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How to Use This Book

This book is set up in a very straight forward fashion. It is designed to take you from the moment you bring your dog home, through a rigorous 7 day training drill and then finally leave you with a well house mannered dog at the end of the 7 day period.

Most dogs can be successfully housebroken in 7days. You must understand that some dogs may take longer to train. However, 7 days is all it will take to get even the most stubborn dog into the housetraining routine.

If you stick to the plan outlined in this book you should not have any doggie accidents right from the start!

To use this book read each day's lesson 1 day in advance of implementing the training.

Best of luck to you and your new companion!

Foreword

You cannot possibly live happily with a dog unless you have it housetrained. It's the first issue you need to address once you bring your dog home. Actually—you need to address this issue of housetraining even *before* you bring your dog home!

Some people feel it's a pretty daunting task to housebreak a puppy or a dog. It is, but it shouldn't scare you off. People begin by being scared and end up with a badly trained pet. Often pets are abandoned because they seem to be immune to training. The major thing you need to learn is that a housetrained dog is one who can control his natural urges and get you to help him or her. If your idea of a housetrained dog is one who opens the latch and helps himself out or someone who uses the potty and flushes it, then it will be a very daunting task indeed!

However, if you know the tricks of the trade, things get easier. In fact, this book is going to show you how you can have your dog well on his way to being housetrained in a week. Yes in a week, which by the way, means seven days! No miracles promised but a week is enough to have your dog attuned to what the potty rules are in the house. All it takes is a bit extra on your part for the next 7 days.

The book will show you what to begin with before you bring home your dog—as in what are the tools you need and how you can begin to slide your dog into a comfortable routine. It will guide you through the difficult times, when your dog seems to not understand really what to do or perhaps be rather stubborn about things.

Learn what your dog is really thinking and feeling and try and understand that he or she is on unfamiliar ground with only you as the guide. Learn the signals and the body language of your dog that would alert you to the fact that the dog's gotta to do what the dogs gotta do!

Learn also what your dog requires from you—as in patience to see him or her through the demand of housebreaking, firmness to stick to the program and the love to iron out the rough spots and put a paper over the accidents. Along the way you will realize that it was the housetraining drill that helped to establish a bond between you and your pet apart from disciplining him to the fact that the house is not for potty.

This book will walk you through day one to day seven and hold your hand through the routine of housebreaking your dog. Whether it's a puppy or a dog, a male or a female and no matter what breed it is—your dog needs to be housebroken. It will help to make your life easier and your dog's as well. It just takes a little extra knowledge and a few helpful hints to set you and your pet on the right track. Don't give up—after all you love your dog enough to go the distance and at the end of seven days, you will see that your dog has fallen into the routine and is on his way to being absolutely housetrained and accident-free! Good luck to you and your dog!

Sincerely,

A handwritten signature in black ink, appearing to be 'C. M.', written in a cursive style.

Chapter 1:

It's a Dog!

So you're bringing home your newest family member and—it's a Dog! Congratulations—you couldn't have made a better choice of companion! It's going to be a responsibility and a joy and the first lesson you need to help your dog with is houstraining. However, are you sure though that you've done all the right things to get your dog and that you are on the right track, or are you on a blind date?

Finding Fido or Fifi

There are certain prerequisites that you need to keep in mind before you get yourself a pet. The breed you choose and where you get it from also plays a role in how fast you can houstrain your dog. You have to make sure that you are you going to be around for the dog because you need to invest in terms of time to houstrain a dog or a puppy. Houstraining also depends on where you live—in an apartment or a house. There are some things you need to keep in mind to make housebreaking your dog an easier and more comfortable tasks. For example:

- **What's the breed you've fallen for?**
There are some breeds that are very quick to houstrain for example like German Shepherds because they are so eager to please their masters. There are some breeds like the Basset Hounds that are quite a challenge to train. If you have decided and found the breed that you want, then make it a point to research all about its requirements. Do as

much investigation about the breed of your choice as you possibly can. Meet other owners, check with the local dog club, surf the net and schedule meetings with a breeder. You must be sure that this breed is best suited to your temperament and that you can take care of it by having the patience to train it and nurture it.

- **Have you found a responsible breeder?** This might seem terribly unconnected with housetraining—but hey! It is not! A responsible breeder would give you a good quality dog that is free of genetic diseases that could impair his physical and mental abilities and thus make him harder to train. A reliable breeder would take care to socialize the puppies and make them responsive to human beings. An unsocialized pup would be temperamentally unbalanced, scared of humans, shy or stubborn and therefore very difficult to train.
- **Where do you live?** Do you live in a house that has access to a yard? Or do you live in an apartment that doesn't even have a balcony? You would have to think about these things because your dog would need to answer the calls of nature—so where is he or she going to go? If you live in a house with a fenced off yard that is accessible from your kitchen through a doggy door—it's definitely an advantage. If you live in an apartment you need to mark out the potty area and separate it from the rest of the living quarters. Where you live will decide if you want the dog to eliminate outside in the yard or inside on paper.

