

POTTY TRAINING PROTOCOL

Puppies should start potty training as early as six weeks. If coming from a respectable breeder, kennel, or rescue, the puppies will have already started the process. It is our responsibility to continue with the process as we transition the puppy from the breeder to your home. Older dogs should follow this same protocol.

DIGESTION PROCESS

When a puppy is small, the process of digestion seems quick because the animal is either still on a wet diet or its digestive system is still in its infancy. The smaller the bladder, the quicker the puppy will need to relieve itself. Food products will still take some time to fully digest and move through the system. It is recommended to feed your puppy three meals a day after he or she has been weened. All this will give pet owners an idea of when solid waste will need to be eliminated. In other words, what goes in must come out.

Depending on the training schedule, an animal will typically get accustomed to eliminating before or after a meal. We should be aware of when the need is upon them and make adjustments to the schedule to accommodate the animal when need to eliminate.

PRIOR TO OBTAINING YOUR DOG

1. Determine the bathroom behavior you want.
 - a. Is it a small dog? Do you want to use pee pads? Do you want to take the dog out in the rain and snow? Are you in the city and need to train on the sidewalk or on pee pads?
 - b. Is it a large dog? Do you want him or her outside?
 - c. Do you want the dog to pee on "cue," i.e., "go potty" or "do your business"?
 - d. Do you want them to go while on a walk?
 - e. Do you have a fenced yard? Do you want the dog to have access to it at all times?
 - f. Are you going to use a crate (kennel) or play pen?
 - g. Are you going to close off part of your kitchen?
 - h. Are you going to choose a specific spot in the yard?
2. Determine your schedule (when are you available to work on clear bathroom rules). Ask yourself:
 - a. How often am I available to take the dog out?
 - b. Who is going to be in charge of potty breaks?
 - c. Do I have access to a dog walker?
 - d. How long will the dog need to be in the crate?

IN THE KNOW...

1. Female dogs have more hormones, pheromones, and endorphins in their urine than male dogs, which is one reason female pee is more toxic to your lawn.
2. Male dogs will mark territory more than females, although females will mark as well.
3. Puppies will have little self-control, so overstimulation will make them excitement/fear pee. They will gain more self-control as they grow and their bladders can hold more liquid.

EQUIPMENT

1. Crate: No water or food bowl. Must have chewables in the crate.
2. Play Pen: Pee pads are optional here. Watch for destructive behavior of pads.
3. Pee Pads: Only use if have a small dog or are in the play pen.
4. Treats
5. Potty bell
6. Enzymatic cleaner and vinegar

KEY THINGS TO REMEMBER....

1. Puppies need to be taken out often due to their bladder size and digestive tract.
 - a. 5 weeks – 12 weeks – 1x every hour, they can hold it for 1 hour plus 1 hour for every month they are alive.
 - b. Wake the puppy up before he alerts that he has to go out in the middle of the night; this can often be at three-hour stretches. The animal will be able to hold it longer as he or she grows.
2. Keep your puppy on a food schedule, so you know when he or she will need to eliminate.
3. No food (except reinforcers) or water after 7 pm.
4. Assign a consistently used standard word when the animal is in the process. Before and during! “go pee-pee, go poo-poo,” “do your business,” “hurry, hurry.”
5. Take your puppy out after all of these activities.
 - a. First wake-up from overnight, nap time, or any crate time.
 - b. During play (stop play after 10-15 min)
 - c. During training sessions (stop training after 10-15 min)
 - d. After eating (within 15-20 min)
 - e. After drinking (within 15-20 min)
 - f. After any kind of excitable greetings or stressful situations
3. Reinforce heavily for going outside after they have eliminated. Use higher-value treats such as chicken, cheese, hotdogs, etc. in this case.
4. The puppy or dog should not be allowed free time if he or she has not relieved themselves outside.
 - a. Keep the dog on leash, walk it around the house a bit, and take the dog back outside.

THINGS NOT TO DO!

1. Do not yell, curse, or verbalize to the dog if you do not see him or her eliminate, inside the house.
2. Do not bring your dog over to the spot and scold them.
3. Do not give your dog complete freedom of your house.
4. Do not expect too much of your dog. Each dog has its own timeline just like a child. Take your time and be patient.
5. Do not let up on your schedule until the dog is approximately 12 to 18 months old. If we slack off during the dog’s first 6–12 months, one could see a slide backward as the dog grows into sexual maturity.

THINGS TO DO WHEN...

Every dog will have accidents, but if you are consistent in the training, you can minimize them from happening. But be prepared for those times when it does happen.

