's coming and I'm going to make mistakes and you guys are going to experience it with me the good the bad and the ugly. Listen, I just I have a big snafu with that hearing right you're gonna be with me as I solve that problem I created right and we're gonna be doing this program together which is one of the it's scaring me giving me anxiety but I'm also excited because I've been along to a new mic champion's group is my mom's and my babies and my grandmas and my dads for all the dads that are here tonight, and they are my people. But now I'm going to be with the people that are going to be working on the same things as me. I love it. I'm so excited. I'm nervous and I'm excited. Also, when you join the next level autism membership, you're gonna get a weekly mindset calls as well group coaching, and you're gonna have a rock solid mindset is key. If you don't already know that this is my belief, right? One of the things we do is we're thinking that the autism diagnosis has limits, right? We got to change that thinking. Mindset is key to excelling at what's to come in the neurodivergent parenting experience, you're going to get to share your pains, your thoughts, and we're gonna create powerful intentional beliefs that we can build upon now that you have the big three in place. In addition to that, when you join next level autism, you're gonna get to talk to a BCBA each week if you're not getting ABA, you gotta I love it. It's it's it's become a part of my DNA. I believe behavioral therapy is a fluent language of our children and I swear by it made me a better parent, not just to my daughter but my neurotypical son. We have two CBAs who have specific experience with children, teaching children with autism skills past the big three, Melissa here has had over three years of experience, even taught her neurodiverse nephew how to drive a car. I'm excited to hear how she's going to teach us how to do that. We're a couple of years away from that, but I'm excited. I'm very nervous to Juliana drive a car so I'm excited to figure out how Melissa teaches it. And Stacy works in school with high functioning autistic students and she's going to break down the step by step process on how to teach things like going to the dentist, puberty, I'm all about that cookie riding a bike it's so much more. In addition to that when you join you're gonna get a monthly teen coaching call with Janine she's a teen coach, she coaches parents of children of neurodiverse children and she's going to answer your questions about raising your diverse teens how to manage those teen emotions and win at the game apparently so you both can have a painless journey from teen to adult Listen, Juliana's temperamental now. So you know, I can't imagine what the teen years are going to bring to us hormonal wise. And now I've got that with the side of autism, I can use the support I need to know how to I'm always thinking you know, the drivers that write in drivers that when you take it the instructor always says new drivers always look at the road right in front of the car. experienced drivers look miles down the road. And that's kind of how I've always thought and even now I know that we're gonna hit we're gonna hit some bumpy weather, which Giuliana when it comes to becoming a team. And this is the make or break moment not just for Neuro appearance of neuro diverse children but for neurotypical children as well. So having this support even for me, I'm going to be on these calls listening and learning as well. In addition to that, we're going to bring Armando into next level autism if you don't know Armando, I call him my Elvis of my community because Armando is a behavior so he's a BCBA, just like Melissa, and Stacy but his experience is a little different. Armando was diagnosed with severe autism. At the age of two, his mother was told he would never speak. Armando learned how to potty train when he was five, he learned how to speak when he was

seven. He was in life skills classes till grade two, he went on to general education classes from grade three to high school, graduated high school, went on to college, got his master's degree got married two years ago, we're gonna be able to actually tap into the mind of a neurodiverse adult, ask him all the questions that we might be thinking, because he's lived that life. He went from what they thought a future that wasn't possible to living a life beyond the expectations of what the professionals told his mother. He got married two years ago, he owns his own company. Why couldn't this be possible for my daughter for all of your babies, and you're going to be able to tap into his brain once a month as well. In addition to that, when you join next level autism, you also get my study Baltz evergrowing study evolved. Over the next coming months and years, I plan to grow this out, we're gonna grow it out together, because this is a founding member launch and you're gonna be learning. We're gonna be building out the study vault, I'm going to be taking advice from you all the people who joined tonight, I'm gonna be sending you an email, I want to know what you want me to teach you first. And next level autism. We're going to build out from there. I have great ideas I have ideas of, we're going to teach hair brushing, tooth brushing, showering, getting dressed, ear piercing, washing clothes, folding clothes, picking out matching glows is a big part of making our own breakfast going to the dentist go into the doctor, we're going to talk about conversation skills, advanced conversation skills, past wants and needs, right. I want to know what you did for at school today. I want to help you how to learn how to make friends. I'm going to teach you how to understand sarcasm, peer pressure fight, how to how to help yourself in those sticky situations. Juliana had a situation where she told something in private to a little friend at school and she told the whole class and she was all jammed up didn't know how to handle that. I'm going to help you and tell you how I help Juliana so you can help your child through these things too. And we're gonna do self advocacy skills. This is all on my list and what I want to do I want to do self awareness perspective. coping time management, we got to the app To watch so she can start managing her time better because she's going to be changing classes next next year, but it's alright if you want to go out and play, okay, you're gonna have to come in and 15 minutes instead of her relying on a timer, she's gonna look at her watch, she's gonna be responsible for her own time. These are the next level things. I'm so excited because we're gonna do it alone anymore. I'm gonna be doing it with you guys. And we're gonna learn together. In addition to that, you're also going to get access to ask a coach so if you ever can't make a call if you don't get your question answered on a call, we have a new web portal called Ask a coach, you're gonna have access to this. I'm answering questions in there. My coaches are answering questions in there, you could ask multiple questions a day you can ask a question a day I even encourage it and you're gonna get one on one help as you go through this process. And we answer within 24 to 48 hours everyone gets individualized code coaching tailored specifically to you and as often as you need it. So if you join me during this founding member launch I'm offering you also three special bonuses so if you join me tonight and thanks a lot seminoff You three special bonuses. Number one, you're gonna get my first piece of swag for my company. The champions for our children mug on this side says champions for our children on the back it says different not less you join next level autism membership tonight you will get this month in addition to this you will also get my book club IRS three books I picked for my book club was very hard for me to pick three. But these three are core to making me the monster are they somebody said cutthroat that I am today I like kobelt know what hammer somebody in here called a cutthroat, I'll take it. Tomic habits was one of my favorite books, broccoli bootcamp, I swear by that she would never try a new food, we'd probably just be on chicken nuggets and Turkey sauce for the rest of our lives. If it wasn't for broccoli bootcamp, I'm going to send you that. And I'm also going to send you what you would never think this would be my book. But I love this book. Because whether you believe in God or higher power are your spiritual. I always believe like when I don't know the answer, and I'm really frustrated, and I'm scared that God is never not taking care of us. And I remember thinking when she got diagnosed, that's really