- **What are the weather conditions like when you're bringing home your dog?** Now this is not a polite what's the weather like conversation—it really makes a difference! For example, if you are bringing home a puppy when there is one foot of snow on the ground, it might become difficult to take the pup outside every three or four hours to potty train him or her because the weather is such that you cannot expose the dog to it.
- **Is your pet spayed or neutered?** This has a big effect on housetraining because it is seen that male dogs that are not neutered have a tendency to be more dominating and to show off their power, they tend to spray and mark their territory. Similarly, female dogs would have bouts of irritability and be a bit snappy and uncooperative during their seasons. A neutered or spayed pet is easier to train and seen to be more obedient.
- **How old is your dog?** Is your dog a puppy or an adult? Some will argue that an adult dog is easier to train than a puppy but that's not always true. For example if the adult dog hasn't been socialized adequately and is a bit insecure and has an attitude problem, it's going to be tough training him. A puppy is more like fresh clay that you can mold into a pattern suiting your routine. Never get a pup that is less than 8 weeks old—for a well-rounded personality, no dog should be separated from his mother and siblings until it is at least eight weeks old. That is because the first socialization is with the mother and the littermates and it would make for a secure and well-balanced pet. However,

houstraining your dog depends on how you train the dog, no matter what the age is.

Be sure to choose the right breed, decide on the sex of the dog and the age as well. Never get carried away by the looks of a dog. Impulsive buying of a pet without an inkling of the responsibility that comes with it is unfair to the pet. Research and see what each breed requires and what kind of temperament he or she comes with. Don't bring home a dog if you are not ready and then take it to a shelter because he or she cannot be houstrained. If the dog cannot be houstrained, you are more responsible than the dog because you didn't pull the right strings.

Orienting yourself

You've made all the right decision regarding what kind of pet you have and now what you have to do before you get your dog home is make sure that you are ready for the challenge of caring for it. It would be a good idea to orient yourself to the chores that need to be carried out, the expenses that has to be invested and the training that needs to be given. You have to understand that you are the key player here and you need to be prepared to give the mental, physical and material comfort that your dog will require.

Think about it—you are in your natural environment and comfortably used to the four walls of your house and the overall space that you move in. For your dog, everything is unfamiliar and not natural. It is not natural in the sense that, ideally this descendant of the wolf is a pack animal that would live unfettered in the open wild. Because he or she has been bred to be man's companion, the dog has to adjust to your environment. So who can your dog rely on to guide him through the world of humans but you?

It's Just You & Your Dog

It's not the name of a movie yet but it sure could be! Housetraining really is about how you and your dog connect. Your relationship with your dog will set the pace of how quickly your dog will get trained. You need to have the right balance of love, firmness and structure. If you are loving to the point of coo chi cooing indulgence, then you can be sure that you aren't going to have much success with housetraining routines. Your dog as a puppy is very impressionable—if you put him on your lap all the time, let him have more than a couple of accidents in the house and even then let him sleep in your bed—you can rest assured that he is not going to outgrow that pattern.

However, if you swing over to the other side and wield a whip—you aren't going to create much of an impression either. The dog will be cowed down all right, but do remember that fear instills resentment. Your dog is most likely going to be defensive, disobedient and the way he will show it first is by defying the rules of housetraining. Unnecessary dominance over you dog, handicaps all your efforts to housebreak him or her.

You need to strike a balance between the two extremes of blind adoration and a rigid show of power. As you do with your kids, you need to deal out a little tough love to your newest family member. He or she should know that you are there for him or her, but you are not there to be taken for granted. It calls for being the alpha to your dog. It calls for being the leader of the pack and blending in the love with being the provider of food, shelter and the overall protection of those down the ranks.

