Okay, everybody.

I just wanted to come on today, um, today's call, uh,

to talk about, um, something that's come up

and I think it's important for all of us to hear

and remind ourselves.

Um, I had a parent, um, who I work with.

Uh, we were working on pie training, got pie trained,

done very fast, and then we started working

on communication skills.

And this child in particular was able to repeat anything

that he's, uh, anything that he's heard he can script

so he can pretty much say any word.

So, uh, but for wants and needs, he wasn't using his voice.

So I instructed mom, I gave her a protocol, uh, like listen,

well, for where he's at,

his starting point is we're gonna have him make sure

that he repeats back to you the word for what he needs.

Otherwise he doesn't get it.

Now, of course there's gonna be some,

you know, wiggle room with this.

We're not gonna starve our child or make them thirsty

or, you know, be on the point of

dehydration or anything like that.

But we are gonna try and use the most preferred

items that they love.

Um, withhold them. And, uh, snacks are a great one for this.

And if they want it, he has, they have to ask for it.

So, um, it was actually really rough at first

for mom because she felt bad.

He would cry, he'd lay on the floor, he'd be really upset.

Then one night, I guess she had some rice pudding

or something, and she wanted to give it to him, uh,

but he ended up going to bed without it.

Um, good news is, is

that this is always the hump that we have to go over.

You know, it's almost like a game

of chicken when we have a child that's a amazing, uh,

scripter, a vocal scripter,

but they're not using wants and needs.

They're gonna fight for the position of comfort, which up

until this point is I'm allowed

to pretty much have anything I want without having to ask

for it, and I'm gonna fight for that position.

And he went to bed that night without the pudding,

but when he woke up in the morning, he was able

to repeat back anything she's requested.

And now he's on his way to, um, expressing wants

and needs vocally without having to be prompted.

It's really an amazing transformation.

And this particular parent is based in the UK

and um, which I think is a travesty in itself,

not the u living in the uk,

but that outside of the United States, there seems

to be not a lot of love and support

and care for our special needs community.

She's been on a wait list for over a year just

to have an autism diagnosis.

So can you imagine, um, any of my listeners in the states,

um, who have a child on the spectrum

and not being able to even just get the diagnosis you need

to get those next level, uh, next level access

to those next level supports.

It, it, it's beyond frustrating

and it's frustrating for me to hear

because I don't consider the UK a third world place.

I don't know if third world's wrong word to use,

but, uh, a place that is economically unstable

that they couldn't take care

of their special needs community,

and that the families have to suffer like this with no help

is, is breaks my heart.

So I wanna help get my message out

to everybody all over the world.

I have clients from the uk, Australia, Malaysia, um, Dubai.

I have clients all over the world at this point.

So if you're from anywhere outside the United States,

if you're in the United States, I wanna help

as many families as I can.

Uh, so feel free to reach out if you're interested in

working with me in one of my coaching programs.

But regardless of this,

that actually wasn't the topic of today.

The topic of today is really about, um, she's

so confident now in her ability to teach her son that she,

um, is getting ready to send him back to school in the uk.

And she let the family let them know what she was doing.

And they, um, all of a sudden became completely concerned,

um, almost to the point of making her feel awful like she's

a bad mom, withholding things from him.

And that they feel like that was almost like they didn't say

child abuse, but almost on the verge of calling it that.

And I felt so bad for her

because how could you, you know,

she's making this amazing progress.

He's starting to use words, she's feeling

so confident in herself

and they just kind of knocked her down.

And, you know, listen, we may all have

different ways of doing things.

My goal is your coach is to get you to goal.

And I don't actually think what we did was controversial at

all, but they saw it that way.

So, um, I wanted to today's talk to be about, um,

other people's opinions

because I think at some point you're gonna,

even if you're making progress, which this mom is,

and this boy is doing

tremendous, she's like, he eats more than me.

I don't know why they would even think that,

that I would be withholding food and, and and beverage

or anything from him, just

'cause I need him to say the word for it.