bad. It's like, you know, you took this beautiful baby and you wrecked her, you know, and I remember imagining, like that time, it was one in 66 children were diagnosed on the spectrum. I imagine these bass nets in the nursery at the hospital, and this grim reaper just counting and landing on her. And we're thinking in my head, like, you know, why would he do this, you know, and I didn't understand it at the time, it was so angry, but then I kind of got out of my own way. And it's, you know, if I'm going to die one day, Who's going to care for her, like her mom. And I know what I could do, I had no idea what the future held for us. But I knew that if I wanted to, if I believed in God, right, and there was a heaven, and he's gonna play back the reel of my life before the gates right before he lets me in, was there gonna be happy with what I saw. They knew in that moment, whether I could help her or not, I didn't know what I could do. But I would show up every minute of every day, giving her everything I got. And something about this book, it kind of just says, like, you know, my relationship with God has changed since she was diagnosed, I used to be really pissed at him, then I'd say, Okay, listen, I'm gonna start working with her. But can you just, you know, Throw me a bone here and there, you know, like, kind of just work in parallel, we don't have to love each other, because we just work in parallel to where my thinking is just completely evolved now to like, Okay, what if we could, what if this was sent to me on purpose, so I could heal my girl. And then I could help so many other families do the same for three years. And that's where I am with this name. And if I think about that, if I had a choice, I wouldn't have, I wouldn't have gone this route, obviously. But if I had a choice, I wouldn't have but I understand that God's going to a higher power, whatever you want to call it for yourself, I believe has a purpose for all of us. And once we find that purpose, it is our it is our responsibility for the beautiful life he has given us to share it with the world. And that's why I do this. And that's why I put out so much out there to help as many families as we can. So if you join next level autism, you're gonna get my book club, you're gonna get my swag. And you're also going to get a founding member price because I don't really have a program and I'm going to be building it out with you over the next year, you're gonna get a price that's exclusive to everyone who is here tonight. And this is going to be your forever price. So if you decide to join, it's never going to change as long as you have an active membership and next level autism. I'm on April 3, I am launching this to the public at a much higher price. This is the only time I will offer it at this price. And once you lock it in, it's your forever price in 10 years, it's your forever price or as I'm running it and then my prices are probably going to increase over time your price will never because you're a founding member. So when we go to the public will be officially announced the full launch of next level autism it probably May or June, we're going to be selling it for \$3,000 for 12 months, or 275 a month. But that's not what you're gonna pay to you join next level tonight. You're gonna be a founding member. You'll be joining from the ground floor because you're my people and I love deals. I love Black Friday shopping and you're able you're gonna be with me as I build this out. You're gonna if you join tonight you're gonna get a special price and you're gonna get the bonuses I just mentioned which just for tonight only, you join next level autism, it's 9097 for 12 months if you pay, prepay 12 months you save, or it's 227 a month. And that's for tonight. And there's the link to join. Jen's also going to put it in the chat. Now, here's the big question that I know you're all gonna have. Next Level autism is about teaching the skills beyond the big three. And I know a lot of you may still need the big three. So what do I do if I want to join next level autism, but I haven't gotten the Big Three done yet.



Michelle Rogers 1:10:36

For tonight, only I'm never going to do this again. But because I want to serve and I know so many people are here and they identify with what I'm offering. I'm going to offer you an autism the ultimate champion autism support bundle, and that is giving you access to champions for

children masterclass, as well as viewer access to next level autism before this year, champions virtual masterclass was a 90 day group coaching program. And I believed and this is how it's been, we have 100% success rate for the families that are active do the work in the community. After 90 days, they walk out with a child that's fully hydrated, totally communicative, right? They can express wants and needs, even if one word wants and needs they can walk out with right. Here's the thing. I never intended that to be the last stop that was just the right it was the ceiling became the floor. Once we get the basics, we've got to move on. And that's what next level was all about. So if you want to join next level tonight, but you really can't be an active member, because you need to work on the big three, I'm going to offer you tonight the option to get the two programs in a bundle. So basically, you'll be an active member and champions for our children, we're going to work fast, we're going to sprint that 90 days to get your child what they need, so that you can be a full active member in next level autism. So when you join, you'll have full access to the champions for our children masterclass. And you'll have access to the next level autism study will call recordings so we can celebrate you getting the big three and make you a full active member. So I expect that anyone who decides to take the bundle tonight, we'll come get what they need, and come right into next level autism for the rest of our time together. So if you bought if you so you're going to pick tonight the program that's right for you. So your first option is if you've got the big three, so the big three is like my child's holy by train. problem behaviors are not impeding on our everyday life. And they can even make I'll even take word approximations, right, they can repeat report or like if you're if they're in front of the pantry and you say wah wah, wah, wah, wah. And they can say why why did you give them your index level autism, and this is your program and this is what you join. But if you need potty training, you need communication, you need prom behavior, and you love what next level autism has to give. I'm gonna give you a viewer access to next level autism. And you're gonna join the champions for our children program tonight where we are going to get that big three done. So you're gonna get to programs at a special price. You joined tonight, you'll get next you'll get champions for our children, you'll be a full member in there, we're going to get by training, we're going to get the communication down to those word approximations. If not full on words, we're going to stop that problem behavior. So we can welcome you as a full active member of next level autism. And when you join champions for our children, this is what it looks like. It looks very similar to next level autism, but the conversation is going to be a lot different. We're gonna be working on PI train, we're working on potty phobia, we're gonna be working on pecs or AAC devices or sign language we'll be working on on problem solving problem behaviors. But there it's three to four group coaching calls a week, it's just as intensive as next level, but you're gonna get to get a taste of next level, cuz you're gonna be a part of that as a viewer. So you're gonna get to see what we're working on, you could see what to look forward to, why you should recommit anytime it feels hard, Big Three is just the beginning. It's just the beginning guys, I need you to build up that strength, I need you to get those reps, so that you have that stamina. So you can do hard things on lock for the years ahead that we'll spend together and next level autism. So when you get the bundle, you're gonna be a full active member of champions for our children, that includes a weekly call with me, you're still gonna get to talk to me, but now we're gonna be talking about getting the Big Three done, you're gonna get to talk to a mindset coach, because I know you're having thoughts keeping you stuck. If you don't have the big three yet. And you've been in this club for a while and you want to get out we got to figure out what's going on in here and help you so that we can get you thinking great things that are going to keep you on the path towards progress. You're still gonna get to talk to the behaviorists and Armando and we have specialist calls in there specifically to help you get the big three done. We have a problem behavior specialist. We have a speech language pathologist that's an autism mom that you're gonna be able to talk to. We have a dietitian that's an autism mom, because some of our kids have gut health that's connected with their cognitive ability. We have an occupational

