

Potty Training your Dog to Go Outside

Housebreaking a new puppy can often be confusing and frustrating. It is very rarely an “overnight fix” and there will be mistakes along the way to a successfully housebroken puppy. Below are some reminders that we have prepared for our clients to accompany the “Potty Training” discussion that we have already presented during our training session.

Before you actually start, you will have to do some things to “set the scene”. Let’s talk about those items first...

YOUR PUPPY’S DEN:

What we need to first accomplish is to have the entire home smell like your puppy’s den. In order to accomplish this, we need to start having your home smell like your puppy. We suggest using LAVENDER.

This is what we do:

- Switch your normal house cleaning liquid to a lavender scented cleaning solution such as Lavender Fabuloso. Clean everything with this in the same way that you used your old cleaning liquid.
- Use lavender scented carpet cleaner before you vacuum your carpet or upholstered furniture.
- Get some Glade Lavender Plug-ins or the lavender scented bamboo sticks and oil. Scatter them around the house.
- Clean your puppy’s crate with the lavender scented cleaning solution and wash anything he may have in the crate with a lavender scented detergent.
- Get lavender scented dog shampoo and use that when you give your puppy a bath. Another option is to get lavender oil. Place some of the lavender oil on a terry cloth hand towel and gently wipe your puppy with the hand towel. Both options will give your puppy a slight scent of lavender.

YOU DON’T POTTY WHERE YOU EAT:

Your puppy will not want to go potty where he eats. You need to start disassociating where he has been pottying in the house to places where he eats and forages.

This is what we do:

- Start to serve your puppy’s meals in different places around the house. Focus where you feed him in areas where he has gone potty. Also, feed him in his crate from time to time.
- Scatter feed. Find your puppy raw vegetables (baby carrots, celery, etc.) that he likes. Throw his food on the floor around the house. Your puppy will now forage for the raw vegetables around the floor. He will begin to associate that this is a place to look for food and not to potty.

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IF IT SMELLS LIKE A TOILET, IT MUST BE A TOILET:

It is inevitable that your puppy will make mistakes. Because of what you have already learned in your training, you can't correct him after the fact. What you MUST do is to help disassociate the location where your puppy pottied as a place he might potty again.

This is what we do:

- Clean the area properly by using one of the following methods:
 - Use vinegar and baking soda to clean every spot where your puppy had pottied. -or-
 - Use Nature's Miracle to clean the spots where your puppy has pottied. -or-
 - Use Woolite® Advanced Pet Stain & Odor Remover to clean where your puppy has pottied.
- If your puppy has pottied "all over" a carpet or piece of furniture, call a professional cleaner to clean the carpet or furniture.
- After you have performed the above steps, use the lavender as described earlier.

FEEDING:

In order to successfully housebreak your puppy, it is critical to understand how much he is eating and when he is eating. This cannot be accomplished by leaving food and water down all day long. Just like in a restaurant, you need to serve your puppy his meal and then take it away after a specific period of time. We recommend that you leave the food and water down for no longer than thirty minutes. If your puppy hasn't finished eating by then, he will quickly adjust and be done way before you pick up the bowls.

It is fine to give your puppy water between meals if he has been outside or has been engaged in any exuberant play. We also suggest leaving a water bowl down with a small amount of water that you can monitor. An inch in the bottom of the bowl should be sufficient. Check the bowl regularly and refill as needed. If you do this, make a note of the time and amount on his schedule (coming up).

One last thing regarding feeding. Please remember our discussion regarding food and protein. Based upon a discussion with your vet, with the appropriate protein content and removal of fillers, the less you will have to feed your puppy. The less you feed your puppy, the less he will potty. Minimizing potty issues through the elimination of "potty mistakes" is a simple step in the goal of potty training your puppy.

A quick rule of thumb regarding an appropriate and nutritious dog food is to look for a meat as the first ingredient (without the word "byproduct" following.) Next, make sure you do not see corn in the list of ingredients. This is a "filler" that provides no benefit for the puppy. If you follow these two, simple rules, you will probably find a good dog food.

If you are looking for an alternative to your dog's current food, we highly recommend the food we have been feeding our pack of dogs for over thirteen years. Life's Abundance Premium Pet Food is a great food that has kept our dogs healthy "from puppies to seniors". You can find out more by visiting <https://ReallyGoodDogFood.com>.

