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BASIC POTTY TRAINING GUIDE

YOUR TRAINER'S PERSPECTIVE



Potty training a new puppy can be frustrating. It may feel like your puppy doesn't understand that you want them to go outside.

Or maybe you're simply not sure where to start.

Remember... every puppy is different. And there is no 'secret' to potty training.

Success comes from creating **patterns, routine, consistency, and repetition.**

Approach potty training just like every other dog training discipline. Your goal is to create a new **habit.**

With enough repetition... that habit becomes **muscle memory.**

IMPORTANT



Your puppy is **not** having accidents to upset you. Dogs do not and cannot think that way.

Accidents simply mean one of three things:

- Your puppy doesn't understand yet
- You missed the opportunity to take them outside
- The puppy wasn't being supervised

Treat accidents as information - not defiance. The puppy has no way of knowing what you expect yet.

HELPFUL TIPS



1. Skip the Puppy Pads

I know... this may sound surprising. However, many puppy pads contain attractant scents designed to encourage urination.

Even without those scents, puppy pads teach your dog that it's acceptable to eliminate inside the house.

To your puppy... a puppy pad... a rug... a bathmat... a blanket... or a pile of clothes... are all very similar. A puppy cannot distinguish the difference.

Instead of teaching to go **outside** while using puppy pads, you're teaching to go on **certain indoor surfaces**.

Skipping puppy pads often shortens the potty-training process and reduces confusion.

2. Crate Training Is Essential



A properly sized crate is one of the best potty training tools available.

If the crate is too large... many puppies will simply use one end as a bathroom and sleep in the other.

Choose a crate that's only large enough for your puppy to comfortably:

- Stand
 - Turn around
 - Lie down
-

3. Puppies Need Frequent Opportunities



Young puppies have active bodies and fast metabolisms.

Depending on age... they may need to go outside every couple of hours... or even more often.

4. Don't Forget These Times



Always take your puppy outside:

- Shortly after eating
- Shortly after drinking
- Immediately after waking from a nap
- After energetic play sessions
- Anytime you notice sniffing, circling, wandering, or suddenly losing focus

Those body language changes often mean... "Hurry."

5. Watch Your Puppy



The best potty training tools... **supervision and observation**. If you are not supervising... how will you observe their behavior?

When your puppy suddenly stops playing... begins sniffing... circles... or slows down... take them outside immediately.

6. Supervise or Crate



If you cannot give your puppy your full attention... utilize the crate.

This helps to avoid accidents and keeps the puppy safe while unsupervised.

Every accident is simply information that your puppy wasn't ready for that much freedom yet – or you were not paying attention.

More freedom will come when you have taught your puppy to consistently go outside.

7. Consistency Wins



The more consistent you are... the faster your puppy learns.

Patterns become habits. Habits become muscle memory.

TO BEGIN ★

Step 1 — Prepare

Near the door you will use consistently, keep: - Treats - Leash and collar - Potty journal

Your journal should track:

- Time of activity and bathroom times
- What activities: outside, in crate, meals, water, playing, training, napping, & accidents
- Pee
- Poop

The more information you collect... the easier it becomes to begin to recognize patterns.

Step 2

Be intentional with your training. Don't just release your puppy outside... **hoping** they potty before you bring them inside again.

Take your puppy outside on leash... even if your yard is fenced. Every. Time. Bring treats.

Step 3

Go directly to your desired potty area. Stand still. Avoid walking around the yard.

Keep the leash short enough that your puppy remains only a few feet from you.

This helps condition one consistent bathroom location. And no funny business before potty business.

Step 4

Choose one potty cue. For example: **"Go Potty."** Be consistent. Repeat the cue every 5–10 seconds.

The instant your puppy begins to eliminate... calmly mark, **"Yes!"**

When they finish... reward immediately upon finishing.

You are teaching your puppy exactly what earns rewards – and it is rewarding to go outside.

Over time... many dogs will eventually learn to eliminate on cue.

Step 5

Now comes a better reward. Now that your puppy has gone potty outside... fun and freedom can happen.

Walk around the yard. Or allow some outside playtime.

Going potty becomes the way your puppy earns their freedom to play outside.

Step 6

Record everything in your journal. Consistency matters. You should begin to see a pattern of when your pup needs to use the bathroom.

Step 7

Repeat. Every couple of hours. Build the routine.

LOOK FOR PATTERNS

After several days... review your journal. Most puppies begin developing predictable bathroom schedules.

For example... if you notice a pattern of your puppy usually having accidents around four hours... adjust your training to take them outside around three and a half hours instead.

It's always better to go a little early.

REMEMBER



Be smart. **Never** punish accidents. **Never** rub your puppy's nose in it. **Never** hit your puppy

Those methods don't teach potty training. They teach fear.

They may even create new problems, such as hiding to eliminate or eating their own stool.

Reward the behavior you want. Prevent the behavior you don't.

WHEN TO CALL YOUR VETERINARIAN



If your puppy begins having:

- Very frequent accidents
- Numerous small urinations throughout the day
- Sudden changes in potty habits

Have your veterinarian evaluate your puppy for possible medical causes, such as a urinary tract infection.

If you need an example of journaling....

TIME	ACTIVITY Examples: outside, in crate, breakfast, lunch, dinner, playing, training, napping, accident	PEE	POOP	NOTES Stool – normal, loose, etc. If 'accident' - where/how/time found.

