

# *Avidog's* Puppy Potty Training Solution



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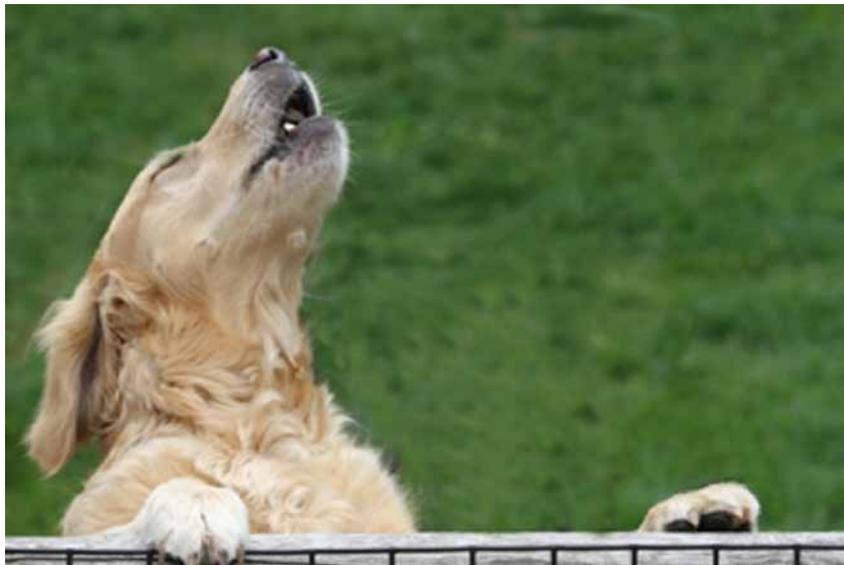
# Welcome From Your Avidog® Team

*Y*ou are about to launch into one of the most important projects that you and your puppy will do together—potty training! A potty-trained dog is a pleasure to live with while an un-potty-trained dog presents many challenges for its owner. Although people have been potty training dogs for decades, the process can be tricky.

We have gathered in this book the secrets and methods that we have used to help hundreds and hundreds of people potty train their dogs. Using our proven program, you too can raise a trustworthy dog and have both a clean house and peace of mind.

Best of luck with your puppy!

*Gayle, Lise and Marcy*  
Your Avidog® Team



*Here's the scoop on potty training!*

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# Chapter 1

## Introduction To Potty Training Your Puppy

**P**otty training is the process of teaching a puppy or dog where and when they should urinate and defecate. Although some owners successfully potty train their dogs, many others are unable to complete the process. As a result, they and their dogs suffer.

Potty training a dog is a simple process but not necessarily an easy one. A few puppies get the idea right away but the vast majority require consistent owners who understand the process. If you are one of those people who understand potty training basics, you will be set to tackle this challenge and raise a wonderful dog that is a pleasure to live with. Regardless of whether you just brought your puppy home or if you have been struggling with potty training for a while, this chapter will lay out the basics for potty training for your puppy.

### The 5 Biggest Potty Training Mistakes



New clients often come to us because their puppies are not getting the hang of potty training. Upon investigation, we find out that they are doing a number of things wrong so their puppies are misunderstanding what is expected of them.

The top five potty-training errors owners make are:



**1) Scolding or punishing** their pup for peeing or pooping in the house. Unless they are caught in the act, puppies will not understand why they are being punished. Even if they are caught in the act, unless they are over a year of age and fully



understand potty training, punishing your puppy will just make them fearful and anxious. Researchers estimate that if your response—either positive or negative—does not occur within 3 seconds of a dog's action, it will have no idea that the two are related. All punishment does is make dogs fearful of and stressed by their owners, determined to hide their pee and poop in the house, and convinced they live with crazy people.

- 2) **Taking their puppy out at fixed intervals**, usually every hour. This develops what we call a “one-hour bladder” and does not enable the puppy's muscles to hold it longer.
- 3) **Not cleaning accidents up thoroughly** so your pup cannot smell it. Remember a puppy's sense of smell is much better than ours and dogs are drawn to investigate pee and poop. So, if you do not clean up well, your puppy is likely to keep going in that same spot.
- 4) **Giving too much freedom to their puppy too soon**. As puppy owners, we are always in a hurry! We know it is better to have a potty-trained dog than to be in the midst of potty training a puppy. Be patient! Too much freedom too soon will set your puppy back for weeks or months.

**And the #1 reason that puppies do not get fully potty trained is...**

- 1) **Not using a crate or pen for potty training their puppy**, thus giving the puppy the opportunity to easily move away from its immediate living area to pee or poop. Confining your puppy's living space is the only way to succeed at potty training.

Remember, just as you finish potty training your puppy, your puppy will be a teenager. During adolescence, dogs tend to chew, explore and destroy things more than they did as young puppies. They have increased energy and curiosity with a tinge of independence. So, don't put those crates and ex-pens away too soon. You'll be needing them for a while!

Through the Avidog Puppy Potty Training Solution, you will learn how to avoid these mistakes and properly potty train your puppy. So read on!



## Potty Training Is Natural To Dogs

Our dogs are amazing! Early in their lives, the vast majority of dogs not only learn to pee and poop where and when we want them to but they can also “hold it” for many hours, far longer than we can. They are truly remarkable!

### *Cleanliness Is Natural*

Dogs are able to learn to be potty trained because of their natural desire to keep their immediate living area clean. Thus, potty training is based on gradually giving a puppy more and more space as she is able to physically and mentally handle it.

### *Early Habits Are Key*

Since dogs are creatures of habit, establishing the potty-training habit right from the start goes a long way in ensuring your puppy becomes a trustworthy dog, one that is a pleasure to live with.

### *Potty Training Builds Better Relationships*

Not only will you be happier when your puppy is potty trained but your pup will be happier, too! Once potty-trained, your dog will:

- ◆ be confident that you will be happy to see her when you come home,
- ◆ be able to communicate her needs to you and in turn be confident that you will understand and respond to them,
- ◆ not feel that she is disappointing you,
- ◆ not get punished for things she does not understand or cannot do,
- ◆ enjoy having freedom in the house with you,
- ◆ be able to participate more in your life, and
- ◆ be welcome in other people’s homes.



*Using their instincts, potty training started at four weeks of age with this litter of golden retriever puppies.*



## So Why Is Potty Training A Puppy So Hard?

Although cleanliness is natural to and good for dogs, potty training can still be a challenge for many owners. How come? Well, there are three main reasons:

- 1) Potty training requires **muscle development** that many puppies do not have until they are 5 or 6 months old. Some take even longer.
- 2) Potty training also requires **mental maturity** in a puppy and the ability to understand where and when to potty, which takes time to get across to puppies.
- 3) Finally, potty training requires puppies to be **confined**, which they complain about, often loudly. Most owners do not know how to teach a puppy to be relaxed and quiet when confined. The end result is a dog that cannot be either confined or potty trained.

Our potty training solution helps owners develop their pup's physical ability and mental understanding by teaching them to be calm and relaxed while confined. It solves all three challenges in a simple, step-by-step program.

## Combining Potty And Confinement Training

Balancing these two training goals—potty and confinement training—is one of the biggest challenges you will face with your new puppy. Why? Because you must always keep both in mind while you interact with your puppy but what you need to do to successfully train one behavior can untrain the other.

Like babies who cry, puppies bark and whine when they want something. Puppies bark in their crates when they:

- ◆ have to go potty
- ◆ are feeling lonely/lost/frightened
- ◆ want to get out to play or be with their owners

Your challenge is that you must respond differently to these three situations and you must do so relatively quickly! If your pup is barking because he:



- ◆ **has to potty**, you must take him out immediately and not correct him for barking.
- ◆ is **feeling lonely**, lost or frightened, you need to reassure him by dangling your fingers in the crate and reassuring him but NOT take him out of the crate.
- ◆ is **demanding** you take him out of the crate to play or hang out, you must NOT take him out of the crate or even talk to him.

**Oh my goodness! You have to respond three different ways to the same barking puppy!** How can you tell the difference between the barks? Well, when you first bring your puppy home you can't. You don't know your puppy well enough to differentiate between when he is barking to tell you he needs to potty, is feeling lost or lonely, or wants attention. The good news is that most puppies adjust to their new homes in a few days so they no longer feel lost or frightened. You should be down to two reasons for barking in short order.

If you pay attention, you will be able to tell the difference between his barks after a few weeks. In the meantime, it is important that you take him out when he barks if you think there is any possibility that he has to potty. However, you must do it correctly so he still learns to be relaxed and quiet in his crate. Read on to find out how to do it right!

## Potty Training Keys

When potty training your pup, **your goals are to teach:**

- ◆ **where** to pee and poop,
- ◆ **when** to pee and poop,
- ◆ **when she asks** to go outside, someone will respond, and
- ◆ **all indoor places** are potty-free zones.

This will require that your puppy:

- ◆ **understands** what you want,
- ◆ is **physically able** to do it, and
- ◆ is **motivated** to make the effort to only pee and poop when and where you want.





Here are some details you should keep in mind:

- ◆ Puppies need to **pee more during the day than they do at night**. Many owners do not realize that puppies can hold it much longer at night than during the day. Like people, dogs are diurnal, meaning they are more active during the day than night. As a result, puppies produce less urine at night and thus need to go out less often. The majority of puppies will sleep through the night months before they can be completely potty trained during the day. Since sleep is a priority for us, we count that as a blessing!
- ◆ Puppies **vary in how many times they need to poop** during the day but twice, morning and evening, is most common. This variation results from individual differences in digestion but also the quality and compatibility of the dog food that you feed. If a dog cannot digest its food well or eats ingredients that she cannot digest, she will poop more. So if your puppy is 5 months of age and poops more than twice a day, consider changing to a better quality or different food.
- ◆ **Puppies less than 4 months old** will usually need to go potty:
  - ❖ 15 to 30 minutes after eating or drinking,
  - ❖ upon waking from a nap or long rest period,
  - ❖ during or after vigorous play or excitement,
  - ❖ MUCH more frequently when active than when confined.
- ◆ When quiet and confined, pups can typically hold their urine the number of hours that equals their age in months plus one. Here is a chart that will guide you in deciding how long your puppy can most likely go without pottying during the day.

Age In Weeks	Daytime resting <u>maximum</u> time between potty breaks	Age In Weeks	Daytime resting <u>maximum</u> time between potty breaks
7 - 9 weeks	3 hours	18-19 weeks	5.5 hours
10-11 weeks	3.5 hours	20-21 weeks	6 hours
12-13 weeks	4 hours	22-23 weeks	6.5 hours
14-15 weeks	4.5 hours	24 weeks	7 hours
16-17 weeks	5 hours	Adult	7-12 hours Depending upon breed and/or size



- ◆ **Puppies need time to develop the muscle control to be potty trained.** Although puppies appear to grow quickly, it takes months for them to develop the muscle control for potty training. Very young puppies are only able to toddle a foot or two and can only hold it a few seconds before they have to potty. With training, their muscles will strengthen and they will gradually be able to go longer and travel further to potty.
- ◆ **Puppies need the right conditions to develop the muscle control to be potty trained.** If puppies are raised in facilities that allow them to potty wherever and whenever they feel like it, it will take much longer to potty train them. Similarly, if puppies are raised where they cannot get away from pee and poop, they may lose their natural desire for cleanliness. One or both of these may be the case if your puppy was kept in a pen or crate that did not provide separate potty and play/sleeping areas. If your puppy grew up this way, whether with a breeder or in a shelter, it does not mean that you cannot potty train your puppy, but it means it will take longer to help them figure it all out.
- ◆ **Puppies do not inherently understand that your house is their “room.”** Puppies want to keep their immediate living area, what we will call their “room,” clean but we have to teach them that our homes fall under the definition of “immediate living area.” Once they are clean in our homes, we must teach them that they should consider all indoor spaces to be their “room.” This is not an obvious concept for our pups.

As you begin potty training, remember:

- ◆ **Every time** you take your puppy out of her “room,” go immediately outside to potty before playing in the house, getting in the car or feeding a meal.
- ◆ Never allow your puppy access to **valuable carpets** until fully potty trained! It is best to roll your rugs up and store them away rather than limit your puppy’s access to your home since to fully socialize your puppy, you need to teach appropriate behavior in all rooms in your home.





- ◆ Dogs do not naturally generalize learning. What they learn in one place does not automatically pertain to other places. So once your puppy is potty trained in your home, you will need to “take it on the road,” introducing other places where **you both** must follow the potty-training rules. See Chapter 4, *Advanced Potty Training* for how to do this.

## Five Simple Steps To Potty Training Success

Avidog's Potty Training Solution consists of five simple steps that are repeated until your puppy is accident free when supervised in the house, asks to go outside when she needs to potty and goes as soon as you take her out. Here are the five steps:

- 1) **Confine.** She is confined to her “room” 24/7 when you are not actively watching her.
- 2) **Respond.** You respond immediately when she asks to go outside.
- 3) **Leash and Treats.** You put her on leash, grab her treats, and take her out the same door to the potty area every time.
- 4a) **Reward.** If she potties within 10-15 minutes, she is rewarded with a treat, praise and free time with you, outside or inside.
- 4b) **Back to the Room.** If she does not potty within 10-15 minutes, she goes back in her “room” **no matter what!**
- 5) **Back to the Room Again.** After free time in the house but before she asks to go outside, you put her back in her “room” so you can extend the amount of time between potty trips.

## Confinement Is The ONLY Way!

Despite your desire to have your puppy around you a lot, there is one and ONLY ONE way to potty train a dog—**confinement!** You must build on your puppy's desire for cleanliness in his immediate area or “room” and very gradually teach him that all indoor spaces are part of that “room.”

### *The Human Problem*

Alas, many new puppy owners hate the idea of confining their puppy. They love their puppy and do not want her to be unhappy. They also want to enjoy their puppy wherever and whenever they want. It makes them feel good to have the puppy around even though it is not good for the puppy.



But think about it, who would allow a 9-month-old human baby free run of their house if it was not wearing diapers? What parents would not use a bassinette, crib, pack 'n play, playpen, swing or another of the dozens of safe, child-confinement devices that have been invented? Human babies also cry when restrained but we teach them that they will be okay. We can do the same thing with puppies.

