

From Dusk Till Dog LLC
Dogs. Science. Passion.

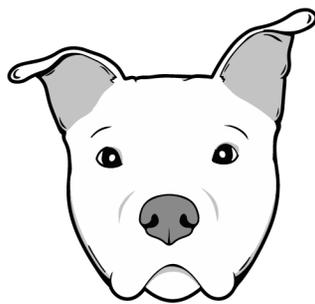
Potty Training

Goal: To manage your dog so you decrease/eliminate indoor accidents and to teach your dog that going outside is the place to go.

Your puppy/dog should always be in one of the three categories below at all times while you're potty training them:

Category One: Outside With You

- We recommend bringing your puppy outside on leash and bring her to a common spot that they already are going potty or that you would like them to get used to. This also means you will be there to reinforce your puppy for doing the right thing, which is going outside!
- When you are taking your puppy out to go potty, bring a high value treat for them as a reward. It is important to give her something extra special specifically for going potty outside. Don't let the food distract her from going so keep it inside a pocket or behind your back. Praise and reward your puppy as soon as they pee or poop.
- The key to this exercise, and the key to them learning it more quickly, is to ensure we are immediately giving them the reward as soon as the last drop falls outside. The mistake most pet parents make is they give their dog a treat once they've already trotted back into the house. Dogs associate in real-time. So we must provide the treat the very moment they are done eliminating outdoors.



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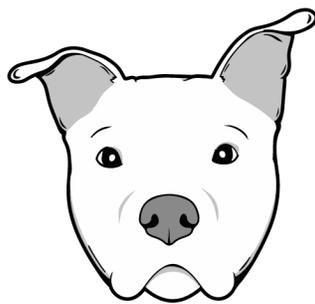
Category Two: Inside With 100% Supervision

- If your puppy is inside, they should be watched at all times. This means keeping a *very* watchful eye. No letting your puppy sneak off into the kitchen or bedroom for a few minutes. Close doors, put up gates or a playpen, or even leash them up and tie the end to your pants so they are constantly in sight. That way you can catch your puppy if they start to go inside and interrupt them, or you can notice if they are displaying behaviors like they need to go out.
- Try to be calm and quiet when bringing your puppy outside. Reward and praise them once they go. Clap, cheer, pet, and praise them like they just won the lottery. This will help reinforce the concept of going outside is much more rewarding for them!

Gated or Crated

- For the times when you can't supervise your puppy inside, a crate is a great option to help with potty training (among other benefits).
- There are two advantages to training your dog to enjoy being in a crate. First, most dogs will try their best to not soil in their sleeping/resting area. Second, this prevents them from eliminating anywhere else in the house, thus preventing the bad habit all together.
- If your puppy is having trouble going into their crate or isn't doing well while inside of it, please let us know and we can discuss crate training protocols.

Things to Keep in Mind



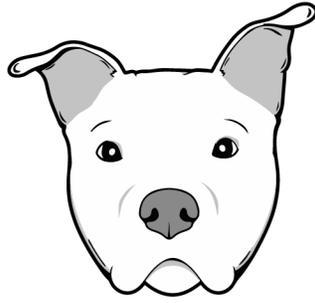
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- Once you see improvements with your pup, we can then discuss giving your dog more freedom. You start off by leaving your puppy out for short bursts of time in a small space or room and build up to leaving them in larger spaces in the house for longer periods of time.
- Know when to head outside to let your dog out. Common times to do this are when they wake up in the morning, if they are released from confinement (crate or gated area), shortly after drinking or eating, overly sniffing the floor, circling and sniffing, pacing or whining, etc. Get to know your dog's signals and use that knowledge to your advantage moving forward.

What Do I Do if See My Puppy Having an Accident?

