

How To
Potty Train
Your Dog More Effectively



ALL ABOUT THE LESSONS OF A DOG TO TEACH THEM

How To Potty Train Your Dog More Effectively

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An Approach to Housetraining an Adult Dog

Bringing an adult dog into your home demands as much effort from you and the family as does a puppy. It's a mistake to think that just because the dog is full-grown and may have been potty trained in one home, that he'll just immediately adjust to your home's elimination schedule, too.

That's not realistic. The dog has many adjustments to his new environment and doesn't instinctively know that you don't allow peeing on the floor – especially his prior owner didn't mind or didn't seem to care.

Don't make the mistake of assuming that because he's an adult dog that he'll just "know" what to do. Start with him as if he were a puppy and gradually teach him the routine of your home's pet potty schedule.

Method: The Leash and Crate Mix

A combination of crate and leash training works for some dogs. If the adult dog is new to your family or returning home after time in a boarding kennel while you were away, you may have to reinforce his potty training.

One option is to return him to the crate during the day and possibly use a leash when taken out of the crate while you're present in the house, so that he stays in one area of the home.

Keeping the dog contained 100% of the time isn't the total answer - it's merely part of the process.

Start as you would with a puppy and set up regular potty breaks.

Set up fixed hydration time preferably the meal time – your dog gets to have ample amount of water with his meal **only**.

What that does is – resets the dog's biological clock of relieving and brings in a certain consistency around the time your adult dog relieves himself.

Spend the weekend closely observing him on the leash whenever he's out of the crate so that you begin to recognize the signs that he needs to potty. He may **shake, sniff around on the floor, act agitated, super playful at unexpected hours of the day or start to squat**. Those are your signals to stop what you're doing and immediately take him to potty.

BONUS POINTER:

Do you have a semi adult/ adult dog who is used to relieving himself in the house everywhere ?

If your semi-adult/ adult dog is used to relieving himself at random places around the house, taking him outdoors to relieve may become the only option to *reset* his association of toilet/potty in the house. There is a reason for it : Over months/years, your dog starts associating your house as the place to relieve. And it gets classically conditioned.

To break the pattern, taking your dog outdoors for a hike/run/jog/outdoor games post heavy hydration will put pressure on the bowel and it would help relieve. Take your dog out after every 3-4 hours .

Remember to praise him lavishly when he does his business during the potty break. That's the positive reinforcement needed to show your dog where he's supposed to do his business.

An Approach to Housetraining a Puppy

So you get yourself a new puppy home and you are at your wit's end with the non-stop relieving everywhere in the house. Your veterinarian tells you that a puppy needs to access to fresh water at all times. And add to it, the stress of getting to hear 1000 different versions of "perfect recipe" to toilet train your pup – from your vet, para vet, to that friend' who has a near perfect *TOMMY*(or add any other fancy name that you commonly get to hear!), to neighbourhood uncle, to endless commercial toilet training kits the pet grooming companies market through pet stores that promise "quick fix" -- **It may get super overwhelming!**

I know. I have been there when I got my first dog – Nia (a super sweet American Pitbull terrier whom I had adopted 12 years back and is living a healthy lifestyle till date) . So do millions of first-time pet parents. The pressure of trying to do everything perfect – to raise that perfect pup – is immense. An average person would never understand that. But hey, you can do better.

And with just a clear understanding of few fundamental things about pups- will set you up for SUCCESS.

How?

Every young pup has an under-developed bladder control. Which means, every single time they have some food or liquid, they will relieve themselves. Almost right-away. More so , because they tend to be very active, curious and restless.

And the fun part?

They won't let it all go at one go. It's usually in – *Instalments!*

How to get started with your puppy?

- Hydrate your puppy's meals every time except the last meal/ dinner. If your pup's dinner time is 3-4 hours prior to your nap time, pay attention. Usually, a 3-4 hours window period isn't sufficient to clear out bladder.
And here you would want to go to sleep making sure that your pup's bladder is empty since every time, your pup relieves himself outside of your supervision it **reinforces** the habit of relieving randomly and at odd hours.
- Take your puppy out for pee break after every nap time is over.
- Take your puppy out for pee break after every short play session.
- Take your puppy out after every heavy meal. Usually, most pups will relieve potty right after meal. Some pups do it before meal. A keen eye on the pattern for 2-3 days will let you know about your pup's preference.

BONUS POINTER:

Do you have a puppy who has a habit of peeing/ pooping in the middle of the night or very early in the morning?

If answer to the above is a YES, try pushing off the dinner time a little later than the current timing you are following. 1-3 hours late than usual time continued for 7-10 days will reset the biological clock and you'd find your pup relieving during the morning time when you'd be able to take him/her out in the appropriate place for relieving.

Once your pup is consistently pooping and peeing in the new timing in the morning, roll back the dinner time 30 mins at a time and eventually, back to the original schedule.

Watch Your Dog's Diet During the Housetraining Process

As your dog is learning to follow a potty break routine, you have to avoid doing anything that makes the lessons harder. One way you can help this process is in managing the dog's food intake.

As you monitor and log the crate time and potty breaks, you'll notice a pattern in your dog's elimination. Make sure that the food you provide and the timing of feedings don't compromise training.

Feed your dog at the same time each day. If you feed him in the morning before leaving for work, put out the food as soon as you wake up. The dog can eat and begin to digest the food while you're getting dressed and having your breakfast.

Then the dog will be ready to potty before you leave. Never leave the dog food out all day. If your dog (especially a puppy) eats gradually all day long without a potty break, you're asking for an accident to happen.

No matter how much the dog begs, don't give table scraps or snack foods. These are not well tolerated by most dogs and some snack foods can be harmful to the dog (and not so great for you either).

Just because a dog will eat what you give him in food scraps doesn't mean it's suitable for him. Feeding him the wrong kind of foods is likely to result in doggie diarrhea. If you don't give your dog the non-nutrient snacks and junk that you eat, he won't develop a taste for it - which is definitely better for everyone in the long run.

High quality dog food is made with added nutrients and designed for the age and weight of your dog. If you're on a budget, find a place to skimp besides your dog food budget. Cheap dog foods can contain ingredients that cause stomach upset and have minimal nutritional value, so your dog may get fat but doesn't grow and thrive.

If your dog gets diarrhea (even from high quality foods), check with your vet. There may be an ingredient in the food that doesn't interact well with your dog's digestive system. Ask the vet for a recommendation. If the next high quality food gets the same results, then your dog may have an internal illness or food allergy that the vet can diagnose.

Dogs have their own typical moves that indicates they would like to relieve - some seem agitated, restless or shake when they need to have a break. Others sniff in a circle and begin squatting when the time comes.

If you master reading the signals, you'll be able to efficiently and quickly toilet train your pup in no time.