### ***The Puppy Problem***

To complicate matters, puppies also want to be with their people. Actually, puppies just want to be puppies, doing whatever they want, whenever they want. Unfortunately, puppies, like babies, want to do things that we do not appreciate. To a young (or untrained) puppy, everything in the world is either a potty, a chew toy or food so they are pre-programmed to destroy our homes if they do not get training and guidance.

Luckily, puppies are able to learn a different set of rules if we take the time to teach them. They can learn when and where to potty, which food is theirs, and what items they are allowed to chew on. The easiest time to teach them these rules are from 8 weeks to 9 months of age.

### ***Growing Your Puppy's "Room"***

You will start by confining your puppy to his actual sleeping and play area to teach him to be clean there. Then as his physical control and mental understanding grow you will increase his space a little at a time until your entire house falls under his notion of his "room." You will teach him how to communicate with you so he can ask to be taken outside. You will strengthen his muscles so he can hold it between trips outside. Slowly but surely, you then teach him that all indoor areas—friend's homes, the veterinarian's office, dog show sites, pet stores, and more—are all part of his room and thus potty-free zones.

### ***Too Much Freedom Will Result In Failure!***

Here is our warning—if like many puppy owners you let your puppy have more space than he is ready for, you will hinder his potty training and instill bad habits early on when they are the most powerful. As a result, you may have to live with his pee and poop all over your house as long as you have him or you may have to make a huge effort to potty train him later in life, when you will be breaking bad habits rather than creating good ones.





### ***It's Your Choice!***

If you want a potty-trained dog and clean house, commit now to confining your puppy for the short term, measured in months not years, in order to enjoy him for the long term!

### ***Set Your Expectations***

Having a reasonable expectation of what you should expect from your pup will go a long way in your success in his potty training. Although there are anomalies, the vast majority of dogs are not *fully potty trained* until they are *at least six months old*. Most people are sure their dogs are



going to be the exception to the rule, but we can honestly say we have never known a puppy that was **fully** potty trained before six months of age.

This is not because owner and dog are not trying, so why does it take so long? Because a puppy's brain and muscles have to be built up so it can hold urine and feces for many, many hours without having to be emptied.

### ***What Can You Expect Of Your Puppy?***

All of this said, the vast majority of our clients' 4- and 5-month-old puppies have learned to:

- ◆ ask to go outside,
- ◆ keep their ex-pens and crates clean, and
- ◆ not pee and poop for four to six hours.

They may not be perfectly reliable in new circumstances, like a hotel room or the in-laws' house, but they know to keep their house clean. They may not be able to go an entire eight-hour workday without pottyting, but they can go at least half a workday.



## What You Will Need To Successfully Potty Train Your Puppy

You will need a number of items to successfully potty train your puppy. You may have some on hand and you may be able to borrow others from friends or family. The others are available online and at pet stores. See Chapter 6, *Stuff You Need and Where to Get It*, for a detailed list of specific products and stores that we recommend.

### *Give Your Puppy A Room (Or Two) Of Her Own*

Since potty training takes advantage of your puppy's natural desire to keep her immediate space or living area clean, it requires a small enough space to trigger this desire. We highly recommend that you have at least TWO options for your puppy's room—a crate and an exercise pen (ex-pen) appropriate for her size and breed.

The crate will be used for nighttime potty training and the ex-pen will be used during the day. Your puppy should never be crated for more than 4 hours during the day and 8-9 hours at night. The ex-pen, with a top if your puppy is a jumper, will be your pup's safe playpen during the rest of the time that she is not out with you actively watching her.

As your puppy develops, you may want to invest in some good quality baby gates so you can expand her space elsewhere in the house. It is important that you not confine your puppy in a room by closing the door. No matter how well you have trained your puppy to be relaxed and quiet, a closed door is likely to trigger anxiety, whining, barking and scratching. Baby gates reduce these problems so it is best to get a few.

### *Clean-Up Supplies*

Since your puppy's sense of smell is so much better than yours, and because the smell of urine and feces will draw her to them again and again, indoor cleanup is important.

To completely remove all traces of an accident, use an **enzymatic cleaner**, such as Simple Solution™, Nature's Miracle™ or Skout's Honor. These products are made to completely remove urine and feces from most surfaces. Be sure to read the instructions because they need to be used properly to work effectively.

Have lots of **paper towel** rolls on hand during this time. Good quality paper towels will make clean up much easier.



**Poop bags** are important to use whenever you walk your puppy off your property, but they are also helpful for cleanup indoors.

If your puppy has already had a number of accidents in your house, you might want to get a fluorescent **UV (or black) light**. These lights cause organic material to glow so you can see the last remnants of accidents so you can clean them completely.

### ***Outdoor Control***

When we think about potty training, we usually think about working with our puppy indoors but what we do outside is very important, too. Using basic tools to control your puppy during outdoor potty training will speed the process immensely.

The key outdoor control tools you will need are a buckle collar, a long leash, a flashlight and a timer (kitchen or smartphone). You probably have these on hand but check Chapter 6 to be sure you have the right type.

### ***Rewards—Treats, Chews And Toys***

As obvious as potty training is to us, what we are asking of them is often a mystery to puppies. Rewards help us clarify when they are doing what we want—pottying outside and being calm and relaxed in the crate or pen.



Start with **high-value food rewards** as you begin potty and confinement training with your puppy. Over the next several months, you will most likely be able to reduce the value of the rewards before fading them out completely. However, in these early stages, get the best treats she can imagine to help her understand this important task.

**Chew toys** will serve a dual purpose in confinement training your puppy. They will keep her happily occupied during periods of confinement while also teaching her the correct things to chew on. Giving chew toys to your puppy while she is in her crate or ex-pen will make being there more enjoyable and help her learn to be quiet and relaxed while confined.



## Chapter 2

# Avidog's 5-Step Potty Training Process

**Y**ou have all the items you need for potty and confinement training so you are ready to get started. This chapter covers the details of potty training but be sure to start confinement training, too, which you will find in Chapter 3, *Confinement Training For Successful Potty Training*. It is very important that you teach both potty and confinement training at the same time.

### The Potty Training Process In Detail

Here are the details of each step in Avidog's 5-step potty-training process.

#### ***Step 1: Confine Whenever You Are Not Watching***

Confine your puppy to his "room," all the time (as in 24/7), if you are not actively and directly watching him.

Your puppy's "room" is a place in the active, living area of your house that is small enough that you are absolutely confident that he will make every effort to let you know he needs to go outside before soiling his area.

- ◆ A crate can be used as his "room" for short periods during the day but never more than 4 hours total (not necessarily consecutive). It can also be used for 8-9 hours at night while your puppy is sleeping.
- ◆ The best choice of room is an ex-pen that can be easily moved and set up anywhere.



- ◆ If you are brave and have a large- or giant-breed puppy, you can also use a very small bathroom. Bathrooms might be the right size but they often encourage inappropriate chewing—on cabinets, woodwork, doors and more—so we do not recommend this.
- ◆ There are no kitchens, not even a tiny kitchen in a studio city apartment, that are small enough for potty training. Do NOT use your kitchen!
- ◆ Bigger is NOT better. Keep your puppy's room small! Toy dogs need 4 square feet. Medium-breed puppies need 6 square feet. Large- and giant-breed pups should have no more than 8 square feet. If your puppy potties in his room, make it smaller. He is telling you he has too much room (or you did not respond to his request in time)!
- ◆ He should have access to clean water throughout the day until an hour before bedtime.
- ◆ His room is also a place that someone can hear and respond quickly when he asks to go out.



*Here's a great example of a puppy's "room" in the kitchen, made of a portable, wire exercise pen with a bed, toys and water.*

- ◆ Keep his collar on him and keep his leash and treats nearby.

**IMPORTANT NOTE:** Since your puppy is going to be confined in his "room" or "rooms" 24/7 except when you are directly supervising him, it is critical that you start doing confinement training NOW! He must learn to be relaxed and quiet when confined so you can complete his potty training. Get started now with Chapter 3, *Confinement Training*.



### *Step 2: Respond Correctly To His Requests To Go Potty*

- 1) Respond to his "requests" to go outside—whining, barking, scratching, looking anxious—by taking him outside the right way.
- 2) Take him outside when he whines, yips, scratches or looks anxious but before he gets into a barking jag—Bark! Bark! Bark!—so you are not inadvertently teaching him to be noisy, obnoxious and demanding. If he starts barking, still take him outside but vow to get to him sooner next time.
- 3) Ask him if he needs to "Go Outside?"
- 4) **ALWAYS put him on leash** to take him outside to potty, even when you are in places that are physically safe for him to be off leash!
- 5) **Grab his treats** on your way out the door.
- 6) **Take him out the same door** each time.



### *Step 3: Leash And Treats*

- 1) **Take him outside on leash to the area** where you want him to potty. For the first week or two you can carry him but as he grows, walk him on leash all the way to his potty area.
- 2) As hard as it is, **do not coo and cuddle** along the way. This is business, not play time!
- 3) Say **only one thing to him** when you get to the potty area—your potty command. "Hurry up," "Business," "Get busy," "Go pee," etc. Repeat it when he gets distracted and right before you think he is about to go.
- 4) **Do not play with him**, pet him or chatter at him until he has peed and/or pooped. This one step drastically reduces the number of false alarms when a puppy asks to go out just because he wants to play and does not actually have to potty.
- 5) **Stay in the potty area** but move slowly around so he can sniff. However, this is not walk time.



- 6) If he gets distracted, which he might because he is a puppy, remind him why he is outside by repeating his potty command.

***Step 4A: When He Potties, Reward Him!***

- 1) If he pees or poops, reward him with a treat, praise and playtime.
- 2) Once he has peed or pooped outside, he can have **supervised freedom** with you outside or in the house.
- 3) Set a timer for 15 minutes prior to the next time you think he will need to potty then go to Step 5.
- 4) As you play, train or cuddle with him, **watch for signs** that he needs to go again, which you can find on page 19. If you see them, ask him if he needs to "Go Outside?" and start over at Step 3.

***Step 4B: When He Does NOT Potty, Back To His "Room."***

- 1) If he does **NOT** pee or poop within 10-15 minutes, take him back inside and put him back in his "room" or crate. He has not yet earned freedom in the house because he did not potty. If you skip this step, you will not be able to discern when he is telling you he has to pee versus he just wants to go outside to play.
- 2) Set a timer for 15 minutes for young puppies, under 4 months, or 30 minutes for older puppies and dogs.
- 3) When the timer goes off, go back to Step 3 and repeat until he potties when you take him out.
- 4) If you have tried repeatedly but he has not pottied and you need to leave the house, leave him in his crate or in an ex-pen with a potty box (see *Potty Training While You Are Away From Home*, found on page 26).





### ***Step 5: Before He Needs To Potty Again, Put Him Back In His "Room."***

- 1) After he has had free time with you in the house **BUT 15 minutes before** you think he is going to have to potty again, **put him back in his "room."**
- 2) **This step is essential to develop a stronger bladder AND teach him to ask to go outside!!!**
- 3) **If he falls asleep** or plays quietly by himself, leave him be.
- 4) **Wait for him to ask** to go outside again before taking him out. He may bark, whine, scratch or look anxious. When he does, start over at Step 3 above.

See Chapter 4, *Advanced Potty Training* for more muscle strengthening techniques.

## Learn Your Puppy's "I Gotta Go" Signs

Puppies may differ but **all give some indication** the majority of the time that they need to pee or poop. Some of the things your puppy may do if he has to potty include:

- ◆ circling
- ◆ acting anxious
- ◆ sniffing
- ◆ disappearing into another room
- ◆ going to the door
- ◆ whining
- ◆ barking
- ◆ suddenly breaking off from play
- ◆ suddenly getting distracted during training



When you see one or more of these signs, ask her "Do you need to go outside?" and carry or take her outside immediately. Be sure to ask the question **EVERY TIME** so that the two of you will have a way to communicate regarding potty trips when she grows up.



## Night-Time Potty Training

Like people, puppies bodies slow down at night so they need to potty less often. However, most puppies need to go out at least once during the night for the first few weeks after arriving in their new homes. Nighttime potty training is like the five steps you just learned with a few variations.

- 1) **Use a crate in your bedroom.** Your puppy should sleep in a crate in your bedroom right next to your bed.
  - ❖ Even if you do not plan to allow her in your room once she is housebroken, you must allow it now.
  - ❖ The closer she is to you, the more quickly you will be able to hear her ask to go out and determine if she is crying wolf or if she really has to potty.
  - ❖ Most children sleep too soundly to hear a puppy that needs to go out. If you have children, your pup should sleep with you, not them, until she is potty trained.
  - ❖ A few puppies can be housebroken while sleeping on the bed with their owners but the vast majority will either sneak off the bed during the night to potty or will have accidents on the bed. Stick with a crate until she is able to sleep in your bed successfully.
- 2) **Drape an opaque sheet or blanket** over the sides, top and back of the crate, leaving the front uncovered.
  - ❖ Hot or cold puppies do not sleep well so use the right weight sheet or blanket for your puppy.
  - ❖ Direct a fan on her or use air conditioning if she is too hot to sleep.
- 3) **Be prepared** for a nighttime potty trip BEFORE you go to bed.
  - ❖ Have the leash and treats on top of her crate.
  - ❖ Keep shoes, a bathrobe and a flashlight close at hand so you can get outside quickly. If the weather demands it, add an umbrella, boots, jacket, hat and gloves to your preparations.
- 4) **When she makes noise, determine if she is scared, lonely, bored or needs to potty.** To get a full night's sleep while potty training your puppy, you will need to figure out why she is making noise during the night.



