

# HOUSE-TRAINING

## The Four (4) Important Aspects of House Training:

### 1. Crate Training and Supervision

- a. Crate Usage
- b. Importance of Size/Divide
- c. Location of Bedding/Toys/Food
- d. Collar/Hazards
- e. 100% Supervision

### 2. Regular Schedule

- a. Outside Schedule
- b. Feeding Schedule
  - i. Treats
  - ii. Picky eater
- c. Water Schedule
- d. Nap/Night/Bed Time Routine
- e. Weekends/Off Days

### 3. Feedback and Discipline

- a. Leash/Collar
- b. Potty Spot
- c. How to
- d. Command
- e. Praise
- f. Body Language
- g. Accidents in House
- h. Supervision
- i. Correct/Startle

#### 4. **Cleaning Household Accidents**

- a. Importance of
- b. Enzyme Cleaner

## **The 2 rules for house-training success.**

*Prevent Accidents.* Supervise your dog in the house. Use a crate when you are not sure if your dog is empty.

*Reward your dog for going outside.* Praise at the right moment, i.e. the second she starts 'going.' Reward with a treat after she is finished.

## **How to house-train.**

**Step 1.** Take your dog outside on leash. Take her to the same place every time.

**Step 2.** When she goes, praise, then take her back inside – this time should be understood as POTTY-TIME and not play-time

**Step 3.** Separate play time from potty time. As soon as your pooch has finished her business, take her back inside. If you're ready for play time, wait inside for at least a minute, so your pooch knows that the two are separate events. If you are in a dog-safe place, let her off the leash for a little playtime.

**Note:** Please know that your pooch will generate more urine if she is running and/or playing.

Depending on your time outside playing, she will probably need to go again before going back inside.

If she doesn't go within 5 minutes, skip playtime and put her in her crate for 10-20 minutes, then try again. (This is to avoid an accident, not to punish.)

## **A house-training checklist.**

- Take your dog to her potty place first thing in the morning, last thing before bed, shortly after meals, naps, or play sessions, when she comes out of her crate and, in the case of a puppy, every hour or so.
- Until your dog is perfectly house-trained, always go outside with her so you can cheer and reward at the right moment.
- Supervise whenever your dog is not crated, especially if she is full. If you must take your eyes off her, even for a minute, crate her or put her in her confinement area.
- If you see your dog sniffing and turning in circles in the house, take her out immediately.

### How to handle house-training mistakes.

*Interrupt mistakes as they are happening.* Don't be too harsh or your dog will be afraid to go in front of you. After interrupting your dog, hustle her outside to the potty area. Praise if she finishes here. Clean up the indoor mess with an enzymatic cleaner to remove protein residue that might attract her to the same place again.

#### **IMPORTANT.**

If your dog made the mistake one hour or five seconds ago, **you are too late to punish her.** Don't rub her nose in her own mess or smack her, this will only make her afraid of you, and she won't understand why you do it. **You must catch her in the act** for the interruption to work, and again, you can't do it too harshly or your dog will be afraid to go in front of you.

### When do I give my dog free run of the house?

At first, confine her to one room at a time. Choose a tiled room, like the kitchen or the bathroom, so accidents can be easily cleaned. Add a room after your dog is successful (accident-free) in his current space, and supervise each time you introduce her to a new room. (accident-free), and supervise each time you introduce him to a new room.

**Training Tip:** Don't think that confinement and crating is too strict on your dog. You are doing her a big favor. Investing a few short weeks of effort nets you a lifetime of freedom for your dog—and you don't have to replace your carpet.

**Troubleshooting:** If a house-trained dog suddenly has accidents, **call your veterinarian.** Your dog could have a bladder infection or another medical problem.

## HOUSETRAINING TIPS

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Here are some details to keep in mind:

- ◆ Puppies need to **pee more during the day than they do at night**. Many owners do not realize that puppies can hold it much longer at night than during the day. Like people, dogs are diurnal, meaning they are more active during the day than night. As a result, puppies produce less urine at night and thus need to go out less often. The majority of puppies will sleep through the night months before they can be completely potty trained during the day. Since sleep is a priority for us, we count that as a blessing!
- ◆ Puppies **vary in how many times they need to poop** during the day but twice, morning and evening, is most common. This variation results from individual differences in digestion but also the quality and compatibility of the dog food that you feed. If a dog cannot digest its food well or eats ingredients that she cannot digest, she will poop more. So, if your puppy is 5 months of age and poops more than twice a day, consider changing to a better quality or different food.
- ◆ **Puppies less than 4 months old** will usually need to go potty:
  - ◇ 15 to 30 minutes after eating or drinking,
  - ◇ Upon waking from a nap or long rest period,
  - ◇ During or after vigorous play or excitement,
  - ◇ MUCH more frequently when active than when confined.
- ◆ **When quiet and confined, pups can typically hold their urine the number of hours that equals their age in months plus one.** Here is a chart that will guide you in deciding how long your puppy can most likely go without pottying during the day.



