



# Potty Training

For Any Age

Visual Guide for all ages and training levels

# WELCOME

We are excited to share in your family's journey together on this path to building a solid and lasting partnership with your dogs. No matter if this is your first encounter with a trainer or just a new way to train with us, we welcome you to the Frolic family!

This handout is meant to supplement your personal lessons with your trainer on the topics you've already covered.

## TERMS WE USE

Here are some common terms we will be using in these handouts, along with their definitions:

**Flick:** a quick, wrist movement that offers direction so the dog feels the quick movement of the leash. Your wrists range of motion should be approximately 6" without moving the elbow; like flicking a dish towel.

**Growl:** a vowel sound used as a "no" warning to stop a behavior, many clients use the word "hey", because it's short and easy to remember.

**Lure:** Can be a treat, noise, toy or movement to grab their attention or create a positive association.

**Distractions:** Movement, smells or sounds that may frequently make it difficult for your dog to comply with requests or rules. As your dog improves, you will gradually increase difficulty of the exercises by varying speed, distance and volume.

**Praise:** A high, light tone that signals "great job" or "good choice". It does NOT mean release. An example would be praising a dog while it's in sit. In a sit, **VERBAL ONLY** praise works best. Praise for recall involves squatting with verbal and petting.

**Release Word:** Can be any word you choose to let your dog know they can go free.

**Set-ups / Scenarios:** Set-ups create situations / scenarios that allows you to be proactive. (Ex. Your scenario involves giving a warning prior to taking food off coffee table is a different lesson than teaching them to drop it after they've already taken it.)

*“I sometimes look into the face of my dog Stan and see a wistful sadness and existential angst, when all he is actually doing is slowly scanning the ceiling for flies.” – Merrill Markoe (author, Nose Down, Eyes Up )*



# POTTY TRAINING

There are 6 times a dog should be left outside for about 30 minutes to toilet:

- As soon as they wake up
- Before going to bed for the night
- After eating
- After a nap during the day
- After exuberant play
- After you return home from an outing.

## After Eating

Most dogs have bms on a routine, you may find your dog has them right after eating, or it may be hours after. With a young dog, these routines may change as they mature.

## After Play

If you take them outside and play with them, make sure that you give them some time to focus on going potty before you come back inside. The vigorous play may have made them want to potty again, so put them on a leash and walk them around and give them the potty command.

Not common for all dogs, but can apply to very timid, nervous or fearful ones – they only feel comfy going potty on their property. If that is the case, take them out on walk, then go back to the potty spot in their territory and they should be able to go.

## Location & Movement Are Key

If you have your dog inside with you, be aware of where they are at all times. The dog that disappears from your immediate area is a dog up to mischief, with either toileting or chewing. Some dogs need movement to get things going, so don't just stand there when out in the potty zone, give them a chance to sniff and explore.



# Managing Your Dog During Potty Training

There are four options when it comes to successfully managing your dog during potty training. If you follow these simple rules, you increase your dog's chances of a speedy success.

- They **MUST** be 100% supervised (they can drag a leash in the house if they don't come when called)
- They **must** be in a crate or other small space.
- They must be attached to you on a leash in the house so you can catch them in time (use a carabiner so your hands can be free) Get bitter apple for the leash if they mouth the leash
- They are outside in the potty zone

## Bed Time Routine

Puppies should be confined to a sleeping area, preferably a crate that is not more than 1/3 longer than they are (they do make crates with adjustable dividers to move as they grow). It could be placed in a bedroom with a family member. Set a timer to take them out every 2 hours, just like a baby. It's OK to take them out and wake them up, vs. you waiting for them to wake you up. The longer you wait, the more the chances for an accident increase. Take them out to the designated area to toilet. As your dog toiles, pick a phrase you would like to use to indicate that you want them to urinate. Praise your dog **AFTER** they have finished toileting. Consult with your trainer for realistic options for your dog for potty training. If you're interested in a potty zone that could be placed on a deck or a balcony, there are sod potty zone options available commercially.



## **Daytime Routine While Training**

When your dog is awake, set a timer and take your dog out frequently. A young puppy should go out every 30-45 mins, older dogs every 1-1.5hrs. At no time should there be any unsupervised time **until you have gone 3 weeks without any accidents.** If they have an accident, the timer goes back to day one and you restart your 3 week counter.

In reality, your dog probably doesn't have to go every 30 mins or 1.5hrs , but if you do it that frequently, you will catch them when they do have to go to the bathroom. **The goal is to try and form a habit, not break a habit.**

A great option for an appropriate potty area, especially if your space is limited, is to purchase a commercially available sod potty zone.

You can take the dog to this area and train them to eliminate there as their designated area. This is also helpful if you have a senior dog that has mobility issues or is becoming incontinent with age.

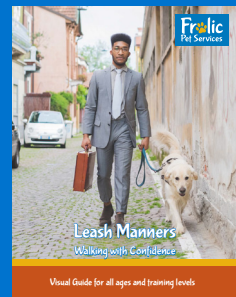
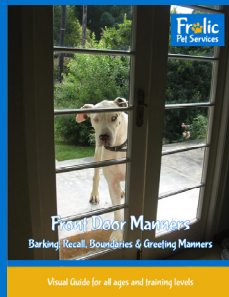
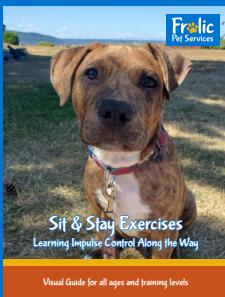
Alternate feeding in the areas in which you do not want your dog to eliminate. Also, leave fresh drinking water in those areas. Most dogs generally will not eliminate in those areas where they eat, drink or sleep.

Keep things as simple as possible. Supervision and setting them up for success is the key.

There may be times you forget one of the rules of supervision while potty training your dog, but if you do your best to follow the above regime, mistakes will be kept to a minimum. If your dog does have an accident, be sure to clean the soiled area thoroughly so no odor is left to confuse them. White distilled vinegar is a great, effective and inexpensive odor neutralizer.

**Be patient and consistent.**

**NEVER BECOME PHYSICAL WITH YOUR DOG. YOU ARE THEIR TEACHER.**



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