- ❖ **Young puppies are often frightened or lonely** after being taken away from their littermates.
    - Reassure her by dangling your fingers in the sides or front of the crate so she knows she is not alone.
    - If she quiets down and goes back to sleep, you know she was just worried at finding herself alone.
    - If she continues to whine, scratch or make noise, take her outside.
  - ❖ **Older puppies get bored** during the night and want to get out of the crate to play.
    - Be sure she has a quiet toy or two that she can play with on her own if she should wake up.
    - If she continues to whine, scratch or make noise, take her outside.
- 5) How you take her outside is key to future sleep!** Puppies quickly learn how to get middle-of-the-night play sessions if their owners do not follow these steps.
- ❖ As you take her out of the crate, put on her leash and grab the treats.
  - ❖ Say nothing to her.
  - ❖ Carry or walk her out to the potty area, ideally through the same door you use during the day.
  - ❖ Give her the potty command, hold the leash and say nothing more until she potties.
  - ❖ Use the flashlight to be sure you know whether or not she potties.
  - ❖ When she potties, give her a **SMALL** treat, tell her she is good and return her to the crate. Do not play or cuddle or chat with her! This is quiet time and you need to teach her that it is for sleeping not playing.
  - ❖ If she does not potty within 10 minutes, she did not need to and was just bored.
    - Return her to her crate without a treat or further conversation.
    - If she barks again, drop part of the blanket or sheet over the front of the crate so it is completely covered.
    - If she barks while covered and you have completed Step 1 and started Step 2 of confinement training on page 35 you can use an earthquake.





- If you have started Step 2 of confinement training, when she stops barking, uncover the front of the crate so she can see out and go to sleep.
- If she continues to bark cover her crate again and if she still continues give her a stronger earthquake.
- If you have not done the initial confinement training steps, dangle your fingers in the crate and put a pillow over your head and make a note to start confinement training tomorrow!

## Potty Training When You Are Away From Home

If you work full time or your schedule requires that your puppy be confined longer than he is capable of holding it, you will need to adapt our 5-Step Potty Training Process. You may find potty training takes a little longer under these circumstances but it is still doable. All of us at Avidog have successfully housebroken dogs while working full time outside the home.

If you must leave your puppy longer than normal, you have two options:

- ◆ **Get someone to let him out** throughout the day. This can be a reliable family member, neighbor, friend or pet walker. Be sure to give your helper a copy of this 5-step program so they can support your efforts to potty train your puppy.
- ◆ **Add a potty pan to his pen** so he has an appropriate place to go while you are away.



*Here's an example of a room for long-term confinement, including a crate, water, potty pan, toys and chewies.*



- **Use a dog litter box.** Smaller pups can use a cat litter box but as soon as he weighs more than 12 pounds. See Chapter 6, *Stuff You Need And Where To Get It*, for sources of doggie litter boxes. Purina's Second Nature® potty pans are wonderful, but they are hard to find.
  - **Do not use cat litter, newspaper or pee pads** in the potty box! Puppies tend to nibble on or dig in the clean potty box contents (and everything else they can reach). Depending upon the type, cat litter can be dangerous for puppies. Newspaper and pee pads usually become toys and get shredded.
  - **Use dog litter (SecondNature®), horse bedding pellets** or wood-burning stove pellets for the potty box's contents. Dog litter can be found at pet stores, horse bedding at feed stores and stove pellets at home improvement stores in season.
  - If your puppy was not raised with a potty box, when you first introduce the potty box, **bury a paper towel soaked with his urine** under the pellets so he can smell it. This will give him the idea to pee in the box.
- ◆ **Do not use the backyard as confinement!** Some owners put their pups in the yard when they leave for long periods, but if you do so you will hinder his potty training and likely teach him some very bad habits, such as digging, barking and escaping. Backyards are for pottying and play, not for containing puppies or even adult dogs.
  - ◆ **Use the crate selectively.** Remember, puppies should never be left in a crate more than a total of four hours during the day and eight hours at night. Crates are valuable training tools but should not be abused!

## When Accidents Happen—Which They Will

It is important during potty training to recognize that accidents will happen. Although we want to minimize them, accidents are not a crisis if you have ensured she does not have access to valuable items, such as expensive carpets.

- ◆ **However, the more mistakes you allow her to make,** the harder it is for her to understand what you want, so your goal is to keep accidents to a minimum.
- ◆ **Your top priority is to clean up well** after accidents. See *Cleaning Up Correctly Is Key* on page 25 for details.



- ◆ If you do not catch her in the act of **elimination**, do **NOT** reprimand her. Just clean the mess up and vow to keep a better eye on her.
- ◆ **When accidents happen**, think back over the situation to determine what you did wrong—missing a subtle cue, leaving her alone too long, giving her too much freedom. Make a note of your error and come up with a plan to avoid repeating it in the future.



### ***Caught In The Act***

If you do catch your puppy in the act of peeing or pooping in the house:

- 1) **Say her name** loudly and sharply to stop her midstream. You want to surprise her but not frighten her.
- 2) Keep **repeating "Outside!"** while taking her outside (carry her if she is under 12 weeks).
- 3) **Once** outside in the potty area, give her your **potty command** ("Hurry up," "Get busy," and so forth).
- 4) **Wait and reward** her with a treat if she goes again.
- 5) If she does not pee or poop after 10 minutes, **take her back inside and confine her to her "room."** Often pups will be so surprised by our outburst that they will not be able to potty once taken outside. Do not worry about it. Give her time to relax and go but if she cannot, just take her back inside to her room.



Remember to **NEVER reprimand your puppy for having an accident**. This can cause her to hide from you when she needs to go to the bathroom inside and possibly even outside. Even gasping, sighing or muttering under your breath can upset a sensitive puppy. Correcting her for this very natural act leads her to learn not to go in front of you rather than to go where you want her to go.



### ***Cleaning Up Correctly Is Key***

When accidents happen, proper **clean up is critical** to your puppy's future success. As you know, dogs tend to urinate and defecate in areas that smell like urine or feces. This works for us outside but against us inside so dog-appropriate house cleaning is essential.

- ◆ **Just because you cannot smell** where an accident occurred does not mean she cannot.
- ◆ **Clean up thoroughly and carefully.**
  - ◇ First, remove any solid material.
  - ◇ Then, remove as much liquid from the area as you can. If the floor is solid, simply wipe it dry with paper towels. If it is carpeted, fold 8-10 layers of paper towels, lay them on the area and stand on them. Repeat until the paper towel comes up nearly dry or dry.
  - ◇ Soak the area with an enzymatic cleaner such as Nature's Miracle® or Simple Solution®. Remove the excess and then let the area air dry. Air drying is essential to the neutralization of any odors.
- ◆ Never use cleaners with ammonia in them as they smell like urine to dogs.
- ◆ If you are not sure you have completely cleaned up past errors, get a UV or black fluorescent flashlight. These lights cause organic material to glow when the regular lights are turned off so you can identify where you need to clean more thoroughly.
- ◆ For more information on where to buy the best clean-up materials, see Chapter 6, *Stuff You Need And Where To Get It*.



### **What Is “Normal” In Potty Training?**

Dogs vary widely in **how long it takes** them to fully understand potty training.

- ◆ **Puppies** are typically not completely potty trained until they are 6-8 months old.
- ◆ **Older dogs** that were not potty trained as puppies can easily take up to six months to potty train.



Dogs also vary in **how well** they can be potty trained.

- ◆ By adulthood, the average dog can go **6-8 hours during the day** without going outside. Longer at night.
- ◆ **Extraordinary dogs** can go up to 12 hours without going out.
- ◆ **Toy dogs take the longest** and are the most difficult to potty train. Many of the smallest dogs never develop the bladder control to go long periods without urinating.
- ◆ Puppies raised by **thoughtful breeders**, such as Avidog breeders, who use potty-training methods in their puppy rearing are easiest to potty train.
- ◆ Dogs raised in **wire pens or shavings, or on newspapers** are the most difficult.

## Teaching Your Puppy To Ask To Go Outside

Life is much easier with a dog that politely asks to go outside when he needs to potty. Once your puppy's potty training is underway, begin to look for ways that he naturally asks to be let out. If you like those ways, begin to reward and encourage them. If you do not like them, start teaching an alternative behavior.



- ◆ **Going to the Door.** Many people initially teach their puppy to go to the door to ask to go outside. Although this initially makes sense, few of us spend our time within sight of our doors. As a result, the dog may be asking to go out by sitting at the door but no one in the family notices because they are elsewhere in the house. If that may be the case in your house, consider teaching your puppy another behavior.
- ◆ **Barking or scratching.** Another common way that dogs naturally ask to go out is by barking or scratching at the door. Again, this makes sense early on but 12 years of barking and scratching get old. Decide on another behavior and introduce it when your puppy barks or scratches.
- ◆ **Ring a Bell Near the Door.** Some owners teach their dog to ring a bell to be let outside. This can be effective if you do not travel so the bell will always be present. If you are interested in this method, contact us for our handout on teaching bell ringing.
- ◆ **Coming to you.** The three of us teach our dogs to come get us when they need to potty. We start this when our pups are about 3 months old and their housebreaking is well



underway. They are able to walk to the potty area on their own and have started asking to go out through one of the signals above or another that they invented.

**This is how we teach pups to come to us to be let out.**

- ❖ When we see a sign that our puppy needs to go out, we ask if he needs to "Go Outside?" and call him towards us.
- ❖ As soon as he takes a step or two, we praise and race to the door with him, putting him on leash and then taking him to the potty area.
- ❖ Once we see the puppy turning towards us to ask to go outside, we encourage more steps toward us before praising and racing to the door with him.
- ❖ Gradually we ask the pup to come into another room or upstairs before we run outside with him.

## Teaching Your Puppy To Potty In A Specific Place Outside

**Take the time to teach your puppy to potty in a specific place** if it matters to you where she pees and poops. If you have (or plan to have) small children, then you most likely want your dog to potty away from the kids' play area. If you are a talented gardener, you will not want your dog pottying in your flower beds or on your well-tended lawn. If you live in the city, you need your dog to potty at the curb or in the park, not on the sidewalk.



So how do you teach a dog where to go when outside?

The same way that you have potty trained her with just a few additions.

- ❖ **Keeping your puppy on leash is essential** to teach her where you want her to go. Until she has peed and pooped where you want her to, keep her on the leash or a long line. Keep her in the potty area using the leash, remind her what she is there to do with your potty command and reward her well when she goes in that area.
- ❖ **Name the potty area.** Teach her the name of her potty area ("your potty," "your place") so you can remind her in the future. It does not matter what you call it, but many owners use "your place" or "your potty." Each time you approach the potty area, tell her "Go to your potty."



- ◆ **Let her go ahead of you.** After 3 to 4 weeks, you should see her beginning to pull ahead toward the potty area as you approach it. She is still on leash at this point so let her pull you to the area. (This is about the only time we will encourage you to allow your puppy to pull on leash!) If she slows down, race her to the potty area. When she gets there reward her with treats and praise **in the potty area**.
- ◆ **Let her go further and further ahead.** When she starts running out in front of you, give her the “potty area” command, drop the leash and let her go to the area on her own. If she slows down before she gets there, encourage her with “Go to your potty” and run a little with her. When she gets to the potty area, toss a treat to her for going to her potty area on her own.
- ◆ **Give the command earlier and earlier.** Once she is running to the “potty area” ahead of you, start giving her the potty area command sooner and sooner until you can give it from inside the house and she will run to her area to potty. When she gets to the potty area, run out to her to reward her for going to her potty area on her own.
- ◆ **Do not reward back in the house.** Many people give treats in the kitchen after their puppy comes back in after pottying. This rewards the pup for coming inside but this will interfere with teaching her to go to a specific area to potty. Since all the goodies come in the house, the puppy will begin to potty closer and closer to the house. Instead, reward in the potty area and, if you want to reward coming into the house, give another cookie when she comes inside.
- ◆ **Watch her while in the yard.** When she is in the yard with you, keep an eye on her for signs that she needs to potty. When you see those signs, tell her “go to your potty” and encourage her to go to the potty area using your voice or by going with her. If she should go to the potty area on her own to potty, make a HUGE deal out of her brilliance with praise, play and treats.
- ◆ **Do not get lazy.** Teaching dogs to always use a potty area can take up to a year, so stick with it. Even in bad weather, watch her to be sure she goes all the way. Praise warmly if she makes that extra effort through wind, rain or snow. If she is a short-coated dog that may be uncomfortable in the wet or cold, be sure to dress her warmly before letting her out or create a potty area just outside the door so she does not have to go too far.

## Potty Training Questions, Problems Or Issues?

See Chapter 5, *Troubleshooting and FAQs*.



## Chapter 3

# Confinement Training For Successful Potty Training

 Every dog training book and website tells you that dogs like confinement. Trainers and friends regale you with tales about how much their dog loves to be in its crate. They say that like wolves, dogs are den animals and are comforted by small spaces. So why is your puppy crying, yelping and barking his head off in his crate? Is everyone lying to you or do you have the only dog in the world that HATES his crate?

Neither! The real answer is that puppies and dogs quickly learn to like confinement, if given the chance. Your friends and trainers probably do not remember the week or two that it took to make their puppy relaxed and quiet in their crate. They just remember the outcome, a potty-trained puppy that loves her crate!

This chapter will teach you how to turn that howling little canine demanding to be let out of his crate into a puppy that happily goes into his crate and contentedly relaxes there until he either needs to potty or you are ready to let him out.



## The Top 7 Mistakes Owners Make While Confinement Training Their Puppy

Here is the countdown to the seven most serious mistakes that owners make while confinement training their pups.

**1) They talk to their puppy while the puppy is barking when confined.**

Puppy: "Bark! Bark! Bark!"

Owner: "It's okay, baby. You are fine in there." (Canine Translation: You are such a good dog for barking. I like it so much!)

Puppy thinks: OK, I'll bark some more. "Bark! Bark! Bark!"

Owner: "Honey, you have to be quiet in the crate. Shhhhh! Be quiet! Hush!" (Canine Translation: I'm not sure what you want, Puppy. Can you say it again?)

Puppy: "BARK! BARK! B-A-R-K!"

