

Ep54 - Potty Training Breakthr...s Happen Right Before You Quit

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Autism mommies, potty training, communication skills, master class, Champions for Our Children, brain science, frustration, mindset, small wins, non-verbal, daycare, picky protocol, nighttime training, success story, program review.

SPEAKERS

Speaker 1, Speaker 2, Michelle Rogers



Michelle Rogers 00:04

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. You You're listening to the autism moms potty talk Podcast, episode 54 Hey everybody. Michelle here from champions for our children. I'm so excited for this conversation, waiting so long and so anticipatory for having this conversation here with the most beautiful, amazing. Niecy, thank you for coming today. Nisi, thank you for having me. Niecy is one of the graduates of the champions for our children master class, and I want to talk to her today and share her wins with you and her struggles. I think one of the biggest things you guys are going to get from this conversation is that this wasn't like roses and butter cups from the minute she started with us till the minute she's completed with us. So I want to welcome you, and I want you to tell us all what brought you to my program, like what attracted you to it.



Speaker 1 01:08

Absolutely I saw your advertising on one of the autism Facebook groups about potty training artistic or special needs kids, and that sparked my appetite to review it. So I went on your link to you know, read the profile, read the program, and I was intrigued, so I signed up for it, because doing it on my own was frustrating and it was challenging. I could not get him to do the potty training traditional way, because he's my grandson, so the traditional way, it was easy peasy with my two kids. But, you know, this was a little challenging for me, so I sought for help. So that's why I reached out to your program, Jordan, tell



Michelle Rogers 01:58

us about your baby, how old as

S**Speaker 1 02:02**

he's Aiden, he's four. He'll be five the end of this month. But I started a program keep me honest here. Michelle, I think it's been about three months now.

**Michelle Rogers 02:12**

Yeah, I think it's about three months. It sounds about three months ago. Yes, okay, got it. So tell us about the experience. So you came in, you joined the master class. We created a potty blueprint customized to your baby, right? Yes, and you can often implement this. So tell us how it went.

S**Speaker 1 02:29**

So I followed the instructions to the tee, where the weekend, hey, you set a time certain days to spend solely in a house, which was very challenging, but you gave me the materials that I need, and so I went shopping and bought everything that was needed. And, you know, hey, the first day was first. Two days were pretty good, and I was a little hesitant, because I was just all in with the pull ups. So to just to get rid of it and do the potty training. Was a little nervous, but, you know, we got through the first three days, and as you stated in your program, you know, we would have some mishaps, so I was participating that. So we did have some mishaps that he peed in his clothes or did a bowel movement in his clothes. But, you know, so that that was first, the first, first month. Hey, I was doing the expectations. I was doing your seminars. You know, listen at your videos once a week or twice a week, but it's recorded so I can review it anytime throughout the day, night, afternoon, and was trying to get on your calls as well. And when I, you know, when I did, and it was challenging for me, frustrating, deflating, when the months went on, when he kept continuously, you know, peeing in his clothes, pooping in his diaper. I'm like,

**Michelle Rogers 04:03**

so Okay, so let's talk about, like, the whole process that you went through. So at first we got p right? Like we got, he ended up getting pee fairly quickly, or he got, he got pee solidly, and then it was poop. That was the challenge. Correct, correct?

S**Speaker 1 04:17**

Yeah, he got pee. I'm sorry, when I did your program, did the training exactly what you told me. Write the times down, you know, I had the potty list the paper, doing everything. He mastered that perfectly. Like no problem.

**Michelle Rogers 04:32**

Thank you so much for the program.

How long did that take? Um,

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Speaker 1 04:34

after we trained within, like, two weeks. Within two weeks he was petering P train automatically, featuring Yes, yes.



Michelle Rogers 04:44

And it's common for us to get he trained quicker than poop, because we get more more opportunities to practice it. So that's probably what happened here. And he got very comfortable doing it right on his own.



04:57

No problem. Correct. Yes.



Michelle Rogers 04:59

The. Then what happened with the poop? That's where we were, that's where the focus was, and that's where we kind of started to get a little like we started to feel a little

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Speaker 1 05:06

frustration, right? Yes, so the pee, he mastered the poop. Yeah, it was a whole different ball, ball game. And he would not poop in a potty, you know? I would get on a house, I would listen to your videos. I'm like, you know, it is not working, you know. And you know your suggestions, you know, I tried your suggestions for a few days, and I'm still back to the drawing board. It's not working. And granted, as you, as you heard, I say, only a few days. So I'm like, just need to hurry up and come. You know, he just like the party. My expectations. Pooping was what I got out of the P, him mastering the piece so quickly.



