

Ep52 - How Are You Benefiting ...our Autistic Child in Diapers_

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SPEAKERS

Michelle Rogers



Michelle Rogers 00:00

Hey parents, welcome back to the podcast, and today's podcast might sting a little. I really thought about how to word this in a way that isn't upsetting or unsettling, but I think we make sometimes we need to kick the dust up. Sometimes we need to kind of shake ourselves a little bit about the reality of the life we're living in that we hate so much and that we want to change. So the title of this podcast I toyed with, and I said, You know what? I'm just going to go straight for it. And it is called, how are you benefiting by keeping your autistic child in diapers. And I know a lot of you gonna be like that. Sounds nuts. What kind of question is that? Michelle, I'm not benefiting. I want my child out of diapers. And I do believe on I believe we have two, two sections of our brain. We have a higher brain that wants this wonderful life for our children, we want this thriving, talking child. They may have autism, but they're gonna live an amazing life. That's definitely how my higher brain works. And then I also believe we have a fear brain, and that fear brains number one job is to keep us in the cave, and it's going to sell you all the reasons why you shouldn't teach your child a new skill, because a human brains job is to automate as many tasks as possible, right? It's supposed to seek out comfort, avoid discomfort, and automate like conserve energy and every time we venture out and either learn something for ourselves, learn something new for ourselves or teach our children, in this instance, potty training, how to potty train. It is uncomfortable. It's uncomfortable until we get into a rhythm, and then we create a habit, and then it can go on autopilot, like our survival brain loves but in the meantime, it's not going to ever advocate for you to teach this important skill to your child, it's always going to sell you on the reasons why you shouldn't, and that's what today's episode is going to be about. It's going to sting a little, but I really want you to think right now, just be just, just sit with me, even though this is super uncomfortable, how are you benefiting right now by keeping your autistic child in diapers? And I want you to think about that right now. How is it a benefit that they are in in diapers? And here's the hard truth. I want everyone to think about. Every single family I've coached has had what I like to call our blind spots. That's why you hire me as your coach. I can, I always say that you guys are fighting it, you know, fighting the good fight in the battlefield, you can't see it from every angle like I can. I'm your coach. I'm like the drone. I have the aerial view, and I can see things that you guys can't. So I kind of see that every family I've coached with, whether we're solving for potty training,

whether we're trying to figure out how to get these kids talking while we're trying to figure out how to stop problem behaviors. You all have blind spots, and every single family I've coached that definitely wants potty training done, diapers are serving them. They're serving them in the now. It may not be the sexy higher brain life that we desire, but it is providing a service, even while they've sworn they want their child to be independent, and until you uncover your blind spots around this, you're gonna stay stuck. So this is just, I wanted to share a couple of scenarios of parents I'm actually coaching currently that are struggling through some of this, and I'm here for the long haul that you know, when a parent hires me to work with them, I'm here for the good, the bad, the ugly, right? I know there's going to be thoughts that are going to come up. I know we're going to have some messes. I know we're going to feel frustration, and I'm here for all of it, because I know it's a part of the process. Sometimes the obstacle is the way, and I think we have to really unpack the you know, why we might our resistance might be causing the life that we want to change so desperately, and once we can kind of acknowledge that resistance is there, or acknowledged why I might be keeping us stuck, once I can clear that, then the path to getting your child potty training or any skill, for that matter, really clears up. So let's talk about some hidden parents, some let's talk about some hidden benefits as to why parents would want to keep their kids in diapers. Okay, so first thing, diapers mean fewer messes to clean, right? If I'm in the process of potty training, there's going to be some messes. There's going to be some pee on rugs. There's going to be potentially shit on walls there. My child might eat or lick some of this. It might be all over their face and hands. I might end up seeing poop under their fingernails, or under my fingernails, cleaning it, right? So if they're in diapers, and I remember seeing this, or I've seen this so many times with parents who have kids that are fecal smears, and they'll go and the kids will be smearing all over the walls, and they give each other advice, instead of like, you know what? Fecal smearing, it to me is a telltale sign. That your child is ready to be potty trained. It is a potty readiness sign, as far as I'm concerned, because the child doesn't want it in there, whether they're playing with it, or they don't like the way it feels, or it's just like not comfortable, whatever the case may be, it's to me, whatever the function of fecal smearing, it is a sign that your child is ready to potty train. But some parents, instead of figuring out, like, hey, you know what that this might be a sign my kid needs to poop in a toilet, not in their pants anymore. Oh, just take the put them in a onesie and put it backwards so they can't, like, get their, you know, hand down there and get the poop out. It's such an it's like putting, like, a band aid on a bullet hole. You know what I mean. But this is what's happening, right? So if I think about, like, I want to solve the problem of my kid fecal smearing. Well, just put the onesie on backwards instead of, like, how about we just teach them how to potty train, because I think it's easier and Fewer Messes to clean if they're still in diapers. Another reason why you might still want to be the diapers is that I don't have to deal with the resistance my child's gonna give me. There'll be no battles over the toilet. Next week, we're going to be hosting the potty power back to school edition, and one of the moms in the Facebook group for that event that we're having said to me that he's got a smirk on his face, and when we try to potty train him, he punishes us, right? So she knows that he's going to give her such resistance, and there's going to be such a battle that it just feels easier to continue with the diapers. So her higher brain joint, body power wants this to change, but her fear brain knows that he is going to kick and scream the entire way, he's going to resist it, and if I keep diapers going, I don't have to deal with battles over the toilet. So that's another benefit to keeping the diapers going. And then another thing about diapers, and