And, and, and he can do it.

And he is showing us he can do it, um, that they would,

you know, equate that to me doing some harm to my child.

And they, you know, each case, um,

is gonna be different, right?

And that's why I love working with parents.

'cause I'm gonna meet you where you're at.

This child had shown us

that he's completely capable of saying any word.

It was just a matter of the resistance of changing a habit

of not having to say it.

So I, I'm not saying that

that's the advice I'd give every parent,

but this is definitely the,

the proper advice in my opinion for this parent.

And, and this child's thriving.

So one of the things I wanted

to talk about today is other people's opinions.

And everyone's got one.

And you know what they say, we

all got butt holes too, right?

So, um, just

because everybody has an opinion, it doesn't mean

that their opinion, no matter how educated or how trusted

or how, you know, PhD or how many letters behind their name,

doesn't mean that it invalidates what you might think.

As a parent, I always advocate

that a parent is the most important child, uh,

important person in your child's life, right?

So if I believe that your, that as a parent, you know,

most important person in your child's life,

you've gotta believe that too.

And the reason why I think that isn't just

'cause I wanna say it and be on a soapbox

and say, you're the best as a parent.

No, I'm not saying it from that.

I'm saying it from true belief

because nobody's invested in your child

winning more than you.

Nobody wants them to succeed more than you.

No one's gonna be the constant in their life throughout the

many years of growing than their parent, right?

Nobody wants 'em to win like you do.

So it's not just about

because you're their parent, you're their ultimate educator.

As parents, when we all signed up to be parents,

we are going to teach our children as we parent.

Parenting is teaching, you know, so

because you're with them the most,

you're vested in them winning the most,

you are their most important person.

And I think a lot of us kind

of like lose confidence in our ability to, to to,

to feel this way about, about, about our kids.

Because when autism comes

like, oh, I'm not equipped for that.

I don't know what I'm doing.

You know, we listen, nobody who had a baby, never had a baby

before, knew anything about babies.

They learn. They learn how to change diapers.

They learn how to feed them, they learn how to burp them.

It's, autism can be the same thing, right?

We can just learn how this baby thinks, how they operate,

and then use that skillset plus the love and,

and the intuition I have for them that nobody's gonna have.

That's your secret sauce.

Nobody's gonna have that other than you

and teach this baby anything that they need.

And I say, baby, it doesn't matter their age.

I call all our baby's babies. But you get what I'm saying.

So today's topic is more about other people's opinions

and how we have to start getting solid in the way

that we show up as the parent,

the most important person in their life,

the number one educator in their lives.

And when other people have opinions, we need to be able

to start developing a hard shell around ourselves to

stand up for what we believe in.

Because nobody's gonna do this.

Nobody's gonna be there at the end of the day like you are.

And you, nobody loves your baby like you are.

If you're doing this, if you're doing these protocols,

you're doing these things, it's 'cause you want

your baby to win, not hurt them.

So when somebody comes in

with a panel, I don't agree with that.

Or like, I'll get people to say, I hate a, BA

'cause uh, my OT and my speech, somebody called me, uh,

I talked to somebody up, parent today said,

I don't wanna do a BA, well, why don't you wanna do,

well my OT and my speech said not to.

And it's like, I don't wanna go blind believing anything.

I wanna have my full thoughts about it based on my

experience, my investigation, and then I make the decision.

Now everyone's gonna have an opinion

and I get to decide whether I wanna, if it's valuable,

I keep what's valuable and I leave the rest.

I don't have to listen blind to anybody.

I don't care how many kids they work with, they didn't work.

My baby is my baby. My experiences are my experiences.

So nobody gets to tell me what

to do when it comes to my child.

I'll take your advice if I find it valuable and it's useful,

but you don't get the end all be all saying

this, this is my child.

And what I told this mom

and I'm gonna tell you is that this is not going

to make you a popular person in the room.

It's gonna make you kind of unpopular.

You're gonna be like that, that parent.

