

Ep57 - From Aggression to Prog... Mom's Real Potty Training Win

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SUMMARY KEYWORDS

Autism, potty training, communication, pre-verbal, aggression, strategies, iPad, mental change, anxiety, progress, program success, behavior, mindset coach, therapist, support.

SPEAKERS

Michelle Rogers, Speaker 1, Speaker 2



Speaker 1 00:00

B, welcome to the autism mommy's potty talk Podcast. I'm Michelle B Rogers, autism mom and wife coach. I help parents of children with autism who are pre verbal to start communicating a potty train. Guarantee



Michelle Rogers 00:22

you're listening to the autism mom's potty talk podcast episode 57 Hi everybody. This is Michelle from champions for our children, and I'm here with another happy mom, Rebecca, and she's here to tell you all about her experience with working with us. Thank you, Rebecca, for taking the time to do this with me.



Speaker 2 00:39

Anytime I'm happy to share my experience and what happened with Alexander perfect.



Michelle Rogers 00:44

So tell us what was the biggest struggles you had before joining my program? What were your your child's biggest struggle? Struggles, your biggest struggles, all that good stuff.

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Speaker 2 00:54

So my biggest struggles was pretty much the potty training. Alexander was just not grasping it, and he was just having a lot of problems with aggression because of him not being able to communicate. Him being pre verbal. So it's, it's, he's making a lot more sounds. He's now at that point where he's no longer frustrated since you and all of the teachers have given me all of the the ideas and the strategies, and he honestly, now is 85% potty train. Now and then he has some accidents, but he pretty much is able to go on his own. And I am pretty much so proud of him.



Michelle Rogers 01:31

So excited so so tell me like you know, with regards to the whole potty train. So that was a big draw for you to come to me, because we have 100% success rate. Everybody who leaves this program is going to leave with a pot. Leave with a pie train. Child, what did you think, even when you've heard me say that and you weren't trained yet,

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Speaker 2 01:47

as as everyone would be, I was a little skeptical because of how many times I have tried with Alexander. This is now my fifth time of potty attempting potty training with him, and he has grasped it since you guys have really put all these different ideas and methods and into my head, and honestly, the the iPad really also helped too for his biggest reward. So yeah, it really has helped. And he is. I've seen a child, my child, go from being very miserable and upset to every day now he's more and more happy, like more each day, because he's able to express more, and he's able to, you know, use the bathroom and not have to, you know, worry about, Oh, am I, if I go on my camper, am I going to get yelled at?



Michelle Rogers 02:28

Got it. And this is that you, you brought up a couple of good things I just wanted to talk about. Number one is that we use the very strong reinforcer, which for him

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Speaker 2 02:36

was his iPad. Got



Michelle Rogers 02:40

it. And how was it like? How was his access to the iPad before

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Speaker 2 02:45

he used to have it all of the time, I used to just give it to him, because I'm, I'm a single mom, and I needed to get things done, like, I need to cook, I need to clean soft. It was easy to just sit him in front of the iPad, but now he pretty much earns the iPad. He has to go potty, and he the only way he gets it is if he goes potty. Like, right now he has it for another two minutes because



Michelle Rogers 03:03

he just pooped. Yay. I'm always so excited. Okay, so then another thing you brought up was that you came to me for potty training, but you're seeing overall changes in him. Why do you think they're connected? Like, this program, what you've learned, even in just, I mean, we go over everything in the program. It's not just about pie training, but, like, tell me why you think that's interconnected with his behavior.

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Speaker 2 03:25

I believe that since I've been meeting with the the BCBAs and you, and also meeting with Stella, going over, like, you know, my just my my problems as well, it has really helped since I have changed mentally, like, I haven't been so, like, Okay, this is, like, the end of the world I've now have come to terms with, you know, this is, this is Alexander, and it's, it's gonna, we're gonna have our good days and we're gonna have our bad days, and that's really gonna be it. And no matter what, it's Alexander, and I love him to death. And he's making progress, guys, he's making amazing progress.



