

Ep38 - Diapers and Limited Work...ty Trained and Conversational!

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SPEAKERS

Michelle Rogers



Michelle Rogers 00:04

Welcome to the autism mommy's potty talk Podcast. I'm Shelby Rogers, autism mom and life coach. I help parents with children with autism poor pre verbal to start communicating potty training. You're listening to the autism moms potty talk Podcast, episode 30. Hey parents, Michelle here and today's episode, I wanted to share with you a conversation I had with a client of mine, Marilyn, she's actually still a client, I absolutely love her and her family. And Marilyn came to me originally to get her daughter potty trained and talking. And not only have we done that, now is now a part of a new program I've just launched this year called next level autism, it's actually a monthly subscription. So once you get your child potty training once you get your child communicating, and once you get your child stopping their problem behaviors, that's the big three, right, that's what opens our path for our children with autism to have a chance of life independence. After that's done, our ceiling becomes our floor, which is what me and Maryland talk about in this interview and that those goals were our you know, they were they were the pie in the sky. But once we achieve them now it's what's next. And that's what the next level subscription membership is all about. So if you have a child on the spectrum, and you've got the big three done, and you want to know more information about next level autism, you can always email me at Michelle MI, CH e ll E. At Michelle B as in boy Rogers are otrs.com. That's Michelle B rogers.com. And I'm happy to send you information on joining us in next level. But without further ado, here's my interview with Maryland. Hey, everybody, Michelle here and I am with the beautiful Maryland today and she has been a client of mine for cheese. Now you have to correct me it's got to be at least over a year. It's gotten a couple of years now, right?



01:54

So



Michelle Rogers 01:57

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over a year, over a year, okay, I'm speeding time up because we just aren't spending time with our so Marilyn is willing to be for over a year. She has a daughter with autism. I wanted to welcome you. And thank you for taking the time to speak to me today.



02:11

Thank you.



Michelle Rogers 02:12

All right. So first, I want to know, you came to me specifically for your daughter with autism. What drew you to the program, like Where were you at with her and what made you want to join the program.



02:23

Um, initially, it was the whole communication piece. We weren't making a lot of progress. And I was really looking for that back and forth communication, because she was verbal, but I mean, very limited words, it was all now and she really wanted to label. And that was really the limit of our interaction. And I was really looking for just having that back and forth, knowing that we can build on that. And that's kind of what got us started. And I was thinking, Oh, potty training that'll just come later. And I realized once I joined the program, really, I kind of flipped those goals, I would still work them in parallel. But I started focusing on the potty training, and it really kicked off both at the same time. And really got me going. Okay,



Michelle Rogers 03:15

so at that point, she wasn't potty trained, and should be saying a few words or no words, where was she words, keyword words with a functional or she was just repeating things in her mind. Um,



03:27

she was just labeling things in her environment.



Michelle Rogers 03:31

Got it. Okay, so we got to a point now, and I want to transcend this conversation because Marilyn was a part of masterclass, but now he's now living next level autism. And what it is, is that I believe there are three basic skills that all children on the spectrum need, no matter where they fall on the spectrum, if they have these three skills, the chances of a life of independence break open greatly when they have so one is potty training, one is communicating and least being able to communicate verbally wants and needs. And the third is to have minimal problem behavior. So they can sit in attendance school, they can be, you

know, a harmonious member of the family and evolve in that in those directions. So within the masterclass, we worked towards those goals, correct? Yes. Then, so, when you were in the master class, like, I guess, like before doing it on your own, and now that you're in the master class, what was it about it that was so helpful and so forth?



04:27

Um, all the tips, just the constant working together. And, I mean, I quickly saw progress once I started getting involved. I mean, she had already been in speech therapy since 18 months, and yet she was making progress, but I just saw the progress go so much quicker. And then me feeling the sense I worked a lot on myself too. I quickly realized just the mindset piece is really what I needed. And I didn't realize that maybe some of the things I was doing, I wasn't pushing her or helping her. So just getting all of those aspects and getting those nuggets of little things to try at home pedal really started accelerating her. And now you know, I go back and even talk to the speech therapist about what I was working on and just working as a team. So it really helped me feel more confident in what I was doing at home. Versus I think at first I was like, Well, I'm bringing her places, they're going to work on her, but I really needed to be her champion, and help her and I think that's really accelerated her.