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this is, this is from my check the box folks. So I had a podcast a couple weeks ago. Are is the business of being busy and versus parents who get shit done? And this is for these folks. And

their thing is, the reason, the benefit for them to keep diapers is, I don't have to face failure. So how does that? How does that equate to somebody getting into the business of being busy, right? Busy, just to be busy, versus people who get shit done? Because I can say, I checked that box. So I'd say, Okay, I went here and I did this, it didn't work. I went here, I did this. It didn't work. I went here, I did this, it didn't work. I'm a box checker, so I can just say that diapers logistically make sense, because I've tried everything and there's nothing left to try so I don't have to face the feeling of failure. And I always say, with potty training, I say it's not potty perfection, it's potty training, which means we to train to learn how to potty train. You're going to make mistakes. If you think about your child's process to learn how to walk, they had to learn how to walk, right? And they had a full a lot. And then eventually they kind of like they were cruising with the furniture, and then they were off to the races. They didn't like, oh, they just got up one day and walked. They had a lot of falls. It was a part of the process. But for us, because we haven't really addressed the elephant in the room, that autism is synonymous with diapers, we're just assuming that I'm going to check the box because I don't want to face the fact that diapers means if I if he's wearing diapers or she's wearing diapers, I don't have to face my own failures around this. And instead of looking at it as a process that is going to have some wins and it's going to have some learns, I don't even the only fail I see when it comes to potty training a child on the spectrum is when you quit, when you quit, you've truly failed. But when you're trying and you're having accidents, but then you're having some wins, you go back and forth. That's how, that's how you build the skill. So looking at shit on the floor as a fail, it really sucks. Versus, it's a learn. How can I avoid another shit on the floor? Versus, oh, this is it. I fucked up. It's not, I'm not doing it right. Potty perfection syndrome, right? And then you never, you know, see the consistency and the commitment that's needed to see this skill through. And none of this makes you a bad person. This is just how the human brain is designed, right? It's it just means that you're human. But if you don't see the benefits of why they're Why, what diapers bring to your life, then you then diapers gonna are gonna keep winning. You're just gonna always choose diapers. If I don't see, if I don't uncover the reasons why, I might still benefit from diapers, whether I want to believe it or not, then diapers will always win. I remember talking to a mom a few years ago, and we were talking about potty training her son and potentially her investing in coaching. And you know what she said to me? Well, you know, we talked about like, I talked about the cost of keeping her child in diapers, and I wasn't just talking about the financial cost. I'm also talking about the mental, emotional. However, every year that goes by, you're thinking about a life that is severely altered or limited because they can't they haven't learned to peer. Open a toilet, and she said to me, but my diet? And then I meant, I think I might have mentioned the cost of diapers and wipes and the time it takes you to change them. And she kind of gets stuck on the value of, like, how much diapers cost you? Well, I get them for free. And I was like, Okay, well, that's really interesting. You'll never pay for you'll never pay to solve this problem, because you'd get your diapers for free. Why would I actually put effort and pain and discomfort in my equation, in my daily life, if there's no real negative other than having to change a diaper that I never had to pay for? And a lot of you might be there and it's just a no shame zone, but if you're in a thought, well, like potty training has never been a priority to me, because I don't pay for the diapers you need to call yourself on that bullshit. You're hurting your child. You're hurting your child's potential in a future life just because you're getting a free package of diapers and wipes. And I don't like it's not from a judgment place. It's just from an awareness place, if I don't realize that I am choosing the comfort of free diapers over the discomfort, the temporary discomfort, of improving the quality of life for myself and my child, I can't change it. And I want to give you some examples of how this shows up, and it's very sneaky. It looks very and this is why you at this by far. These two examples are why you hire a coach, because a coach can see your blind spots. If you could have figured this out on your own, you might have by now, and some of you will eventually figure it out. It may take a long, long, long, long, long time. You

