

Toilet Training Your Puppy

5 STEPS FOR SUCCESSFUL
TOILET TRAINING



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Introduction

Toilet training a puppy can be a stressful process for many new dog owners.

Accidents and puddles can cause a lot of arguments and frustration in a household, but it doesn't have to be that way. With the right plan in place, you can successfully help your puppy to learn where the best toilet area is.

It is essential that we stop and think, really think about what we are trying to do.

We are trying to teach a different species to master a task that we wouldn't expect a one-year-old human child to be able to do!

In fact, when we are toilet training a child aged two or three years, we monitor them closely and remind them to go to the toilet often. But we expect puppies who are only a few weeks old to get the message in a matter of days! Reminding ourselves of this fact can help us to remain consistent and very patient, especially in the first week of toilet training puppy.



In this book you will learn ...

- *How to come up with a routine that suits your puppy's age.*
- *How to prevent accidents in the house before they happen.*
- *How to help your puppy to establish a toilet area outside.*
- *And what to do when things go wrong.*

Before you begin, you will need ...

- *Puppy's daily activity tracker (sample tracker is on page 11)*
- *Delicious treats (chicken works well)*
- *A safe place for the puppy to settle when unsupervised*
- *Patience and commitment*



Step 1: Management and Accident Prevention

The first step in successful toilet training is to ensure that your puppy has no accidents in the house. Realistically this is a lot to ask of any dog owner; however, it is possible, but don't beat yourself up if there is an accident, carry on with the plan. We will cover what to do when things go wrong later in the book.

Puppies need to pee a lot, which is excellent because we want the puppy to learn that we will pay (with treats) for pee and poo but only if they are left in the correct area—going to the toilet in the wrong place doesn't pay-out. So, if we bring them to the right location often and pay with treats, the puppy will soon want to get to that area fast to earn his reward. Sounds easy, doesn't it?

It is possible to toilet train a puppy quite quickly in this way, but it takes full commitment and a lot of patience.

Management and prevention go hand in hand and are essential to ensure that our puppy is set up to succeed, and the opportunity for accidents is minimal.

While your puppy is learning, they will need to be supervised at all times; this means not let out of sight. Watching puppy sounds easier than it is, and this is why having other members of the household committed to helping with toilet training will be a massive benefit to you.

Whoever is supervising your puppy will need to have their full attention on the pup and not on their phone or television. If your puppy potters off and has a little pee while the designated supervisor is distracted, you are looking at adding some extra days onto the toilet training plan.

Your puppy will have a few naps throughout the day, so there will be some short breaks for you. Over the first few days, with the help of your tracker, you will hopefully begin to see patterns developing in your puppy's toilet and sleep habits, this will also make things a lot easier for you.

Trust me; it will be worth it in the end!



Step 2: Set a Reminder

The purpose of the reminder is to ensure that your puppy doesn't get the opportunity to have an accident. We want to get him to the toilet area often to increase the chances of him wanting to get to this area when he feels the urge to go. It might seem like the intervals are excessively short, but trust me preventing accidents will pay off.

Day Time:



Puppies are all very different, so your puppy's toilet intervals might be very different than those of another puppy of the same age, but for the first few days use the interval guide to help you get an idea of how often he needs to go.

Night Time:



Most animals (including humans) don't like to go to the toilet in their sleeping area, for this reason, a crate can be beneficial when your puppy is toilet training, particularly at night. The crate should contain a bed which is the full size of the crate and perhaps a soft toy larger than the puppy, for comfort. Please don't leave it till bedtime to get them used to the crate, let them go into the crate early in the day for a daytime nap or to play with toys.

You will need to bring your puppy out to the toilet area last thing at night, during the night and first thing in the morning as soon as they wake. I have always found it easier to have the crate in my bedroom and have boots, jacket and treats beside the door ready to go.

Interval Guide:

Age Interval between toilet trips

8-10 weeks	1 hour
10-12 weeks	1hour 30 mins
12-16 weeks	2 hours

Your puppy will probably be able to wait a bit longer than these intervals, but we need to get him to the toilet area before he needs to go. At this stage, we are focusing on teaching the puppy where to go. We can worry about increasing intervals later.

We are going to teach him that he gets paid for going in that area.

Bringing him out more often than you think he needs to go will help prevent accidents, and therefore ensure you get a rock-solid toilet trained puppy. At night puppies can go 3-4 hours without needing to be taken out to the toilet area.

Outside of the Interval guide puppies often need to go to the toilet -

- After the wake from a nap
- After they eat or drink
- After playing
- After an introduction to new things
- When someone visits

Step 3: Get a Routine

Consistency is vital when it comes to teaching any new behaviour. The routine should be the same as much as possible for every trip to the toilet area. Before you begin, you need to choose a suitable toilet area. Dogs often prefer to pee on absorbent surfaces, so grass is ideal (but not necessary). The toilet area should be close enough to your door, so you can get there quickly if necessary and should ideally be a boring area with no little or no excitement. Puppies often like to stay close to their new humans, but if you have difficulty encouraging him to remain in the toilet area with you, it's ok to use a leash. Keep a jacket, shoes and treats near the door to make things easier for yourself.