therapist, you'll get to speak to a feeding therapist. There's the study vault when you join next champions for our children. This program has been established, it's been up and running for years and you're gonna have access to it. And you're gonna have access to ask a coach in there as well. And on top of all this If you want to stay motivated, and you want to know what's next, you're going to be able to get that viewer access to next level autism. And I can't wait to get the big three done with you so we can celebrate and welcome you as a full active member in next level autism. So you have two options to pick from tonight, you're going to pick the program that's best for you option one, if your child already has potty training, your child can make word approximations, right. Functional word approximations for wants and needs are one word utterances. And they have no problem behaviors that are impeding on life. Listen, I expect children, all children to have behaviors, and we're going to address them as they come. I'm talking about a behavior that is a safety concern, a behavior that's constantly coming up that's making it difficult to function in daily life. If that's the case, you are you are a perfect candidate for the next level autism membership. Tonight only the founding member price for that is going to be 1997 for 12 months, if you pay 12 months in advance, you're going to save or 227 a month. If you don't have potty training done or you don't have a child that's communicating functionally yet, or you have a child that's you're struggling daily with problem behaviors, and I want to welcome you to get the bundle, you're gonna get the champions for our children Bronto, you're gonna get two programs at a crazy, crazy, ridiculous price, you're gonna be able to have access to me and all my coaches, it's just gonna be the conversations are going to be all around the big three, but you're going to get to taste what it's like to be in next level, you're going to get viewer access to know what's coming to keep you motivated. You're going to teach your baby how to ride a bike one day, you're going to teach your baby how to make friends and have a sleepover one day, well, we got to get the foundational done first. And that's what this bundle is all about. Okay, so you're gonna pick the program? that's right for you. Okay, here are your two options. And of course, it will either program you pick whether you're a next level autism candidate. Great welcome. We already have our first members, I'm so excited for this, or champions for our children. Wow, great. We already have a ton of families that are in their active potty training their kids teaching their kids to talk teaching your kids to use a PAC system, AAC device, sign language, we have you covered no matter where you are, you're gonna pick the program that's best for you. And no matter which program you pick, you're gonna get the bonuses, you're gonna get my mug, you're gonna get the my book club, and you're gonna get the special price for you guys tonight. And here's the link to join. Jen is going to put it in the chat as well. Now listen, most of you know the next step would be totally to enroll. I would love to have as many families as well as I love this work. I will do this work to my dying day. And most of you know that you should be saying yes, right now this is like killer, I'm never going to offer a bundle again. I'm never going to offer next level at this price again. But even if you can sign up tonight, due to me circumstances, you have plenty of work to start right away. The name of this workshop tonight, were the five ways you're unconsciously sabotaging your child with autism. And if you can't join me, tonight, you can start this work now. Stop settling for baseline, take radical responsibility for the results you want. Stop resisting doing hard things. Stop thinking the autism diagnosis has limits. Autism is different, not less, there's nothing that my son can learn that it was neurotypical that my neurodiverse child can learn as well. And surround yourself with the best community stay in my fucking sphere, I will always keep you I always got your back, whether you're in my programs or not. So you're gonna pick the best program that's right for you. You got the big three done and you're ready to take go above and beyond the basics, get advanced conversation skills, life skills, self advocacy skills, and more. You're gonna join next level autism membership, and I'm gonna be so excited to have you it's 9097 for 12 months, if you pay, we pay 12 months, it's even cheaper than taking the monthly option. But if you like the monthly option, that's why I put it there too. Or it's either 1997 for the 12 months you're in, or it's 227 a month. And who

are you if you're not ready, but you love next level autism but you want to get your child the big three and you want to work with me to do it. I want to help you do it. You're gonna get the champions for our children next level autism bundle, we're gonna get potty training done, we're gonna get those basic communication skills on lock. We're gonna get those behaviors under control. So I can welcome you as a full fledged member of next level autism. So you're gonna join the masterclass series for our children masterclass, you're gonna get whatever you need for your child. And they're, we're gonna give you viewer access to next level autism so you can get excited about what's coming. And let's get this done in 90 days, there's no reason why we can't sprint to get you ready, get you spend the rest of your time with me next level and next level autism. All right, here's where you're gonna join. So I am going to forego doing this. I'm just going to take a quick second. I'm going to just take a quick minute, I'm just going to check on my kids and I'm going to come right back. I want you guys to put any questions that you have about the programs in here and then I'll be right back. I'm gonna play this but if it doesn't work, I'm just going to I'm going to play this one. If this doesn't work, then I'll be back in two seconds. So I guess I wanted to start asking you what Are you? So I guess I wanted to start asking you what were your biggest struggles prior to joining the program? You know, I was going around and looking for organizations, I was looking



1:20:10

for help. So I started looking up online. I really need somebody who's been



1:20:16

to has no access to any kind of services over here and Ireland's googling stuff and trying to find stuff that



1:20:24

might join because I had a three year old autistic son



1:20:29

so I knew I had to do something that I didn't know what to do. Everything



1:20:33

seemed to be waitlisted or just not available to break it down to him. I had to have somebody break it down to me and that We got mortared. You've got my husband was thinking, Okay, we need to speak APD I think my biggest struggle standing there potentially.



