

# Potty Training\*

\*Note these are simplified steps as a general guided process. Further resources should be explored in the event of problems encountered. A veterinarian should be sought in the event of question of health or appropriateness. This is not a guide for crate training or animal diet.

## Objective(s):

Puppy is successfully not house soiling from puppy hood.

This method gives you the predictability of knowing when your dog needs to eliminate. Your dog will love this because each time his peeps or poops in the correct place you will shovel treats in his mouth. Before long, all you will have to do is say “Go Poop” and you will have a dog that will poop anytime you need him to. The “Command Pooper” is a great travel companion.

## Quick Notes and Hints:

A Time in Your Life....

1. Select a time in your life to have a puppy when your schedule will allow you to take your dog out once an hour on a schedule for the first 4-6 weeks of his life. If this cannot happen, then work with a partner to do it for you when you are not there. (See the elimination schedule).
2. Anytime a puppy has an accident in the house, the owner was obviously absentee and in no way should punish the dog. Owner, smack yourself in the head! You have allowed your “filled up” puppy free roam of the house. Get yourself some cleaner and clean up your mess!!
3. A dog will not relieve itself where it lives/sleeps. Make sure that your dog’s sleeping area is large enough to stand and move around in, but not so vast that he can go to the other side, relieve himself and then go back to bed. That is why a crate works beautifully for this. Eventually, you graduate to an X-pen and the whole house.

Food in...Food out!

4. If you feed your dog at 5 am in the morning, be aware that approximately 8-10 hours later, that consumed food is going to come out. Plan your life around that. If you free feed (allowing your dog to access his food at any time), you will have absolutely no control over the poop time.
5. Water consumed must come out too, but never restrict water to your puppy. Just stay on a regular schedule to take out your dog – every hour as a pup. The only time to consider limiting the pup’s intake of water would be before going to bed. When you go to bed, take the dog out and then put the water bowl up for the night.
6. A dog’s elimination habits are very consistent (depending on health and what he eats!) A mature dog will eat and then must eliminate within 30 minutes of eating. Then, what the dog consumed will come out 8-10 hours later – again depending on what they ate. A mature dog will normally urinate around 3-4 times a day.
7. Remember, a puppy will need to eliminate after vigorous play – be prepared!!

## **Prerequisites:**

Willingness to:

1. crate your pup. This will be his short-term confinement area but is critical for successful potty training. It can be thought of as your dog's "hidey hole." Comfortable and safe, a cushion, a nice cover, etc.
2. be with your dog to supervise where he eliminates, to confirm that he has eliminated
3. reward him generously with as he eliminates with wonderful treats. Not the bland stuff – really good stuff.
4. crate/temporarily confine when unable to supervise.
5. watch your pup and become acquainted with his habit.
6. agree on what this activity will be called by all family members! Use that word or phrase.

## **Potty Training Equipment/Supplies/Materials**

1. Crate – Use a lifestyle crate so that the panel can be moved. The area inside the crate can be made larger as your puppy grows.
2. Your dog's favorite treat at the door or on the crate.
3. Your dog's leash ready at the door where you go outside.
4. A preselected peep and poop location in your yard.
5. Favorite Toys
6. A leash that can be tethered to you at all times (optional but great alternative.)

Alternatives for older pups or dogs that have to be left alone longer than the healthy amount of time.  
See the elimination schedule. Water, food +

1. Crate
2. X pen
3. Indoor Potty area

## Steps/Techniques/Ideas

1. Select the door or exit which will consistently be the doggy exit to the toilet area
2. Pick a name for the activity. Some say "Busy," others say "PP" "Poop." Makes no difference. Something that will make you laugh is just fine
3. Place his crate, treats, toys in close proximity so they can be grabbed immediately, i.e., on top of the crate.

### **In the .... Morning PEEPS/POOPS – NO DELAYS** (Pup should both peep and poop)

Be ready with a leash when you gather your pup out of the crate!

1. On a leash, rush (do not walk) the pup to your selected doggie toilet area.
  2. Tell him enthusiastically "go PP!!"
  3. As he relieves himself, shovel those wonderful treats in his mouth and say good PP, Poop, or whatever.
  4. During that time, there is a high probability that he will poop. Keep him on the leash and keep him in the toilet area. Let him sniff around and within 3-4 minutes he will eliminate.
  5. Once again, shovel those treats in his mouth and name that wonderful activity. If he has done both wonderful activities, you now have an empty dog and you can go play in the house – but always 100% supervised.
  6. Play an interactive game, like tug. If you cannot supervise him (i.e. the phone rings or someone is at the door, put him in the crate or X-pen. Do not let him roam free.
- **What if:** Pup does not peep! After 3 minutes, bring him back in to his crate. Wait 30 minutes and repeat the process outside. Keep repeating until he eliminates!
  - **Celebrate!** You have an empty puppy and go play ball, fetch, tug with him indoors. His great reward. After play, tether him to you or place him in his den. No unsupervised puppy!!

### **During the Day:**

1. Stay on an hourly "peep and poop" schedule. See the sample.
  2. Repeat the above process for elimination (peeing) each and every hour.
- **What if:** Pup does not peep during the day on the schedule. Bring him back in, put in crate wait 5-10 minutes, take outside until your dog is successful.
  - **Celebrate!!** Bring him in and play play, play. (Note the time, if your pup is a bit older, he may be telling you that you can extend the time between peeps.

### **Say Goodnight...**

If you have stayed on a feeding schedule and taken your pup out for his last elimination...  
You should have a very empty, tired and sleepy puppy in his little hidey hole for the night...

## **Suggestions and Problem Solving:**

- Create an hourly chart so that you can track the times you take your dog out to peep and poop. (See the example). You will see that your times are gradually extended as he grows older. Always with start with every hour so that you have ample times to reward and get the reinforcement going.
- There is a great alternative to keeping your dog from having accidents without crating or confining him all of the time. Keep the leash tethered to you so you have your dog near you at all times – when you prepare meals, work at your desk, watch tv, etc. Not only is he supervised but he is getting a lot of exercise while you move around and he will not have an accident. It is also a reminder that you have a dog to take outside. He will not peep or poop, as long as the leash is a regular 6 foot leash.
- If you must leave for longer than his ability to not have an accident, arrange an X-pen around his crate. Purchase or make a portable indoor potty area and put it inside the X – pen but away from your pup’s food, water and crate/bed.
- What if your pup poops all over the backyard but not in the designated area? Place his poop in the designated area. It is his scent and poop scent is a powerful attractor!
- Life happens...there is an accident. OK, as soon as you see the dog begin to eliminate, rush him to the door and say enthusiastically “Out! OUT! OUT!” Then, smack yourself in the head.

## **References:**

Dunbar. Before and After Getting Your Puppy. New World Library, Novato, CA. pp 53-64, 2004.

Bosvan. “How to Potty Train a Puppy, A comprehensive Guide to Success.” AKC, 2015.

<http://www.akc.org/content/dog-training/articles/how-to-potty-train-a-puppy/>

## Appendices:

### Elimination Schedule:

<u>Bladder Capacity</u>	<u>Pup's Age</u>
45 minutes	3 weeks
75 minutes	8 weeks
90 minutes	12 weeks
2 hours	18 weeks

### Daily Schedule

<b>Time of Day</b>	<b>Peep/Poop</b>	<b>Crate/Teether/Activity</b>	<b>Feed</b>	<b>Result</b>
Example: 5AM				
6AM				
7AM				
8AM				
9AM				
10 AM				
11AM				
12N				
1PM				
2PM				
3PM				
4PM				
5PM				
6PM				
7PM				
8PM				
9PM				