Michelle Rogers 05:51

Wow, that's fascinating. It's really interesting, because that's, that's what caused the suffering, not that it wasn't going to come or it wasn't happening. It was the the expectation, because P felt pretty flawless. We followed a protocol, and we saw it through, and we saw major results when we didn't see it at the at the time frame that we thought it should be. Then our brain this isn't working, and we're going backwards, or whatever. I'm very curious as to the thoughts that you were having in that moment that made you feel like this was falling apart, yes.

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Speaker 1 06:23

So, that could, with the amount of time he mastered the piece. Call that that he should

So, like I said, within a couple of weeks, he mastered the piece. So I'm thinking, hey, he should be mastering the poop in, you know, by your suggestions, by your videos, and he's still not getting it. It's like at the daycare. He poops at the daycare in his clothes, and I have to bring several changing day clothes at the daycare when he get home. I did it like clockwork, by the times, and he still, you know, would go hide and go, you know, go poop in a corner or whatever. You know, I locked all the doors. You know, it just wasn't happening, you know, within the two weeks, within the three weeks,



Michelle Rogers 07:02

got it, got it. So at that point you were feeling really frustrated. And Niecy reached out to me via email, and she sent me an email, the subject line was money, right? And she said, I and I'm just going to quote this. And she gave me permission to share this, because I want you guys to stand like this was a pivotal moment in Mises path here, hitting his potty path here with her son. End of the day, it could have went south, or she could have just pushed through, and because she we now have a fully potty trained child. But one of the things she had said was that she, you know, Hi, Michelle, I waste a lot of money signing up for this class. Nothing has helped, and times you're available aren't working for me. You have reading materials, but I don't have time to do that. I work eight hours a day, come home to work with a child before bed and start the process over again. And you know, I need help. This is a lot of money I didn't have. And here's the thing here, right? Because her brain, I just wrote a blog on this day, which I think is so important for everybody to understand brain science. And the way the brain works is it wants to seek pleasure, avoid pain, and doing a potty process requires a lot of brain energy, right? We're going to be setting timers. We're going to be have to going in there and getting him to sit and make sure that, you know, if we're pee training or poop training, and like, if there's a set window of time where he's usually doing that, we've got to kind of close off his you know, it takes a lot of brain energy to body train. So the brain doesn't see that type of energy exemption, energy assumption, any different than like, something really dangerous happening to it. It thinks that this is a real problem. So it's going to do everything it can to avoid you feeling that discomfort. And here's what I always love to present, is that, listen, living a life with a child that we know is totally capable of potty training, and you're he's in diapers, is discomfort. The difference too, is you're just familiar with that discomfort. So it was just so much easier just to put the pull up back on in these moments where you're like, listen, it's not working. I have, I have some progress, but I don't have it all, and I have my job, and I next thing it rains, throwing you every reason why this can't work. Just wants to put you back into that autopilot stance, because That's its job. Its job isn't to make you happy. It isn't. Its job isn't to give you a potty trained, communicating child. Its job is to keep everything the same, right? So in the that instance, she was feeling like the frustration of this, and she wanted to quit. And I always say that if this is a chart like this side is, is, is a child in diapers, and this is potty trained, she was about here, and she and and she was that close. And sometimes the biggest hurdles, the biggest speed bumps that we get in the in any type of program or any type of program or any type of life skill we're trying to teach our babies is literally that close to the finish line. And in that moment, she could have made the decision to turn around say, Fuck this. This ain't working. I'm out of here. Or she, you know, reached out as like a cry for help. Is, which I saw it for, is like, Listen, I don't know what to do. I don't want to quit. I don't want this to be a way. Of money tell me what to do next. So when I wrote her back, I said I was so surprised to hear her email, because she's describing an experience that had zero progress, zero growth. So one of the things that we had mentioned on that conversation, so after she sent that email, I said, nisi, let's talk. So we get on a call, one of the things we noticed is that he would hold his poop till day, and this little whipper snapper would hold it on a Friday to Monday so he could poop at

daycare, so Niecy couldn't catch it correct. How did we solve it? Nisi, so what happened on that call? What helped you to shift, and how did we finally get it to the finish line where he was fully potty trained?