may have to take a lot of lumps and bumps, or some of you, unfortunately, and as sad as I don't want to even think about it, will never figure it out. But some of us will say, You know what, I would love to work with an expert who's going to be able to take me from start to finish, and I'm paying for this person to be a part of this journey with me. So I can, I can pay for speed. I can pay for experience without having to pay the cost of time and lumps and bumps, right? So I love these examples because they're parents I'm working with. But you hire a coach because A, you want to get to, you want to get to the destination a lot quicker and avoid the lumps and bumps of trying to figure it out on your own. And B, because a coach is going to see your blind spots. So I want to give these two examples, because they're real life time examples that we're going through and how they kind of can't see it, and how, potentially not solving this problem from a subconscious level is probably easier than thinking about how to solve it. And so let me give you the first example. So I have a family that right now is like pulling their hair out because they have a little girl that keeps sliding through these sliding glass doors they have and then pooping far into the backyard, and their thought error was like, There's nothing we can do. We've had multiple contractors come out to see if there's a way we could secure the doors. They're so big, they're so I guess, like, monumental. There's just that nobody can figure out how to secure these doors. And she's finding her way out to the yard, and she's pooping in the yard, so they kind of stay stuck because they're waiting for this perfect solution. And my thought about this is like, Listen, you know, the first thing that came to my mind when they're saying this, I'm like, what if there was something really dangerous on the other side of that door? And the first thought that came to my mind when she said this to me, I was like, pretend the floor outside the door is lava. I remember that the kids would play this game all the time. The floor is lava. The floor is lava. And I said, that's the first thought that came to my mind with these sliding glass doors. If it was life or death, you'd figure it out. But because it's not necessarily up, you know, it's not the life I really want to live, but I could survive changing diapers and dealing with this, you know, this child who goes out and she and she poops in the backyard. I don't think it's a problem that is really in my control to solve, as long as I think of it that way. It's a subconscious kind of thing. And even with the thought of, like, I brought contractors in Michelle, and they haven't figured out this problem, and I'm like, well, she's, you know, if it was like, you open that door and there's a cliff, you're gonna figure out real quick how to solve that child from getting out there and having her poop in your yard, right? So once I think like that, and you're putting your you know, the idea here is, like I said, if it was life or death, and you'd figure it out, and maybe it's an alarm. I gave her some examples too. She could block it with furniture. She could put a stop sign on it. I would police tape that shit up. I figure out lots of ways to make it really difficult for this child to get out. And let's say she still could get out. I said, anything that you implement will slow her down, and if I know that she's going in that direction, I have a couple options. Either I limit room, I can I can just limit access to the room with the doors, which is what you would do if you had a you had a big pool in your backyard, and there was no and you didn't have a pool fence, and you had a child that didn't know how to swim, and you had these beautiful glass doors. You're gonna figure out a way. Let's say the fence is on back, or you're gonna figure out a way, and you're gonna be real diligent about it to. Make sure that child doesn't get outside, but because this is only poop in a yard, you know, I can't see that path so clearly. So once I kind of set it that way, it's gonna open the floodgates of problem solving for my brain. When I my brain settles on the fact that, well, if the contractors can't figure it out, then then I'm not going to be able to figure it out, instead of seeing this more as a life or death situation, then all of a sudden, my brain is going to get start getting real smart. I'm gonna, I'm gonna outsmart a contractor to figure this out. And so I want you to think about this too. I said it to her, pretend the floor is lava, right? And when I think that way, and I think it's a life or death, that's when you'll you'll immediately be