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THE TOILET:

Now, where do you actually want him to go potty outside? The best answer would be to find a place in your yard that your puppy can easily identify as *“that’s my potty place”*. This might be a spot in the flower bed, a corner of the yard, or a particular spot on your deck. The important point to remember is that your puppy can uniquely identify it. This unique identification will start to have your puppy associate *“Hey, that’s where I should go potty!”*

To help form the “unique identification”, you might need to add borders to the area so that there is a clear delineation of the potty area and the non-potty area. Flower bed borders, use of decorative rocks, or blue painter’s tape could help accomplish this.

Now, we need to jump back and revisit *“IF IT SMELLS LIKE A TOILET, IT MUST BE A TOILET”*. In this case, we want to make sure that this place smells like a toilet. Don’t worry, your puppy has a far keener sense of smell than you, so we don’t have to go overboard here. Simply leave your puppy’s potty in the toilet area and bring any of your puppy’s potty mistakes to the toilet area. You can remove and clean as your lifestyle requires.

All we are trying to accomplish here is to build the association of “pottying” with traveling outside to that spot.

THE CRATE:

You really need to use a crate as part of your potty training. If your puppy is not socialized with a crate, you should probably socialize him with the crate before you continue potty training in earnest. The crate should be a safe and happy place for your puppy. He should be able to go into the crate and have the door closed without whining or barking.

You also need to make sure that the area within the crate is just big enough for your puppy to lie down comfortably. Although he should not be squished, he should definitely not have enough room to potty in the crate and not lie in it. We like to compare this to the fact that your puppy’s crate does not have a bedroom and bathroom. It only had a bedroom. Puppies and dogs do not like to soil on themselves.

Allowing your puppy only enough room to comfortably lie down enforces the instinct of *“I don’t want to potty on myself so I don’t want to potty here.”* With that said, we have come across some rare occurrences where puppies potty and lie in it. Please refer to our Q and A section regarding specialized instructions to resolve this problem.

KEEP YOUR PUPPY IN SIGHT:

When your puppy is not in his crate, you **MUST KEEP HIM IN YOUR SIGHT AT ALL TIMES**. The only way that you can catch your puppy in the act of making a mistake is to see him. If he is in another room, you won’t be able to watch him. Puppies naturally want to get away from you when they have to potty and you won’t be able to observe them. (Refer to Q & A for additional information.) Observing your puppy will also give you the opportunity to learn his body language. Some puppies scratch at the door if they need to go potty. Some puppies twirl in a circle before they go potty. Some puppies go to a particular place before they go potty.

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Your ability to observe your puppy's body language will help you learn when they need to potty. It will also help you redefine your schedule (discussed later) to minimize and finally eliminate any "potty mistakes". 99% of all our clients who have potty trained their puppies have stated that the "potty mistakes" occurred when they weren't paying attention to their puppy.

THE SCHEDULE:

We must create a schedule listing when your puppy normally potties. In order to do this, we must first make some assumptions.

1. You should normally take your puppy out to potty:
 - a. When they wake up.
 - b. After a meal.
 - c. Before you leave the house for a trip lasting more than one hour.
 - d. As soon as you return to the house after a trip lasting more than one hour.
 - e. After the puppy has had an exuberant play period. (Refer to Q & A for some additional information.)
 - f. Last thing at night.
2. The time between potty trips for your puppy should be no greater than one hour for each month of age for your puppy. This will vary based on the breed, environment, and temperament. (i.e. If your puppy is four months old, take him out at least once every four hours.)

With these assumptions, you can now create your first schedule. You might want to write it in pencil because I can guarantee that you will be changing it as the days go by. A sample schedule for a four month puppy could look something like:

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My Puppy's Potty Log

DATE: _____

TIME	ACTION	POTTY TRIP	ON SCHED / CHANGE SCHEDULE ?
06:00 AM:	WAKE UP	TAKE PUPPY OUT	_____
07:45 AM:	FEED PUPPY		_____
08:00 AM:		TAKE PUPPY OUT	_____
12:00 PM:		TAKE PUPPY OUT	_____
04:00 PM		TAKE PUPPY OUT	_____
04:45 PM	FEED PUPPY		_____
05:00 PM		TAKE PUPPY OUT	_____
09:00 PM		TAKE PUPPY OUT	_____
11:00 PM		TAKE PUPPY OUT	_____
11:15 PM	BED TIME		_____