- 2) They confine their puppy without any introduction to confinement.** Most puppies need an initial introduction to the crate so they know it is safe, that they will not be left in it for hours and that it is a good place for a nap. Timid puppies or those puppies who have had bad experiences are often frightened by the crate. Plopping a puppy into a crate without a plan and introduction usually results in dogs that hate their crates.
- 3) They do not potty the puppy outside before confining him.** Any training, including confinement training, is exciting for puppies. Excited puppies usually need to pee. Owners that do not potty their puppy before crate-training sessions often end up with confused and anxious puppies or even worse, pups that potty in the crate during the training session.
- 4) They teach the puppy that crates are only for nighttime and never teach the puppy to be relaxed and quiet when confined any time—**during the day, while the family is home, while the family is away, while there are other pets around, etc. Puppies can be quiet and calm in their crate under all circumstances but owners have to teach this.
- 5) They confine their puppy in the basement or other place where the puppy is completely isolated.** Not only are dogs social animals that need company much of the time,



puppies know that they are helpless without their family. Isolated puppies will cry not only due to loneliness but in desperation and fear.

- 6) **They prioritize crate training over potty training.** Potty training must ALWAYS come first! Having a puppy sit before being released from his crate before he is potty trained is a recipe for disaster. We will teach you how to teach polite crate behavior but until your puppy is potty trained, be sure to prioritize potty training first and foremost!

And the top mistake that owners make while crate training?

- 7) **They let their puppy out of the crate after he has barked for 20 minutes.** This teaches puppies they have to bark for at least 20 minutes to get out of the crate.

The Avidog Confinement Training Program will enable you to fix these mistakes if you have already made them and, better yet, avoid them in the first place. However, since our focus here is potty training, you have to find a balance between potty and crate training.

## Why Confinement Train?

Trust us, confinement is the **only** way to extend the time between your puppy's trips outside and to teach her to ask to be taken out. However most puppies cry or bark when they are confined so how do we use confinement without making ourselves, our puppies and our neighbors crazy? We do so by *teaching* our puppies to like confinement and thus to be calm and quiet!

Like most dog trainers and breeders, we believe dog crates are the best tool to teach confinement training. So how should a dog act when crated? Since we are using confinement to aid us in teaching life skills to our dogs, we want them to be calm, quiet, and relaxed in their crates. They may chew on a bone, play with a toy, watch the world around them, or sleep. The only time they should bark is when they need to potty. Once your dog is calm and quiet in her crate, you have a tool to teach her to act that way in her exercise pen, small rooms in the house, the entire house, the car, other people's homes, and more.





In this section, we will guide you through our confinement training program so you can easily potty train your puppy. Our 5-Step Confinement Training program is designed to teach your puppy to love her crate and eventually her ex-pen so much that she is relaxed, quiet and calm while confined.

In addition to being easily potty trained, once your puppy is confinement-trained, she will be:

- ◆ comfortable and safe at home when you are away
- ◆ unable to destroy your house and possessions or develop other bad habits
- ◆ welcome in the homes of family and friends, as well as in hotels
- ◆ safe while riding in the car
- ◆ relaxed in the animal hospital or boarding kennel

Confinement training puppies is simple but not necessarily easy. Like children, puppies like to be out and about. They express their dissatisfaction by whining, barking and crying, which is not only noisy but breaks our hearts. We love our puppies and want them to be happy. But remember that learning to accept confinement is a **short-term price** that your puppy will pay for a **lifetime of freedom and involvement with you!** Dogs that calmly and quietly accept confinement can join you almost anywhere you go.

## Avidog's 5-Step Confinement Training Program

By training these five steps, you will teach your puppy to be quiet and calm in her crate **AND** ensure your puppy will be successfully potty trained.

- 1) Teach your puppy to like being in the crate.
- 2) Teach your puppy to be quiet and calm in the crate.
- 3) Extend the time your puppy will be quiet and calm in the crate.
- 4) Transfer your puppy's crate skills to other places.
- 5) Add challenges and excitement.



## Step 1: Teach Your Puppy To Like Being In The Crate

### *Goal For Confinement Training Step 1*

Your goal in this step is for your puppy to want to go into the crate. To do this, you are going to give your puppy hundreds of delicious treats while he is in the crate over just a few days.

You need to be sure your treats are:

- ◆ foods that he loves but that are also good for him
- ◆ an appropriate size, which will vary depending on the size of your puppy, but they also must be
  - ◇ small enough so he can eat a lot and not get full
  - ◇ large enough that they can be seen when tossed on the bottom of the crate floor
- ◆ a color that is easily seen on the crate floor
  - ◇ if you have black crate pans, use light-colored treats like pork or chicken
  - ◇ if you have white or silver crate pans, you use dark-colored treats like steak or jerky

### *Setting The Stage For Step 1*

- 1) Start with a hungry puppy. To do this, either:
  - ◇ train before breakfast, lunch or dinner
  - ◇ give all of your puppy's daily food during crate training for the next three days. (If you feed raw, you might want to switch to a freeze-dried food like Vital Essentials for a few days. See Chapter 6, *Stuff You Need And Where To Get It* for more info on Vital Essentials.)
- 2) Put your puppy's crate in a quiet, non-distracting area for this training.
- 3) A sheet draped over the crate is optional in Step 1.
- 4) Take your puppy out to potty immediately before you begin training so you are sure he does not need to pee or poop.





### Training Step 1

- 1) Before getting your puppy, scatter a handful of treats in the back of the crate.
- 2) Gently place your puppy in the crate and, if necessary, point out the treats in the crate. Leave the crate door open.

**IMPORTANT TRAINING NOTE!!** While your puppy is standing outside the crate, do not toss treats into the crate to get him to go in. Simply put him in the crate if he does not go in on his own.

- 3) As he eats the treats already in the crate, start dropping or tossing treats into the crate one at a time but as fast as your puppy can find and eat them. If he misses one, point it out to him in an excited voice. Make this a fun game!
- 4) If your puppy stays in the crate, keep tossing treats for 1-2 minutes then give his release command ("Okay!" "Free!" "Break!") and encourage him to come out of the crate.
- 5) Allow him to leave the crate anytime he wants but when he does immediately stop tossing treats. Wait a few seconds to see if he goes back into the crate.
  - ❖ If the puppy goes back into the crate begin quickly tossing the treats again for another 1-2 minutes.
  - ❖ If he does not go into the crate, put him back in the crate and then toss in a small handful of treats.
- 6) Repeat these 1- to 2-minute treat feasts 8 to 10 times during this training session.
- 7) During your next training session repeat 1) through 6) above another 8 to 10 times.

If your puppy is enjoying the treats and is calm when you put him in the crate,

- ❖ sometimes close the door but do not latch it
- ❖ once or twice, close the door and latch it but only for a second or two.

### Moving On To Step 2

You are ready to move on to Step 2 after you have successfully completed no fewer than **FOUR** Step 1 training sessions over 1-2 days. If your puppy is fearful of the crate or will not eat treats in the crate, see *Puppies That Are Afraid of the Crate* on page 55.



## Step 2: Teach Your Puppy To Be Quiet In The Crate

Once you have ensured your puppy likes her crate, you can now teach her that her behavior while crated makes things happen, either good or not-so good.

### *Goal For Confinement Training Step 2*

Your goal in this step is to teach your puppy that her behavior in the crate causes good or bad consequences.

- ◆ If she is **quiet** she gets things she **likes**
- ◆ If she is **noisy** she gets things she **does not like**

Very rarely do owners begin confinement training with quiet puppies. In fact, it is perfectly normal for a puppy to bark and fuss when confined. If your puppy is quiet in her crate, consider yourself lucky but we recommend that you still do this training since older puppies will often get noisier without crate training. If your puppy barks or whines in her crate, know that she is normal and your training efforts will resolve these problems.

It is really important to keep in mind that your puppy's barking will get worse if you do any of the following **WHILE SHE IS BARKING!**

- ◆ look at her
- ◆ talk to her
- ◆ scold her
- ◆ feed her
- ◆ give her something new to chew
- ◆ let her out of the crate



If you do any of the above, your puppy will learn that barking gets her things she likes! Yes, even scolding her is rewarding because she got what she wanted—your attention!

Instead you want to teach her that the **ONLY** way to get out of the crate is to be calm and quiet. You will teach her this with clear and well-timed training, using rewards and corrections.



You will use lots of rewards and only a few corrections. The type of correction will vary among puppies and will range from covering to rocking the crate. How long it will take your puppy to learn to be quiet in the crate will depend on how:

- ◆ long she has been rewarded for barking
- ◆ consistent you are in rewarding and correcting
- ◆ good your timing is
- ◆ persistent your puppy is

### *Setting The Stage For Step 2*

- 1) Start with a hungry puppy. To do this, either:
  - ◆ train before breakfast, lunch or dinner
  - ◆ give all of your puppy's daily food during crate training for the next three days.



- 2) Be sure your puppy has had plenty of exercise before you begin these training sessions.
- 3) Take her her out to potty just before you begin your training session so you know she does not need to pee or poop.

- 4) Set the crate up:
  - ◆ in a quiet area with no distractions
  - ◆ where you can walk behind the crate
- 5) Optional for puppies just taken away from their litter—put the back of the crate up against a mirror, such as a full-length mirror or a closet door mirror.



- 6) Place the opaque sheet on top of the crate, draped and folded in a way that will allow you to easily cover the crate quickly.
  - ◆ Be sure all but the front of the crate is **completely** covered by the sheet. If using a mirror be sure it can still be seen by the puppy when you cover the crate.



- ❖ Place the sheet in front so you can quickly drop it to fully cover the crate door but allow the puppy to see out before it has been dropped.
- ❖ **If she tries to grab the sheet** and pull it into the crate, place a flat cardboard box or a piece of plywood on top of the crate that is a few inches wider than the crate itself. This will allow the sheet to fall out of the reach of your puppy.

### **Training Step 2**

- 1) Set your timer for 5 minutes.
- 2) Toss a handful of high-value treats into the back of the crate.
- 3) Gently place the puppy in the crate.
- 4) Close and latch the door. Be careful not to catch a foot or tail in the door as you close it.
- 5) Say **nothing!** *We can't stress enough how important this is!*
- 6) Drop one treat approximately every second into the crate through the top.
  - ❖ Don't worry if a treat does not land in the crate. Just drop in another treat and toss the one that missed in later.
  - ❖ Treats should be dropped as fast as your puppy will eat them to start.
  - ❖ Drop a treat in as long as she is not barking or trying to get out. If she is exploring, sniffing, sitting, lying down, chewing or any behavior, other than barking or trying to get out, you should be dropping treats.
- 7) **If your puppy is quiet when you lock the crate door**, be sure to reward her generously. It is the rare puppy that is quiet when the door is locked so treasure her. However, as she gets older and her life gets more exciting outside the crate, you may find your quiet puppy begins to protest when confined. By rewarding her when she is in the crate, you are giving it value. By building value for being in the crate she will be less likely to protest being confined as she grows up. Be proactive generously rewarding her while she is being quiet to maintain the quiet behavior in the future.
  - ❖ If your puppy is still quiet after a minute or two add a second or two between dropping each treat, so a treat appears every 2-3 seconds.
  - ❖ If she starts to get anxious, go back to dropping treats more quickly.
  - ❖ If she remains quiet drop a treat in anywhere from 1-5 seconds.
  - ❖ Do NOT go more than 5 seconds without dropping in a treat during the first training session with the door locked. If your puppy is quiet for some time in the first session



you can begin to vary the time between treat drops from 1-10 seconds during later sessions.

- ❖ If your pup is still quiet when the timer goes off, open the door, say her release command and let her out.
- ❖ Take her outside immediately.

**8) If your puppy is noisy when you lock the crate door**, follow the steps below. Most puppies protest loudly when they are confined, unless they are really tired and need to sleep. If your puppy is barking, whining, howling she is perfectly normal! Having put value in the crate during Step 1 of confinement training you can now teach her to be quiet and calm.

- ❖ Say **nothing!**
- ❖ Drop the sheet over the front of the crate, so now the crate is completely covered so the crate gets dark and **she cannot see out**. Give the puppy 15 to 30 seconds to stop barking.

**9) If she is quiet** after dropping the sheet even for a **split second**, lift the front of the sheet and drop in a treat as fast as you can.

- ❖ Your timing is VERY important! You want to reward quiet, not barking. She only has to stop barking for a moment at first for you to lift the sheet!
- ❖ If you begin to lift the sheet to reward quiet and she barks do not give her a treat, instead immediately drop the sheet.
- ❖ Do your best to only lift the sheet while your puppy is quiet.
- ❖ The moment the sheet is lifted begin dropping in treats.
  - If she barks again, say nothing and drop the sheet.

- ❖ Repeat these steps in 9) until the timer goes off. Your goal is for her to remain quiet with the sheet lifted. Keep the treats flowing when she is uncovered and quiet!

- ❖ By timing your treats, rewards (uncovering the crate) and corrections (covering the crate) appropriately, she will

learn that being quiet and calm allows her to be able to see the world around her.





**10) If your puppy is NOT quiet even after you drop the sheet**

- ❖ **Say nothing!**
- ❖ Give her 15-20 seconds to stop barking.
- ❖ If she stops barking, go back to 9).
- ❖ However, if she continues to bark or howl, put one hand on each side of the covered crate, and **while she is barking** rock the crate from side to side 2 to 3 times. This is known as an **earthquake**, because it makes the puppy feel that the earth is moving under her feet.



**IMPORTANT:** You want her to think her barking caused the earthquake, not you, so it is important that she cannot see you and that you say *nothing!*

**EQUALLY IMPORTANT:** Do not earthquake a puppy that is just whining. Although whining is annoying, it is not the same as barking, howling or yelping. Many puppies whine when they are anxious but have no idea they are doing so. If you correct them, you will increase their anxiety and thus cause more whining not less. We stop whining by decreasing the dog's anxiety as we make her more comfortable in the crate.

