

Ep51 - Autism Does Not Equal Diapers

📅 Fri, Sep 05, 2025 3:06AM ⌚ 20:25

SUMMARY KEYWORDS

Autism, potty training, mindset, tactics, comfort vs discomfort, belief system, high school varsity team, developmental disability, communication, problem behaviors, next level skills, survival brain, life coach, back to school event.

SPEAKERS

Speaker 1, Michelle Rogers



Speaker 1 00:00

Michelle, welcome to the autism mommies potty talk Podcast. I'm Michelle B Rogers, autism mom and life coach. I help parents of children with autism who are pre verbal to start communicating and potty train. Guaranteed



Michelle Rogers 00:22

you're listening to the autism moms potty talk podcast episode 51 Hey everybody, Michelle here, and it is September, which means it is back to school time, or at least it's back to school time for us in New York, the kids went back yesterday. So far so good. Everyone seems to be happy with their placements, happy with their their classes, homework hasn't, kind of gotten into full swing. Big announcement is that Juliana, our resident swimmer of the family, has is going into seventh grade. So she's starting seventh grade, and she'll be 13 in November. I can't believe I'm gonna have a teenager in November, officially, but she made the high school varsity swim team as a seventh grader. So this is big news around here. We're very excited for her. I didn't know she'd be able to do it the girls. When we went to the tryouts for the first day, the girls were a lot bigger than her. I remember her thinking like she told me that when she saw that, she thought she was cooked, and then she said, You know what? Then I saw them swimming, and I thought, You know what, I could probably do a lot of what they're doing. So she felt encouraged, and she gave it everything she got, and she made the team. And it's very exciting, but it's also another responsibility, another schedule for us to maintain. But we are excited for her. This is just such a cool opportunity to say you're a seventh grader on a varsity team. I spent over \$300 in merchandise already of of shirts and sweatshirts that say, you know our school name with the varsity High School. So it's it's a real big deal for us. So today's topic is going to be thoughts that are out in the world, that autism equals diapers, and autism is synonymous with diapers. And I think this is a really interesting concept to kind of explore. It's so funny every week, I think what's next week's podcast going to be? You know, can I talk? You know, I want to talk about other things, and I do. There's so many other things I'd love to talk about. I'd love to talk about communication. I'd love to talk about problem behaviors. I'd like to talk about next level skills, like, you know, talking about puberty, talk about riding a bike,

talking about getting braces on all these different experiences. But the number one problem, which is why, I guess, I named my potty my autism mom's potty talk podcast this way, is still potty training. And I wanted today's podcast to be about this thought that I've seen come floating through a lot. And every time I think I've covered everything, I'm like, Oh, there's another thought that's come through, and I want to just kind of unpack it with you guys, if you're thinking it, and kind of help you through you know why you might be stuck in regards to potty training. So what I want to really kind of hit home is that somewhere along the lines, when it came to an autism diagnosis, there became a acceptance that there may be some skills that I can't teach my child, and I can understand where that came from, because everyone thinks that, you know, when they think autism, when they think autism, the majority of the world thinks developmental disability, it would make sense that there are going to be things that I can't teach my child, and one of the biggest things that people think that they can't do or they can't help their child with is potty training. And I want today's episode to be more about understanding how autism is not, you know, cinema synonymous, not synonymous with diapers. And really like why that belief matters more than the actual things to do, to potty train. And I had a conversation with a mom today, and I thought it was such a great conversation, and she could be one of you guys listening, and she had everything lined up in her home for her, for her child, she had a BCBA, she had a master RBT, speech, occupational therapy, musical therapy. They'd had been working on potty training for months. And I would, I would venture, at this point, her child, I believe, was like five or six years old for years, right? But they've really been working on hardcore with this team that they've set up for their child since December, and no matter what she did, her son could hold his bladder and he could hold it for 789, 10 hours at a time, and he absolutely refused to release. And even the professionals, this team that she put together, who has a master RBT, a BCBA, are now feeling very flustered that they feel like they've tried everything, and they don't really understand why he's holding and why they can't figure out potty training. And this is when, when people say this to me, it really hits me that again, like I can't hit I can't say this enough that 95% of potty training is mindset, and 5% is the tactical and it doesn't just apply. Apply to us. It applies to the people that are working with our kids too, right? When they get stumped, what are they thinking? Are they under the belief that maybe potty training is synonymous like with being difficult when it comes to a child with autism, potty training is something that is just not possible, or it's going to be very difficult when a child is on the spectrum. And it's not just a thought that we might be thinking. It might be a thought that our professionals are thinking as well. And this is where most people get stuck. And I usually say this is where most parents get stuck, but now with this pump, this mom, in particular, her team, is also stuck on this too, and it's not necessarily the how, but it's the belief behind the how that's keeping everybody stuck. And here's what I think, autism is not synonymous with diapers, but most parents and even professionals, they may carry that belief without even realizing it. And when you start from that belief, and you start with that kind of doubt that potty training can't happen because autism makes it so that it can't, even if you don't say it out loud, even if you don't think you believe it, your actions will follow that doubt. And then every time it doesn't work, you're gonna get more evidence to prove that thought error to be true, and your brain is gonna be like, see, this isn't gonna work for my for my child, it becomes like this self fulfilling prophecy, and that's kind of what I feel like has happened for this mom and for the people that she's worked with. And there's a difference between mindset and tactics. Mindsets, what I believe before I even hit the ground running and roll up my sleeves and do all the things for potty training, and then the tactical, what I call it tactical, is the actual things I do. I get the potty watch. I get the I get. I get this potty seed I get, I get the reward set up right? Potty training to me from my years of experience and working with hundreds of families in my group, coaching program, 1000s of families with the potty guide. And here's what, I believe, no matter everyone I've ever come in contact with, the struggles they've had with pie training had nothing to do with the things they did. It had to do