able to access the problem solving section of your brain, and you realize that you aren't helpless, and you're just believing that thought, that dreaded thought, that it's the life killing thought that everyone thinks I've tried everything, I've checked the box, okay, and



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nobody's allowed to say that they work me. Nope, nope. You haven't tried everything. I've worked with 1000s of families at this point. At this point. I have lots of golden nuggets of tactical skills, and I can't say I've tried everything. So if I can't say it, then you can't say it either. Okay, so that was my first example. The other one, this one was so interesting, too. This came up earlier this week, and I talked to a mom, and she said that he won't that she's been implementing my potty strategy, and she's really struggling. He won't get on the potty, and as soon as he gets off, we'll come out of the bathroom, he'll go in our hallway, and we'll hear him start to pee. By the time we get back, it's too late, so basically she'll have him sit at set intervals, she'll get him up, she'll put they'll get his undies up. Soon as he walks off down the hallway, they hear him peeing by the time they grab him to bring him back, it's too late, and he and this mom thought that the problem was that he's just not understanding Michelle. He's not making the connection between peeing in the toilet and doing in his pants. He's the connection is missing. I get this a lot with you guys, too, but I knew immediately that if he can hold it for five minutes, 15 minutes, whatever her interval was, on the potty, and he understands just fine. If they can hold the pee, they can release it exactly where we want them to. The real issue was the hallway. But if I think that my child doesn't understand, I'm never going to see that. When I think a thought that I either tried everything, or my child just isn't making the connection, or I can't understand. It feels like it's a problem I can't solve. And as long as I bring myself to a belief or a position that my brain feels is outside of my control, it literally stops working because it doesn't really want to work anyway. It doesn't want you to put it to work. It wants to keep things the same. It wants to keep you from trying this and keeping your child in diapers. And every time you have an uncomfortable instance of a child peeing in the hallway after you've tried for hours to get him to go in the toilet, your brain will love to confirm your deepest fears that this is not working, put them back in diapers. That is easier for us, but for me, as her coach, I could immediately see, listen, every you're telling me you can't even get him back on there to get a couple of drops in the toilet. No, I can't. As soon as he goes out. And she was so solid, like she had no idea why he was doing this or why she wasn't catching it. She really, truly believed, invested in that he just this. The Autism is making it so he doesn't understand the process. And my thought was so easy. I'm like, he's too far away from the toilet. How are we letting him get that far away from the toilet when we're in the middle of an intensive too much space, the whole way, just had too much space, too much space, too much freedom, not enough proximity to the toilet to catch the moment, and so I kind of like walked her through it, instead of changing rewards or adding more times, or we just shrink the zone, we stay in arms reach so that they can't do that. He's banking on getting up and running down the hallway and taking a piss so she can't get him back in time to use the toilet. So limit the limit the access to this long hallway, and that would solve the problem. But if I, if, if she and I knew it, as soon as she said it because, because I don't believe that he doesn't understand, I've yet to meet a child that can't potty train, but as long as she believed that shouldn't, she would have never got there, or would have taken her a very long time to figure out that the hallway was too big. So I want you to think about, like, these blind spots and how I can't really see them if I'm still thinking shitty things about autism and shitty things about myself and shitty things about my kid, you know, the blind spot here, the blind spot here, was thinking more effort was going to fix it. Maybe I need to take him instead of every 15 minutes, say, I take him every 10 minutes or five. And maybe that would have worked. I don't know it would be a lot more painful. But the