And you have to start getting comfortable in that identity.

And I'm gonna be very honest here.

I don't give a f\*\*k what anybody thinks.

I know that I love my children.

I know I'm gonna do what's best for them

and I've kind of set myself up in my community, right?

When I talk about parents, um, maybe friends, like friends

that are parents or my family

or the school district,

that there is like this unspoken energy that I convey that

unless I ask you for your opinion, it's not welcome.

Right? Unless I'm engaging on a specific topic with you

and I wanna have your feedback,

I'm not interested in anything you have to say.

And that kind of can come off a little b\*\*\*\*y.

And I, and I'm, I don't apologize for it anymore

because I know how far I've taken my daughter.

I know how far I've helped other families that maybe some

of the things I say will be unpopular.

But I'm not here to be win a popularity contest.

I'm here to, to move my child children forward,

make them the best versions of themselves.

And you are the same.

So you have to get into a mode where sometimes,

and it's gonna seem so baffling, like it was to this mom,

she was doing something good.

She saw it as something good

and they saw it as something really bad.

And this can happen. And believe it

or not, the more you get results for your child,

even if it's not controversial in your mind,

somebody may have an opinion on

it and they're not gonna like it.

And you've gotta be okay with the criticism

and not give a f\*\*k and just do you anyway.

I'm not in the business of hurting my child

or hurting your child,

and you're not in that business either, right?

We're here to get our children to win,

to make them successful.

And, um, you could, you make mistakes while you do that.

Sure. But all my, I always say to my parents,

'cause I think perfectionism

Exists in our brains.

'cause we don't wanna, we don't wanna do damage.

We don't f\*\*k 'em up. I said,

there's no way you could f\*\*k up your child

beyond recognition if you are always doing everything you've

done out of a place of love.

Have I made mistakes with Juliana? Yes.

Have I made more mistakes than I have successes with her?

Yes. But if I don't look at the mistakes

as me f\*\*\*\*\*g her up

or feeling like I have to be perfect, I, you know,

it's interesting, and I'm gonna give a little shout out

to Cody's got, um, Cody Juliana's brother is, uh, a dancer

and now he's acting and he's doing amazing things.

And he has a little acting manager.

And I listened in on one of her trainings

and she said, what's the biggest, like, setback

for control freaks is that they're perfectionists.

They don't wanna make a mistake.

And but the power of being incredible at your craft

or being incredible as a parent even is in the mistakes.

It's not in the winds, it's the, it's the learns.

I don't look at mistakes as fails.

And I think that's one of the things we think is

that we make a mistake, we're gonna

f\*\*k 'em up beyond recognition.

You can't do that if you love your child. You just can't.

And if you're always looking for the greater good

of the child, you're gonna keep making mistakes.

And we're gonna find the thing that works.

Mistakes are learns for me.

And everything, every mistake I've taken I've had is one

step closer to figuring out what works.

And let's say I do do that and I figure it out,

and now I've got other people's opinions.

And here's my thought. And this,

I was talking to a mom about this this morning.

She said that, do you think I'm, I'm not ashamed

of my child, but I I sometimes avoid having certain family

members or having certain family functions

because they're gonna have comments about my child.

And I said, the reason why they have comments about your

child is 'cause you haven't established boundaries.

You haven't said, you haven't clearly

defined the relationship.

And you can do this within a family.

You can do this with your immediate, you can do

with your own mother, your father, I don't care who it is.

You get to decide what type of relationship you want

with anybody in your life.

And when we don't establish boundaries,

this is when people feel like they have the right

to chime in and give their opinions.

And everyone's got an opinion. But if I've made it loud

and clear that I love you, but I don't want it,

and when it comes to this and you don't respect it, then we,

then, then that's a problem for me.

So you have to, but you can't blame people

for having opinions.

Right? There's a training I did, um, that, uh, is called,

uh, how to teach family members about autism.

It was, uh, I had sent out a poll

and I asked fam, I asked families and friends, um, uh,

or I asked, I asked, I asked my base, my email base, I said,

tell me what you want me to teach on.