**11) After an Earthquake**

- ❖ If your puppy stops barking, even for a split second, lift the sheet and drop in treats. Continue to drop in treats one at a time as long as the puppy is quiet or until the timer goes off.
- ❖ If she begins to bark again, cover her crate and give her a moment to stop barking.
  - If she stops barking uncover her and drop in treats.
  - If she continues to bark leave her covered and earthquake the crate again, rocking a little harder or going up a level on the Richter scale (see "Earthquakes" below).
- ❖ Your goal is to surprise your puppy into silence but NOT to overwhelm her! So you need to rock the crate hard enough to get a response from your puppy but not so hard that she is frightened.
- ❖ Repeat sequences 10) and 11) above for your 5-minute training session but do not earthquake your puppy for **5 consecutive minutes!** Give her time to decide to be quiet. Shorten your training session or go back a step, if she continues to bark nonstop.



- ❖ End your session by releasing your puppy from the crate only when she is quiet. If the timer goes off when she is barking, whining or howling, DO NOT take her out of the crate. Wait until she is quiet, even if only for a second. Quickly start talking to her while lifting the sheet and opening the door to get her out of the crate to end the session.
- ❖ Immediately take her out to potty.

### ***Earthquakes***

Just like real earthquakes, Dog Earthquakes are measured by a “Richter scale,” with 1 being the “weakest” earthquake and 10 being the “strongest.” Think about your puppy’s temperament so you start at the “earthquake level” that will quiet your puppy the first time without frightening her. However, if she barks again after you earthquake the crate, then go up a level on the Richter scale in your rocking.

**WARNING!!!** Do not ever earthquake a puppy (or dog) if you have not put value into the crate first by completing Step 1 of confinement training!

Here are a few notes on earthquakes. They:

- ◆ happen only while your puppy is barking while totally covered with the sheet.
- ◆ catch your puppy completely off guard.
- ◆ are caused by your pup’s barking, not you—she sees nothing, you say nothing!
- ◆ should be just severe enough that your puppy does not want its barking to cause another earthquake. Your earthquake should not:
  - ❖ be like rocking a cradle (too little)
  - ❖ turn the crate on its side (too much)
- ◆ should not be so high on the Richter scale that it totally overwhelms your puppy.

Puppies react in a wide variety of ways to earthquakes. Some are unphased while others are concerned. When deciding how hard to rock the crate, err on the side of too little rather than too much. You can raise the level of the earthquake, as needed, to correct the puppy but if you start by over correcting, using too strong an earthquake, she may be overwhelmed and unable to learn.



- ◆ You should get a response from the puppy after two or three earthquakes if you are at the right level. If you get no response raise the level each time by one on the Richter scale.
- ◆ If you think of your puppy as nervous or lacking confidence do more sessions of Step 1 in confinement training to build extra value for being in the crate in case you need to earthquake the puppy.
- ◆ After the first earthquake when you uncover the front of the crate you may see your puppy bracing herself low to the ground. This is perfectly normal. That moment when she is quiet gives you the opportunity to reward her by uncovering the crate and dropping in treats.
- ◆ Puppies often will not eat treats after an earthquake. She does not know what happened—the world just moved! Continue to drop in treats even if she is not eating them.

### ***Important Points To Remember When Confinement Training***

- ◆ ONLY open the crate door when your puppy is quiet.
  - ◇ Opening the crate door is a reward, so be sure to only reward quiet!
  - ◇ There is only one time you can and **should** break this rule, *when you think she has to potty!* This is why you must take her out to potty before beginning every crate training session.
- ◆ As you progress through her potty training it is important that:
  - ◇ She knows that you will respond and take her out when she needs to potty.
  - ◇ You listen for changes in her barking/crying while she is crated. If she sounds “different” than just demanding to get out, she may be telling you she has to potty. Believe her and take her out to potty on leash.
    - Be sure to bring her right back to continue the session immediately after potty.
    - Preload the crate with treats and start again.

The flow chart on the next page is a visual representation of the training process.



### ***Moving On To Step 3***

You are ready to move on to Step 3 only after your puppy is able to settle in the crate without you needing to do any earthquakes during three consecutive sessions on two different days. At this point your puppy should be relaxed, calm and quiet while in the crate with the door closed for at least 5 minutes while you drop treats in every 10-15 seconds. During those 5 minutes, you should not need to earthquake the crate at all. If you do or your puppy is stressed, crying or barking, stay on Step 2 longer.

**Hint:** In addition to having active crate training sessions you can teach your puppy to like being in the crate by giving her:

- ◆ meals in the crate
- ◆ KONGs® stuffed with delicious treats
- ◆ Nylabones®
- ◆ healthy, natural chew items, like marrow and knuckle bones, pig's ears, bully straps, etc.



Be sure that all these GREAT things are only given to her inside the crate while you are doing confinement training!

### **Step 3: Extend Time In The Crate**

When you have completed Step 2 of Confinement Training, your puppy will understand that being quiet in his crate earns rewards and freedom. He is now ready to learn to be quiet in his crate for longer periods of time.

Remember, any time he barks or cries **say nothing** and cover the crate quickly and completely! Uncover him the moment he is quiet and begin tossing or dropping in high-value treats. If he continues to bark while covered, earthquake. The rules never change:

- ◆ Being quiet brings things your puppy likes: treats, the ability to see the world around him, being released from the crate
- ◆ Being noisy brings things he does not like: darkness, isolation, earthquakes



### ***Goal For Confinement Training Step 3***

Your goal in Step 3 is to work up to your puppy being quiet and settled in the crate for 60 minutes while dropping in no more than five treats during that period.

### ***Setting The Stage For Step 3***

- 1) Set the crate up:
  - ❖ in a quiet area with no distractions
  - ❖ where you can walk behind the crate
- 2) Place an opaque sheet on top of the crate ready for the front to be dropped if he is noisy
- 3) Train when the puppy is hungry!
- 4) You can continue to use his daily food rations to train and/or use high-value treats. If using treats be sure that they are:
  - ❖ foods that he loves but that are also good for him
  - ❖ an appropriate size
    - small enough so he can eat a lot and not get full
    - large enough that they can be seen when tossed on the bottom of the crate floor
  - ❖ a color that is easily seen on the crate floor
    - with black crate pans, you should use light-colored treats like pork or chicken
    - with white or silver crate pans, you should use dark-colored treats like steak or jerky
- 5) Take him out to potty immediately before training.
- 6) Be sure he has had plenty of exercise earlier in the day. Do not do a long crate training session right after vigorous exercise because he likely will have to potty before completing the training session. This is particularly important when your timer is set for longer periods!

### ***Training Step 3***

- 1) Set your timer for 10 minutes.
- 2) Toss a handful of high-value treats into the back of the crate.
- 3) Gently place your puppy in the crate.
- 4) Close and latch the door being careful not to catch a foot or tail in the door as you close it.



- 5) Say nothing!
- 6) Drop one treat at a time every 5 to 10 seconds for the first 30 seconds.
- 7) As long as he remains calm and quiet in the crate, begin increasing time between dropping in treats. As you increase the overall time you want to vary the amount of time between treats from short to long, back to short so the puppy cannot predict when the treat is coming. This is known as "ping-ponging."
  - ❖ If he starts to bark, cover the crate. If he continues to bark, earthquake.
  - ❖ When he is quiet, start rewarding again ping-ponging the time between dropping the treats.
- 8) When the timer goes off:
  - ❖ if he is quiet, release him from the crate.
  - ❖ if he is noisy, continue to keep him covered until he is quiet, earthquaking if needed. Once he is quiet, uncover and release him from the crate.
- 9) Take him out on leash to potty immediately.
- 10) Repeat steps 1) through 8) until he is quiet for the majority of the 10-minute session.

### ***Ping-Ponging The Treats***

The key to success in extending the amount of time your puppy will remain quiet and calm in the crate is to randomly vary or "ping-pong" the length of time between dropping in treats. If you just keep making it harder and harder for your puppy by making him wait longer and longer for the treats, he will likely stop trying. Like the game of ping pong where you never know where the ball is going to land, your puppy should never know when the reward will come, so he learns to wait patiently for it to arrive.



Ping-ponging looks like this where the vertical access is the time between giving your pup a treat and the horizontal access is each point in the training session.



For example, the rewards in your first session could be ping-ponged at 5 seconds, then 15 seconds, then 7 seconds, then 21 seconds and finally 12 seconds. Sometimes the treats come quickly and sometimes they do not. This teaches your pup to be patient and trusting. There is no magic to the numbers in this example. What is important is that you vary when treats come, sometimes more quickly and sometimes more slowly.

### *Continuing To Increase Time In The Crate*

- 1) When he is quiet and settled in his crate for most of the 10-minute session increase the time intervals between treats in the next session.

We suggest the timing for your sessions be increased using the following objectives:

- Objective 2 is 15-20 minutes
- Objective 3 is 20-30 minutes
- Objective 4 is 30-40 minutes
- Objective 5 is 40-50 minutes
- Objective 6 is 50-60 minutes

Remember, he must be quiet for a majority of a session before moving on to the next objective.

- 2) If he is not quiet for a majority of a session repeat the session as many times as you need to before moving on to the next objective.

Here are some helpful things you can do to help extend the time between treats:

- Use a watch or clock with a second hand to be sure you are giving the treats at varying intervals.
- Keep a written log indicating where you left off in the last session.
- Start the next session where he had success in the last session. Refer to your log to ensure success.



As the time he is quiet and settled in his crate increases keep the following things in mind:



- 3) If he wants to stay in the crate after you release him, you have done a great job training! You can just let him stay in his crate.
  - ❖ Leave the door open and walk away.
  - ❖ Be sure to watch him so you can take him out to potty immediately when he does come out of the crate on his own.
  - ❖ If you cannot watch him, encourage him to come out of the crate by tapping your leg or the ground. When he comes out, praise him as you take him out to potty.
  
- 4) If your puppy falls asleep in the crate:
  - ❖ Let him sleep, stop tossing treats and close the door.
  - ❖ Be sure to wake him up and take him out of the crate before he begins to cry! Set your timer so you don't forget about him.
  
- 5) Be sure to end every confinement training session by taking him out to potty!



## Step 4: Transfer Crate Skills To Other Places

Although your puppy is making great strides in crate training, she may not accept confinement in new locations as easily. Many puppies will be quiet and relaxed in a crate but when moved to an ex-pen, will start barking again. Even moving her crate to a different location may cause her to become noisy. You should teach her that calm, quiet, relaxed behavior when confined is expected in every place you confine her. Once she understands the concept of being quiet in her crate, you will be able to use it to expand her understanding of being quiet and settled in other locations.

### *Setting The Stage For Step 4*

- 1) Place a crate either in or nearby an ex-pen. This ex-pen will be her new "room."
- 2) Place the sheet, folded and ready to cover her crate.
- 3) Be sure her new "room" has good things associated with it.
  - ❖ Put in chewies and toys.
  - ❖ Preload the pen with treats.



### ***Goal For Confinement Training Step 4***

To teach her to be quiet and settle in her ex-pen and ultimately any place you put her in addition to her crate.

### ***Training Step 4***

- 1) Gently put her in the ex-pen.
  - ❖ Point out the treats if she does not find some on her own.
  - ❖ Begin tossing in treats if she is quiet.
  - ❖ If she remains quiet, "ping-pong" your treats so she is rewarded at random intervals.
  
- 2) If she barks:
  - ❖ Say nothing.
  - ❖ Gently take her by the collar or pick her up.
  - ❖ Place her in her crate.
  - ❖ Carefully close the crate door.
  - ❖ Cover the crate completely, even if she is quiet. She is being covered because she barked in the ex-pen.
  - ❖ If she barks in the crate, do an earthquake.
  - ❖ Uncover her when she is quiet for a minute or two.
  - ❖ If she remains quiet, put her back in the ex-pen.
    - Go back to 1), tossing treats in as long as she is quiet.
    - If she barks, repeat 2) until she is quiet.
  
- 3) Repeat 1) and 2) until she immediately settles when she is put in the ex-pen. You are teaching her:
  - ❖ The consequence for barking is being removed from the ex-pen and being placed in a covered crate, putting her into darkness.
    - Every time she barks in the ex-pen she should be moved to her crate and covered, repeating 2) above.
    - The more consistent you are in responding to barking by applying 2), the sooner she will understand her barking caused her to be put in the dark crate.
  - ❖ The consequence for being quiet is having treats tossed at random intervals into the ex-pen while she also is able to enjoy her chewies and toys in her more spacious "room."



- To strengthen the behavior of being quiet in her new “room,” you must reward her when she is settled and quiet.
  - If you only correct barking and do not reward quiet, you will not strengthen being quiet and settled.
- 4) Repeat Step 4 of Confinement Training each time she moves to a larger “room” until she is relaxed and quiet in each new place. Continuing to train her in different areas of your house and in the car, will teach her that it pays to be quiet wherever she is confined.

## Step 5: Add Challenges And Excitement

As your puppy’s environment gets more exciting, he may find it hard to be quiet in the crate. In this step, you will teach him that he can be relaxed and quiet even when there is a lot going on around him. Once he can do this, you will find it invaluable to be able to confine him anytime you have the need.

Remember, every puppy responds differently to distractions. Some bark at the smallest movement while others are quiet even in the midst of a party. Many puppies will be quiet as long as no one is home but cannot stand being crated when the family is around. Others cry as soon as they are left alone but rest quietly when folks are at home. Your job in this step is to work with situations that challenge your puppy to teach him that the only time he should bark is to tell you he has to potty (or if there is a burglar, but that is another course).

### *Setting The Stage For Step 5*

- 1) Place your puppy in his crate in a familiar location.
- 2) Have treats cut up and ready to toss into the crate.

Remember the treats should be:

- ❖ foods that he loves but that are also good for him
- ❖ an appropriate size
  - small enough so he can eat a lot and not get full
  - large enough that they can be seen when tossed on the bottom of the crate floor





- ❖ a color that is easily seen on the crate floor
  - with black crate pans, you should use light-colored treats like pork or chicken
  - with white or silver crate pans, you should use dark-colored treats like steak or jerky

**Goal For Confinement Training Step 5**

In this step, you will teach your puppy that he can be quiet in his crate while exciting things are happening. By slowly increasing the distractions and excitement in the room and continuing to reward a settled and quiet puppy and/or correcting a noisy puppy, he will learn to always be quiet in his crate.