with the belief 95% of potty training is in your mind, 5% is tactical. And I know that sounds crazy, because I know a lot of you been at this for a while. This mom's been at it since December, but I've seen this so many times. The best strategies in the world, right? The best tactics, and I've got some great ones. I've got I'm gold on to I've got so many ideas. I come up with new ideas every day. I surprise myself. The best strategies in the world, though, even my great golden tactics will not work if you don't fix the cool what's at the core of your belief system when it comes to your child, and if they can do it or not, and if I don't believe my child can do it, then I half commit. I half acid at best, if I'm being really honest with myself, I go through the motions, but in my heart, I'm waiting for it not to work, whether it's conscious or unconscious, and then when it doesn't, I kind of fulfill the doubt that I was already not resolved in me, right? So I've never addressed that doubt that I don't think that my child can do it, but I go out and say, Well, I have to teach this, and I'm gonna go teach it, but I'm teaching from a place of half belief, and then when it doesn't work, it's a C. I knew it. I've reinforced the doubt that I've never addressed. So here's the deal. I asked this mom, I said, Okay, listen, you tried a lot of things, right? And I said to her, I said, any action that you take, any action you take at all, is going to be inconsequential, because it's not going to work if I don't fix the belief part of this. So I said to her, I said, Okay, think about it this way, Mom, you've tried so many things. You've had professionals on the case. Why do you think he's not potty trained at this point? And she said that, I think it's a comfort thing, that he's very comfortable doing it the way he is. And I said, Okay, so how would you solve that problem? If autism, if you can't say it's autism is the reason that he can't potty train, and your thought is, okay, if I can't say that, and I know it's comfort, then why would I make it continue to make it comfortable for him to use the toilet the way he's always had, which is in his pants, right? If I if it's comfortable, that's the problem, then how do you make it uncomfortable? Now, I told this mom, and I'm telling you guys this too. I don't just sit with Okay, let's make this a miserable experience. No, I want to give the child both scenarios. I want to create a scenario where, listen, doing it, where you've always done it, it doesn't work anymore, and it's super not cool and not comfortable, and these are all the consequences of that. But if you do it the way I'm teaching you this brand new way, oh my gosh, there's a better there's just a better life waiting for you on the other side of that. And boy, is that like such a dual meeting type of sentence to say it's a better life waiting for you because I'm going to reward you, but also there is a better life waiting for your child, because they can't go to Camp if they're not potty trained, they can't be in a less restrictive environment in school. If they're not potty trained, they can't do extracurricular support as extra extracurricular sports or or anything like that, if they're not potty trained. So it really is the true belief. Of like, understanding like comfort versus discomfort, right? So, if diapers are more comfortable, why would your child use the toilet?