- If you physically see your puppy having an accident, the best thing to do is politely interrupt with a verbal marker of some sort like “uh, uh” or “eh, eh” types of sounds. Then immediately pick your puppy up and place them outside to hopefully finish going. Yes, you may get a trail of pee or poop through the house, but it is the best way to (in the moment) let your puppy know that going inside isn't good.
 - The key here is to distract, not punish. Punishing them mid-act will only cause them to want to run off and do it where no one can bother them. A quick verbal interruption should be enough to redirect them in the moment. Then immediately, hurry them outside *happily*, to give her a chance to finish going. Once back inside, put them in the crate or a gated area while you clean up the accident.
- If you do not physically see your puppy having the accident, there is nothing to do but clean it up and watch your puppy better next time. Never yell at your puppy for accidents (whether you see them do it or not). This will only



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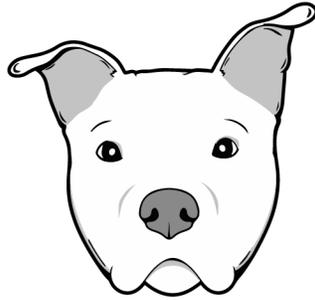
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create negative associations with you and them going potty around you in general. Puppies and dogs are very in the moment, so yelling at them after the fact does nothing but teach them that at times you are unstable toward them. If you come across an accident (without literally catching your dog in the act) then it is too late to give feedback to your dog on any level. If you didn't catch your pup in the act, resist the urge to correct them in any way. Don't rub their nose in it (as this can cause coprophagia – the eating of feces) among other things, don't hit them, don't yell at them, don't show them and point to the accident, etc. Unlike humans, dogs live very much in the present moment. They will not understand that you are upset about something that happened even just two minutes ago, never mind hours ago. Punishing your dog at this moment would only teach them that they are getting in trouble for whatever they were doing at that very moment, even if it was something good, like laying on their bed, chewing on a bone, or coming up to greet you.

Let's Go Over a Couple of Myths About Potty Training:

Myth 1: "My puppy knows she did something wrong because of the look of guilt on her face after I find the mess."

- The look of "guilt" pet parents see when they have confronted their dog after seeing the mess, is a signal of appeasement which is a result of the body language and tonation we are giving off of displeasure. Your dog is attempting to wave a white flag of peace, to prevent you from getting more upset. Her appeasing gestures and cowering actually have nothing to do with the understanding of what she did wrong and way more about the fact that she is aware you are upset and making her nervous.



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- Dogs are not humans. They do not come with a moral compass and therefore do not understand guilt. Remember, it is not guilt; it is appeasement.

Myth 2: "My dog purposely goes in the house out of spite to get back at me for (insert reasoning here)."

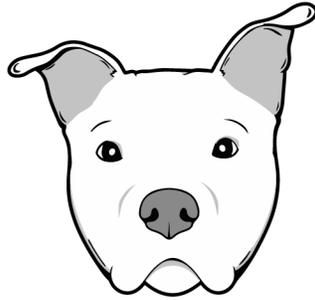
- Dogs are not repelled by feces and urine like humans are. In fact, a lot of dogs even eat poop and/or roll around in it! So the idea that your dog is going inside the house just to "get you back" is simply just not true. This is to put you at ease. Your puppy/dog is not capable of spite, guilt, or planning an evil scheme to upset you. They simply are just not potty trained yet.

Cleaning Up

- It is extremely important how you decide to clean up accidents inside your home. If the odor is not completely removed, then this area will grow an invisible sign on your carpet or hardwood that will read "Puppy Potty Area".
- Steer clear of using detergent, vinegar, any household cleaners, or any cleaners that contain ammonia, which will actually compound the issue. Use an enzymatic cleaner designed specifically for neutralizing pet odors, such as Nature's Miracle, Skout's Honor, etc. You're looking for a good quality pet specific cleaner.

Feeding Schedule

- Dogs work best with a routine and schedule, just like we do. It is a good idea to have your dog on a structured feeding (eating & drinking) schedule, especially during potty training. Find what works for your lifestyle and for your dog.



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- We recommend not leaving food down all day if your puppy/dog doesn't finish meals, especially during potty training. Pull up leftovers for the next meal. It is best you know when they ate and drank so you know when to bring them out.
- If you're really having a hard time, you can limit their access to water as well.

Be Patient

- Remember, both you and your dog are doing the best you can. Your dog forgives you when you make a mistake, so make sure you are forgiving them also. When mistakes happen (and they probably will), ensure to question and analyze how you can prevent it from happening again.