NOTES ON SUCCESSES AND MISTAKES TODAY:

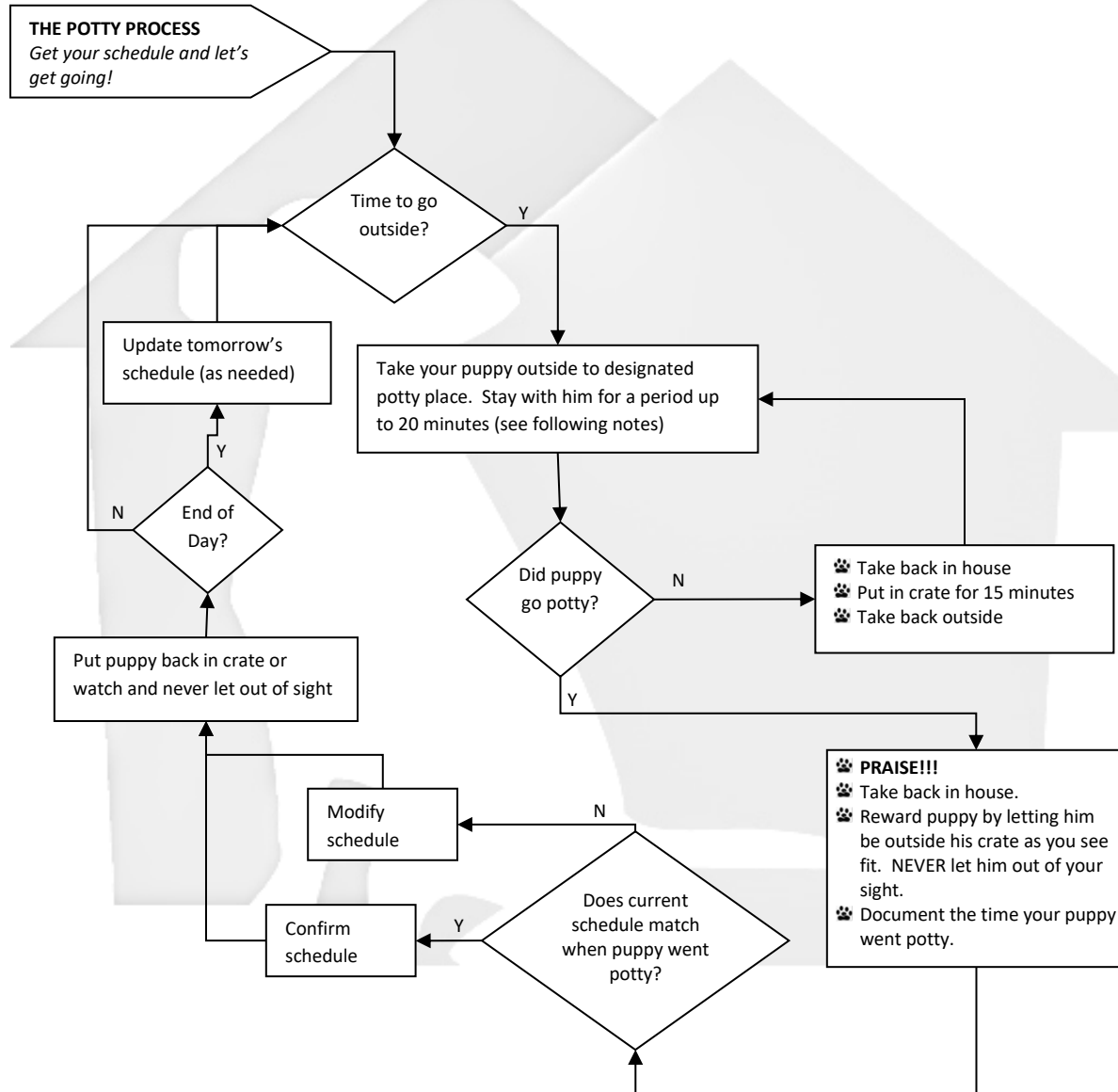
THINGS I WILL CHANGE FOR TOMORROW:

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You now have the tools you need to start actively potty training. You also now should understand why we have given you these tools. Let's get to it and create a housebroken puppy!

THE PROCESS:

Below is a flow chart that should help you understand the basic principles required for potty training. Please notice that the basic process is quite simple. The hardest part of this process is simply adhering to it.