**Training Step 5**

When you add distractions or excitement while he is confined, you are making it more difficult for him to be quiet. Thus, you give him very high value treats more frequently and shorten the time he is in the crate. In addition, start with easy challenges and gradually work up to the tougher ones as he gets better at and more confident in being quiet.

Here are some examples of challenges that our client’s (and our) puppies have struggled with and how difficult most have found them.

Challenge	Level of Difficulty (1 easiest - 10 hardest)
Another pet sleeping in the room	1
Another person sitting in the room	2
People moving around in the room	3
Children playing quietly on the floor	3
People in the room eating or cooking	7
Another pet getting attention from person	8
Children running around playing	9
Another pet being fed dinner in the room	10
Another pet playing in the room	10

Your job is to develop a list like this for your puppy. What can he watch others doing and still remain quiet and relaxed in his crate? What starts him barking a little? What sends him over the



edge? Remember to begin this step with easier challenges. And be sure to reward with higher-value foods at a faster rate when you tackle more difficult challenges.

### ***Challenge #1: You Moving Around the Room***

Here you will begin teaching him to understand that no matter what is happening around him, he should remain calm and settled.

- 1) Quietly move around the room while tossing treats into the crate. Be very generous at first, tossing treats in every 15 to 20 seconds.
- 2) Anytime he barks, cover the crate fully.
- 3) If he continues to bark, do an earthquake.
- 4) When he is quiet, uncover and go back to rewarding him every 15 to 20 seconds.
  - ❖ Walk by the crate and toss in a treat.
  - ❖ Walk by again moving a little farther away before coming back to toss another treat.
  - ❖ Walk beside the crate, drop in a treat.
  - ❖ Walk behind the crate, drop in a treat.
  - ❖ Repeat this process changing your location throughout the room.
- 5) When your puppy can remain quiet with you moving around the room you should increase the interval of time between the treats being tossed. Remember to always use the ping-pong method described previously.

### ***Challenge #2: Being Present In The Room***

This challenge will teach him to relax in your presence, while he is not the center of attention.

**Example 1.** Sit in a chair and read where your puppy can see you from the crate.

- 1) Toss a treat into the crate every few minutes.
- 2) If you can reach, treat while you are sitting in the chair.
- 3) Get up, walk over to the crate to drop a treat in and then go back and sit down.





- 4) Alternate between sitting and walking to the crate while treating.
- 5) Continue to ping-pong the timing of rewards while you are present in the room.
- 6) Remember, anytime he barks, cover the crate fully. If he continues to bark, do an earthquake. When he is quiet, uncover and go back to rewarding him.

**Example 2.** Stand at the sink and do the dishes. You will now be present with the puppy but also busy doing something. Remember, this is dog training time so getting the dishes done is secondary to crate training!!

- 1) Walk toward the crate and toss in a treat.
- 2) Go back and do some more dishes.
- 3) Walk back to the crate and toss a treat.
- 4) Continue to ping-pong the rewards while you are doing the dishes.
- 5) Remember, anytime he barks, cover the crate fully. If he continues to bark, do an earthquake. When he is quiet, uncover and go back to rewarding him.



**Example 3:** Pretend to make a phone call. Unless you have a very understanding friend, do not actually call anyone since this is dog training time and you need to focus on your puppy.

- 1) While on the phone walk toward the crate and toss in a treat.
- 2) Go back and talk some more to your imaginary friend.
- 3) Walk back to the crate and toss in a treat.
- 4) Continue to ping-pong the rewards while you are present in the room on the phone.
- 5) Remember, anytime he barks, cover the crate fully. If he continues to bark, do an earthquake. When he is quiet, uncover and go back to rewarding him.





### ***Challenge #3: Moving In And Out Of The Room***

This challenge teaches your puppy to remain calm while he watches you coming and going from the room.

- 1) Toss him a treat and calmly walk out of the room and out of his sight.
- 2) Wait 5-10 seconds and return to toss another treat.
- 3) Leave the room again waiting a bit longer to return this time.
- 4) Repeat the delivery of the treats, varying the time between leaving and returning to give treats, again remembering to use the ping-pong method.
- 5) If he barks, walk back to the crate without saying anything or making eye contact. Cover the crate fully. If he continues to bark, do an earthquake. When he is quiet, uncover and start over at Step 1.
- 6) Gradually increase the amount of time you are out of the room. Each time you return toss a treat into the crate.

### ***Adding Other Challenges***

Each time you add a new challenge be sure to give him excellent treats more frequently to reward him for being quiet. Then gradually decrease the number of treats over time as he learns the new skill. Then begin to increase the interval of time between treats always ping-ponging them so he has no idea when the next treat will come.

As he understands that he must remain quiet and settled in his crate no matter what is going on around him, you can build the time he can settle in the crate with the added challenges. Once he that being settled and quiet works, each additional challenge will get easier and easier until he can just settle any where, any time.

### ***Crate Trained!***

Once your puppy is quiet when confined in all kinds of circumstances for an hour, he is officially crate trained. **Congratulations!!! This is a huge accomplishment for you and your puppy!**

### ***Maintaining Your Puppy's Value For The Crate***

However, he is still a puppy so you need to put some effort into maintaining his value for being in the crate. Even if you do not plan to use a crate for the rest of his life, you are likely to want to do so at least until he is through adolescence. Adolescence is the period that dogs have



the strongest need to chew and tend to do the most damage to their owner's homes, furniture, clothing and more. Since your puppy is calm and relaxed in his crate and ex-pen, use those two valuable tools to get him and your home safely through his adolescence.

In maintaining your puppy's value for confinement, remember these two important things:

**1) Never reward him for barking when confined!**

One common mistake people make is rewarding dogs that are noisy or fussy in their crates with attention. Giving attention includes:

- turning to look at your dog.
- saying anything to your dog, such as "I'll be right there," "What's wrong?" or "Oh, honey, you'll be all right." You get the idea.
- yelling at him.
- shaking your index finger at him.
- putting your hands on your hips.
- sighing in frustration.

All of these things give your puppy your attention and reward him for barking!! If you engage him in any way, even after all the training you put into the initial crate training, he will bark more.

Another common mistake people make is inadvertently rewarding their puppy by physically putting something into the crate while he is barking, such as giving him:

- a bone to chew on "to keep her quiet."
- his dinner.
- fresh water.

If he is barking and you want to give something to him, be sure to wait until he has been quiet for at least a few seconds before you open the crate to put anything inside.

You should always consider that he might be telling you he needs to go to the bathroom. If he is telling you he needs to go, take him out!

- on leash
- put him immediately back in her crate when he comes back inside.



Puppies can learn to put a behavior and a result together very quickly so if you take him out of the crate, walk him and then let him loose in the house or yard, you may have just taught him how to get you to take him out of the crate. Bark -> walk -> freedom! Not quite what you want him to learn.

## 2) Reward him for being quiet in the crate.

People often do not notice things that don't bother them. Because of this, people fail to reward dogs when they are quiet and good. So to get attention, they become noisy dogs. To avoid this, make a concerted effort to reward your puppy when he is being good in his crate. Drop in treats or give him things to chew on from time to time while he is being good.

Behaviors that are rewarded are repeated! That is a great phrase to remember for all of your dog training. In this case, reward quiet rather than simply correcting barking!

## Puppies That Are Afraid Of The Crate

If your puppy is afraid of the crate, break down what you expect of her by teaching "Dinner Is Served," then "Crate Equals Treats" and, if necessary, "Break It Down Even More."

**IMPORTANT:** As you are teaching a fearful puppy to like the crate be sure you **never force** her to go into the crate or stop her from coming out of the crate. She needs to be in control of her environment to feel comfortable in a crate.

Be sure she is hungry and train with her favorite treats!!! Here are three exercises you can do with your puppy to help her relax in and around a crate.

### *Dinner Is Served*

Here is the first of three exercises you can do with your puppy to help her relax in and around a crate.

- 1) Begin by feeding her meals as close to the crate as she is comfortable eating.
- 2) As she gets more comfortable eating near her crate, gradually feed her closer and closer to the crate until she is right next to it.



- 3) When she will eat dinner with her bowl next to the crate, start feeding her:
  - ❖ just inside the crate door
  - ❖ in the crate so she her front feet are inside
  - ❖ toward the back of the crate so all four feet are inside
- 4) Proceed only as fast as your puppy can tolerate. If she would eat in one location but not the next, you have moved the food bowl too close too quickly.
- 5) Once you set the bowl down in a new location be sure to give her time to make the choice to eat.
  - ❖ If she does not eat, remember this is a training exercise, so leave the bowl down and walk away. It will be her choice to eat or not. Do not pressure her in any way.
  - ❖ It is to your advantage to be sure she loves the food you are using and that she is hungry when you play this game.
  - ❖ If she does not eat her meal after 10 minutes, pick it up. Do not move it to a different location for this meal but next time, make it a little easier for her.
  - ❖ Do not be afraid to let her skip a meal if you know you have moved through the process fairly and she still won't eat. The hungrier she is the more incentive she will have to go to the food.
  - ❖ If she will not eat two meals in a row, make the game easier by feeding her in the last place that she ate.
- 6) When she is readily going all the way into the crate to eat, close and immediately re-open the door.
- 7) Once she will eat her meals in the crate with the door closed, move on to "Crate Equals Treats."

### ***Crate Equals Treats***

Here you will teach her that all good things are inside the crate so she chooses to go in on her own. Again, play this game when your puppy is hungry, so breakfast and dinner times are the ideal times to teach this.

- 1) Sit near the crate and toss treats outside but near the crate rather than inside the crate.
- 2) Repeat once or twice daily until she is comfortable eating treats near the crate.
- 3) As she is eating treats near the crate, toss a better treat just inside the crate door.



- 4) Repeat once or twice daily until she is comfortable taking the better treats just inside the crate door.
- 5) Begin to toss them in more toward the back of the crate until your puppy will go all the way into the crate to get the great treats.
  - ❖ Allow her to come and go.
  - ❖ Toss the treats generously while she is in the crate.
  - ❖ Stop tossing treats if/when she comes out of the crate.

### ***Break It Down Even More***

If you have tried everything listed above and your puppy is still afraid of the crate, you will need to break it down even more...both literally and figuratively.

- 1) Start with a small dog bed or crate pad.
- 2) Toss treats onto and around the pad until your puppy is happily getting on the pad to eat treats.
- 3) Repeat once or twice daily for a few days until your puppy stays on the pad most of the time eating treats.
- 4) If you have a plastic crate, take it apart so you are using just the bottom of the crate. If you have a wire crate, tie the door open so it cannot swing and hit her or worse yet, close.
- 5) Place the pad near the crate and play the "eat the treats on the pad" game.
- 6) If your puppy will not get on the pad when it is near the crate, move it further from the crate.
- 7) Repeat once or twice daily until she is comfortable taking treats on the pad.
- 8) Gradually, over as many sessions as your puppy needs, move the pad closer to the crate.
- 9) When your puppy is eating treats on the pad near the crate, next time put a little bit of the pad inside the crate.
- 10) Keep moving more of the pad into the crate until your puppy is on the pad in the crate.
  - ❖ Be sure to:
    - Allow her to come and go.
    - Toss the treats generously while she is on the crate pad.
    - Stop tossing treats when she comes out of the crate.



### ***Moving On To Confinement Training Step 2 For Crate-Fearful Puppies***

You should go back to training Step 2, *Teach Your Puppy To Be Quiet In The Crate* when:

- ◆ Your puppy is comfortable eating her meals and treats in the crate
- ◆ She will go into the crate on her own to look for treats

## **Confinement Training Questions, Problems Or Issues?**

See Chapter 5, *Troubleshooting and FAQs*.

# Chapter 4

## Advanced Potty Training

Once your puppy's potty training is underway the next steps are:

- ◆ Increasing the size of his room
- ◆ Extending the amount of time between potty trips
- ◆ Generalizing potty training to other places

### Increasing The Size Of His “Room”

The key to **increasing the amount of space** your puppy can handle is to proceed slowly. Understand that accidents are your pup's way of telling you that you gave him too much space. Expanding your puppy's space must be done incrementally from the time you bring him home until he is about a year old.

The following is an overview of how give more unsupervised space to a typical puppy.

#### *Puppies 2 to 5 Months Old*

- ◆ Should be confined in a small ex-pen or crate that is just big enough so he can comfortably sleep and turn around.
  - ❖ As your puppy shows you he can handle more space, by not having soiled his “room” for seven days, his ex-pen can be enlarged.
  - ❖ There is no need to increase the size of his crate sooner than when he physically outgrows it.





- ◆ When you **increase the size of his “room,”** do so by a *tiny* amount (2 square feet, initially, or one ex-pen panel).
- ◆ Increase the size of his “room” **ONLY** when he has not soiled it in a week, as in seven **full** days.
- ◆ Continue to expand the ex-pen panel by panel until it is full sized.

Puppies this age do not need more space than one eight-panel ex-pen. When he is confined he will be sleeping or playing quietly on his own. The only thing more space will give him is a place to be able to potty. Your goal is to have him fuss to tell you he needs to potty and he will only do that when his “room” is small enough that he has to ask to keep it clean.

### *Puppies 5 to 7 Months Old*

At this age you may feel the urge to give your puppy more unsupervised space. Although he is beginning to look like an adult dog, remember he is still a puppy! This is why you should resist this urge:

- ◆ He is entering the stage where puppies chew anything and everything!
- ◆ He is learning what is good to chew. If you give him access to baseboards, walls and furniture, you are teaching him to chew the wrong things!
- ◆ His bladder may not be fully mature.



Rather than just letting him have unsupervised freedom, finding time to give your puppy more interactive time with you will not only build your relationship with him, it will also exercise his mind and body. Here are just a few things to do with him that will be far better than the run of the house:

- ◆ Play a game of fetch
- ◆ Play tug-o-war with a toy
- ◆ Wrestle on the floor
- ◆ Teach him some tricks
- ◆ Teach him to find you when you hide in the house



### *Puppies 7 to 9 Months Old*

By this age you can consider giving him access to a small room in the house. However, this is optional! Remember, many puppies use only an ex-pen and crate for an entire year with enormous success.