Michelle Rogers 10:10

And if the problem is that your child is so comfortable that they don't want to change, then why? Why is that? You know, it's so interesting. The way she said it, it was almost like it's a circumstance outside of her control, they say, No, you have full control over this. You're making it very comfortable by continuing to put them in diapers. If you don't give them the option to have diapers, things are going to get a little uncomfortable. Now, I think what ends up happening is our brains are thinking, well, life's gonna be uncomfortable for me too, and that I wanted to, I want to hit on to a part of the work is shifting that balance. Make diapers less comfortable, make it so maybe they'll have maybe they have to help with the cleanup. Maybe we make it not so convenient to go in our pants and then make the toilet more rewarding. Celebrate independence, fun, make it, make it worth their while. And here's the thing. This is what I said to her, because she said he just hold it for hours and hours. And I said, if a child can

hold their pee or poop for hours and hours, that means they can release it too. If they're intentionally, willfully, if I'm potty training my child and he's holding it for seven hours, that means that he's intentionally holding it. If he can intentionally hold it, he can intentionally release it. It's not about capability. It's just about comfort. And if comfort is what you think is the problem, then we got to make this not comfortable in a loving way. I like to do it from both angles. I'm going to show you why it's so make it uncomfortable to do it, for you to do it the way you used to, but also make it really awesome for you to do it the way I want you to do it now. And here's the thing, practitioners have jobs. She has an amazing support system. She's got BCBA, musical therapy. OT speech master. RBT, she's got, she's got a nice, solid, stacked team. But practitioners, they're your they have jobs. You're just a job. We live this. That's the difference. Therapist may love your child, they may be great at what they do, but at the end of the day, they clock out for you. This is your life, and no BCBA, no therapist, no teacher will ever be more invested in your child's success than you are. That's why, in my program, when parents work with me, I don't work with the parents. I teach, I'm sorry I don't work with the children I teach parents to step into that role as the expert, because you are. Nobody knows your baby better than you. Nobody wants this better than you. Nobody like has the tells like you do, right? And here's the thing, and it's where I want to hit on when we talked about it earlier, right? If I'm if I'm living with this doubt, and I never address this doubt, and then I go off to potty train, and I half ass it at best, my brain says, See, I knew this wasn't going to work because it's set up. Our human brains aren't set up to give us potty trained chatting children on the spectrum. Our brains are designed to keep us safe. So the reason why a lot of families stay stuck is they don't understand how our human brain works. A human brain isn't designed to give us what we want. It's designed to keep us alive. So when I think about my brain that way, and I say, Listen, brain, I really want my child potty trained, and I really want them talking, but the brains number one job is to automate as many processes as possible. Keep you in comfort. Seek, you know, avoid discomfort. Look for fun things to do, right? It's going to tell you all the reasons why you shouldn't potty train, because doing potty training is uncomfortable. It's temporary uncomfortable. It's no one no more uncomfortable than the life you're living changing diapers with no ends in sight, except that that uncomfortable is familiar. This uncomfortable has it has a start and end date to it, because this is just uncomfortable temporarily, and then there's a better life on the other end of it. But your brain doesn't know that, so it's going to sell you all the reasons why you need to stay in the cave your brain is going to say, Listen, I know you don't love changing diapers, but we can survive here. Why rock that boat? And so it feeds you like every excuse in the world not to push forward, including the one that's repeated and believed and said in every corner of the world that autism and diapers go hand in hand. So the way I see it is, when I decided to have kids, I didn't just want to have a basic satisfactory life. I wanted to create an environment where we were thriving as a family. Survival isn't thriving, and if you let survival brain run the show, you're never going to move beyond diapers. So let me wrap this up. Belief drives tactics, autism does not equal diapers and parents, you are the experts, not the people you hire. And she sounds like she had an awesome team, but they're not the experts you are. And it was so funny when I said this to her, and I kind of like broke it down to this mom. She's like, you know, if I think about every single milestone that we've accomplished, I was involved in very hands on, not them doing it without me, not them bringing the decision, not them bringing the answer to the table. It was me doing the research, figuring out what I thought would work based on how my child is, and I was big a part of that. But our brains always fall back to oh, I don't know. Shit about autism. I never went to school for this. They did. Let's just lean on the experts. Even though I've have proof that I've been an important member of this, of this team in the past, my brain will still default because it's comfortable. And if we want to, we have to start training our brains to work for us versus against us. When we work from our higher brain, our higher brain is going to work for us. When we work from a survival brain, it's going to work against us. Now, saying a survival