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A QUICK NOTE REGARDING TAKING YOUR PUPPY OUT TO GO TO THE BATHROOM:

When you take your dog out to go to the bathroom, it is best to let him play and run around for a bit. This will naturally stimulate his need to go to the bathroom. Normally, your puppy will run around for a bit and just be excited to be outside. After a few minutes, he normally will start to calm down and begin to pensively sniff or focus on an area. This is when he will go to the bathroom.

Do not bring your puppy back into the house immediately after they have gone to the bathroom!

Many puppies like to “go twice”. Let your puppy go back to their playing for about five or six minutes. If they need to go again, they will normally do it in that period of time. If they are just running around and having a good time, or are sitting by the back door after five or six minutes, bring them in.

Questions and Answers:

- **WHAT IF I CATCH MY PUPPY POTTYING IN THE HOUSE?**

If you catch your puppy in the act of pottying, correct and direct your puppy outside to their potty area. Be sure to clean the area as described earlier. You should also make note of the time and think about modifying the schedule.

- **WHAT IF I SIMPLY “FIND” A “POTTY SURPRISE” IN THE HOUSE?**

The only way this can happen is if you are not following the above instructions. First of all, you CAN NOT correct your puppy. Second, try to determine what caused the accident.

- Did you leave your puppy’s food and/or water down all day?
- Did you forget to take your puppy outside?
- Could your puppy be ill?
- Something else?

Remember that potty training is really training for you. When a mistake happens, don’t become angry but decide how you can adjust the schedule and improve the process.

- **DOES FOOD MAKE A DIFFERENCE?**

Remember that your puppy is really a “potty factory”. The more you put in, the more will come out. As part of your training, we discussed the benefit of a good, high protein diet. You can feed your puppy smaller portions of food if their food contains quality ingredients with no fillers. Less in, less out. Get the picture? We highly suggest feeding your dog Life’s Abundance Premium Pet Food. Find out more at <https://ReallyGoodDogFood.com>.

- **I HAVE TWO PUPPIES AND THEY LOVE TO GO NUTS IN THE HOUSE. I AM ALSO FINDING POTTY ACCIDENTS IN THE HOUSE. WHAT IS GOING ON?**

Do you remember about “exuberant play”? We always believe that we have to watch out for exuberant play and getting our guys outside when WE are playing with them. This is true, but there is more. If you allow your puppies to go absolutely nuts in your house with each other, this is exuberant play too. You have to get them outside then because the exuberant play has sped up their metabolisms and shortened the time they can hold their potty. The problem is that you can’t always know when they are “going nuts” in the house.

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I suggest that you create a rule that all “crazy play” is done outside. This will minimize the opportunity for unscheduled pottying in the house as well as to promote appropriate indoor behavior. Again, observation is the key in accomplishing this goal.

- **HOW LONG DOES IT TAKE TO POTTY TRAIN MY PUPPY?**

The time it takes to potty train your puppy is directly related to the effort you give to the potty training process. The rule of thumb is that you should get down to very few accidents within one to four weeks. As the number of accidents decreases, you can allow your puppy to be out of the crate for longer and longer periods of time. You will eventually get to the point where the crate will no longer be needed for potty training. Your diligence is a direct factor in the success and duration of the potty training process.

- **I REALLY WANT TO POTTY TRAIN MY PUPPY, BUT I HAVE TO LEAVE HIM FOR EIGHT HOURS A DAY WHILE I AM AT WORK. HE IS ONLY FOUR MONTHS OLD AND YOU HAVE TOLD ME THAT HIS BLADDER CAN ONLY “HOLD IT” FOR NO LONGER THAN FOUR HOURS. WHAT DO I DO?**

“Life happens” and we sometimes have to leave our puppy in the house for a time longer than we believe he can “hold it”. We have already made some adjustments regarding his feeding time and the balance of food in order to try and minimize the food he is internally processing. We have also made sure that we had time to take him out before we left to see if we could have him potty then.

We don’t want to leave him in his crate because he will most likely potty there. This is sending the wrong signal of “don’t potty in your crate”. We don’t want to leave him loose in the house because he will most likely potty there. This means that we will have to spend a great deal of time when we get home looking for his mistake and then having to properly clean it up. Again, this is sending the wrong signal to him.

