



# HOUSE-TRAINING YOUR PUPPY

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## **Two rules for house training success**

*Prevent Accidents.* Supervise your puppy in the house. Use a crate when you are not sure if your puppy is empty.

*Reward your puppy for going outside.* Praise your puppy at the right moment, i.e. when they are relieving themselves. Reward with a treat or playtime after they finish.

## **Preventing accidents: Long-term and short-term confinement**

### **What is long-term confinement?**

A place for your puppy to stay when you can't provide 100% supervision. In other words, when you are out, or busy around the house, and can't keep your eyes on him the entire time. It prevents chewing accidents, potty accidents, and teaches your puppy to be alone.

### **Confinement? Surely that's too strict?**

Not at all. It is the best possible start for your puppy in your household. People often give a new puppy complete freedom right away. Then, when they have an accident on the carpet or chews on the legs of the coffee table, the puppy gets confined, and confinement becomes a punishment.

Instead, give your puppy a safe place from the beginning, and let them make a gradual and successful transition to their new home. The puppy will be much happier, and your furniture will be intact.

### **When do I use it?**

Use a long-term confinement area if you will be gone longer than your puppy can hold it.

### **Setting up the confinement area.**

The ideal confinement area is easy to clean and easy to close off with a door or baby gate. It should be mostly free of furniture and non-puppy related objects. The best places for a confinement area are the kitchen, laundry room, bathroom, or an empty spare room. Furnish with:

- A puppy potty pad or litter box
- Your puppy's crate (with the door open)
- Water and food bowls
- Chew toys or stuffed KONG



## HOUSE-TRAINING YOUR PUPPY (CONTINUED)

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### Getting your puppy used to the confinement area

Step 1. Take your puppy out for a walk or bathroom break.

Step 2. Give the puppy a chew bone or a stuffed Kong. Leave them alone in the confinement area while you go about your business in the house.

Step 3. After 5 minutes or before the puppy finishes the chew, let them out but don't make a big deal about it or make a fuss.

Repeat steps 1-3, gradually increasing the time you leave your puppy in their confinement area without leaving the house. Vary the length of your absences, from 30 seconds to 20 minutes, and repeat these sessions throughout the day.

Leave your puppy in their confinement area (or crate) at night. It is normal for a puppy to cry or whine a little bit as they figure out how to be alone, however the puppy should not sound like they are in distress for more than five minutes.

Step 4. Within the first day or two, start leaving the house for really short intervals like going to the mailbox or taking out the trash. Gradually work up to longer absences, like running errands.

**Training Tip:** Be patient. It may take several days or weeks for your puppy to get used to his confinement area.

**Troubleshooting:** Your puppy may bark, howl, or whine when separated from you. Play some quiet music or nature noises in or near the confinement to help soothe your puppy. We also recommend using pheromones like Adaptil or lavender aromatherapy to help ease stress. If your puppy continues to work themselves up or be in distress for more than five minutes, please contact a certified professional trainer.



## HOUSE-TRAINING YOUR PUPPY (CONTINUED)

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### Short Term Confinement

#### What is short-term confinement?

It means crating your puppy. A crate is a terrific training and management tool. It is useful for house-training, brief alone-time, settling, and any form of travel. Most importantly, a crate teaches your puppy to hold it when they have to go to the bathroom. A crate helps your puppy in many ways—and saves your carpets.

#### Is using a crate cruel?

Absolutely not. A crate can be your puppy's favorite place in the world. Think of it as their crib. Use treats, praise, and toys to make your puppy love his crate.

Just remember not to use the crate for more than 3-4 hours at a time, except for bedtime.

When do I use it?

*Use the crate for short absences.* General guidelines for crating puppies:

8-10 weeks	up to 1 hour
11-12 weeks	up to 2 hours
13-16 weeks	up to 3 hours
Over 4 months	up to 4 hours

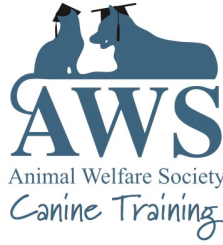
#### Getting your puppy used to the crate

Step 1. Begin crate training right away—preferably within the first couple days your puppy is in your home.

Step 2. Throw small tasty treats into the crate one at a time. Praise your puppy when they go in to get the treat.

Step 3. When your puppy is comfortable going into the crate, practice closing the door for 1-2 seconds, then treat them through the door. Let the puppy back out of the crate. Repeat this step many times, gradually building to 10 seconds.

Step 4. Stuff a Kong with something very yummy or use a special bone that will take a lot of time to chew. Put the chewies in the crate. Shut the door. Move about the house normally. Let your puppy out after 5 minutes or when the treat is finished. Repeat this step several times, varying the length of your absences from 1 to 20 minutes.



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Step 5. Next, leave your puppy in the crate with something delicious while you leave the house for short errands, like getting the mail or watering the garden. Gradually build your absences.

**Training Tip:** When you plan to crate your puppy for longer than an hour, make sure he is well exercised, has gone potty, and is ready for a nap.

**Troubleshooting:** If your puppy is going to the bathroom in his crate, remove any bedding, make sure they have gone to the bathroom before you put them in the crate, and that they are not being left for too long. Make sure you are following the rules for good potty training.

### How to House Train

Step 1. Take your puppy outside on leash, go to the same place every time.

Step 2. When your goes to the bathroom, praise. Offer a treat or playtime when finished.

Step 3. If you are in a puppy-safe place, let them off the leash for a little playtime.

If your puppy doesn't go within 5 minutes, put the puppy back in the crate for 10-20 minutes, then try again.

### A house-training checklist

- Take your puppy to the potty place first thing in the morning, last thing before bed, shortly after meals, naps, or play sessions, when he comes out of his crate, and generally every hour or so.
- Until your puppy is perfectly house-trained, always go outside with your puppy so you can cheer and reward at the right moment.
- Supervise whenever your puppy is not crated, especially if they have a full belly or bladder. If you must take your eyes off your puppy, even for a minute, crate him or put him in his confinement area.
- If you see your puppy sniffing and circling in the house, take them outside immediately.



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### **How to handle house-training mistakes**

*Interrupt mistakes as they are happening.* Don't be too harsh, or your puppy will be afraid to go in front of you. After interrupting your puppy, hustle them outside to the potty area. Praise if your puppy finishes there. Clean up the indoor mess with an enzymatic cleaner to remove protein residue that might attract the puppy to the same place again.

*Never punish.* If your puppy made the mistake one hour or five seconds ago, you are too late. Do not rub the puppy's nose in their own mess. This will simply make the afraid of you, and they won't understand why you do it. You must catch your puppy in the act for the interruption to work, and again, you can't do it too harshly or your puppy will be afraid to go in front of you.

### **When do I give my puppy free run of the house?**

Not until your puppy is chew trained as well as house-trained. This can be as late as 12-14 months old.

When you are ready to start giving your dog more freedom, first confine them to one room at a time. Choose a tiled room, like the kitchen or the bathroom, so accidents can be easily cleaned. Add a room each week your dog is successful (accident-free), and supervise each time you introduce them to a new room.

**Training Tip:** Confinement and crating is not too strict for your puppy. You are doing your puppy a favor by creating structure and clear rules. A few short weeks' time investment on your part nets you a lifetime of freedom for your puppy—and you don't have to replace your carpet!