Michelle Rogers 1:20:51

We're good to go. Alright, let's answer some questions. I actually, before we get into q&a, let's

do our first raffle. Jen, are we ready to do a raffle? Yeah, sure. All right, we're gonna do a raffle. First, let's answer some questions. While we're doing it, how much is the last combo so the combo the combination of champions for our children with viewer X, Next Level autism is \$3,997 or 397 a month. Okay. And the idea here is that we're going to spend 90 days to get the big three gun and then we're going to spend the rest of our time getting you to to the next level autism, making you a full fledged member and caring how is how is that Karen you're gonna get some swag. We're gonna give Karen A champions for our children mug. I hope Karen does already have one chat. Can you have them as we Karen, I want everybody to be cleaner in parent. It's a great grandma. And she is a practical graduate of the champions for our children masterclass. pretty much ready and rockin for next level autism. In my opinion, I believe her great grandbaby, not our grand baby. She taught her great grandbaby how to potty train, and he is now I believe starting to speak. So Karen, if you don't have a mug, now you're gonna get a mug. Alrighty, so. And I just realized, I don't think I ever told you guys what the combo price was. Or maybe I didn't say it enough. But anyway, the combo price if you get champions for our children, you're going to be an active member in there, you're going to join the combo. If you don't have the big three, Don, and then you're gonna get the you're gonna get champions for our children and next level autism, that is \$3,997. Or you can do the payment plan. That's 397 a month. Okay. Let's see here. What else do we have? Um, let's see here. What happens if the three doesn't happen in 90 days? Okay, it's a good question. So if you are joined champions for our children, and you are an active member, by the way, this has never happened. But I get this question. So I'm going to answer it. If you join champions for our children to help your child get pi train, get communication, stop problem behavior. And after 90 days, if it doesn't happen, you are going to either you're going to stay until you do. I've never had this happen. By the way, if you're an active, you're coming on at least my calls, we have three to four group coaching calls. Champions for our children is an established program. It's been around for four years now we've been doing it for a really long time. So if you're in champions, you're gonna see that you get three to four group coaching calls a week, sometimes even more, sometimes we even have five coaching calls a week, there's more than enough support to get this done. But in the unlikely event, that you come to champions, and you don't get what you need, you will either stay you will stay until you do. And I will work with you personally, to make sure you get to go but by the way, I've never had that happen. Any family that's join champions, and has been active on the calls and did not quit and didn't stop showing up after 90 days had everything that they can. What are what is champions for our children's champions for our children is my core, my core group coaching program that teaches potty training, communication, stopping problem behaviors. Next level, autism is what we're launching tonight. That's my brand new program, my study vault is empty, but that's not good. That's gonna change real fast, you'll see how fast I build out that steady vault of all of these courses, I'm going to teach on different things, different next level skills. So champions for our children as a program, we're going to work on the big three, we're going to listen, the main goal for champions it was 90 days, get in, get out, let's get it done. So we can start working on on next level things. So we're gonna get you if you if you don't have the big three done, you don't have potty training done, you don't have communication done, you don't have problem behavior done right? You're going to join champions for our children, you're going to get the bundle, that's going to include champions for our children, and it's also going to include next level autism. Okay, the price for that is \$3,997. Or you can take the monthly payment option of 397. When you do that, you'll also get viewer access to next level autism. So you'll kind of be like, halfway full fledged member of next on lots is because you're gonna get to see what's in the study vault. You're going to see what we're training on there. You're going to hear the call, you're going to see the call recordings, you're going to be able to have access to them and see what we're working on. I want to incentivize you say listen, I know you're in the you're in the trenches of teaching poetry and you're in the trenches of problem behavior. The

