

Dog Training by PJ
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Tips to Housetrain Your Puppy or Dog

What's the best way to housetrain my puppy or dog? First - remember consistency when training your puppy or dog is a must. It is important to be consistent and teach your puppy to relief themselves on cue (go potty, tinkle, do your business, etc.)

Tips to potty train:

First, whether you are housetraining a puppy or an adult dog, the approach is the same. Management! Manage the behavior to prevent mistakes from happening while you teach appropriate potty habits. Young puppies do not yet have the physical ability to control her need to eliminate for long periods, however, if raised in clean environments her instincts will be high to keep her area clean.

Unfortunately, there are puppies that have been raised in very dirty conditions, like puppies raised in puppy mills or those who have been forced to soil their crates repeatedly through improper confinement, do not learn to keep their areas clean.

A healthy adult dog is capable of controlling her elimination urges, so in some cases the adult dog can be housetrained easily, particularly, if she has not spent much time indoors. However, if she has a longstanding habit of eliminating indoors, reliable housetraining can be frustrating to achieve. In some cases, we must settle on management in order to prevent house soiling.

Now, at Dog Training by PJ we encourage the use of Dr. Ian Dunbar's "Error Free House Training Tips" where the rules are easy to follow and understand.

The following are those potty directions - remain patient, consistent and again keep your patience - this potty training will happen if you remain consistent and don't allow the dog to "have an accident."

- For Morning Potty Routine you need to stay out until the dog does both, urination and defecation. Always - remember the dog may have to urination twice and defecate once or defecate twice and urination once.
- Now, for potty routines to be developed, the dog or puppy needs to be on a feeding schedule - this way you will find how much time between when the dog eats and when it needs to eliminate; both urination and defecation.
- For developing other potty routines during the remainder of the day/evening, start on a weekend or day when you will be around the home.
- Let the dog out every 45-60 minutes and bring a concealed treat with you.
- Have the dog on leash; don't walk around and talk to him or engage him, just stand still with him and wait quietly while the dog explores the small area you have decided the potty will 'belong.' (Remember walking around will only make the potty exercise 'longer' -- the walk can become the reinforcer when potty training is becoming successful.)
- If the dog eliminates, reinforce with a "reinforcer/treat" at the end of the stream (or other).
- If nothing happens in about 3 - 6 minutes - take the dog back inside and follow the remaining directions:

When inside, the dog is in one of three scenarios only as follows:

1. Dog is crated or in a small enclosure (not on carpeting) - baby gates in doorways, bathrooms, exercise pens.

2. Dog is out - however, **ACTIVELY** supervised (this means you have a long line or leash attached to him and to you; or you wear a big bow as a **REMINDER** you are watching him. This is the biggest part. Please understand that active supervision doesn't mean they are in the same room but you are watching TV or reading, doing dishes, laundry, etc.

3. Dog is out of pen or "puppy - safe area" when you are actively engaging the dog (playing a game, training, petting etc) - again, means you are actively supervising in a way that a leash or line isn't necessary.

4. The dog is then reinforced/rewarded with a **SMALL PIECE OF TREAT** for each successful elimination outdoors; if indoor accidents occur - you need to adjust your supervision. Equally, **IMPORTANT** if there is the accident, a good cleaner has to be used; Try Fresh 'n Clean or Anti-Icky-Poo or Urine-Off - you have to be sure there are no "smells" for the dog. Sadly, doesn't mean if you can't smell it, your dog can...if there is a residue. This will encourage the dog to continue to

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eliminate in that general area - so clean - clean - use the products. Vinegar and water don't do the trick.

5. Remember - don't punish the dog for an error - all it will do it teach the dog not to potty in front of you and they get very good at "hiding it."

6. When you get some consistency in eliminating outdoors or where you wish - now stretch out the time from 60 minutes to longer periods.

Additionally, you can try the "umbilical approach" to housetraining your puppy or adult dog. This means that your dog is always directly supervised by you or another responsible person or managed in a crate, pen or leash that is attached to you or restrained nearby.

Still, you will establish a daytime routine and go out with the dog every few hours (1-3 hrs.) And if you want her to use a particular area of the yard, it is necessary to take her on a leash to this spot and wait.

Potty training will happen quicker if you do not just send her out to "do her business" on her own. You need to be outside to reward (yes with a small, very small piece of food) the "good behavior of elimination outdoors." You may wish to play with her for a few minutes before returning to the indoors so you will ultimately use "life rewards" for potty outside. If she doesn't go, bring her back in, without play, manage as before, in a crate, pen or leash, and try again in a half-hour or so. When you know she is empty you can give her some relative but still supervised freedom, short periods.

If you catch the puppy or dog in the act, calmly interrupt the puppy and take her outside to her bathroom spot. **Again, do not punish her. If you do, you will only teach her not to eliminate in front of you.**

TEACH TO RING THE BELL - NOTIFY YOU TO OPEN DOOR OUTSIDE:

You may also teach the dog or puppy to ring the bell to ask permission to go outside. Simply hang a bell on a strong cord so the puppy will be able to reach. For a period you will ring the bell each time you take her outdoors to eliminate. Then, when the association has been established, usually one to two weeks of consistently

ringing the bell, you will teach your puppy or dog to ring it. Use a lure (food) to get the puppy to move the bell, reward and take her outdoors to eliminate. Again, do not send her out. It is important, in the beginning to ensure they have actually eliminated not just gone outdoors to play.

PUPPIES AT NIGHT:

At night, she should be managed, either with the use of a crate, or restricted to your bedroom or nearby. If she cries in the middle of the night, she probably has to go outside. You must wake up and take her out, reward when she eliminates and immediately bring her back and return her to the management area.

If your puppy backslides, it is your fault and possibly for the simple reason of allowing too much freedom too soon. Go back to a more restricted routine and proceed more slowly.

It is important to realize, that dogs do not house soil out of malice or spite. They just don't think that way. If your dog eliminates every time you leave her alone in the house, chances are it is related to stress, or absence of a completed housetraining routine, perhaps separation anxiety, but never malice. Punishment will ultimately make the problem worse. The majority of dogs wants to keep their areas clean and will happily learn to use appropriate potty spots if given the chance.