



Perfectly Puppy™ by FearLess Pet

Potty Training

Potty training takes careful planning, timing and patience. It's important that you set routines so that you can manage your puppies habits and learn their patterns. By offering meals at the same time each day, you can better “predict” when your puppy needs to go potty.

I recommend starting a “puppy chart” that not only includes when your puppy goes potty but also when they eat, drink, play and have training sessions. This proactive approach will help you during the process of potty training and keep you organized with their care.

There are several ways to manage potty training and I will cover most of them here. Regardless of the technique(s) you use, be sure to REWARD your puppy when they go potty outside. Food is the highest value motivator for most puppies. Offering treats every time your puppy goes outside and goes potty will really reinforce this behavior. Have a potty party, be excited and shower your puppy with treats and praise. You can begin to taper out the treats later, but don't be stingy with them in the beginning.

Keep in mind, the MOMENT your puppy wakes up (in the middle of the night, first thing in the morning or right after naptime) you should take them outside to go potty. This will be the easy one! The last potty break should be just before bed, as late as possible, so that you can get some sleep.

1. **The tether technique:** This technique involves “attaching” your pup to you when you cannot watch their every move. You can simply slide the leash handle through a belt and wear it attached to a collar or harness on your puppy. Having your puppy tethered will give you both a chance to get in sync with each other AND work on potty training. Watch your pup carefully for signs that they may need to go. Most of the time they will look at you and then begin to sniff. Be sure to take them out regularly when you have them tethered and reward them generously when they go. Using the tether technique will also allow you to take them over to a certain area in your yard if you want to teach them to go in one place.
2. **Timers:** Setting a timer throughout the day is a valuable tool for potty training. All dogs are different but, by using a chart, you will begin to learn your puppies potty habits and set timers accordingly. You can also pair this with other techniques listed here. Every time your puppy eats or drinks, set a timer for 10-20 minutes to take them out. You may have to chart for a couple of days to figure out the best timer schedule for your pup. After they go, set a new timer for anywhere between 30 minutes and 2 hours depending on the age and habits of your pup.

3. **Crating:** If your puppy is crate trained, you can use the crate for the times when you cannot keep an eye on your puppy. Most pups can go at least an hour in a crate without having an accident (again, your chart will help you decide what works for you pup). You can mix up crating with tethering to manage potty training.

4. **Potty pads:** Some people like the convenience of potty pads, I don't recommend them but if you do choose (or need) to use them a great way to transition off of them is by taking a soiled one outside and placing it in the area you'd like your puppy to go. You can also place a new one which will prompt your puppy to go potty outside. Next, you can slowly cut the pad down in size, day by day until it is just a small square. At this point, you can eliminate it all together.

5. **Separate areas:** If your home allows for creating a separate space (for example, blocking off a family room or part of one) where you can spend much of your free time with your puppy, this can help with potty training. As long as you can see them at all times, this will be a good place to spend time with them and watch for signs that they may need to go. If you can't watch them, don't rely on this often.

Accidents WILL happen. If your puppy has an accident just say "uh oh" and take them outside to sniff around. Disciplining your puppy is not productive and we never want to create fear in puppies. The more you reward them for going outside the more they will do it!

You can use all of the above techniques separately or combined to potty train your puppy. With some trial and error, I hope you find what works for your household!