brain doesn't have its place. You know, if I'm getting chased by a bear, survival brain is going to tell me to run, right in those instances, it makes sense, but I don't need to live in survival every minute of every day, and that's what happens with an untrained brain. And that's why I'm a life coach. This is why mindset such a big part of my program, because once I clear that path for you, and you can get your brain working for you versus against you, it's gonna be so easy to figure out how to solve. If the problem, like the problem I'm facing with my child, is that they're too comfortable the way things are, it's gonna be a lot easier for my brain to problem solve. All right, how do I make it uncomfortable for them to not want to keep doing it in diapers, so I hope this was helpful, and if you tried everything and nothing's working, I want you to stop for a second and ask yourself this question, do I truly believe my child can do this? Because if the answer is anything less than a full Yes, then that's where your work is, not getting them on the toilet, not getting the tinkle or the poop, poop and flushing it down the toilet, your work starts there. If there's any part of me that doesn't believe this is possible, then that's where my work starts, not the actual things to do. And I said this to my mom. I said, Listen, if you're really honest with yourself, and I know you've been with this since December, and you've had everybody all hands on deck, and you spent a lot of time on this, if you're really honest with yourself, because you never address the fact that you have some doubts because of his autism, or that autism is the reason why you're struggling. If you're really honest with yourself, the times you did try, even though you've been trying since December, probably aren't full throttle, probably half effort. Wouldn't say it's terrible, but it's the reason why you're stuck. It's the reason why you're not getting the results. And she didn't disagree, and sometimes it's hard to hear that. And I always say to parents when I talk to them, like, Listen, I'm not for everybody. I call myself a velvet hammer for a reason, but this is why I think it's important to have awareness. Because if I didn't know the way I was showing up was giving me the life I want to change so bad and I can't change, then I can't fix it, so I hope this was helpful for you. And because it is back to school time, or at least back to school by we are, I am hosting another back to school autism potty power event. And if you want help with this, you can come join me at the autism potty power event. You can go to Michelle. At Michelle. You can go you can email me at Michelle, at Michelle B Rogers, calm, I can send you a link. You can go to my website. Michelle B rogers.com, and you can sign up for potty power. We're going to do a live event on September 16. It's also on my social medias, but yeah, you send me an email, you go to the website, you sign up. It's \$27 and this is going to be very different than any other potty power event I've ever done. I've taken all the feedback I've had from the last couple of potty events, and I really took it into consideration. I created a new Quick Start guide that comes with the purchase of your ticket. So it's \$27 to join me live. I'm going to be coaching people and giving them personalized blueprints so you can see exactly what it would be like to work with me in my group coaching program for a fraction of the cost, for \$27 I'm going to be taking some people who raise their hands through a personalized blueprint of start to finish on how to get their kids potty trained. I'm going to give you the A to Z. There's no holes, no holes barred. And you're gonna get everything I would teach in my group coaching program, my 90 day group coaching program. You're gonna get, if you come to this event, it's \$27 so if you try, if you tried everything, nothing's worked. And you resonate with some of the things I've said. You want to know what it's like to kind of get working with me. This is a great opportunity to test that out at \$27 so you can join me live. It's good. It's called The Back to School autism potty power event. It's \$27 and it'll give you the A to Z of potty training. But more importantly, I'm going to help you shift the belief that makes all the difference, because there is nothing about your child that says they can't do this. And I love you all, and I hope this was helpful. And I always think, how much, how much can I talk about pie training? Well, I guess a lot. And it's so funny, whatever you're thinking about pie training might be something else you're thinking about too. So I think it's all relative to all of the beliefs we need to debunk that are hurting us when we think about our children having autism. Because when I think about Juliana having autism, I say, Yes, she

does, but she's also going to live an amazing life. It's not going to limit her in any way. So I hope this is helpful. I hope you join me for the back to school, autism, potty power, and I'll see you next week. Bye, everyone.



Michelle Rogers 19:41

Hey, parents, if you want my help potty training your child on the spectrum, come join me. Live for my back to school autism potty power event. It'll give you the A to Z to potty training, but more importantly, it'll help you shift belief that makes all the difference, because there's nothing about your child that says they can't do this. If you're interested in joining us. Potty power. Please head over to my website at Michelle M, I, C, H, E, L, L, E, B, as in boy Rogers, R, O, G, E, R, s.com, forward slash potty. That's Michelle B, rogers.com, forward slash potty and sign up. Can't wait to see you. There you