Even before you bring your dog home, make sure you know exactly how to pattern your relationship with your dog. You need to set the rules down from the beginning so that your dog senses that you are the one who has to be obeyed and that you have to be obeyed not out of fear but because you love the dog enough to be the provider of food, the protector of his health and well-being and the leader of his actions and manners. You would need to do that by:

- **Being the alpha:** Make sure that you act like the leader. Every dog needs to look up to his owner and see a person who can be respected and loved. Once they look up to you, it will make sense to them that your word must be obeyed.
 - You can gain your dog's loyalty by using a commanding voice and being consistent and setting a routine that is regulated by you—not your dog.
 - You should be in charge of ordering his life by deciding where he sleeps, or sits or when he plays and when he goes for walks.
 - Show your dog affection when you want to pet him and not when he demands it. Your dog shouldn't demand a walk from you or a snack—he or she should earn the walk, snack or reward as well as your affection.
- **Being the provider of food:** Dogs always respect the person who feeds them. In a pack the alpha always made sure that food is available to the pack. Make sure that you plan out the feeding routine, before you bring your dog home. Consult the breeder and the vet and draw up a feeding plan

that you can stick to. Do not allow your dog to dictate when you are to feed him. You are the provider, so you get to decide when your dog eats and how much. This will help him to realize your leadership position and make him obey your commands.

- Call your dog and have him sit obediently for his food rather than jump around.
 - Never feed him at irregular times.
 - Put the food down and leave it there for exactly 20 minutes. Whatever he eats within that time is what his body needs.
 - If you are using a doggy treat as a reward, then give it to your dog only when he deserves it.
-
- **Being the groomer:** A dog will always obey the person who takes charge of his life and cares for him or her. Grooming your dog helps to establish your superiority over your dog in the sense that you have the right to handle his body. You must make sure you regularly brush your dog's coat, feel the full length of his body as well as open his mouth and stick your finger in to feel the gums and the teeth. It's a show of power and your dog will respect you more for it. If your dog does growl, gently hold his muzzle down with your hands. Grooming will also provide a time with your dog to establish a bond and increases the trust of your dog in you. Once your dog trusts you his loyalty will be unmatched and his housetraining will be much quicker because he will be eager to please you.

- **Being the leader that he must follow:**
You will literally have to lead your dog. When you go out the door, you must walk out first and have your pet follow. You must sit first and then call your dog to you. You must lead your dog when you walk and have him heel and walk as close as is possible to you. From the time you bring your dog home, you must make sure that he follows you around rather than you chasing him around! Once you get him to follow your lead, you can rest assured that housetraining him will be much easier than you thought.

Over all, you need to be worth it for your dog to be your best companion. Firmness that is born out of love is what you need to establish a disciplined pattern. There is one thing that you have to be very clear on—your dog expects you to give structure to his or her life because he has no idea of what is right or wrong in your environment. If you do not set the limits, then the dog won't know when he is stepping over the limits!

Housetraining is really about you showing your dog that it isn't right to go potty in the house. It is for you to show the patience in the face of the accidents that happen. It is also up to you to give your dog the time that he needs from you for housetraining. You will have to be there every minute of the day, taking him out for the first week to get him oriented into the housebreaking schedule. You will have to also, from day one, simultaneously work on your relationship with your dog on leadership and obedience issues.

What can you do to make the Housetraining process more effective?

A whole lot! From establishing leadership patterns to marking the elimination area and also coordinating the entire process—you can do it all! But here are a few basic requirements that would impact the housetraining drill immediately:

- Establishing a bond with your dog would facilitate trust and that's why it is important that you hug and show your dog affection but keep it within limits. Don't cross the line that divides a loved pet from a spoiled pet.
- Practicing the basic obedience commands like sit, stay, come etc., would go a long way in commanding obedience from your dog during the housebreaking process.
- Providing the right food would help the dog have a good and regulated bowel movement rather than changing the food every day and giving the dog a constipation problem. Good food would keep your dog free of any stomach disorder like diarrhea, constipation, etc. that can cause him discomfort and hamper the housetraining process.
- Providing your dog with fresh and clean water is also bound to help him in the elimination process and keep kidney problems at bay. Don't think that by restricting the water intake, you can train your dog. You must ensure that your dog is properly nourished and hydrated.

- Praise your dog when he does stick to the housebreaking drill. As you are his leader, the dog will be thrilled and encouraged to be praised by you. Also it would encourage your dog to repeat the desirable behavior just so that he can get your praise again!
- Be regular and consistent with your dog's schedule. This means that you must feed him at the same times, walk him at the same times, train him at the same times and of course, take him out to relieve himself at the same times. Your consistency would help to establish a predictable pattern for your dog. Slowly over time, the repetition of all the activities will become a habit for your dog.

There are no shortcuts to caring for a dog or housetraining it. Apart from a good quality pet, it calls for responsible ownership, firm leadership, consistent patience and enthusiastic praise. At the end of the day—you and your dog will have a relationship that is patterned on the right mix of discipline, love and mutual respect and for the devotion he will give you, that's the least you can offer the newest member of your family!