Michelle Rogers 05:37

Awesome. All right, so now we get the baselines for Marianna, we get the potty training done, she starts being able to communicate wants and needs. We even worked on some problem behaviors, she was a little bit of a runner, so we was a runner. So we helped her through some of these things. So then what what did it feel like? Did you feel complete at that point? Or was there still feeling like, there was something more?



06:02

Um, I celebrated those successes, I was kind of in awe how fast I got there and did that. I would say initially, I was like, Oh, I'm complete. I couldn't do this. But I think in the back of my head, I was like, wow, if this progress was this quick, what else is out there? You know, what else is there that I could be pushing? Versus I kind of said, I could be okay with where we are. But they were just kind of being status quo again. What if I keep that bicycle moving?



Michelle Rogers 06:36

Ah, that's a good analogy, a bicycle movie ever momentum you going down? Great. Why couldn't we keep going? All right. Now I want to talk about the work that we've been doing since then. So she graduated from the masterclass. And then we started working together one on one. And one of the things that we've been working on that's now blossomed into my next program, which is going to be nice little autism, is this ability to work on things past the big three. So one of the things that I've been working through in my head, as I launched this program, is that, you know, the big three was the Holy Grail, right, we gotta get on page three, we gotta get him talking, even just expressing wants and needs, we got to be able to instructionally control our child, right, so that they're not running away so that we can kind of

go on vacations, we can do all the things, right. But now it's like, all right, that was the Holy Grail of what I want it, I got it, we celebrate, we celebrate a lot in the progress, we're celebrating the fuck out of her progress with her daughter. But now the ceiling has become the floor. Yes. And that's kind of what I want everyone to think about that there's more to life than just getting the basics, right. And that's what's happened here, I think we get so obsessed with the bases, we don't have them. And I'm not saying that they aren't important, you have to have them. It's like building, if you don't have pi train communication or problem behaviors on lock, it's like trying to build a house on sand, it will never stand. And in any major when that comes any wave that comes in will, it will it will come crashing down. We have to have that foundation of solid concrete foundation of those three skills. And there is going to be work involved with it. And I'm not going to say that the being consistent commitment is what committed is what makes it hard. But it makes it worth it. And if I have that, then I can start building out from there. And that's what the work that we're doing. And that's what the work of next level autism is about. So why don't you start talking about like, the work we've done after that, like, tell me how that's transcended not just with Mariana, but with all of your children.



08:29

Yes, so I have four children. And I actually have two teenagers already. So I go from the age of 16 to four, with the money on I remember us talking about what were her next goals. And I remember even looking celebrating our success and be like, Wait, what is that? And so constantly keeping that in forefront. I mean, she's doing so well that now she is communicating having those back and forth Conversations. I'm even talking to our speech therapist, she may even graduate from speech therapy, a lot of her running behaviors, all of that disappeared and just realizing I started exposing her to more stuff that I used to fear. Right and or be like, I think I would be so overly protective. I try to not allow things to happen just to avoid failure versus now I'm like, No, we're gonna set you know, what are we need to do in order for us to experience all these things. And then with that, a lot of the learning I did, as I mentioned with my other kids, you know, started having some things pop up with my teenagers. And you know, have a kid that's very high stress. He was getting a lot of good grades. I'm like, Oh, he's got this. He's on his own. So when some of his behavior started changing, I'm like, What is this Right, I wasn't expecting it. And I think part of that that was my brain being in cruise control is oh, he's got this. I don't need I don't need to get involved over here. But quickly when he started having some issues at school and with his friends, I came to you. And it was, it was interesting how just breaking now keeping it simple when the things that I learned with MADI on and looking for his triggers, what stressing him out? How do we get in front of that? How do we discuss this? I mean, it made a huge impact with him as well. So it was it was great to see that this program wasn't just for my mom yawn and her autism, I could even use this with my other kids, any kid in anything that they're going through what I mean, we're all going to face challenges and struggles in life or setback. So how do we work through those together, and help them get the coping skills and the communication they need? Because even though they're talking we also need to talk about and that's where a lot of the mindset helped me even when my oldest is? How are we regulating? What is our thought and emotion and how we're reacting? And how do we want to work through that? And what is what are we telling ourselves? What are we telling others? So I mean, it's been it's been, it was hard to go through it, but it was wonderful seeing the progress that he's made and applying everything that I've been learning. It's made me a more confident parent, I would say there's not times I still doubt myself. But I feel like if I don't have the answer to I can, you know, talk to my support system and figure this out?