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Speaker 1 10:39

As you stated, I gave you the details. You are a good teacher of pulling the questions and stuff out. You're like, okay, let's find out how often he poop. When he poops, what he eats, what he doesn't eat, and when you identified what, you stated that he would only poop at the daycare, and she was like, Okay, let's keep him home for two additional days, and he has to poop for those days because he don't know when he's going to go to daycare, because you're going to sit at home for him, you got the vacation days. I was like, Absolutely. She was like, let's try this. Okay, and it worked like no other like, he went, did



Michelle Rogers 11:25

he go on that Monday? Like, like, so if it was Friday, was the last time he pooped a daycare. Did he go on Monday? Like, how quickly did he go?

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Speaker 1 11:31

Yeah, he went that Monday. I stayed home and he went that Monday.



Michelle Rogers 11:35

How did you catch it? So, like, was he in a room with you? Did you see him about to go do it? He was

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Speaker 1 11:41

spaghetti, his legs criss crossing his legs and standing there. And I was like, Oh no, let's go to the body. And he was looking like, you know, hesitant, like, Hey, I supposed to be at school by now, but I have got to go. And I was like, laughing, because you said, just leave him. Let him stay home for two days. And soon, as you know, I saw his face, you know, because he's non verbal. But when I saw his face and his his posture, I took him to the bathroom, and he



Michelle Rogers 12:10

went, Yeah. And then what happened? That was it, that's all he needed, yeah.

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Speaker 1 12:15

I mean, after he went, me and my husband was so excited. We made sure, you know, we gave

him praise. He likes the stickers. We gave him stickers. I was like, Hey, you can have all the stickers there. I'm just so excited, you know? But yeah, he he did it. And I was like, Oh my God, you know, like you stated, We was right at the finish line, and I was ready to say bump, and I'm putting these damn pull ups on. I'm tired of changing poop, but, you know, I just needed that extra help to find out what do I need to do from here, and I appreciate that so much because I was just ready to give up. You know, be on channel nine, telling the news. Go to Michelle sale. Yeah,



Michelle Rogers 13:03

all right, let's talk about like, this is really fascinating, right? And here's what happened, right? So nieces in the field, right? When you guys are in the field with changing diapers, cleaning up messes, like you're in fight or flight, response, I can't see clearly here. So when I try to problem solve from this space, I'm never going to be able to figure out what to do next, because I'm just I'm too riled up by it, right? So what I see, and this is what I try to teach you guys, and I think nisi is going to have the skill moving forward, because now she's a believer, because just by what she said, like when we met, I'm looking at it from the drone view. I'm not down in the field with all the thoughts and all the feels and all the softness, right? I'm seeing it from the air. And what I was able to do, and you can do this too, is in a calm moment, not in the moment of the accident happening, we take a step back and say, Well, what are like? What are his patterns? Where is he doing it, taking the opportunities to do it, and then we tweak and test our process. And that's exactly what happened to get to the finish line. So I want everybody to understand. Everyone's I guarantee next thing is kind of it's like, well, my baby can hold it for four four weeks, five weeks, not four weeks. Like, four days, five days, seven days. Well, then there's opportunities there to make it so that nature's common. Now I'm not saying the laxative route, but there's tons of things that we could be doing, diet wise, to really stimulate that from coming through. Thankfully, we didn't even have to go that far. All he was one opportunity to feel comfortable, to do it on a toilet, and that was it, when he was done. And that's literally how easy it could be. But if he gave up and said, Fuck this shit, go on. Play about Michelle getting diapers right then never had that opportunity. And what's so wonderful about this, and you tell me too, like, next thing we're going to work on it we could is definitely we're doing picky to protocol, but we're also going to be doing communication skills when she hits a road bump that feels like that next time. How do you think you're going to handle it?



Speaker 1 14:58

I would as. As I stated, to get on your calls. Listen to you have a call about mindset, you know, and I didn't consciously get on that call. I'm like, I got the mindset to, you know, train him. I know what I'm doing. I just need to help, to help him get the potty training or whatever. But that class is so important to listen to it. You know you have your recordings, but I opt not to do it. But it is a parent has to have that mindset that you are going to have challenges. You are going to have a bump in the road, but if you keep your composure and keep calm that your class teaches you, know you can do it, you know. And you have to be positive. You can't be negative. And you know, celebrate your small wins, you know. And you brought that to my attention. You was like hold up before you came to my class. He was in pull ups, you know. But he mastered the P so let's embrace that win so he is smart, so he can do this. And I was like,

oh, hell, she is right. You know, he did. You know he did Master this in 10 days. Let's celebrate the small wins and know that he can do this as well as you have the same mindset, just as you did when you taught him how to, you know, pee in the body, yes, and