And this was like one of the biggest topics

teaching family members about autism.

Like I, and I thought about like,

why would they be asking for this?

Why do they give a s\*\*t what they think?

And listen, we, if we want them to have awareness

or try to have understanding

because I value their opinion, I can do that,

but I can't control how they're gonna respond to that.

They may not agree with what I'm doing.

They may not, uh, be down for that.

They may think that autism isn't real,

or they may think that your child can be cured of it,

or they may think that, uh,

the way you're going about it isn't the right way.

You've allowed that. You've had that dialogue,

you've allowed that door to be open.

But if you wanna stay the track,

if you wanna stay focused in helping your child succeed,

you've gotta close that door.

And I've gotta make a decision on who ibr who I let in

and who I don't.

And my family. I think it's safe to assume

that I'm probably not the most popular person in the room.

I'm, I'm the, uh, I, I don't, you know,

I describe myself like a black sheep.

I don't consider, I don't believe in

black sheeps or anything like that.

But I definitely think that I've set,

I've established a very solid boundary when it comes

to our relationship.

And this is not something I feel like I wanna share.

And, and sometimes I do share things like, you know, uh,

but I get to choose.

And they're respectful of that.

And if your family loves you, they'll be respectful of that.

And if they love you and it's toxic

and they can't, then I could choose not to have certain

family events with you.

Or I could choose not to have my child there.

I can make all the decisions.

Um, relationships aren't like black and white.

They can be anything you want them to be.

And I need to be around people that are going to support me

and know that I'm a good person, know

that I'm a good parent, that I want the best for my child,

and I kind of have to leave the rest out.

And it is gonna make you unpopular.

And this whole thing with the schools, like,

everyone's gonna have an opinion, right?

Mom in, in the uk she, you know,

the school has this opinion about

how she's going about teaching communication.

So my answer to that was like, listen, um,

let them do whatever they're gonna do then.

And then you just, you're the general, you're the ed,

you're the educator, you're the primary educator,

and they're, he's gonna generalize the skill

because you are teaching it.

'cause he's with you the most.

And that's kind of what's happening.

He's, I it turned out the school that he is at

that had all these concerns, uh,

he's only there twice a week

and they're reporting how chatty he's being, mom,

mom, mom at pickup.

I gotta tell you, he's being so chatty.

You know what I mean? And I don't know if they're taking

credit for it or not, but it's fine.

I, I could care less. Um, the idea here is

that I'm doing me, I am, I've created a, a a,

a protective bubble around myself

and how I, uh, communicate for my child and for myself.

Um, people are gonna have opinions.

And I've gotta get to a point where it's

just water off a duck's back.

I can't tell you how much hate I get. I get so much hate.

Um, and it's, so sometimes it, you know,

in the beginning used to make me feel really bad.

Like, all these people try, think I'm trying

to scam them out of money or trying to, uh,

take their money and not help them.

I, I, I overdeliver I am so attached to my clients, I,

I want the best for them and it makes me feel bad.

But you know what? I can't control

how other people are gonna show up in the world

and think these things, no matter how sincere

and authentic that I believe,

and I know I am, somebody's gonna think I'm not.

And if I chase, if I keep spending my time worrying about

the, the people who don't give a f\*\*k about me

and just wanna, you know, take, you know, not agree with

what I have to say or think I'm a scam, right?

I then I'm wasting energy.

I could be focusing on the people

who do know in their hearts that I wanna help them.

And then this podcast and this and this and these programs.

It's, it's all about service.

I want every baby to have the life

that my daughter is living.

So I know today was a little, a different topic,

but I think it's so important.

If we have the thought that we wanna teach other people

about autism, I want to kind

of understand why I wanna do that.

And is it in service to me showing up in my best ability

to help my child with the skills I know they need

to live an independent life.

So I hope this was, this chat was helpful today.

I really just wanted to kind of hit this home

because other people's opinions will

exist to your dying day.