Chapter 2:

Housetraining Basics

The Housetraining basics can actually be summed up by three main axioms, which are:

- Strive for Consistency
- Maintain Patience
- Establish a Routine

At the root of it all is YOU!

Understand that your dog has to be housetrained and that YOU need to do it. Also understand that you cannot entirely blame your dog for accidents because you have to monitor and prevent those accidents. Your dog has no clues or independent ideas of his own. He will react to your actions, expressions and emotions.

- If you show anger—the dog will give you back hostility and defensiveness that is born out of his fear for you.
- If you show inconsistency—the dog will be confused and unable to learn and stick to a pattern.
- If you fail to establish a routine—the dog will not be able to follow one.

You will have to base your attitude on understanding that your little puppy or your grown dog is really lost and needs you to guide him or her along. Dogs are going to act on basis of instincts. So when they feel like doing their job, they aren't going to bother if it's a carpet or linoleum or a newspaper. Their elimination needs are immediate and uncontrollable beyond a certain point.

That's why for the first week of your dog's stay in your house, it is strongly suggested that you take off from work for seven days and never let the dog out of your line of vision, even when the dog is asleep. Also schedule the potty times and be on the watch for obvious signs.

Get some professional tips

No, there is no need to hire someone to do the housetraining—just get some inputs from the experts. Have a chat with the breeder. If you have zeroed in on a responsible breeder he or she will be willing to give you suggestions. The breeder would also tell you how he has been housetraining the puppy and at what intervals you would need to take the dog out. The breeder would also know of some of the quirks and body signals that are indicative of the fact that it's time to go.

Alternatively, you can also speak to a vet, whom you trust enough to advise you. The vet would tell you what exactly to do with the whole picture in mind. That is, the vet is the perfect person to advise you on the diet of the dog, which impacts the elimination process. After all, what a dog eats, and how much he eats would determine the calls of nature. This would help the vet advise you on how to schedule the potty times.

Tools for Housetraining

You already know that the very basic tool is you, your time and your patience. However, there are some other tools of the trade that have developed over the years of the pet trade as well as other essential requirements. These are:

- **The Elimination Spot:** Where is your dog going to answer the calls of nature? If it's the yard, then is it fenced? You don't want your dog bolting out and escaping. Do you have a doggy door that leads to the yard? Make sure that you mark a suitable elimination area that is easily accessible. Make sure it is fenced off from the roads and cannot be jumped over or dug under. Siberian Huskies are known to burrow under fences to make their getaways! If you are using the yard, ensure that it is free of poisonous plants, seeds, and grass that your puppy or dog can chew and then end up sick.

If however, you live in an apartment then mark out the area where you plan to paper-train your dog. The best option is any area in the apartment that has linoleum flooring or is uncarpeted. You can pile it up with newspapers or use absorbent "pee pads". You can use baby gates to cordon off the area from the rest of the house. Wherever it is, decide before you bring home the dog and make sure everything is ready to go.

If your dog is very small and you live in an apartment that can accommodate no more than a litter box—then consider using one. However, try not to use cat litterboxes, or if you have to then cut off the top and sandpaper the edges. Opt instead for one that is appropriate to the size of your dog. Also buy a large size litter scoop. There is a danger however that your dog might eat up the litter so ask your vet and breeder before you use it. Typically a litter box is convenient for small toy dogs and not appropriate for bigger ones.

- **The Crate:** There is nothing evil about the crate. Using a crate to housetrain your dog is a safe and useful option. It can double as the dog's own personal space as well as a carrier for transporting him from place to place if required. The crate can serve as a den for your dog and give him a sense of security and a place for you to put him in when you cannot supervise him.

Crates make it easier to train a puppy or a dog because of the fact that when they are in the crate and consider it their den, you can be sure that they will not eliminate inside it. Dogs are clean animals and will never mess up where they sleep. They would be more inclined to use the marked out elimination spot than the crate. Just ensure that the crate is not too big or the dog will begin using one part of it as a toilet! Block one end of the crate leaving just enough room for your dog to turn around. As your puppy grows, remove the barrier.

- **Leash and Collar:** It's a good idea to get your dog used to a leash and collar. It would help your dog get used to the idea of wearing the leash and the collar and it can help you control and restrict his movement to the elimination spot when you take the dog out. You can gently yank him back to the potty spot until he understands that he has to do it there and not just anywhere he feels the urge.
- **Reward Snacks:** You need to appreciate the efforts of your dog in his or her endeavor to learn the rules of housetraining. You need to show it with a hug, a game of something special and perhaps a doggie treat. Make sure that you have the

appropriate snack that is not loaded with oil and carbohydrates. You can go for doggie biscuits after checking with the vet or even use dried liver or beef jerky available at most pet stores.