If you decide that you do want to give him an area of the house for his living space, here is how to do it:

- 1) Choose a small bathroom or other small area in the house.
- 2) Be sure it:
  - ❖ has a waterproof floor.
  - ❖ has been puppy proofed, making sure he cannot get access to wires, toilet paper, items on the counters, and things hanging on the walls. Remember to close the toilet seat if you are using a bathroom.
  - ❖ can be closed off by secure baby gates (NOT a closed door).
- 3) Place toys and a few favorite chewies in the room.
- 4) Take him out to potty.
- 5) Put him in the room and secure the baby gate(s).
- 6) Leave him for no more than 30 minutes. Set an alarm to be sure you don't lose track of time.
- 7) When the alarm goes off get him. If you have time to watch him, let him have some freedom in the house. If you cannot watch him, put him back in the ex-pen to play.
- 8) Repeat steps 3) through 7) extending the amount of time you leave him in the larger "room" by 30-minute increments.
- 9) If at any point he has an accident, he is telling you that you have given him too much space. Either reduce the size of his new "room" or go back to putting him in the ex-pen for a while longer before expanding his space to a room in the house.





- 10) Once he has gone three consecutive sessions without an accident or causing damage you can extend the time he can be alone in his new "room."
- 11) If he has an accident, be sure the room he is in is not too large. Unlike the bathroom shown on the last page, this bathroom is too large to potty train a puppy.
- 12) See Step 4 of Confinement Training on page 47 to teach him to be settled and quiet when confined in a room in your house.



### ***Puppies 9 to 12 Months Old***

Eventually you may want to give your puppy access to your entire house. You can begin to think about doing that when he has been:

- ◆ Accident free when he is left in his "room"
- ◆ Accident free during his supervised freedom
- ◆ Consistently asking to go outside when he needs to potty
- ◆ Successfully chewing on only his bones, toys and chewies

Introduce new areas to him one at a time. As you introduce more rooms be sure to:

- ◆ Add only one room at a time
- ◆ Expand his space only after he has been successful for three consecutive training sessions in the current space.



Although it is nice to get ex-pens out of kitchens and crates out of bedrooms, the inconvenience of having them around for extended periods of time is worth it so you can have a fully trustworthy dog for the rest of his life! Please do not rush this!



## Extending Time Between Trips Outside

**Extending the amount of time** between potty trips is best done by keeping track of how long she is going between potty trips. Once you have an idea of how long she usually can wait, begin to slowly increase the time to build her bladder muscle.

Here's what to do:

- 1) Spend some free time with her in the house, playing or training.
- 2) Cut your session short and put her into her crate sooner than you expect that she would have to potty and before she indicates she has to go out. Ideally, you want her to fall asleep or play quietly once she is put in the crate. This will work best if the house is quiet and there is not a lot of commotion.
  - ❖ If she typically needs to go out every 60 minutes during the day, put her back in her "room" after 50 minutes. If she falls asleep for half an hour, you have now extended her bladder to an hour and 20 minutes.
  - ❖ Once she is comfortably able to wait an hour and 20 minutes, add another 10 minutes to the time before putting her back her "room" by putting her in her crate at 60 minutes and see if she will go an hour and a half without pottying.
- 3) Continue adding time until she is able to go 4-5 hours or more between needing to potty.

A few notes about extending time:

- ◆ Use only a crate when extending time between trips outside! She will graduate to the ex-pen for this later but at first, use a crate.
- ◆ If she begins barking after you put her in her crate, believe her that she has to potty.
  - ❖ Take her outside on leash.
  - ❖ Be sure to put her right back into her crate.
- ◆ Try to get her tired so she falls asleep when she is put in the crate, which will help extend the time her bladder muscle can hold her urine.
- ◆ Once you have completed Step 3 of confinement training on page 43 you will more likely be able to tell the difference between her needing to potty and wanting to continue to play.
- ◆ When she wakes up she will have to potty immediately so respond quickly to get her out!



## Generalizing Potty Training To Other Places

Generalizing potty training to other indoor places can begin as soon as you get him home because it requires your effort not your puppy's! As you begin socializing him to the rest of the world, always keep potty training in mind.

- ◆ Remember that he will not know to keep other indoor places clean without you teaching him.
- ◆ Before you take him anyplace, be sure you will be able to focus on him while in the new environment. If you will not be able to focus on his potty needs, leave him home!
- ◆ Take your puppy's gear and clean up supplies with you when you are taking him to indoor places, such as a friend's house, hotel, training classes, your bank, a dog-friendly store, a dog show or your vet's office.
  - ◇ Your puppy's leash and collar are essential equipment for generalizing potty training. Use them!
  - ◇ If you visit a friend, do not let him loose in the house until you know he has pottied, if at all. This is especially important if your friends also have dogs because:
    - Puppies are more likely to pee when meeting older dogs.
    - There may be areas in the house where one of the resident dogs may have had an accident and not been cleaned up thoroughly. To a puppy, this area will smell like the correct place to potty.
  - ◇ Ex-pens are easy to transport and are invaluable, especially for longer visits.
  - ◇ Bring a roll of paper towels and small bottle of enzymatic cleaner so you are prepared if an accident occurs.
- ◆ **Watch him more closely than normal** for signs that he may need to go out. New places can be exciting or intimidating for puppies, both of which cause them to need to potty.
- ◆ **If he has an accident**, try not to be embarrassed and definitely do not be upset with him. Clean it up, make your apologies and note that either
  - ◇ you were not focused on your puppy
  - ◇ he may not have been ready for that type of trip.



## You Did It! Congratulations!!!

You have completed all the steps of both potty and confinement training. You have done the advanced training for both and your puppy is trustworthy in your home and most other places. He is relaxed and quiet when confined and the two of you have good communication so he can tell you when he needs to go out.

Congratulations!! Your puppy is confinement trained and well on his way to being fully potty trained.



Making the effort to teach your puppy the skills he needs to be accepted almost anywhere you go is a priceless gift to him! If dogs are welcome where you travel, you will be able to bring him along knowing that he will be quiet in his crate and will tell you when he needs to go potty. Whether at home or while visiting friends or relatives, if you need to confine your puppy, he will be more than happy to settle in his crate to take a nap, enjoy a special treat or simply watch what others are doing.

Take a bow—you have taken the time to give your puppy the tools he needs to be an adult dog that everyone adores, most especially you!



## Chapter 5

# Troubleshooting and FAQs

### If You Are Not Seeing Progress

If you have been diligent in potty training her for a month and have seen no improvement in her housebreaking understanding and abilities, your first steps should be to:

- ◆ Make her "room" smaller, if she is peeing or pooping in it.
- ◆ Give her NO loose time in the house, especially if she is peeing or pooping when you are not looking. Use a leash or Avidog® Tagline to keep her with you when she is not in the crate or ex-pen.
- ◆ Change the food you are feeding her, if she is peeing and pooping more than you think she should.
- ◆ Pick up her water bowl two hours before bed, if she is not sleeping through the night.
- ◆ Discuss the issues with us on one of our live Q&A support or coaching calls.

You should see real progress within six weeks after starting. If you are still having problems.

- ◆ Take her to the vet for a checkup to ensure parasites or urinary tract infections are not hindering the process.
- ◆ Add cranberry tablets to her meals to decrease the pH of her urine.
- ◆ Change her food to a better brand.
- ◆ Get a black light and scan your house to ensure you have cleaned up thoroughly.
- ◆ Bring in a trainer or have us do a video consult to evaluate your set-up.



## Frequently Asked Potty Training Questions

### *Potty Training Questions*

- Q1. How long can I keep my puppy in her crate?
- Q2. When my puppy goes outside all she wants to do is play. How can I get her to go potty?
- Q3. Some days I work long hours. When I have to leave her for longer periods of time what can I do without sabotaging her potty training?
- Q4. I've heard you can get a puppy to potty when you ask her to. How do you teach this?
- Q5. How long can I expect my puppy to "hold it"?
- Q6. How should I punish my puppy for peeing or pooping in the house?
- Q7. I keep my puppy in a full-size ex-pen while I am out of the house. She does not have accidents when she is in her crate but has accidents in her pen. Is her space too big?
- Q8. My puppy seems to have more accidents during the day than at night. Is this normal?
- Q9. If I catch my pup going in the house what should I do?
- Q10. How long does it take to potty train a puppy?
- Q11. My five-and-a-half month old puppy has not had an accident in my house in two months but when I took her to visit a friend she peed in their den. I thought she was housebroken. What happened?
- Q12. I think my puppy may have peed in the house. Is there an easy way to find pee spots?
- Q13. I have heard that my puppy should sit and wait at the crate door before I let her out. When she really has to potty is this necessary?

### *Potty Training Answers*

- Q1. How long can I keep my puppy in her crate?

The total amount of time your puppy should be crated during the day is four hours. Since the crate is so restrictive you should use an ex-pen with a potty pan during the other hours you need to confine her when you cannot watch her.



**Q2. When my puppy goes outside all she wants to do is play. How can I get her to go potty?**

Be sure to put the leash on your puppy **every time** you go outside. Take the puppy to the potty area you have chosen and stay in that area until she potties. Teach your puppy that she must potty before anything else will happen. If she goes out and does not potty after 10 minutes put her back in the crate. Do not play or engage with her until she has pottied.

**Q3. Some days I work long hours. When I have to leave her for longer periods of time what can I do without sabotaging her potty training?**

Leave her in an exercise pen with a potty pan. The potty pan gives her an acceptable place to potty. As her bladder matures you will be able to remove the potty pan and just get someone to take her out once or twice when you are at work.

**Q4. I've heard you can get a puppy to potty when you ask her to. How do you teach this?**

Each time you take her out give her your potty command while she is actually pottyng. By doing this you are naming her pottyng behavior. Over time she will associate the potty command with the behavior and go when you ask her to.

**Q5. How long can I expect my puppy to "hold it"?**

You can figure out how long a typical puppy can hold it by using your puppy's age. The age of your puppy in months plus one is how many hours they can hold it. So if your puppy is 8 weeks old the longest she can hold it is three hours. (Two months plus one = three hours)

Age In Weeks	Daytime resting <u>maximum</u> time between potty breaks	Age In Weeks	Daytime resting <u>maximum</u> time between potty breaks
7 - 9 weeks	3 hours	18-19 weeks	5.5 hours
10-11 weeks	3.5 hours	20-21 weeks	6 hours
12-13 weeks	4 hours	22-23 weeks	6.5 hours
14-15 weeks	4.5 hours	24 weeks	7 hours
16-17 weeks	5 hours	Adult	7-12 hours



**Q6. How should I punish my puppy for peeing or pooping in the house?**

At no time in your puppy's life should you punish her for pottying in the house. Ever. The only thing punishing your puppy will do is cause her to be anxious about you coming home.

Here is what you should do when she has an accident. Take some newspaper and roll it up tight. Put a few rubberbands around it to hold it in place. Take the paper and whack yourself in the head while repeating, "I wasn't watching my puppy. I wasn't watching my puppy."

You should only correct a dog when the dog not only knows what the correct thing to do is, but is also capable of doing it. In this case you are the only one who is punishable. 😊

**Q7. I keep my puppy in a full-size ex-pen while I am out of the house. She does not have accidents when she is in her crate but has accidents in her pen. Is her space too big?**

Yes! Using a full-size ex-pen is equivalent to leaving her in a dog run—it is too big for young puppies and small dogs. If she has the opportunity to get away from where she soils there is no reason for her to try and hold it. To get success, close down the ex-pen so she has no more than three panels to start unless you are using a potty pan.

**Q8. My puppy seems to have more accidents during the day than at night. Is this normal?**

Yes. During the day puppies are active. They are also eating and drinking throughout the day so need frequent potty breaks. At night she is only resting or sleeping so she will not need to potty as often.

**Q9. If I catch my pup going in the house what should I do?**

Remain calm, but act quickly. Pick her up immediately and carry her outside. Be sure to have a leash by the door so you can grab it on your way out so she pottys when she gets outside rather than plays. You want to try to avoid rewarding her having an accident in the house, which you would be doing if she got to play outside her right after her accident. While you are taking her out repeat "outside" and place her down in her potty area.

**Q10. How long does it take to potty train a puppy?**

Most puppies' bladders are not mature until six months of age. Puppies can understand the concept in a matter of weeks but being able to physically control themselves for long periods of time will take at least six months. It likely will take longer for toy breeds.

**Q11. My five-and-a-half month old puppy has not had an accident in my house in two months but when I took her to visit a friend she peed in their den. I thought she was housebroken. What happened?**

You have taught your puppy to go outside in a place she knows—home! The reason she had an accident at your friend's house is the picture is different to her. Any time you take her to a new location she will not yet know how to indicate that she needs to potty. What she will do is leave the area in order to potty so you need to watch for her leaving. In new locations the same rule applies—if you cannot keep a watchful eye on her be sure she is confined. You will need to confine her until you can teach her how to come and ask you to take her out.

**Q12. I think my puppy may have peed in the house. Is there an easy way to find pee spots?**

Black lights will enable you to see any urine in the house. Turn off all lights in the room and turn on the black light. If an area glows, you have found a spot that needs cleaning. Be sure to clean up thoroughly and soak with an enzymatic cleaner allowing it to air dry.

**Q13. I have heard that my puppy should sit and wait at the crate door before I let her out. When she really has to potty is this necessary?**

Teaching your puppy to wait for permission to leave the crate is an excellent skill to have, however potty training must be a priority when she has little control over her bladder! Have you ever really needed to find a bathroom? How well would you learn at that moment? You can work on training the release from the crate separately at a time you know she does not have to potty. When she gains more control over her bladder you can begin to add the behavior of waiting for her release before letting her out at a time she might need to potty.