Michelle Rogers 03:57

And you think, like, can you see it now? Because we're very big on our thoughts in this program, we talk a lot about how we feel about the diagnosis, and you're thinking like, I'm coming to you. I want tactical tips. I want to get my kid pie trained, and we are going to do that. But do you see, can you explain to everybody the connection as to why working on what's going on in here helps, or helps what you're doing for your child?

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Speaker 2 04:20

Tact tactfully, because I have suffered from very bad anxiety, and my children can really sense when I'm very anxious, or, like, if they're doing something that's making me upset, they can really sense it, because I'm very bad at fighting my emotions, my face can't hide anything. So like, once I was able to really, like, think and listen to what Stella had told me about what I was thinking and what I was saying. You know, it really helped change my my my mentality because of me going, oh my god, this is the end of the world. I now go, You know what? It's not the end of the world. You got to just take a deep breath. You know, this is your child. And no matter what you guys are going to get through it, you got through it even when you. Thought it was the end of the world. So if you can get through it, when you thought it was the end of the world, you can get through it no matter what. You just have



05:07

that your child is always going to keep the consistency, yes, and he has been very big on



Michelle Rogers 05:17

good All right, so if you think about the whole program, because we are offering, you know, we're going to offer you the tactical you get to talk to another mom who knows what it's just like to be a have a child with autism. You get to have a access to a mindset coach, the therapist. What do you think in the program has just helped you the most personally?

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Speaker 2 05:34

Um, I think Stella really helped me the most. I was in, like, the dark place mentally. But when I first started this and between Stella and my therapist like it really has helped me a lot. And I would recommend anybody who's who's skeptical about this program just listen, try it. It really worked. My son is five, and he is a little more severe than what they originally diagnosed, and it's so much progress that they have actually moved into the moderate side now, instead of so you never should. You know, count your heads before they hatch, because you know, my child has come so far, and I know he's going to excel even more. My mom was, like, honestly, like, even my mom like, because my mom was originally the one who found you guys and then told me about it, and she was like, she was like, you know, she was skeptical, too. She goes, I don't know, you know. And then, like, about, like, two months ago, like, after a month of us starting, and I was doing the timers and working on the aggression, She really said, I have seen a change in Alexander, like he has really come so far. And then we spoke again yesterday, and she was like, Alexander, from when we spoke about him a few months ago to now, he is, like, 3 million times further than where he was. And my mom's like, we have so much to thank them for. I was like, I know mom really, really helped us. And my mom and me didn't know what to do. And my mom has been a nurse for over 30 years, and she did, she didn't know what to do, and she's worked with people on on the spectrum, and all of that throughout all ages. So she was like, I really just, she was I, it's, I guess it's true when they say it hits different when it's a family member.



Michelle Rogers 07:09

Yeah, it sure does. You beat me to the last question. Recommend us tell other moms that they would if they had a chance that you should join us?

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Speaker 2 07:18

Yes, definitely. You, definitely you guys need to do this program. It'll change you guys and your child's life tremendously.



Michelle Rogers 07:26

Amazing. Thank you so much for taking the time to speak to me, Rebecca, I'm sure this helped a lot of parents. This is just the beginning. I'm very excited for you.



Speaker 2 07:35

I am too. Alex has come so far and and I'm about to since Alex is pretty much almost potty trained, I'm now going to go back to DOM and do the potty training with him. And I think he's going to get it pretty quick. It's just I gotta get him to sit there.



Michelle Rogers 07:51

You know how we do it? Right?



Speaker 2 07:53

Exactly. I and his biggest Enforcer is TV, being able to watch these shows. So okay, just take away TV. Sit on the potty. Let's go potty. Trust me, this one's not as thick headed as my only one.



08:09

You're not as sick headed either,



08:13

right? Alex,



Speaker 2 08:14

come here. Come. Say hi. Say hi. Hi,



Michelle Rogers 08:18

Alex. You giving kisses to you too? Thank you so much for the for this. Rebecca, I super

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Speaker 2 08:25

appreciate it not a problem. Thank you so much, Michelle, for taking the time to talk to me. Alright.

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Speaker 1 08:30

Bye. 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, E, B, as in boy, Rogers, R, O, G, E, R, s.com, forward slash training. See you. There you.