communication. But look, if you get this done, what's waiting for you, there's no reason working together. Champions is such a strong program. There's so much support between me and my coaches in there, there's no way that if you're active in there, we're not going to get this done for you. And as soon as you're done in there, where you you're going to send me an email, same shell, let's celebrate, I got the big three, I'm gonna even send you a gift, you get the big three down and get ready to be an active member next level autism, I'm gonna be so excited to welcome you in there as a full fledged member. Okay. Um, let's see here. Um, so we're gonna be sending an email out, we're gonna send a couple emails tonight with all the information to join. So I see that some people here are parents, maybe grandparents in here and they want to share it with the family in email should already be in your inbox with information on how to join, you can share that with them. We are in speech and just evaluated an OT history three months, no diagnosis yet not sure we're ready. For one, we're seeing growth. How do we know? So listen, one of the one of the newest members of next level autism, I've worked with her son when he was 18 months, he's going to be five this year. And we're going to talk about kindergarten place. And we're actually going to work really hard. He's at a point now where he's saying words, and now we've got to start working on, we think he might have apraxia. So we're gonna start working on building the fine motor muscles of his mouth. And we're going to start working on really getting more words out of him, right. So the way I see it with her when she started with me, she was very resistant to a diagnosis. Now I know that may not be your situation here. But I said to her, I'm like, You know what, whether he has diagnosed or not is inconsequential to me. I know I can help them. So if you have a child that you suspect has autism, or you have a child with a speech delay, or you have a child that problem behaviors, whatever your child that you're struggling to potty train, I believe my programs work for all children, but full disclosure, I'm an autism mom. Most of the families that work with me are parents of children with autism, that mom did eventually get a diagnosis. And she said you know, if it wasn't for me, you know, she wouldn't have she she didn't realize like not how not getting the diagnosis because she had her feelings about it being like a label was actually hurting her ability to give him access to a standard level of care that you get with an autism diagnosis that you don't get with anything else. So if I have families all over the world that are in the champions for our children masterclass, and I actually have some international families that have joined next level autism tonight, but the way I see it is that whether you have a diagnosis or not as inconsequential to me I'm here to help your baby and I believe my methods help all children. I have children in masterclass that have Down syndrome, kids with pandas, global developmental delays, kids with chromosome abnormalities. My shit works for everybody. All right, all right, you got to carry on your swag is coming to you. I need to know how to support my daughter in PI train my grandson he was pioneering before baby and brother and then totally regressed helpless but I want to talk to you guys about regression tonight to regression is not death. And somewhere in the autism community. Somebody gave a definition of regression is death progression means I had a skill and lost it. But the principles of behavior mean that if I had a behavior and lost it, I can always get it back. It's just a matter of finding that path back. And if your daughter is struggling to get your get your grandson back to pi training. That's what the masterclass about. So if you need potty training you need you need to get those communication skills you need to stop problem behaviors. That's what masterclass is all about, you take that bundle tonight, and you'll get viewer access to next level autism, we're gonna sprint, we're gonna spend the next 90 days getting the Big Three done so I can welcome you as a full fledged member to next level autism. How do you get them to have understanding if I ask how are you she repeats me this is a very good question. This is a next level autism type of skill. So Jan, I'm gonna give you a sneak peek on how to solve this. We, if we want better conversation, better advanced conversation skills out of our emerging talkers, we've got to ask better questions. If I brought my neurotypical son in here right now I asked him how school was he'd say, Fine, good. I would get one word answers. But if I want to have

an engaging conversation with an emerging talker, right and get to understand talking for babies on the spectrum, it's not like I wouldn't say it's difficult for her now. But it's not full on, like, monologues aren't going to be her thing, right? She's going to get to the point she's going to want to you know, she's a short and sweet kind of gal. It's gotten better over the years, but for the most part, even expressing emotions, and things that you struggled with is our work, right? So what I do is I ask better questions. So instead of saying, Hey, how's your day at school? I'm gonna say, hey, who got in trouble today? What did you play at recess? What did Juliet have for lunch? And then I get the chatter that it goes full on. She wants to tell me everything in anything that's happened, especially the gossip. They love the team who got in trouble, who had who had to go to they don't call detention anymore forgot what They call they call it something else. But some kids had to go to the tension because they were bad. Indoor recess. You told me that yesterday. Okay. So yeah, so when we're asking when you want to have conversations, and you want to have next level, like going back and forth that dialogue, you have to be able to present better questions to get it.



Michelle Rogers 1:30:21

Okay. All right. It really works. Thank you, Karen. I think so too. Okay, let's see here. How can I just sign up for champion? So if you listen, the bundle is there for a reason tonight, tonight was really all about launching next level autism. And I never launched it before, right. So I built my business on helping parents potty train, teach, teach communication skills and stop problem behavior for children with autism. So next level, autism is a whole new bag of tricks, right? So I went to market with this, and I realized something I would talk about next level skills. And guess what we're all no matter where our kids on the spectrum, we're all interested in next level skills. So I knew tonight, even though tonight was about celebrating the announcement of this exciting new program called next level autism, which is a membership, and I'm so excited about it. I know there's gonna be people here that want that, but aren't ready for it yet. So that's why we're offering the bundle tonight. But if you do just want champions, drop me an email at Michelle at Michelle rogers.com. And we'll see if we could work something out. But tonight is all about celebrating next level autism and giving you an opportunity to join at a price I will not have ever again. And this will be your price forever. As long as you're in the program, you'll always be with us. Okay, let's see, what age would you think a young child is ready for champions element? Oh, champions, we have children as young as 18 months, not actually 15 months, I think was my youngest. And we have kids in there up until 21. Right? Because potty training is, is, it seems tends to be a problem, right? And communication skills tend to be a problem. I have a child in here now who's 13 and he has to have a root canal. Now that would be a next level autism thing. But I'm not going to do we have to solve for that. That's an immediate need that needs to be solved. This poor baby might be in pain. So we in mom in champions are working on getting him ready for the dentist. Want to do this without sedating I want to do I want to do as much as possible to give them an experience like any other child would have. So champion's is writing for children's youngest 15. My friend who works with a severe and profound, severe and profound students told me that I would probably be wiping my son's butt forever. Well, that's a bunch of bullshit. He was number one down perfect. But when it comes to number two, many times he will go in his underwear a little and won't go to the toilet. So prompted that I need to help him why I know I need to work harder to get him to understand what to do for himself. But I felt very defeated when she told me this. Listen, people are going to say stupid shit us all the time. It's not a problem until you have thought about. So listen. People say stuff to me all the time. People still say stuff to me. My son likes to wear nails and he likes to wear makeup. And I was at his dance studio and he asked me ask the teacher if during his dance competition, he could wear makeup. And she said no. So it's like,

oh, she said no, right. I didn't think anything of but then she took it upon herself to come up to me and explain to me that she said no, because she didn't want to get questions from parents of four year olds as to why a little boy was wearing makeup. Now I was so shocked. It was like I got shot. I'm like, did she just fucking say that to me? Like that most insensitive thing right? And then went home I didn't even say anything and I'm full of I have plenty to say but I was so shocked that she said that to me. I went home feeling like I got shot probably exactly how you felt Aaron right. But here's the thing. Calm down. And I thought about she's 25 years old. I looked online ballet men ballet dancers wear makeup and she just doesn't know any better. And I could choose to let that that that that statement she said which is really just a something outside of my control. People are gonna say stupid shit does all the time affect me in a way that could have quit dance and maybe go to a different dances but I know she's a good person. She just a young kid. She said something stupid. And I'm not going to take it personally. Right? And he obviously each time somebody says something to you that feels like makes you feel like you get shot, you're going to have to look at it and decide how you want to have do you want to have a relationship with people like that? This is why community forward thinking community is so important. Do you see what I'm saying? This is why it's important to be around people that are going to help support you and believe in your son not somebody's gonna tell you or your wife is but for your whole life. I mean, how's that going to make you feel right if you buy it? This is like I always call it biting the bait right if somebody says something stupid like that, and I feel a certain way I just fit the bait. So now you have awareness up Aaron you bid the bait on what she said that that's not true. She can go pound sand. I know for sure if you join champions, we'd get this done and we'll have your next level lots and probably within a month. If he's P train. It's just a little issue with poop. We're gonna solve for the poop welcome into next level autism.