## Frequently Asked Confinement Training Questions

### *Confinement Training Questions*

- Q1. Why do I have to use a crate to potty train my puppy?
- Q2. My puppy is afraid of the crate! Is there anything I can do to help him get over his fear?
- Q3. My puppy has no interest in the crate. What can I do?
- Q4. What should I do if I think my puppy has to potty in the middle of a crate-training session?
- Q5. How often should I do crate-training sessions?
- Q6. Why do I need to cover his crate when he barks?
- Q7. Why can't I talk to my puppy when training him to be quiet in the crate?
- Q8. I am confused! Is it more important for me to take him out when he barks if he has to potty or should I insist that he be quiet before letting him out of his crate?
- Q9. How do I know when my puppy is stressed in the crate?
- Q10. My puppy does not really like his meals. Can I use treats instead of his meals to start crate training?
- Q11. Do I have to potty my puppy before I start crate training?
- Q12. Why can my puppy be quiet in a crate while I am away from the house but not when I am home?
- Q13. How long does my puppy have to be quiet before I can take him out of his crate?
- Q14. Do I take my puppy out of the crate when the timer goes off if he is barking?
- Q15. If my puppy won't eat after an earthquake, what should I do?
- Q16. I hear from my neighbors that my puppy is noisy when I am not home but he is quiet when I am. What can I do if I am not home?
- Q17. When can I stop rewarding my dog for being in his crate?
- Q18. My puppy used to be quiet in his crate but he has begun to bark more and more, even when I yell at him. What should I do?
- Q19. My puppy goes into his crate to sleep if I leave the door open. Is that a problem?



### ***Confinement Training Answers***

#### **Q1. Why do I have to use a crate to potty train my puppy?**

You are using your puppy's instincts to teach him where to potty. Because puppies inherently want to live in a clean environment they will do everything they can to avoid soiling their living space. By keeping your puppy's living space really small, you will teach him to hold it until you take him to an appropriate place to potty, usually outside. Without confining him, he will find another area inside your house but away from his living space to use as a toilet. He does not care where he potties as long as he does not have to live in the same area.

#### **Q2. My puppy is afraid of the crate! Is there anything I can do to help him get over his fear?**

Yes, but you will need to be patient! Start with getting him comfortable near the crate before you try to get him comfortable in the crate. To do this, follow the guidance in *Puppies That Are Afraid Of The Crate* in Chapter 3.

#### **Q3. My puppy has no interest in the crate. What can I do?**

Here are a few things you can do that will help with get him interested in the crate.

- ❖ move the crate to a less stimulating environment.
- ❖ be sure that you time your training so you are training the puppy when he is hungry.
- ❖ use really high-value treats like cut-up steak or pork.

#### **Q4. What should I do if I think my puppy has to potty in the middle of a crate-training session?**

Here is where you need to rely on your dog sense: Quickly decide if you think the puppy really needs to go out. If you decide that he does:

- ❖ Immediately get him out of the crate.
- ❖ Put his leash on and go directly to the potty area.
- ❖ Say nothing but the potty command you have chosen.
- ❖ Do not play with or cuddle your puppy. You can do that at the end of the crate-training session.
- ❖ When your puppy does his business put him back in the crate for continued crate training.
  - Reset the timer and begin the session again.



- ❖ If your puppy has not pooped and/or peed within 10 minutes of taking him out, you guessed wrong so just go back to crate training.
  - Reset the timer and begin the session again.

**Q5. How often should I do crate-training sessions?**

At least one session a day is best for him to understand what you are trying to teach him. Two sessions each day at the beginning would be better, but you need to do at least one.

**Q6. Why do I need to cover his crate when he barks?**

You need to communicate in a way your puppy understands that what he is doing when he is barking is wrong. By using a dark sheet to cover him every time he barks, he will learn that his barking causes him to be isolated in a dark crate.

**Q7. Why can't I talk to my puppy when training him to be quiet in the crate?**

You want your puppy to think the reward (treats) and/or the correction (darkness/earthquake) is happening because he is barking not because you are present.

**Q8. Is it more important for me to take him out when he barks if he has to potty or should I insist that he be quiet before letting him out of his crate?**

The most important thing to teach your puppy right now is that if he tells you he has to potty, you will respond! You want him to trust that you will take him out to potty when he asks, so if you think he needs to go, take him out!

Do your best to listen to his barks. There usually is a difference in the bark of a puppy who wants to come out to play and a puppy who really has to potty! If you pay attention you will learn the differences in your puppy's barks. When you can tell the difference you should only respond to the barks that tell you he has to potty.

**Q9. How do I know when my puppy is stressed in the crate?**

You may see any or all of the following things in a puppy that is stressed:

- ❖ Ears pinned back
- ❖ Tail carried low or tucked under his belly
- ❖ Body carried low to the ground when moving



- ❖ Lip licking
- ❖ Body parts shaking

**Q10. My puppy does not really like his meals. Can I use treats instead of his meals to start crate training?**

Yes, you can. You will need to cut back the amount of food you feed for meals by at least 50% or be sure you are using treats that have nutritional value since you will be using them in place of his meals.

**Q11. Do I have to potty my puppy before I start crate training?**

Yes! To avoid confusing him (and yourself), you do not want to have to think about whether he is barking because he needs to potty or just wants attention. The last thing you want to him to do is have an accident in the crate. By starting every crate training session with a trip outside to potty you avoid having to make this decision.

**Q12. Why can my puppy be quiet in a crate while I am away from the house but not when I am home?**

Your puppy has likely learned that when nobody is home there is no chance of getting out of the crate so he stopped trying. When you are home, he would rather be with you than in the crate, so he tries to get you to let him out by barking.

To teach him to be quiet in the crate while you are home, you must sometimes crate him while you are home—even if you are able to watch him—rewarding him for being in the crate. If you only crate him when you leave or when he sleeps, he will not accept being crated with you at home because you have taught him that when you are in the house he gets to be out of the crate. You need to change his expectation. So be sure to crate him while you are home at least once a day, even if only for short periods of time.

When he barks get into training mode! Cover him, ignore him and, if necessary, earthquake until he stops. Remember the rules!

**Q13. How long does my puppy have to be quiet before I can take him out of the crate?**

There is no black and white answer to this question when you first start crate training. You need to keep the sessions short so it is easy for him to be quiet. This will enable you to teach him that quiet gets him treats and ultimately, released from the crate.



You may need to start by releasing him when he is quiet for a split second. The next session you can require a second or two. To teach him that being quiet is what is causing the rewards you have to reward very small periods of quiet to start and then extend the time from there.

**Q14. Do I take my puppy out of the crate when the timer goes off if he is barking?**

Unless you think he has to potty, no! Continue the training session until he stops barking and then take him out. Teach him that quiet is the thing that will get him released from the crate. If you think he needs to potty, take him outside on leash and then bring him back and finish the crate training session.

**Q15. If my puppy won't eat after an earthquake, what should I do?**

It is not unusual for a puppy to not want to eat after the crate has been earthquake. At first he will not understand what just happened or even why it happened. Your goal is to teach him that his barking caused the earthquake. Just continue to toss treats into the crate as if nothing happened. Do NOT apologize to the puppy! Remember you need to be silent! Repeat the earthquake for barking (not whining), if needed. Keep the session short by taking the puppy out after he has been quiet for a minute or two.

If he is really stressed and you have to earthquake the crate again you may want to reduce the number on the Richter scale. You want the earthquake to be enough to stop his barking but not so much that it will overwhelm him.

**Q16. I hear from my neighbors that my puppy is noisy when I am not home but he is quiet when I am. What can I do if I am not home?**

Here are a few things you can do to get him to like being in his crate more:

- ❖ Feed him all his meals in the crate.
- ❖ Increase the number of training sessions you do with him so he is getting many, many treats in the crate.
- ❖ Increase the value of the treats he is getting in the crate.

Other things you can do to help him be quiet are:

- ❖ Be sure he has had lots of exercise before you leave and put him in the crate.
- ❖ Leave a radio or TV on to mask the noises he may hear outside, which could cause him to bark.



- ❖ Give him special chew items that take him a while to eat for the time he is in the crate. We like stuffed Kongs, marrow bones and knuckle bones.

If you have had to interrupt crate training to take him out to potty numerous times he may have learned that he can get out of the crate by barking. Do your very best to be sure to potty him every time before putting him in the crate!

**Q17. When can I stop rewarding my dog for being in the crate?**

Never. But, you can reduce the number of rewards you give him dramatically once he has value for being in his crate. Once he likes the crate you will want to give him a treat for going into the crate most of the time. Once he is in the crate you want to be sure there are chewies and toys in there. You can always toss in a treat if you are walking by, but more than that will not be necessary as long as there are other things he likes in his crate.

**Q18. My puppy used to be quiet in the crate but he has begun to bark more and more, even when I yell at him. What should I do?**

Never talk to, look at, or approach a barking puppy! When you engage a barking puppy you are doing the same thing as tossing him a treat because you are giving him attention! Because you yelled at him, he learned that his barking got your attention. Now he will bark again. Remember that puppies that bark should be, at the very least, ignored!

**Q19. My puppy goes into his crate to sleep if I leave the door open. Is that a problem?**

On the contrary! You have done a great job training if he is choosing to be in his crate. There is no reason to discourage him from doing this.

## Chapter 6

### Stuff You Need And Where To Get It

Here are the items you will need to potty and crate train your puppy. Specialty items, such as dog crates and exercise pens, are often cheapest from online vendors. We have linked to specific items that we use with our dogs and have provided a list of online vendors we recommend.

#### Potty and Crate Training Shopping List

- ◆ **Crate.** Yes, you will need a crate to both confinement and potty train your puppy. Trust us, it is by far the best way!
  - ◆ You can use wire, molded plastic airline or furniture crates.
  - ◆ Do not use a soft crate or Sherpa bag for this training.
  - ◆ Select the size appropriate for your puppy as an adult, unless you can borrow a puppy-sized crate.
  - ◆ She should be in the crate no more than a total of 4 hours during the day and 8 hours at night.





◆ **A portable, wire exercise pen or ex-pen**

- ◆ Enables you to safely confine your puppy anywhere, anytime
- ◆ Select a height appropriate for your puppy as an adult
- ◆ Get a top if your puppy is a jumper



◆ **Best puppy beds**

- ◆ Fake sheepskin makes the best puppy beds! Trust us! You can also use Primo Pads.
- ◆ Do not use towels, sheets or blankets since these are easily chewed up and can cause intestinal blockages if swallowed
- ◆ Do not buy expensive dog beds until your puppy is 18-24 months, or you will likely find it destroyed.

◆ **Opaque bed sheets**

- ◆ For covering the crate to make the puppy feel more protected and to work on quiet

◆ **Dog Potty Boxes (Optional)**

- ◆ Most dog litter boxes are made to use in lieu of potty training rather than helping you to potty train your puppy
- ◆ We have found that ferret boxes and gardeners potting trays work best, unless you can find Second Nature<sup>®</sup> Litter boxes on Ebay.
  - **Ferret litter** box
  - **Potting trays** for gardeners also work well

◆ **Dog Litter Pellets (Optional)**

- ◆ Do not use cat litter or rabbit pellets
- ◆ Use either dog litter, horse bedding pellets or wood-burning stove pellets

◆ **Baby gates (Optional)**

- ◆ Use baby gates to confine your pup in a room
- ◆ Do not use a door to a room to confine your puppy

◆ **Paper towels**

- ◆ Get decent quality
- ◆ Do not run out—you cannot have too many rolls



◆ **Enzymatic cleaner**

- ◆ Two best options: Simple Solution™ or Nature's Miracle™
- ◆ Do not run out—you cannot have too much
- ◆ Never use ammonia-based cleaners

◆ **Poop bags**

- ◆ Never leave home without at least one
- ◆ Helps with clean up at home, too

◆ **Black light** (optional)

- ◆ Enables you to see microscopic urine or fecal matter in your home for thorough cleaning



◆ **Buckle Collar**

- ◆ Made of nylon, cotton or soft leather
- ◆ Must fit properly, i.e., snugly

◆ **Inexpensive, Long Leash**

- ◆ At least 6' long
- ◆ Made of nylon, cotton or leather
- ◆ NOT a flexi or chain leash
- ◆ This is NOT your "good" leash for walks and shows so get a cheap one so you won't care what happens to it



◆ **Flashlight**

- ◆ For nighttime potty trips
- ◆ Pick one that is easy to carry along with puppy, leash and treats



◆ **Timer**

- ◆ Kitchen or smart phone timer will do

◆ **Food Rewards**

- ◆ High value
- ◆ Small



- ❖ Soft
- ❖ Easily swallowed or quickly chewed
- ❖ Use a mixture of treats
- ❖ Include some or all of your puppy's daily food ration
- ❖ Add to it cut-up chicken, turkey, beef, hot dogs, pork, cheese or fish.
- ❖ Vital Essentials (optional)
  - **Freeze Dried Tripe Nibbles**
  - **Freeze Dried Beef Nibbles**
  - **Freeze Dried Chicken Nibbles**
  
- ◆ Chew Items
  - ❖ A Kong® toy stuffed with cream cheese, peanut butter, liverwurst or anything else your puppy loves.
  - ❖ Marrow bones
  - ❖ Knuckle bones
  - ❖ Nylabones®
  - ❖ Bully Straps
  
- ◆ **Toys**
  - ❖ Any safe toy that your puppy enjoys



## Online Shopping

We have had great success finding the items needed for potty and confinement training at the following online retailers:

- ◆ **Max 200** - [www.max200.com](http://www.max200.com)
- ◆ **KV Vet Supply** - [www.kvsupply.com](http://www.kvsupply.com)
- ◆ **Amazon** - [www.Amazon.com](http://www.Amazon.com)
- ◆ **Revival Animal Health** - [www.revivalanimal.com](http://www.revivalanimal.com)
- ◆ **Valley Vet** - [www.valleyvet.com](http://www.valleyvet.com)



*Lise, Gayle and Marcy with their best friends*

Dr. Gayle Watkins, Marcy Burke and Lise Pratt have been breeding and raising puppies for upwards of three decades. During their time "in dogs," they have helped thousands of owners teach their dogs to be pleasant, happy companions. Their true passion is rearing puppies—from conception to 12 months—to become stable, healthy dogs that enrich their owners' and often other people's lives. Through their company, Avidog®, this trio of dog lovers offers online courses, seminars and webinars to help puppy owners and dog breeders create the dogs of their dreams.



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