1. If you catch your dog mid-pee or poop: Make startling sounds, like dropping a pot or “yadda yadda yadda” in a loud voice. But do not scare them. Startle but do not scare!
2. Scoop up the animal with your hand over their private parts (yes you will get soiled, and yes you can wash your hands). This is to trigger them to stop mid-stream.
3. Bring them outside ASAP. You will need to calm them down and then give encouragement to do their business outside.
4. Reinforce heavily for going outside with treats .
5. If they do not go: Do not let them off leash in the house, walk them around inside for a few moments, and then bring them out and encourage them to go.

CLEANUP

You must use an enzymatic cleaner for urine, e.g., Natures Miracle. Make sure it says “Enzymatic” on the label. The best homemade cleaner recipe is at https://dogtime.com/trending/39447-life-hacks-dogs-dog-pee-cleaner?utm_source=sc-facebook&utm_medium=referral&utm_campaign=post

The key to cleanup is as follows:

1. Cleanup as much urine as possible with paper towels or washable cloths.
2. Use 50/50 Vinegar and Water to wash the surface with paper towels or washable cloths. Scrub a lot, to clear rinse water.
3. Spray or pour the enzymatic cleaner to soak the area. Do not wipe it up! Let it air dry if possible.
4. If you have rugs (rug, foam pad, paper over wood), you must let the enzymatic cleaner penetrate all layers.
5. If you have hardwood, there are joints, the cleaner must be allowed to penetrate the joints.
6. If you have tile, the cleaner must be allowed to travel into the grout.
7. Drapes, scatter rugs, clothing, etc. that has been soiled can be put in a washer with the enzymatic cleaner.
8. If you don't like the smell of the cleaner. Let it air dry for at least 10 min, then wipe it up, and use vinegar with lemon after.
9. Soiled furniture or rugs? Test the cleanup spray on the back of the furniture or in an unseen corner of rug first to make sure it does not stain or change the fabric colors.

CRATE TRAINING

Crate training is a great place to start with your dog. Using a crate is an essential tool for house training and safety when you aren't able to watch the dog.

A dog must associate the crate with good things. Feed the dog in the crate, treat the dog when he goes into the crate.

1. Lure the dog to the crate and throw it the food into the crate.
2. Associate a verbal cue with the crate “kennel up,” “crate,” etc.
3. Save “bed” for an actual bed that he has outside of the crate.
4. When puppy potty training. Make sure the crate is small enough that he or she can only stand up and turn around. No pee pads in the crate. In the beginning, you may have accidents, so only leave a small flat bed in the crate that you can wash.
5. Keep a chew toy in the crate that he only has access to in the crate, e.g., a chew hoof. You can also use replenishable things like kongs, or starmarks, bully stick, or pigs ear only in the crate. If the dog takes it out of the crate, take it away from them or put them in the crate with it.
6. Only associate the crate with good things. Do not use it as punishment for biting, jumping, or elimination accidents.



POTTY SPOT

If you have decided to use a specific spot in your yard, you must be consistent every time until the dog gets a clear understanding of where that spot is.

1. Use the same door
2. Go to the same place every time.
3. Clean it up as best as you can. In the beginning,
4. Leave a few poops in the area and/or paper towels with their pee on it to let them know this is the spot to go.
5. Use your potty “cue” word consistently as they start to go and during.



Remember

- a. If they don't go, do not let them off leash or no free time.
- b. If they do go, reward heavily—and be happy!

POTTY BELL

Use Christmas bells large enough for an adult dog and loud enough that you can hear the bells from anywhere.



1. Hang the bells on the wall next to the door (do not hang it on the door, as every time someone comes or goes, the bell will ring, and the dog might associate the bell with someone coming or going like a doorbell).
2. Start the training of the potty bell after you have done a few weeks of actual potty training.
3. Start working on ringing the bell; the dog will associate it with going outside.
4. Lure the dog to the bell with food. If that is not working, rub peanut butter or cheese on it.
5. Let his nose bump the bell; when it rings give him food and take him outside. Walk him around his potty spot and see if he eliminates.
6. Right before you know he needs to eliminate, bring him to the bell and have him ring the bell.
7. Take him right outside immediately. Association of ringing the bell when he has to go pee is the goal.

Warning with the Potty Bell

The animal may start to ring the bell just to go outside. It's therefore important for the dog to associate it only with going the bathroom.

- a. If he rings the bell, and you take him to his potty spot, and he doesn't begin to go within three to five minutes, take him back inside with no free time.
- b. If he rings the bell, and he does do his business, then give him lots of praise, rewards, and happy sounds.

FINAL THOUGHTS

Remember your pup hasn't learned the skill of potty outside. You must give guidance and kindness during the training phase.

You may get frustrated, however, be patient. It doesn't take long for them to learn, if you are consistent, and reinforcing every potty success outside.