



# Potty Training - adult

## Potty Training a Dog of Any Age with Positive Rewards

The most important things to understand are -

- Dogs are never hateful, spiteful or malicious in their thoughts and actions.
- Dogs do what benefits themselves
- Dogs are not your adversary - they are your partner. Treat them with respect

Stopping dog elimination in the house takes supervision, time, patience and a commitment on the part of the guardian. Setting up and adhering to a schedule and using management tools in the interim are the key. Dogs love and thrive in a home with a consistent routine. Dogs also respond extremely well to tasty little treats so make sure have lots of those on hand.

### **Schedule**

Set up a schedule and stick to it. Fido must be kept confined when not supervised in either a crate or a very small space like an exercise pen. If using a crate, the amount of consecutive time Fido can be left alone is 4-6 hours depending on the age and size of the dog. If using an exercise pen because human schedules do not allow for potty break between 4-6 hours, include a pee-pad on one side and Fido's bed on the other. It is extremely important Fido does not have the run of the house without supervision and, when supervised, Fido is taken out every hour to go potty. Using baby gates (maybe in the kitchen) is also helpful to prevent full access to the house making supervision and accident cleanup much easier.

### **Rewards**

When Fido goes potty outside he is always rewarded with tasty little treat and soon as

elimination is complete.

**Note: Fido gets rewarded NOT when he starts to go, and NOT after he comes back to the house, but as soon as he finishes. Yes - you must take him out and stay with him.**

Fido quickly learns that eliminating outside gets a tasty reward. After eliminating Fido can enjoy supervised time with the family in different rooms of the house for up to an hour.

### **Accidents**

Accidents in the home are cleaned up immediately with an enzyme cleaner and the guardian reminds themselves to do a better job of supervising and getting Fido out.

### **Never Punish**

If Fido has an accident in front of you, and you scold, yell or punish, you will teach Fido not to go potty in front of the dangerous human.

If Fido has an accident while you are away, do not punish when you return. Fido has no idea why he is being punished and punishment will not help the problem. This is just cruel.

### **Crate Training**

Before Fido is placed in his crate or pen he a) has had his regularly scheduled meal, b) has had access to fresh water, and c) has just been taken out for potty. No food or water goes in the crate except special treats, a nice chew toy and a kong toy with peanut-butter. If you are using a pen or small room because no one is available for 6 hours then water and, if necessary, food can be placed in the pen or room along with bedding and pee-pads. This is less than ideal and may make the training take longer. A dog walker is always a better option. In either case as soon as someone comes home they remove Fido from his confinement and **immediately** takes him outside to go potty. Do not release Fido and let him run around first before going out. Remember to take his treats out with you.

## Sample Schedule

The following is a sample schedule. Puppies are fed 3 times a day, adult dogs twice breakfast and dinner. Do not have food available all day. Scheduled feedings results in scheduled bowel movements. The ability to hold and control the bladder will get longer though frequent outings in the beginning is a must.

6:00 AM	● Fido out for potty
6:15	● Fido breakfast
6:30-7:30	● Fido out for walk, yard playtime, training time
7:30-8:30	● Fido plays with toys while parent get dressed for work
8:35	● Out for potty
8:40	● Crate with treats and kong
1:00 PM	● Out for 30 minute walk, water break and potty break
1:35	● Fido in crate
5:45	● Potty break, long walk, yard playtime, training time
6:45	● Dinner
7:00	● Potty, if needed
7:15-9:30	● Social time includes chew time, play, training, exercise
9:40	● Potty time
10:00 PM	● Bed time in crate or bedroom with door closed

Always have your treats and praise profusely. Never scold and be consistent.

Happy Training!