Age in Weeks	Daytime resting <u>maximum</u> time between potty breaks	Age in Weeks	Daytime resting <u>maximum</u> time between potty breaks
7 - 9 weeks	3 hours	18-19 weeks	5.5 hours
10-11 weeks	3.5 hours	20-21 weeks	6 hours
12-13 weeks	4 hours	22-23 weeks	6.5 hours
14-15 weeks	4.5 hours	24 weeks	7 hours
16-17 weeks	5 hours	Adult	7-12 hours Depending upon breed and/or size



POTTY TRAINING LOG			
DATE	PEE	POOP	ADDITIONAL NOTES
10/9-Friday	*23:30		Inside play pen on 6'x6' scrap linoleum
			24:00 Bed time
	03:00		
10/10-Saturday	07:00		
	07:30		
			08:00 - Breakfast: Ate very light
		08:30	Very health poop
	09:00		Winding down from Maui play time
			9:15 - Nap, with heavy protest
	11:00		
	14:30		
			16:00 Dinner – Fed ½ C. Raw & 1 ½ C. Kibbles. She devoured it
	*19:30		Went pee on liv. Rm. Washable pee pad
	END DAY		Lack of routine schedule was a result of the puppy's behavior, expressing need to go potty.

\* > Denotes potty accident

# Puppy traveled 3 days in truck transport



*Goal: No more than one accident in the house this week.*

## How to Meet That Goal

*To achieve your first goal, remember:*

1. Your puppy should be either confined or under your direct observation 24/7 this week. If you can't watch your puppy, **even for a minute**, put it in the crate.
2. If your puppy cries while confined, wait for a lull in the crying, then take it outside to potty unless you are absolutely sure your pup doesn't need to go. Waiting the lull will ensure that you are not rewarding him for crying.

At this age, housebreaking trumps teaching pups to be quiet. The last thing we want is for them to ask to go out but no one responds so they potty in their "room."

3. When your puppy is loose in the house, it must have your DIRECT attention. Watch your pup **carefully** for any signs that it may have to potty so you can take it out immediately. Many puppies show the following signs:

- disappearing into another room – **it is ideal to limit the puppy's freedom to ONE room.**
- circling
- whining
- suddenly breaking off from play
- going to the door
- acting anxious
- sniffing

If you are having problems it is probably one of two things: You are giving your puppy too much space or giving it too much freedom. Both of these are common mistakes.





**Too much space?** Unless your puppy is a giant breed, it does not need more than about eight-square feet of space, which is four panels of your exercise pen.

# HOUSETRAINING ACCIDENT LOG

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## Week One

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

## Week Two

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

## Week Three

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

## Potty Training Challenges

Let's discuss some special challenges that you may face while you are in the midst of potty training. These three situations can make potty training very difficult:

1. Disruption of your puppy's daily routine
2. Health issues--diarrhea or urinary tract infections (UTIs)
3. Submissive urination – This is NOT a voluntary action! Please do NOT correct the puppy for submissive urination.

### *Disruption of Your Puppy's Routine*

Even small changes in your pup's routine at home may also disrupt its potty training. Disruptions include:

- Visitors coming to see your new puppy
- Having friends over for dinner
- A tradesman coming to repair something in the house
- Taking your puppy to your parents for the weekend

These normal everyday events present potty-training challenges to you and your pup. You get distracted and forget to watch your puppy. The puppy gets excited and is not thinking about asking to go outside until it is too late.

1. **Short-Term Disruption.** If the interruption will be short term, potty the puppy just before the person arrives and put it in the crate or ex-pen where it will more likely to be successful while you are busy.
2. **Potty Training Elsewhere.** Remember, your puppy will be potty trained in your house long before it is potty trained elsewhere. Whenever you are away from home with your puppy:
  - be even more observant than normal

- keep your pup under control either on leash or in a crate or ex-pen
  - carry cleaning supplies with you
    - ☒ Poop bags
    - ☒ Roll of paper towel
    - ☒ Small bottle of enzymatic cleaner
  - Nature's Miracle® or
  - Simple Solution®
3. **Long-term Disruption.** For parties or longer visits, keep potty training on track by assigning a responsible puppy person! Although everyone loves a puppy, during social situations everyone assumes that someone else is looking after it. Although people are around, usually no one is keeping track of the puppy.

Your person in charge should:

- not be the host who is responsible for their guests. That is a recipe for failure.
- pay attention to:
  - How much has the puppy had to drink?
  - Has it been running around the room or playing hard?
  - When was the last time it pottied? Remember being outside does not mean it did its business, especially when there are visitors to play with.
- Take the puppy out, whenever needed.
- Confine the puppy to the ex-pen or crate for time outs and naps, when needed.
- Clean up, if needed.

4. **Disruptions are the time to do less not more.** Abnormal routine times are not the time to try to extend time between potty trips outside or time out of the ex-pen. Quite the opposite, it is time to take your pup out more often since its mind is not on the potty training with all the great new friends that came to visit!

### ***Health Issues--Diarrhea and UTIs***

Sick puppies are impossible to potty train. If your puppy develops diarrhea or a urinary tract infection, as many puppies do, know that it will backslide in its training. Be ready to take many steps backwards and treat the puppy like its 8 weeks old until it feels better.

