

# HOUSE TRAINING TIPS

A.D.O.P.T. PET SHELTER

## HOW OFTEN DOES MY PUPPY NEED TO GO OUT?

On average, a puppy is able to hold their urine or stool at most for as many hours as is their age, give or take an hour (for example, a 2 month old puppy is on average able to hold it in for about 2 hours, a 3 month old puppy 3 hours, and so on until a maximum of 8 hours).

## YOU SHOULD ALWAYS TAKE OUT YOUR PUPPY:

- First thing in the morning
- After eating or drinking
- After vigorous play
- Every 20 minutes to half hour (for puppies 8-10 weeks of age)
- After resting in the crate or napping
- Right before bed

## WATCH FOR THESE SIGNS THAT YOUR PUPPY MAY NEED TO GO OUT:

- Lots of sniffing
- Pacing back and forth
- Whining or whimpering
- Walking in a circle
- Staying near the door where they go out

## TIPS FOR SUCCESS:

- Keep your pup on leash when they go outside to potty so that they don't become too distracted, and try to stick to the same area in your yard
- Takes treats outside with you. Reward your puppy IMMEDIATELY after they finish eliminating with a treat and lots of praise. Do this every time they go for several weeks to build a positive association with going outdoors.
- Keep a log of when they "go" which will start to give you an idea of their routine and when they are most likely to have to go out. (A sample log is on the back)
- Keep your puppy confined to the room in which you are in so that way they are supervised at all times (baby gates and exercise pens are very handy!)

## ACCIDENTS HAPPEN!

- Successful house training can take anywhere from a few weeks to a few months, and accidents are bound to happen.
- If you catch your puppy about to start eliminating, try your best not to startle them (as they may run and eliminate), but instead interrupt them with a calm "outside" cue and guide them outdoors. Yelling at the puppy will only teach them that eliminating in front of you gets them in trouble, and will do their best to hide it from you in the future.
- If you find evidence after the fact, there is nothing you can do! Showing the puppy, rubbing their nose in it, and/or yelling "No, Bad Dog!" only damages your relationship with the puppy. They do not have the capacity to understand and make connections to why you are upset once time has passed. Invest in a high quality enzymatic cleaner (such as "Anti Lcky Poo" or "Natures Miracle") and thoroughly clean up the spot where they went so that they are not attracted to that spot again.
- If you think you see changes in their urine or stool, notice a sudden increase in accidents, or see they are having more difficulty going, contact your veterinarian immediately.