We suggest that when you are going to be gone longer than your puppy’s ability to hold his potty, you keep him in a tiled floor powder room or tiled floor laundry room. Remove anything from his reach and place some toys in the room. Place his crate in the room, but make sure that the crate door is always open. You can either close the room’s door or use a doggie fence to block his ability to leave the room.

Place him in the room only when you are leaving for a long time. Take him out of the room as soon as you return and always keep the door closed when you are home. This will make sure that he will only be in the room when you are gone, and he will not associate the laundry room or powder room as part of the rest of the house and his natural territory. Be sure to clean any potty mistakes he made immediately on your return home.

- **I KNOW THAT YOU TOLD ME THAT MY PUPPY DOESN’T WANT TO POTTY RIGHT IN FRONT OF ME, BUT HE IS! WHAT IS GOING ON?**

All dogs have an innate sense not to potty where the rest of the group resides. This comes from their instinct as wolves not wanting to leave a smell near the den that the wolves’ enemies could track. This natural impulse is used as part of our potty training process. In some cases, this innate instinct has been adjusted or eliminated with our little puppies.

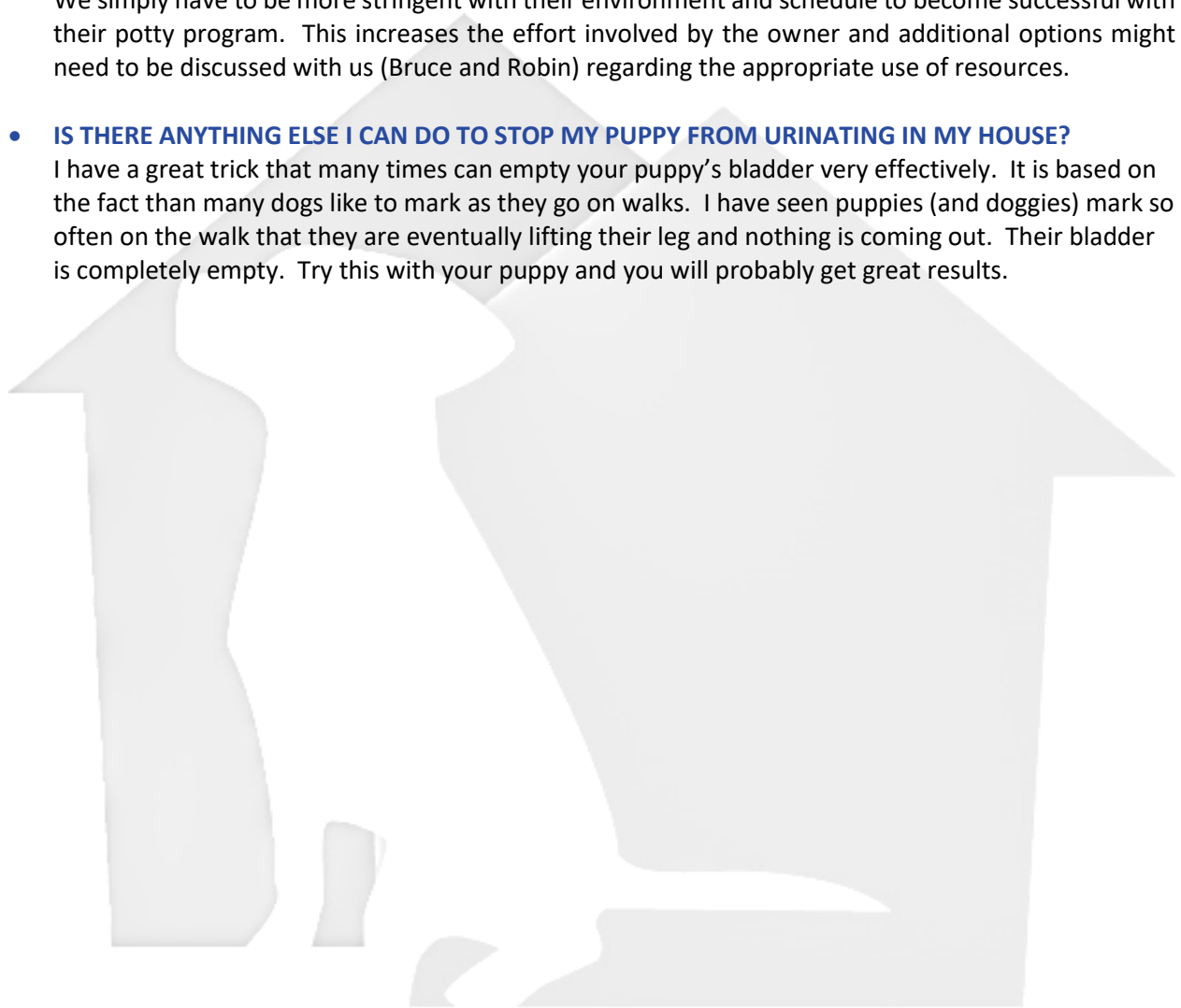
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Through our personal observation, we have found that puppies that have spent a long time (2+ months) in puppy stores have decreased or eliminated their drive to separate themselves from the rest of the group when they need to potty. This is because they have been kept in an area where they can't get away from everyone else (the customers are looking at them all the time) and that their pottying has no impact on their cleanliness (potty falls through grated floor and is removed by store employee.)