Michelle Rogers 11:49

Yeah, I love that. And one of the things you said I thought was really interesting was the cruise control thought, yes. Here's the thing, you know, so many thoughts I have from what you just said, but the first thing that came to mind was is the cruise control. And I think what happens for us as parents of children with autism, is we go through life, we get the diagnosis, and that's, you know, it slays us it slays the majority of us cuz we don't know what it could mean, right? You just know that it's different. And my only experience when Julian was that my daughter Juliana was diagnosed with that, you know, it was Rain Man, it was a movie from the 80s. And I thought her life was over, she was going to need institutional care for her whole life. And it was going to be a disaster. Now, you know, obviously, I didn't stay in that mindset, I started to believe different things about what her life could be like. And going through this experience with Juliana, even going through just doing the big three for you for Mariana is the same, you know, you could easily step into cruise control mode, because you went through so much hard of the thought of what this meant for you and then you clawing your way out getting potty training done, you may be clawing your way out as families trying to get your problem behaviors under wraps, or just getting your child talking, that you may get to that level and feel like you're done. Or you'd like to just have a break. And we can celebrate and breaks are always built in. I don't like to think about my life. It's just work, work work. I incorporate lots of breaks, right? But the work is still the work. Right? We didn't say we were going to be parents were holding this baby in our arms or for autism comes in. We didn't say that. Okay, once I get you those three, I'm just gonna hang it up, right? I'm gonna go to cruise control. No, my job is always going to continue, I need to stop like even even now I have to relook at the way I think about the autism diagnosis and how what I believe it means to me and just kind of hang up the belief that that it's that it's less and that different doesn't necessarily mean that it's going to be harder, it may be harder at first because you may not know the ways to get your child those skills. But once we do, it just becomes a need to kind of come to a point of acceptance that this is just what life has served. And and how can I make the best life with with a little side autism. And what's so interesting about what you said, you know, because it's easy to fall into the trap of cruise control. I think a lot of us when we do something hard, like let's say we're climbing a mountain, we get up to the top. Right, we don't want to climb anymore mountains, right. But that's the job we all signed up for when we said we were going to die. And so we're doing this job until we're our dying bread, let's be serious, it's gonna be past the age of 18. It's gonna be as long as I'm around, I'm gonna be our mother, right? As long as American as long as now there actually is gonna be her kids mother. So I think what's interesting about this whole concept is that cruise control is always available to you. But is it the is it what you promised that you were going to do when you said you're going to be a parent? And that goes for raising your neurodiverse children and your neurotypical children. And what I want to ask you is that you know, we were going through this we were working together specifically for Marianna, and how it transcended to your other children. Do you believe that had we not done that work ahead of time, that handling the things that came up with your even with Mariana now and your other children would have been that as digestible as they are now Oh,



15:01

no, I mean, I think to all the things that came up later, I go back to even the fundamentals with potty training and just watching, you know, her behaviors and the rewards and how that a lot of that built the foundation and to all the new issues that came up recently. So yes, like you're saying it may, it may the issues that came up more digestible because I had a foundation to

work from. And I had seen where I could look back on that and see the success I had, and it was a lot of trial and error. And so when I encounter new things, even with my teenagers, I'm like, I've never encountered this before. But guess what, there's going to be probably some little bumps and trials and error. But I will figure this out. And I needed that foundation from the pod, I go back to the potty training and working through that has really built the foundation for everything else I'm working on. Yeah,