1:34:47

Alright, we're



Michelle Rogers 1:34:48

in CFFC November 14 joined and grandson has had success with potty training. We had three weeks illness that delayed things Yes, life well life us march 11 Woohoo. I think we should have been exact Wait 90 days without the sickness delay, not 100% but truly unlock so many things. Yes, Nellie, that's what I'm talking about. She joined right before the New Year. And listen, life will wipe us. That's why I say listen, you can get it done in 90 days, as long as everything's neutral. Don't worry, you're you've had access for 12 months, and I gave access it went back. Well, I've never done that before. When I fold it to melody. It was 90 days. But I said, You know what, I'm going to be launching next level autism this year. I know sometimes life life says I don't want 90 days to be a deterrent, because you have thoughts about it right? By soldiers 90 Day Program, and we're going to sprint to get this done, you might not join, you might think that's not enough time and I want to invest money if I think I'm not gonna be able to do it. So I gave you 12 months, but I don't want you to take 12 months you there's no reason why you can't get it done in 90 Up until January 1. I've sold this for last four years. As a 90 day program. Anyone who's active my program gets the result. And then you do 90 days and champions and those get your full throttle into into the next level autism membership. I still want to do this. But I'm the only one at school and can't justify I'll share with river Yes. Get resourceful right let's in the universe is calling right? If this is something that speaks to you, right? And you

didn't know what this was going to be about tonight, you know, listen, I there's so much that you can walk away with tonight worrying, right? So like if you can't do this tonight, and I said that no slides, I'm gonna say it again. If you can't join us tonight, I get it. But take what you learned tonight and start applying it. And here's the thing, we're going to do hard things we're going to do radical responsibility. If this is something you want, universe is going to challenge you and say okay, you are somebody who does hard things. You're going to find your way if you think this is the program is going to help you let's get creative. Let's see if you can find a way to do it. Show me really mean Okay, awesome. All righty. Let's see, please elicit a nega talk you can do and this program will get you there. Thank you Karen. Let's see here. Karen's my biggest cheerleader. He has been speaking in full sentences about prompting at home and now has started to do the same at school melody Oh my goodness. 90 days, folks. She's so joined before the new year. Um, is this pre record? No, I'm actually talking Yeah, Melody can congrats I love it. Thanks so much for the mindset kisses. Let's see here All righty. Struggles number two which is also held the fact they did not didn't know Okay, well I'm really blind I don't know several 100 was okay. Oh here I'm catching up. Um, let's see Chris included my son is poop training we finally got his window down between four and eight should I do three minutes on or five minutes off Kristen you are in the program bring that to bring that to ask coach girl and we'll take it through for you. i You are ready for do you think that will work? Yeah, I do. Let's see what do you think? Hold on. I'm just gonna throw my son is poop training we finally got him his window down between four and eight excellent Should I do the three minutes on five minutes off until we get the results I truly believe once he connects the poop physically to the toilet you will get it just like pie tuned Do you think that will work? Yes I think that will work I think you need to do that just start limiting his movement like I even say tether if you know a poop is coming between four and eight he doesn't leave your eyesight before an eight so either limit his movements and just keep one like you know peripheral vision on him so soon as you see the look the squat the fork you can really run into the bathroom. Hi Kristen morning what's your message? Okay, sir. Thank you. I no idea oh, I guess I read it anyway. All right, last call for questions. Can you give them understand are Am I okay? I answered that one. Will this work for children 12 An up yes I plan to have next level autism. You know I think next level lots is my son is going to be till age 18. But honestly next up a lot champions helps grown people potty train 21 year olds, 25 years olds, 18 year olds, 31 year olds, I'm going to help anybody who wants to be helped. So yes, these programs are available for children as little as 15 months and as old as 31. And plus, I would take a four year old who a brother mother might be done with doing diapers after 40 years old and I will help you by train them. We do not sell supplements in this group. No, but we do have a dietician that may make recommendations is recommendations and is not required. But there are certain things that I love that she recommends to do you work with parents with older kids. Yes, we have mastered the Big Three welcome you should belong in next level autism, but now have new problem behavior. She's 10 This is the thing. This is why I want her to next level autism for myself too. She's 10 going on 11 That's my girl My girl is 11 She'll be 12 in November. We're coming into the hormonal stage we have to get we have to have a handle on our instructional control with our children and our parenting now so that we can manage that teen stage with the minimum amount of bumps Maribel you should be joining next level autism. And when I talk about problem behaviors, I'm talking about problem behaviors that are like impeding on daily safety and planning on quality of life. We've got a moody preteen here a moody tween and we're struggling to get advanced conversation skills, like maybe expressing feelings in a constructive way. And it's coming out and lashing out or tantruming or throwing stuff. I want you to join next level lots of I think you just answered it. Well, I'm glad I did. Why are you pro ABA are people aware the founder of his abuse again? and autistic people. Alright, so there is this thing. There are these philosophy out there and I'm not discrediting it. There is ABA has been around, I don't even how many years and when it was first practiced, we hear from autistic adults that it was practiced in a way that