We simply have to be more stringent with their environment and schedule to become successful with their potty program. This increases the effort involved by the owner and additional options might need to be discussed with us (Bruce and Robin) regarding the appropriate use of resources.

- **IS THERE ANYTHING ELSE I CAN DO TO STOP MY PUPPY FROM URINATING IN MY HOUSE?**

I have a great trick that many times can empty your puppy's bladder very effectively. It is based on the fact that many dogs like to mark as they go on walks. I have seen puppies (and doggies) mark so often on the walk that they are eventually lifting their leg and nothing is coming out. Their bladder is completely empty. Try this with your puppy and you will probably get great results.



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“DON'T POTTY ON MYSELF OR IN MY DEN CLASS”

I know that you told me that my puppy shouldn't potty on himself (in his den or sleeping area), but he does. What do I do?

It is a natural instinct for puppies not to potty on themselves or sit/lie in their potty. In some very rare cases, the puppy has lost this natural ability. When this arises, we must perform some enhanced activities in order to reintroduce this “natural instinct” while implementing our potty training methodology. You can think of this as the “Don't Potty on Myself or In My Den Class” which is a prerequisite to the “Potty Class” that is addressed by the rest of this document. We have to accomplish this before we can successfully complete the entire potty training procedure with the end result of having a puppy that is house broken. Here is what you have to do:

- Confine your puppy to a larger area than his crate such as a laundry room, the kitchen, cabana bathroom, etc. Ideally the area will be near an exterior door. Don't initially place the crate in this area.
- Designate 3/4 of the area as a "pee-free" area. In order to accomplish this, you must:
 1. Clean the area with a lavender scented cleaning solution (such as Lavender Fabuloso) and wipe your puppy down with the slightest bit of lavender oil. Please refer to “Your Puppy's Den” discussion in this document for further details.
 2. Scatter-feed your puppy in the "pee-free" area (please refer to “You Don't Potty Where You Eat” discussion in this document). Also, be sure that all of his toys or treats that you may provide are given in that area.
 3. Be sure that you are using the lavender scented cleaning solution as the cleaner in the rest of the house and lavender scented cleaning powder on fabrics and carpeted areas. Please refer to “Your Puppy's Den” discussion in this document for further details.
- Designate the remaining 1/4 of the floor as a toileting area. Put down a wee-wee pad or paper with a couple of drops of beer, ammonia, or bleach, or even a tissue or paper towel with a little of the puppy's urine.
- During this period of instilling the “don't potty on myself or in my den” with your puppy, you must keep your puppy in the confined area. If you take your puppy out, he must be with you at all times (this is critical!) (Please refer to the “Keep Your Puppy in Sight” discussion in this document for further details.)
- Once your puppy has gone two weeks without toileting in the "pee-free" area, place the crate in the pee-free area, with the door open. Be sure to wash the crate thoroughly with the lavender scented cleaning solution as described in “Your Puppy's Den”. You can also feed your puppy in his crate.
- After your puppy has had an additional two weeks without any accidents in the pee-free area (or the crate), begin to slowly reduce the size of the toileting area. Move it away from the crate and closer to the outdoor area which will be used for toileting.
- After one week of reducing the size of the toileting area, begin the overall potty training process as described in the rest of this document. Since we have now reintroduced the “I don't want to potty on myself or in my den” instinct within your puppy, we can use that as a tool to assure that your overall potty training within the entire house will be successful.