way she described it, it was just a square footage problem. Isn't that crazy? A square footage problem? Yeah, and it's probably, if I think about the example one with the sliding glass doors, that's a square footage problem too. You're giving them too much access to run away and do it somewhere else. I always tell parents, like, when we're potty training, I like to have them in a room close to a bathroom, limited access to anywhere else in the house, so that I have plenty of time if I see an accident in motion, I can run them to the bathroom and they could finish on the toilet. And if, every time I'm doing that, I'm not getting it, it would be obvious to me, you are giving them too much space. We've got to get closer to the bathroom. And this isn't forever. This is just temporary until we build the skills, right? So it's obvious to me, but if, but only because I'm in full belief that there's yet to be a child on the spectrum, no matter how severe on the spectrum they are, that can't potty train. So these stories show the same three thought errors that keep parents stuck right. The first one is that they don't understand it's not clicking. But if your child can hold their pee, which is both of these kids can do it, they're holding their poop and their pee. If they can hold their poop and pee, they can release when, where we want them to release. They're releasing where they want to release. If they can hold their pee and poop, run to the backyard, run to the hallway and pee and move there, then they can take that same energy and do it where I want them to do it, instead of where they want to do it. That alone shows understanding. Number two, I've done everything right, so it must not work, or I've tried everything the the kiss of death thought. What that really means is that if I've tried everything, that there's nothing left to try, and if I check the boxes, this is back to that podcast I did a couple weeks ago about busy beat the the business of being busy versus getting shit done. I'm focused on the tactics and missing the environment. I'm focused on the tactics and I'm missing the thought errors that are behind the action I'm taking. She was technically that mom with it, with the baby in the hallway, was technically doing everything right. It was just a matter of like, I can't see the tweaks. It was something so small, square footage, really, right? And then the third thought error that I see time and time again, if I do this, it has to be forever. I think that's our brains think, Oh, she's telling me now that if I keep missing the peas, and we're already limiting movement to one room and the bathroom that now I've got to like, what hang out in the bathroom for the rest of my life. That's how my brain is going to serve it to me, because doesn't really want to do this. Doesn't want anything. It doesn't want anything to do with this. It's much easier to live a life with diapers than live this life. And my brain doesn't understand this is temporary, that there's a better life on the other end of this potty training intensives are short term. Potty training in general is meant to be. We're training for this skill, and then we're going to get it done. And once independence is built, you can relax again. You don't have to limit movements. You don't have to do all this nonsense. But if I don't address the core, it's almost like building a house with like, on sand, right? I have the best wood, the best hammers, the best contractor, the best nails. I've got the, you know, the nicest windows, the greatest stuff, but I build it on fucking quicksand. That's what it is when you do, when you when you come into a program like mine, and you don't want to look at mindset, because if you don't look at mindset, no matter what I tell you, it's gonna collapse. It's like building a house on quicksand. So I know this might sting this this podcast, but I felt it was so important for you, you need to answer this question for yourself, and I'd love you to send me an email and let me know the answer to this question. How is it benefiting you by keeping your autistic child in diapers? And if you're really honest with yourself, I know it's so painful to say this and painful to respond to it, that answer is going to lead you to the way to solving this problem. So I hope this was helpful. I hope as many we have a bunch of families joining us for the potty power back to school edition next week. I'm so excited for that, and if you want information on that, we're going to share it at the end of this podcast. But I hope this was helpful. I'm was helpful. I hope you got a lot out of it. I hope this awareness shakes you, kicks the dust up, and shakes you enough to say enough's enough. I don't want the benefits of diapers anymore, and I will see you next week. Bye, everyone. You.