Michelle Rogers 16:03

and that whole experience created awareness that we cared for what next level autism is gonna look like. Next level, autism is just living life past the basics, and we no reason why we have to learn the basics first is because I need that strength, and those reps, and that experience to withstand living the rest of my life as a parent of all of our children, and whatever life is going to serve us, right? Because if life's 50/50, right, 50% Pleasure 50% These problems are going to be a much better space equipped and ready to handle than I ever was before. When we started talking about her teenager. Now my daughter is 11 We haven't hit I call red panda years, because she hasn't hit puberty yet. But it's coming. You know, I know it's coming. So we're trying, we're starting to prepare and get her ready that you know, your body is going to change. And we have social stories and things like that, where we're going through, I never experienced some of the things that Maryland's experiencing with her son, but I have reps of doing our things. So I said, I'm not deterred. If she's asking for my help. Let's let's look at what we've done, what we've created success with, and can we use that experience and replicate and help her son with the specific problems he has? That's why problems are problems. Right? Right. Problem solving, is transcending, not the problems, right? Problems are gonna always pop up and any age, life, right like you we have problems as adults, we have problems as children, we're gonna have problems as teenagers, right? But what we want to transcend is our ability to be resilient, our ability to take radical responsibility, and our ability to do that to acknowledge we can do hard things that we've already done. And we can problem solve and we can just take what worked and how can I maneuver that and configure it to make it work for a situation? Yep. And any other problems that come up in the future? Yeah, I think it's so amazing. And that's what I want next level autism to be it's going to be the next level and you can't, can jump into the next level until you until you've mastered the foundations because first you need the foundation because it's just your your building blocks. But second, you need to have that built that endurance in yourself. The reason why I started the masterclass is because I spent my whole life overcoming hard things. So when autism came and slayed me, it slayed me like it does a lot of us because they didn't know what would be possible for her. But I had been so practiced in doing hard things that when that diagnosis came, I was never going to stay there. And that was the thing. You guys don't need to have those face verses that I had my whole life to have that you just need to get some reps in of doing some of the hard things knowing that you can do that. And then you're going to be good to go. And that's why next level autism is gonna be a journey that we all do together. And I'm gonna make mistakes I'm gonna always take a bet we're gonna I'm gonna make mistakes along this journey but you can also see me get back up Alright Alright, so now let's talk about Mariana Where is she today? So we started a year ago I said I slowed down time you said note we started about a little over a year ago scenario and I went from not potty trained not having functional language having problem behaviors Where's Mariana today?



19:04

Um, all her problems behaviors have gone away we are no longer an elope or a runner I'm shoot her like I said her language has gone up dramatically. So she's even you know, when we say first do this, then do this. She follows and then potty training coming. She was oh, and I think we quickly actually potty trained day and night, I think within a month of each other. So we don't even have to worry about diapers anymore and even going swimming or anything else that's fully taken care of. So today, I would say and this is what Michelle and I've been talking about is you know I got to the landing I had another analogy I thought of you know, a climb those stairs I got to the landing, but then it was like do I want to stay in this landing or get ready to climb? because there's even better stuff on that second floor love that thought. So we could see, you know, celebrate and spend some time in the landing. But how do we keep pushing and that second set of stairs? Like I said, we climb that way faster, and I probably even still in, I shouldn't say in shock. I'm surprised how quickly she's communicating. Like I said, I'm talking to Michelle, that she's already in the top of her class. So how do we transition her potentially to a Gen Ed preschool? And I didn't even think I would be there. I guess I was thinking kindergarten first, right. I had that goal. But my goal was more like way out there. And I'm now I'm like, ooh, and even Michelle has seen me where I'm like, ooh, this feels you know?



Michelle Rogers 20:47

I never thought this is where we be. It's not I never thought were beautiful being towards women. Now I start working with thinking a Gen Ed kindergarten, Jetta and kindergarten was where we're at. But now she's progressed so fast. Now like Gen Ed preschool last last day of portlets. Pre K, let's knock out our last year of pre K. Yeah, one year, this child went from all of that, to where she is. They told me what you told me this morning about her being so she's very opinionated. She's