When your reminder goes off, your routine should follow these steps...

1. Get your jacket and shoes on if necessary.
2. Grab some treats.
3. Walk your puppy to toilet area nice and calmly, it's ok to carry him if he's very young.
4. Wait with your puppy until they go to the toilet.
5. Wait for him to start to straighten back into a standing position after finishing
6. Mark that good behaviour with a "Yes" and praise him with great excitement
7. Then give him a delicious treat.
8. Return indoors or let him off the leash to explore with you.

If your puppy doesn't go to the toilet right away, don't rush him. Wait with him, it could take 5-10 minutes. If he just sits down beside you, take a few steps around the area to encourage him to move slowly around the area.

- Don't do anything that might distract him.
- Don't talk to him.
- Watch him casually.
- If he is on a leash, hold it loosely.

If after ten minutes your puppy still hasn't gone to the toilet, you can return indoors with him. The following few minutes are crucial! he needs strict supervision for the next 5-10 minutes, and then you need to bring him back out to the toilet area again.

If, during the 5-10 minutes in the house he starts to sniff the floor or go to the door, bring him straight to the toilet area and reward with ecstatic praise and a tasty treat if he goes to the toilet.

If you don't get him outside before an accident happens, just clean it up and start again.

Punishing a dog for having an accident is unfair and will only delay the toilet training process, as the dog will learn to wait until you're not around to go to the toilet or might start to hid accidents by going behind the sofa!

Step 4: Keep a Record

The reason I recommend keeping a record is to help you to start seeing a pattern in your puppy's routine. Your record sheet should record the time, activity and have a column for notes. Keep your tracker and pen in a place where it will be easiest for you to track and go!

After a few days of using the tracker, you will start to see patterns emerging in your puppy's sleep and toilet habits. This pattern will make it easier for you to see when it is time to increase the interval between trips to the toilet are.

If we start to expect our puppy to hold on a bit longer before he is ready, we will have more accidents in the house. For this reason, it is important that we wait until we see a pattern developing before we can increase the time between toilet trips.



PUPPY'S ACTIVITY TRACKER EXAMPLE

TAKE A NOTE OF THE TIME AND PUT A TICK UNDERT THE APPROPRIATE ACTIVITY

[illegible]

Step 5: Encourage bladder control

Now that your puppy understands that they can earn tasty treats by going to the toilet in a specific area, they are ready to learn how to hold it until they can get to that area.

If you have had a week with no accidents in the house you can now add 30 minutes to the interval between trips to the toilet area, so if you have been taking puppy out to the toilet area every 60 minutes you can now wait 90 minutes before taking him out, unless of course he asks to go in the meantime.

There are a number of ways in which your puppy might try to communicate that he wants to get to the toilet area.

- sniffing the floor
- pacing or circling
- going to the door
- whimpering

If your puppy displays any of these signs, bring him directly to the toilet area quickly and calmly, once he goes to the toilet give him huge praise and a tasty food treat.

Your puppy asking to go to the toilet area is a huge milestone, so give yourself a pat on the back for successfully helping him to learn where his toilet area is.



Common problems

Puppy has an accident in the house.

You will probably have loads of family and friend willing to give you advice on how to punish this behaviour, some people are still recommending to stick the dog's nose in it, or hit him with a newspaper.

The reality is that punishing or frightening your puppy for having an accident won't help him to learn what we are trying to teach him.

If you walk into the room and find an accident, stay calm and relaxed while you clean it up, bring your puppy to the toilet area and reward him with huge praise and tasty treat as normal. If you are finding accidents often you might want to go back and examine your management and prevention set up as outlined in step 1.

If you are in the room with your puppy and he starts to pee you will need to interrupt him quickly and take him to the toilet area, he might not be able to stop mid-flow but do your best to get him outside to the toilet area as calmly as possible.

Puppy goes on the floor as soon as he comes back inside

This is a very common problem, probably the most common problem people have when they are toilet training a new puppy.

In most situations this happens after the owner has been out with the puppy in the toilet area for ages and puppy didn't go, as soon as they are back inside, puppy squats down and leaves a puddle on the floor.

If you bring your puppy out to the toilet area and he doesn't do anything, then you have to assume that he will need to go very soon.

After the unsuccessful trip to the toilet area, bring your puppy back indoors and watch him very closely for the next few minutes for signs that he is about to go to the toilet, if you don't see him showing any of the signs that we mentioned earlier, bring him back outside after about 10 minutes and repeat this until he goes to the toilet in the toilet area.

Your puppy should learn that holding on until he can get to the toilet area will ensure that he gets a nice jackpot reward, this will make it less likely that he will want to go indoors where there is no pay-out.

When a new puppy joins a household it can be a very exciting time, but toileting problems can quickly test the patients of any dog lover.

With the right preparation and a solid plan in place, you will soon help your puppy to learn where his toilet area is.

In this booklet, you will learn how to...

- Develop a toilet routine suited to your puppy's age.
- Choose a suitable toilet area outside for your puppy.
- Recognise signs that your puppy needs to go.
- Help puppy developed bladder control.
- Deal with accidents if they happen indoors.



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