

## **House Training Treatment Plan for an 8-week-old puppy whose owners are gone most of the day.**

Note: Older puppies having fewer accidents will be able to handle longer un-supervised play times.

### ***Potty Spot***

Establish the desired potty spot. For an owner who is not home during the day, two spots may need to be established for the puppy who cannot gain outdoor access (one for first-thing morning potty - if they get to go outside at all; and one for during the day). Every time the puppy eliminates in the desired area, reward him with praise and treats.

### ***Management of the Environment***

Owners cannot allow the puppy to roam freely throughout the house. They must put a leash on the puppy and supervise the puppy at all times when he is in the house (less so for older puppies having fewer accidents). When the puppy starts to signal the desire to eliminate, the owner should walk him to the desired potty spot and reward him when he goes potty. This is the **SINGLE MOST IMPORTANT** part of the treatment plan.

### ***Consequences for Accidents***

The owner should not physically punish or scare the puppy if he has an accident (he may become fearful of potty in their presence). If an accident does occur, and the owner catches puppy in the act, he should make a noise to startle the puppy (not frighten) and then immediately take him to the potty spot. If/when the puppy resumes going potty, the owner should praise and reward him.

If puppy has an accident, clean up with an odor neutralizing product to decrease the chance that the puppy will choose the same spot.

### ***Consistency***

Developing and executing a daily housetraining routine is essential. Feed the puppy at the same time everyday; take the puppy to the same potty spot every time. Take the puppy out immediately after waking up, getting up from resting, drinking water, eating, playing, training and actively sniffing. Reward and praise in the same way at the same time (when puppy has eliminated in the right spot).

### **Schedule for 8-week-old puppy:**

6 a.m. - Wake up and carry (or leash the puppy inside his crate) and take him out the usual way to his potty spot. Give him 5 minutes to go potty. After he goes, praise him and give him another 10 minutes to explore. (Remember to begin saying "go potty" after a few days. "Go potty" (the elimination cue) can be introduced after several days of a good elimination routine.

6:15 - 6:30 a.m. - Bring puppy inside and give him 10-30 minutes of free time. In the early stages of house training, 'free time' means he is on a leash and you are supervising him 100% of the time. You can gradually drop the leash when you are in the same room when the puppy has developed some house manners. Positively reinforce the quiet, calm attitude the puppy has inside the house. Prepare puppy's food.

6:30 - 6:40 a.m. - Take puppy out again. Whether or not he goes potty, bring him in and get ready to feed him. If he didn't go potty, watch him closely. Give him 10-20 minutes to eat and drink, making sure he doesn't wander off. The instant he stops eating or takes an extended break, pick up his food bowl and take him outside.

6:45 - 7:00 a.m. - Puppy will most likely go potty. Praise him and bring him in for 15-30 minutes of on-leash free time. Make sure to allow an extra 10 minutes outside if puppy goes potty within the first 5 minutes.

7:00 - 7:30 a.m. - Puppy can follow you around on-leash to investigate and learn how to be inside. If you want to play, be sure to go outside.

7:30 - 7:45 a.m. - Tether the puppy and let him watch you get ready for work.

7:45 - 8:00 a.m. - Puppy is finished relaxing (and you are ready) so puppy must go outside. He potties. Praise him, pet him and kiss him good-bye. You have to go to work.

8:00 a.m. - 6:00 p.m. - Put puppy's crate in the play pen, making sure to leave a little water, put a baited chew toy in the crate, and a housebreaking pad close to the exit door (where he usually goes out). Leave the crate door open.

**Note: whether you are gone all day or not, the basic concepts apply.**

6:05 p.m. - When you arrive home, immediately take puppy out. He may or may not potty, depending on when he last went. Pick up regular schedule again.

6:05 - 7:00 p.m. - Leave the puppy outside to play, taking him to the potty spot before you bring him in. Puppy potties.

7:00 - 7:30 - give puppy 30 minutes of free time (on leash, with and without you holding the leash).

7:30 - 7:35 p.m. - Take puppy out. Puppy doesn't go. Give him a chance to drink some water for the last time this evening.

7:35 - 8:00 p.m. - Bring puppy in and crate him or watch very closely on-leash since he didn't go last time outside.

8:00 - 8:05 p.m. - Take puppy out. Praise him for going potty.

8:05 - 9:00 p.m. - Bring puppy in and tether him in the family area where everyone is gathered. Give him proper chew toys and praise him for chewing them. Spend at least 20 minutes properly interacting with the puppy with the chew toys.

9:00 - 9:05 p.m. - Take puppy out. He does not go potty.

9:00 - 9:50 p.m. - Bring puppy in for free time, closely monitoring him. Play with him in designated area of the house (not the area where family relaxes). Puppy starts to signal he has to go potty. He suddenly squats and potties (free time was too long). Clap hands or say 'oops' to interrupt him.

9:50 - 9:55 p.m. - Take puppy outside to finish going potty. Bring him in and put him in his crate for the evening.

9:55 - 10:00 p.m. - Clean up urine with odor neutralizer.

4:00 - 4:15 a.m. - Puppy whines and wakes you up. Take him out to potty, praise him. Put him back in his crate.

6:00 - a.m. - wake up and instantly take puppy out. Begin daily schedule again.