Michelle Rogers 16:21

that's exactly what she's going to take forward. So let's say we're going to work me see, I are going to work on picky protocol next. And let's say we try and broccoli, and he's giving her a real hard time. Her now she has memory of what it's like to overcome a hard time. Yes, brain wants to present. Hey, let's stop doing this. She knows it's just it's taking too much, and he's never going to do it. Let's just whatever, right? She's not already have the practice of what it feels like to over. I can do hard things. Yes, amazing. I love this. So where he's at now, so he's



Speaker 1 16:53

fully potty trained. Now, he is fully potty trained. I mean, he excited. He surprised us last night. We put him down for bed, but he came right back downstairs to because he I put him in a onesie. Because if he don't be in a onesie, he be he I pee in a bed or whatever. So, um, but he came downstairs to ask my husband to unzip the onesie so he can poop in the potty and use the bathroom. I was like, Oh, my god, yeah.



Michelle Rogers 17:22

So how is he telling him this So, so what do you have? The ones before you need, still needs to be nighttime trained, or no,



Speaker 1 17:28

yeah, nighttime training, um, but he doesn't, I guess. And it may be a comfort zone for me, which I know the same like, is he? Is he? We know what? No, no, he's dropped, but



Michelle Rogers 17:41

we're gonna have to talk about that. I mean, what are we doing here, right? So he doesn't have an access,



Speaker 1 17:49

yeah, sometimes he have an accident, but it's very rare. But I was like, I'm just gonna keep it on just in case or whatever. And it's like, and like, you told me this is a baby. Just rip it off. Just rip it off. Just like, yeah, you know. And so, you know, which was a challenge of me when I first started your class, because I was like, I better send two of them or three of them, just in case. He was like, no, why? And so, but yeah, I think it's just a comfort zone for me, because he's not wet. And then so he came downstairs, so it's like, unzip me so I can go poop in the potty, poop.



Michelle Rogers 18:24

And what he wanted to do, he was kind of like, telling you he went to



18:27

the bathroom and stood in the bathroom.



Speaker 2 18:29

Oh, wow. All on his own. Now he



Speaker 1 18:33

is going on his own, absolutely, if he's playing, if he's on an iPad, which he loves, He will go to the party on his own. I'd be like, where's Satan? He was like, Oh, he in the party. I mean, he had the in the bathroom. I was like, wow. Now going there just to check. And he was like, um, See you. Later, See you. Later, he'll say that



Michelle Rogers 18:52

he wants privacy. Now, awesome. I love it. So from, from from Pete, from not completely in diapers to pea train, so I'm gonna freak out. I can't believe I just did this program. Is it's not even worth it now, officially potty trained,



Speaker 1 19:09

officially potty trained. Yes, ma'am, yes. And I can't did it without you. And about your your program, you're all you have an awesome program,



Michelle Rogers 19:16

like, listen, the struggle is real, right? And you went to promotions. But I think one of the greatest gifts of sharing that experience is that you overcame it, and he's done now exactly, yeah, that's one of the biggest things I want to, like, really hit on with sharing that because it was, you know, a really frustrating time. And I always have, like, this chart, and I always say, like, there's diaper here, fully pie train here, and he was like, right here, and throughout the process, you hit like, road bumps, right sometimes the road bumps may be minimal. Some people may have more than others, but you would hit a road bump and you were so close, and had you really, like, not like, responded to me, he could have been back in diapers today. That's like, yeah. Yeah, like that, that moment, that one moment you were this close to being potty trained, and in that one moment you could have went backwards, you just pushed

through. And this is just a great example of, I love it, because even though you got you're unhappy, you work through it anyway, kind of like recommitted in that moment, did that he finally hit the finish line. That's right. Yes, yes, amazing. Thank you. NISS, alright. So one last question before we go. Absolutely we know what you hopefully we know what you're going to tell Channel Nine. But for everyone listening, would you recommend my program to other families?

 **Speaker 1** 20:35

I absolutely will, and I will also say do not skip any chapters. Read all the chapters. It's for a reason, so you won't have to be sending a nasty gram to her. Please read all the chapters and listen to all the videos in his order.

 **Michelle Rogers** 20:51

I love it. Thank you so much, Nisi. I appreciate your time today.

 20:55

All right, thank you.

 **Michelle Rogers** 20:58

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 B rogers.com, forward slash training, that's Michelle M, I, C, H, E, L, L, E, B, as in boy Rogers, R, O, G, E, R, s.com, forward slash training. See you. There. You.