And you get to decide what you wanna

let in and what you don't.

And, um, with this mom, I said, listen, I don't,

I don't fight against the school district,

especially when they're threatening things like that.

I say, listen, let's just let them do what they wanna do.

You record your interactions with your child

so they could see clearly he's being fed

and he's, he's he's being taken care of.

And you go to the doctor

and you have him cleared by the doctor.

So everybody knows that he, he's great.

You know, you cover your bases

and let them do what they wanna do.

And you just keep being the parent

that shows up and teaches.

And I can't stress this enough.

I think a majority of us have spent thousands

and thousands of dollars investing in the best schools,

the best therapies, the best doctors, teachers, whatever.

But none of us, including myself,

have spent a dollar on investing in the most important asset

in our children, which is us.

And that's why I do this

because I feel like this program is meant specifically

for me to work with you, my group coaching programs, so

that I can help make you the primary educator.

I wanna build your confidence so

that when you come into a room in an IEP room, you're,

you know exactly what you need.

We were at Julianna's IEP meeting and she's doing fabulous.

And one of the things they had said to us right

before we left was that they wanted

to cut her social skills class, her group,

and that they didn't feel like she needed it.

And I said she had a very specific line of goals this year.

One of them was to make new friends.

And I don't feel she's really made that goal.

She may have made acquaintances,

but she hasn't made any deep friend friendship connections.

And they were like, oh, you know, Juliana,

we wanna let you know that we don't agree with mom.

We think you have made those connections.

'cause Juliana was a part of the IEP meeting in the

United States, um, at the age of middle school

and up, you could invite your child to be a part of it.

It wouldn't have been my choice. But

Juliana asked to be a part of it.

And I looked at Juliana, I said, Juliana, would you be fair

to assume looking at this list

that you have not done any of it?

And she said, yes. And I remember them looking at me like,

oh, Apul, like I put her on the spot.

This is the relationship I have with my daughter.

And guess what? She was honest.

She said, you know what, mom? Yeah, you're right.

I haven't done any of it. And I remember sitting at this IEP

table and they're trying to tell me that she doesn't

need social skills class.

And I said, I think she does. Um, I like

to make IEPs collaborative.

And I said, there's no way I leave this room today agreeing

to this IEP if you take this away.

And because I pushed back and sat through the uncomfortable

and sat through the judgements and the, and the comments

and the looks, and oh my gosh, you said this in front

of your child, all this other crap.

Uh, she, we ended up keeping it.

So you have to just stand in your truth.

And however, people are gonna think, they're gonna think,

I'm gonna do me, I'm gonna support, I keep my,

my support circle tight.

And I have only very specific people

that are allowed in like my best friend and my husband.

And I'm trying to think of who else. My BCBA.

There aren't many people that I allow in that world.

A hundred percent. And you need

to start building your community that way.

And anybody else outside, uh, uh, uh, opinion, not,

not, not interested, right?

And I just make that clear.

In fact, I make it so that's not even a, a topic of concern.

And I told this mom this morning that I was talking to,

I said, you can have your, your dinners and your holidays,

but you can let them know, Hey,

I just wanna give you a heads up.

I'm working this program or I'm working on myself

and I've decided that, uh, I don't want us

to have open conversations about this anymore.

And if I wanna share with you, I'll ask, ask you questions

or I'll share with you, but I

don't want you bringing this up anymore.

And if you do, then I'm, we're,

we can't have events together.

And again, this isn't gonna make you the most popular person

in the room and they may have thoughts about that,

but I have to protect my energy so that I'm showing up

and being the best teacher I can be for my child.

And this is how I do it.

I establish these very solid boundaries.

I don't even have to say anything. I have such an energy.

It's like, you know, we do not enter

unless we back, you know,

unless we knock first that kind of feeling.

So that's what you guys need to have too.

So I hope today's, uh, topic was helpful.

Uh, let me know what you think and I will see you next week.

Bye everyone.