Diarrhea is obvious but urinary tract infections (UTIs) are not as easy to spot. If your puppy is peeing more frequently than usual, crying while urinating, or straining but not able to pee, it likely has a UTI. If you are not sure, write down when it goes. Your memory may not be accurate enough to be able to distinguish the difference between its normal routine and its increased need to pee. If your pup has diarrhea for more than a day or has any of the signs of a UTI, get it to the vet ASAP.

To help with potty training while your pup is recovering, add a potty pan to its "room" until it is feeling better. Be patient, your puppy will be feeling better soon and back on the potty-training track!

### ***Submissive Urination***

Submissive urination occurs when puppies pee while greeting a person or dog. This often happens to gentle or frightened puppies but many puppies will go through a brief period of submissive peeing during puppyhood. Some submissive urinators will pee when jumping up to greet, others will pee with their belly low to the ground, and some will go belly up and will pee on themselves.

Submissive urination is **NOT a potty-training issue!** It is a problem of confidence. These puppies are attempting to placate older or more powerful people and dogs in very appropriate dog terms.

Your approach to this challenging predicament will determine whether or not your puppy outgrows this challenge. We can assure you that you want your puppy to outgrow it!

## **Summary:**

### ***How to housetrain:***

- Decide precisely where the doggie bathroom is going to be.
- Go there regularly: first thing in the morning, last thing before bed, shortly after meals, naps, or play sessions, and when he comes out of his crate.
- Go out with the dog, on leash, so you can cheer and reward at the right moment.
- Gently cheer and reward at the right moment, i.e. the second your dog starts 'going'. Praise at the crucial moment, more than anything else, will teach your dog what house-training means. Bring him in right after the potty, and reward with play time.
  - If you want him to play outside, make sure you make outside play time a SEPARATE event.
- If he does not pee after 1 to 2 minutes take him back inside. We don't want him to learn to hold it so that he gets more time outside.
- Once back inside, put him in his crate or confinement area, such as the kitchen or another easily cleaned room.
- Try taking him outside again after another 10 to 20 minutes.
- Supervise whenever your dog is not crated, especially if he's full. If you must take your eyes off him, even for a minute, crate him or put him in a small x-pen area with his bedding so he's unlikely to have an accident.

- Interrupt mistakes immediately with a fast, but not too harsh verbal message (like “Ah-ah”). Catch him as he starts to go, not afterwards. After interrupting him, hustle him outside to the bathroom area: praise if he finishes here. Then clean up the indoor mess.
- **Never reprimand late.** If he made the mistake one hour or ten seconds ago, you are too late. You must catch him in the act for the reprimand to work, otherwise, from his perspective, he’s being yelled at for no good reason and he may become anxious around you.



## Two Sample House-Training Schedules for a Young Puppy

When quiet and confined, pups can typically hold their urine the **number of hours that equals their age in months plus one.**

When puppy's run and play, they will need to urinate more frequently.

- **6:30 a.m.**
  - Rise. **Walk** pup briefly.
- **7:00 a.m.**
  - \*Feed pup and offer a drink of water. **Walk** puppy. Return home and play briefly with pup. Pup stays in crate.
- **9:00 a.m. Walk** puppy.
- **Midmorning Walk pup.**
  - After **walk**, pup stays with owner fifteen minutes. Pup returns to crate.
- **Noon–1:00 p.m.**
  - \*Feed pup second meal and offer water. **Walk** puppy. Return home and play with pup. Pup returns to crate.
- **Midafternoon**
  - Offer pup water. **Walk** puppy. Pup returns to crate.
- **5:00 p.m.**
  - \*Feed pup third meal and offer water. **Walk** puppy. Allow pup to play in kitchen while dinner is being prepared.
- **7:00 p.m.**
  - **Walk** pup briefly. Return home and play with puppy. Pup returns to crate.
- **Before bed**
  - **Walk** pup. Puppy sleeps in crate. After elimination sessions, it is a good idea to spend some time playing with your pup in the house. Do this either in the gated kitchen area or in some other part of the house, as you prefer. Since your pup has just finished eliminating, you can be relaxed, without having to worry about "accidents." When playtime is over, lead your pup to his crate and let him rest for an hour or two, leaving one or two toys with him.

**\*\*\*Remember:** Puppies have to urinate shortly after running or playing\*\*\*

- **When quiet and confined, pups can typically hold their urine the number of hours that equals their age in months plus one.**
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**For very young puppies, you may want to follow this schedule:**

### **Housetraining is as Easy as 1-2-3**

When you are away from home or if you are too busy or distracted to adhere to the following schedule, keep your puppy confined to her puppy playroom where she has a suitable doggy toilet. Otherwise, when you are at home:

- 1.** Keep your puppy closely confined to her doggy den (crate) or on-leash.
- 2. Every hour on the hour** release your pup from confinement and quickly take her (on-leash if necessary) to the toilet area, instruct your pup to eliminate, and give her three minutes to do so.
- 3.** Enthusiastically praise your puppy when she eliminates, and then play/train with the pup indoors; once your puppy is old enough to go outside, take her for a walk after she eliminates.