

PUPPY POTTY TRAINING

Potty training is the first of many training goals you and your puppy will tackle together. At times it may feel daunting with middle of the night potty breaks or accidents that are bound to occur. We empathize with how challenging this can feel and we are here to support you through it.

One of the ways puppies (dogs) learn is by **association**. That means that the more opportunities your puppy has to potty in the house, the more it will become a learned behaviour. To combat this we are going to conquer potty training in two ways; **prevention** & **proper association**.

1 Prevention

Prepare your tools at the designated potty door

- Treats, leash, collar, shoes and coat.
- Consider keeping other tools at the ready such as an umbrella or a towel.

Establish a consistent feeding, physical exercise and mental exercise schedule

- Feeding: Consistently feed breakfast, lunch and dinner at a set time.
- Physical Exercise: Consistently provide exploration walks, fetch etc.
- Mental Exercise: Consistently offer IQ games such as treat balls, snuffle mats etc.

Offer relief breaks

- Immediately following sleep and feeding.
- Every 30 minutes to 2 hours.
- Any time you see sniffing, walking in circles or attempting to isolate themselves.
- Set timers to help you remember.

Equip yourself with proper cleaning tools

- Purchase an enzymatic odour eliminator spray.
- Treat all areas your puppy has previously pottied in the house.
- Use this spray on any new potty accidents in the house.

Constant Observation

- Provide direct supervision for your puppy at all times.
- Keep a leash on them any time you are directly monitoring your puppy but not playing with them.
- Cut the handle off of an old leash or a cheap one from a discount store. This will prevent the handle from catching on anything.
- The leash allows you to quickly take control to usher outside.

Use an exercise pen and or crate

- Any time you are not directly monitoring your puppy.
- Crates should be large enough for them to stand up, turn around and lay down but small enough that they can't potty in a corner.
- Offer your puppy a safe toy or frozen Kong to occupy them and prevent barking.

TIPS:

Amount of time puppies can hold their bladder:

- In a crate is roughly their age in months
- Free running is 30m-2hrs



Use your puppies meals in IQ games. This extends their feeding time and satisfies instincts such as problem solving, foraging, and

TIPS: cognitive thinking

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2 Proper Association

Create a clear potty routine

1. Teach a potty prompt
 - Say a consistent word such as "Potty" or "Outside".
2. Place them on leash
 - Regular 6ft leash, no retractable leashes.
3. Optional: Create a potty behaviour
 - Ask for a sit or teach them to scratch at the door or ring a bell.
 - This is to be trained separately and combined with your potty routine when it is consistent.
4. Stand in the same spot outside and don't move from it
 - This allows us to decrease distractions like sniffing and exploring as well as provide potty smells to help teach the potty area association.
5. Reinforce the potty word
 - While your puppy is searching for a potty area, in a soft and calm tone periodically repeat your potty prompt "Potty" or "Outside".
6. Reward the potty
 - Wait for them to fully relieve themselves before saying, moving or doing anything.
 - Give them verbal praise "Yay, good boy!" and a treat.



Curveballs & Tips:

- If your puppy is struggling with snow, shovel a small area and place a board overtop of it to prevent snow building up. Lift it up and down each time.
- Never use punishment for accidents in the house. This can create fear/anxiety and actually make the problem worse
- Avoid using pee pads. This simply is an additional step and can confuse dogs when transitioning to pottying outside
- If you previously used pee pads and your pup is struggling, you can place one outside to help develop the association.
- Do not use ammonia based cleaners, the smell can mimic the odour of urine
- As you could guess, excitement pee's are caused by excitement. Potty your puppy before visiting with friends or family and have them ignore the puppy until they are calm. It can be challenging for a person to ignore an excited pup but it is absolutely beneficial for the puppy who is struggling with over excitement and who doesn't yet know how to regulate themselves
- Keep your veterinarian in the loop with your potty concerns and training progress.

