



Houstraining - Building Healthy Elimination Habits

Even well-trained dogs may have a couple of accidents due to stress and uncertainty when settling into a new home. Others may not pee or poop at all within the first day. With a good plan, your new dog can quickly learn to use the outdoor bathroom area you establish.

Do's

- Prevention is key! Houstraining involves proactively taking your new dog out for regular bathroom breaks to prevent accidents in your home. Designate a specific area outside as your dog's potty area.
- When indoors, supervise your dog closely, keeping them in the same room as you. If you can't block access to other areas of your home or can't watch them closely, keeping your dog on a leash to prevent them from roaming and having an accident. Sniffing the ground is a tell-tale sign of an impending accident.
- Young dogs have small bladders- puppies should not be crated for more than 2 hours, unless you are sleeping. When away from home, set your dog up in a playpen with pads or newspapers on the floor, in case they need to go. If you are regularly going to be out for longer than 4 hours, you may need to find a dog walker to take your dog out until they learn the rules of your home.
- Try to keep your dog on a regular potty schedule. Consistently take them out every 2-3 hours, right after they wake up and 15 minutes after a meal or a rigorous play session.
- Pay attention to body language. Every dog gives different signals when they need to go out. Common ones are: sniffing the ground, moving away from you or circling.
- Create a routine. Call your dog, put their leash on, open the door, say, "Do you want to go potty?" walk them to the designated bathroom area and wait. Don't chat or play with them until they relieve themselves.
- When your dog pees or poops, praise them and give them a treat. Bring treats with you every time you go for a potty break. Consider taking them for a short walk afterward as a reward.
- Some dogs are used to going to the bathroom on walks. If you're having trouble with houstraining using the above recommendations, try taking them for a 20-minute walk around the neighborhood.
- If your new dog doesn't pee or poop when you take them out, bring them back inside and keep them tethered to you or in a crate or playpen. This is not a punishment; it's simply establishing a houstraining routine to prevent accidents. Wait 10 minutes and try again.
- Your dog needs fresh water, accessible at all times. Restricting water won't stop potty accidents.



Don'ts

- Don't reprimand your dog for having accidents. If you see an accident happening, gently interrupt them and take them outside to the designated bathroom area.
- Don't leave your new dog unsupervised during potty training. Your dog may sniff around, play, and forget to do their business when outside, which can result in an accident as soon as you let them back inside. Staying with your dog and praising them after eliminating will really help the process.