felt like child abuse. Now, my personal experience with ABA has been nothing but a pairing relationship between therapist and child and really parent and child. I believe behavior is the primitive language of all human beings, all species really. But just like you could have a bad doctor, a bad dentist, a bad teacher, you could have somebody who takes the principles of ABA practices them in a negative way. But do we throw out the whole process of what a doctor would do when a dentist would do what the teacher would do? Because we had a couple of bad apples practicing it. No. And I'm telling you, I love positive reinforcement, I try to use it as much as possible. And I respect and here are the people who have had bad experiences with ABA. But that's never what I've experienced. And it's not what we were we expose our families to in the program. And I'm by the way, I'm not formally ABA trained on St. Train, I call myself st train, I learned I had on the job training just like all of you, well, well if you join my program, but my BCBA's are teachers with master's degrees in ABA, and one of them is an adult with autism. And he runs up against this with autistic adults that kind of like get mad at him, like why are you promoting this? Why are you even in this field, and he never had that experience either. So I want to change the I want to change the thoughts around ABA, I do believe that there are probably people today that practice it in a shitty way. But so there also are doctors that probably do a shitty job too. But we don't throw all doctors out. So we have to think about that with this as well. What if the three big three don't get done in 90 days, in the unlikely event that has never happened? By the way, the only time it doesn't happen is when you quit? I'm always there for you. I take radical responsibility to provide a program that is the best there is no program like champions. And I know for sure there's nothing there's really nothing out there like next level autism but I take radical responsibility is your coach provide you a program that's going to give you everything you need to sprint to get the big three done in 90 days. But then in the unlikely event this has never happened actually, I had one situation where a child had diarrhea and we got a pee train and we couldn't get him poop train. This is what I brought my nutritionist and to champions because I'm like something's up with his diet. We've got to get some professional help here we fixed his he ended up getting pi trained in like, four months was once we got the diary under control. He got up on a good diet. He is poops were like peanut butter consistently because it seemed what we eat and we got him officially poetry. But in the unlikely event that you have the unicorn, everybody thinks they got the unicorn. Nobody has a unicorn. Everybody thinks they have to grind away as you go, right? In the unlikely event that you do have a situation where in 90 days, this doesn't happen. You're going to stay in the program. And so you do even if it took you two years, that's never going to happen. I'm telling you and you'll have my personal support. One on one if you don't get done. If you've been coming to the calls, you've been doing the work and after 90 days you don't get what you came for. I'm gonna personally handhold you to the finish line. There's no way this isn't gonna happen. It doesn't happen. It does not happen. I'm here for you. I'm okay. All right. Already. A very insightful, thank you. Somebody said I'm a great presenter. Thank you. My son is very prompt dependent. Is this classified as a problem here? No, I don't think a pop license when you get the good thing about props are like a blessing and a curse prompts are great because how I teach Juliana if everything including next level is through drills, we drill everything. And how I have to drill sometimes is by prompting. So no I don't consider that a problem behavior. We're just going to we're going to we're going to make your child less prompt dependent. So prompts, they're going to still be a part of next level autism but then we fade them. If you do prompting correctly. You use it as a tool and it doesn't become a crutch. Okay, let's see here. My five year old is potty trained, but I still need to clean him up. What do you think next level autism help you to get the wiping done. Listen, by the way, I have a 10 year no nine nighttime, AGM I have a nine year old neurotypical son, he will piss on my the lid of the toilet still. And I will find skaters in his undies. Okay, so just letting you know boys even neurotypical boys skaters and on these nine but we will help you to improve the cleanup but if you spill a pie train

is just having a problem wiping. Let's just fix that next level autism. All right, last call for last call for questions. All right, Aaron all his five year old pipe dream but I still need to clean them up. What do you think next level autism.



Michelle Rogers 1:44:45

I really need to work on communication if he's got it for communication. The baseline we need for next level autism has got to be able to one word utterances or at least say like wah wah or water I'll take you there. I even I backed it up a little bit. I think I said when I started when I put the program together I'm like I want one word rather since but then I have a couple of families and champions and we just got the kids saying Wawa cuckoo for cooking. I want everybody alright amazing. Love your energy appreciate the sport. Alright, that's it guys. We're done one more raffle before we wrap because you guys have been such a good sport as I went through this let's do the raffle renew a \$20 gift card for for everyone who's still here. It really roads is behavior problem behavior only if angry head butting and screaming is that next level autism so how often is head butting and screaming happening? Is it ruining his ability to learn and be productive in school at home if it happens, like that's his way of like when he's angry and he doesn't know how to express it. Next Level autism if it's bothered, it's at a point where he can't like get his needs met academically and you can't be a quality member of the family then we want to get you in champions and then we're going to get you done quick and then we're going to invite you as a full fledged member and to next level autism. Alright, so Ariana, I missed your first Okay, five years we'll have to see the cleaning mop. Alright, so you have alright so here's the thing. Our our Enola uses an AAC device. So what I would do with you, this is my attempt, and I don't know if this is provocative or whatever, just get the wheel names up for everybody that's still here. Let's get Ma. We'll do a we'll names for a \$20 amazon gift card. What we're going to do here is that if a child has what I do with teaching children to communicate champions, is we figure out what typography what bridge form communication would be best for them. So sign AAC your pecs right now your son already has AAC. Now my next question is, Is he using it fluidly? Is he also creating sense right? So if he's using that fluidly but he's not creating sounds like let's say you say wha wha wha wha for water and he doesn't say back then you're going to be in next you're going to be champions but you're probably not going to be there for long because we're going to really build out his ability to say word approximations but you get it done if we're if you're active in the community I'm telling you there's no program better than champions and there's no program like next level so I'm so excited there's no way we could get this done in under a month and then you'll be in next level autism for the rest of our time together. Is not sleeping on time or problem behavior. If you have sleep issues we can deal with that next level autism as long as they have the big three and not eating with spoons and forks we can do that next level autism picky eating is still my issue holding a fork cracker correctly still our issue Jen Are you here to do we'll have names let's see. Yes. All right. We're gonna do we'll have names anybody have last caught last call for questions about next level autism or the bundle tonight. So exciting. I'm gonna bring it up one more time for you guys to see it and see your options real quick in front area.