21:12

opinionated. And she's even like, in the class talking all the kids, you need to do this, we need to do that or tell the teacher No, I'm gonna correct. So I'm like, wow, she's really commanding that room now. Which is great. Because I mean, like I said, I never thought we'd be here where she's like, alright, I feel so confident in this environment. I'm ready for more is basically, like, she's telling us, I love it. So, um, but I just want to reiterate, because I know for everyone going through this, it's like, it took us it went so fast. But you know, in the beginning, it was we had these problem behaviors, and what do we need to fix? And, you know, the panic of Is she doing well in this classroom? So the first thought for us as parents is like she's doing so well, why would we change her? Right? But it's like, no, but she has graduated, why would we leave her here? Let's go to the next step. We recognize there probably comes some learning and that learning curve lot bumps, but I mean, she'll just, she's every challenge we thrown at her. We see her accelerate later on. So why don't we keep going? Right, that's, that's the taking the first step on to the next floor is kind of the really the big inertia, and then you just keep going. So I think that's the biggest thing for us is moving her up and working on her social and she's so aware of her environment. Now, this was a kid who was still kind of parallel and to herself. She's blossomed so much that she's recognizing all the, you know, her little peers. And like I said, She's even trying to tell them what to do. So it's just been great watching that growth from her. I





Michelle Rogers 23:03

love it. Awesome. All right. So last question. And we'll wrap would you recommend working with me and my team?



23:15

I would say why not? Why not? I mean, who wouldn't want to keep accelerating their child and bossing them? Right? I mean, and my big thing is, I know, I come up with great ideas. But you know, I also just like, my kids need a support system. I was like, Man, where can I challenge my thoughts to make sure I'm not hindering my thoughts either. Because I quickly try sometimes as parents, we care about their safety. But we got to make sure we're not over taping to where we're not pushing them either. That's



Michelle Rogers 23:49

the like, and this is where it becomes like, you know, you know, champions for our children is about the Big Three poetry communication style behavior. Next level, autism is an evolution of thinking for myself, how I show up as a parent child responds to that and how they show up in the world to letting go of the reins. This is the work and this is why it's like, I need to have that foundation on lock. So I have the stamina to do the years long experience of what next level autism is. Right? In your living that I'm very proud of. You're so proud of her about all your babies. Your babies are like my babies now. Yes. All right. Well, thank you for taking the time to speak to us today. It's been a pleasure. Saying



24:30

thank you. That's it.



Michelle Rogers 24:33

We're done. Isn't that great? Yeah. No, no, it's fine. It'll just it goes to the cloud.



24:42

It was good. I always go back and be like, oh, there's probably something else I could have said but yeah, it was good.



Michelle Rogers 24:48

No, no, it was awesome. I think that incorporating the to and understanding because I've never interviewed anybody about I'm doing another interview on tomorrow with another accelerator, the timing a lot of the progress that you're Having, and it's this is new for me too. I'm nervous and excited and all the things because I've never really taught it like this, right? I've never

taught like, I've always been focused on the big three. And then people come to me and say, Okay, I already got the big three, I need to get to the other stuff. And it's like, alright, well, let's do it. Now. I'm making it more system by systematic, just like I did with the big three. Right? It's gonna be good. And it's gonna be awesome. And I appreciate you taking the time. Same



25:22

same. Yeah, I was just trying to also think of, you know, what are all the economic and all rosy like the inks that you have? Because I mean, I think, like you're saying, I'm confident in myself, but I always like someone challenging my thoughts, too, right? It's teamwork. Everything is teamwork.



Michelle Rogers 25:39

Yeah. And that's what's great about this work in this program and working together is that we're holding, we're gonna hold each other accountable, which I think is nice. You know what I mean? When next level, autism will be like that. But up until this point, the reason why you know, even when you hit those roadblocks, where you want to quit, but you think it's too hard or it's painful. You're in you're not doing this alone. And that's one of the biggest things about



26:02

is you feel alone, like why am I the only one going through this? I think we tell ourselves that a lot or so and so's kid is managing worry, mine on managing, right?



Michelle Rogers 26:14

It's optional to do it alone now, because now you have this. Yes. Awesome. All right. Thank you so much. If you're ready to help your baby now with potty training, communication or stopping their problem behaviors, I want to invite you to watch my free 10 minute video training that shows you how I took my daughter with autism from pre verbal to sign language potty training with a sign to making sounds and then speaking, head over to Michelle be rogers.com forward slash training. That's Michelle M i c h e l l e. B a s i n b o y, R o g e r s, r o g e r s . c o m forward slash training. See you there