1:47:54

Here it is.





Michelle Rogers 1:47:57

So exciting. Oh we live named for \$20 Gift Card Mary and also Marriott you want to tweet out Amazon gift card email Michelle at Michelle.rogers.com. I'll put it in the chat for you. Give me your email address we'll you'll email me I'll have your email address and I will he sends you a \$25 gift card. All right, so just to recap tonight, you have two options of support for you and your child. Let me pull it up here. Um, here we go. Here are your options. So you have you're gonna pick the program that works best for you. Okay, if you have if you have all of the big three right if you if your child is potty training, you need to have wiping go to next level autism but he's potty trained and your child as communication they can be saved one word utterances are like Wawa for water or for cookie or Bob or bottle right? Then you belong and next level autism, we're gonna help you build out those conversation skills. We're gonna teach you all the next level things all right, and that man, no problem behaviors that are impeding on quality of life if I have like a headbanger because he's frustrated, because he can't sound angry, or he can't express what's going on. It's making you upset you belong in next level lots isn't. That's advanced conversation skills. And that is 9097 for 12 months. If you prepay the 12 months, you save, save, or it's 227 a month. Or if you don't have the big three and you want to work with me, you're going to get the bundle you're going to be an active member of champions for our children is the best program around to do this. I have a 100% success rate for getting potty training, communication stop probably ever done. We're going to sprint we're gonna spend 90 days to get the big three done if you don't have it, and you're gonna have viewer access, you're gonna be a part time member of next level autism, you're gonna be able to see what I'm coaching on. You're gonna see what the trains are you gonna see what's waiting for you. After you get the big three done, and I'm gonna be so excited to welcome you. You're going to drop me an email, say, Michelle, we got it. We got the big three. Let me have access to get on these calls as a full fledged member and we're gonna invite you in there. It's gonna be so exciting. So you're gonna get to programs for \$3,997 You pay, you'll get 12 months of access for both programs. But you'll save if you pay the 3997. Or you can do 397. And if you join, you're going to also get my bundles, you're gonna get my swag my little champions for our children mug, and you're also going to get my book club books. So it was a pleasure speaking to you guys tonight. If you have any other questions, you know where to find me. We're gonna send an email out with all the information. And this was a pleasure, I hope I hope this is enjoyable for everybody. Bye, everyone. Hey, families, Michelle here and I apologize for the long hiatus since our last podcast episode, I have been head down working on a new project that I am so excited to announce to you today. If you didn't already know for the last four years, I've been running a group coaching program for parents of children with autism. And when I started it, I started it with the intention of helping anybody with a child with autism solve any problem. And as we grown and the program has evolved, we now focus on three core skills that we teach in that program. And that if you don't know the name of it, it's called the champions for our children masterclass. It was originally a 90 day group coaching program, and we focused on the big three. And if you don't know what the big three is, the big three is my belief is every child on the spectrum no matter where they fall on the spectrum, mild, moderate, severe level one, level two or level three, if they have the skills, their chances of in an independent life increased greatly. So the first skill is potty training. The second skill is communication. And the third skill is they don't have problem behavior. So they can sit the time to learn school, and be a happy member of your family that is participating going on vacations, going to camp, doing extracurricular activities. And when you have these three skills as a child with autism, your independent life options just break wide open. And for the last couple of months, I've been head down thinking about this whole journey with the with the masterclass and saying, you know, I love that we help with the big three, I love that we are aiming high in the sky to get those things. But what happens when we get them. And here's the thing I never intended for the masterclass just to be about the big three, but that's just kind of how it's evolved. And I

love it, I have no issue with it. But I don't want you to think that that's where the work stops. In fact, it's where the work begins. And the last couple of months I've been spending, putting together the finishing touches on what do we do after we get the big three. And our ceiling, which was getting those skills on lock now has become our floor. And today I am so excited to announce to you that we've just opened the doors for a couple of days, it's gonna it's called a founding member launch to my new autism membership. And it's called next level autism. And I'm so excited about this. Because next level autism is the next step after you get the big three, it's all the extra things that we're going to be teaching our kids throughout the years. And I had this thought, you know, when Juliana was in kindergarten that I was going to cure her autism. And obviously, I don't think that anymore. I think she's gonna have autism for the rest of her life. But I also think she's going to live an amazing life. So what ended up happening for us was that, you know, life kind of handed us some age appropriate problems, but with a side of autism. So if I was already in the belief that I could teach her anything, and I was at that point, I just said, Okay, we're living the next level of our journey with autism as I teach her all of these next level things and this is what this membership is. So I'm so excited about because I'm building a community that I'll be into teaching my daughter next level things are going to be seeing me in this membership, doing these things in real time. And we're all going to be doing it together now. And that's I think that's probably one of the biggest things for me because having community like me, I'm kind of, there's not many people that are like me, but it goes to what I have my thoughts and what I believe about autism and how I want to break the wheel on what people think about it. So I'm really excited to announce the official launch of next level autism membership and it's a monthly membership, you can cancel anytime. And the way it works is that the reason why it's a membership not a program is because I've been living next level autism with Juliana since she's been in kindergarten. And I intend to continue to being on our next level journey until she graduates high school. So I wanted to invite you guys into this new program that I've been working so hard on and that's why I haven't had a podcast out in a minute. And last Tuesday, I hosted a live free training called the five ways you're unconsciously sabotaging your child with autism and I want to share that recording here with you guys today. Because I want this to be our official recommittal down the line. If you haven't gotten the Big Three done, hey, I'm your girl. Let's get it done together. Let's get it done fast that you know there was a reason why the the masterclass was 90 days because we were getting these results for families who join the masterclass in 90 days and now I want to take it to the next level I want to get the big three done as quickly as possible. So I can welcome you into this new membership. So if you're interested in getting information on next level autism, you can drop me an email at Michelle at MI ch e LL. E. At Michelle B isn't boy rogers.com. That's our OG ers. All right?