- **Odor Eliminator:** Accidents are bound to happen. The Persian rug is as soft as grass and sometimes the doggy door is too far to reach. Sometimes it's just bad timing. For such occasions you need a thorough cleanup because if the smell of urine stays, the dog will have an instinctive tendency to sniff his way and repeat the mistake! Go for a good product that really gets rid of the scent. You can soak up the stuff with newspaper, throw it away and then treat the spot with the odor eliminator to neutralize the smell. You can even mix one part white vinegar to four parts water and use it as an effective odor remover and cleaner.

These are the basic tools you need to have in place before your dog comes home. Don't wait for your dog to arrive before setting it all up. Mark out the potty spot and put in the adequate fencing or gates. Put the crate in the designated sleeping area. Stock the odor cleaner and get an appropriate leash and collar depending on the size and age of the puppy or dog you are bringing home.

Designing the Housetraining Drill

This has to be a watertight plan to reign over your dog's bladder and bowel movements! You will need to have a plan that is suitable to your dog and something that you will stick to. It will have to be rigorously followed for

the first week and then continued until the schedule is second nature to the dog. Read on to find out the essentials you need in order to incorporate the housetraining routine:

- **Get the command words right for the drill.** To begin with pick the words you want to use as the housebreaking commands. They should be different from obedience and other training commands. Think about it beforehand because if you have overlapping commands you will successfully confuse the puppy. You can use words like “Do your job”, or “potty time” or “Time to go” or whatever else that is convenient for you. The dog will quickly learn to associate those particular words with the act of elimination in the designated area.
- **Get the crate right.** If you are using the crate, make sure that you use it correctly. You should get the dog to consider it as his or her private chambers rather than a punishment to keep accidents from happening. Make sure it is in an area that is within your vision. Make sure that the crate is lined with a sheet and a blanket and add a little toy to keep your dog occupied. Make it a comfortable and safe den for the dog—not a corrective cage.
- **Get the diet right.** Make sure that the diet is right. Consult with the vet and ensure that you are giving the dog the right kind of food as well as the right amount. Also make sure that your puppy or dog has fresh water at all times. Sometimes the lack of proper diet and a reduced intake of water lead to

constipation, which might hurt the dog and make him afraid of the elimination process.

- **Get the timings of the drill right.**

Depending on the age of the dog, find out from the breeder how often the dog needs to go. Extremely small puppies can urinate every ten minutes so please ensure that you are getting a puppy that is at least 8 weeks old. Sometimes even 8-week-old puppies can urinate after every sip of water they take in! Basically you would need to follow a pattern like this:

- For an 8-week-old puppy—take him or her out to the elimination spot every 45 minutes.
- For a 2-month-old puppy—take him or her to the elimination spot every 1 - 2 hours.
- For a 3-month-old pup—take him or her after every 2 hours.
- For a 4 month and above—the interval can be 3 hours.
- For a puppy or dog of any age—take him or her out first thing every morning and last thing every night.
- For a puppy or dog of any age—take him or her out after every nap or play session.

The above routine is just part of the regular potty timetable. The other part involves a pattern determined by the food and water intake of the dog. No matter how old your dog is, take the dog out:

- Ten minutes after every meal that your dog consumes.

- Then again 30 minutes after every meal your dog consumes.
- 5-10 minutes after drinking water.
- Every 10 minute interval during play or training sessions.

Remember that the smaller the dog, the less control they have over their bladder. Puppies will urinate when they get a little excited. It's something they cannot control. When they are happy, they pee; when they are scared they pee—so you have to do a little extra to get them to the elimination spot at all the above time intervals as regularly as possible. It's like following a toddler around — they cannot indicate anything verbally. So what you need to do is get them to go at regular intervals until they saunter off on their own to the elimination spot or let you know they have to go.

- **Get the socialization right.** Make sure that simultaneously to the process of housebreaking, you are giving your dog enough options for socialization. The process of socialization involves the entire gamut of relationships a dog forms with different people as well as the varied situations the dog is exposed to. Your dog must be socialized the right way with you and the family. Establish a bond with your dog and show affection by hugging and holding him. Introduce him to family and friends—even the neighbors and the postman. Involve your family members with the elimination process and get them to take the puppy to the potty place. Involve your dog in the family life—get him to follow you around and play with the children or just sit by your side. This would make for a much more

secure and confident pet because the dog will feel wanted and loved. In turn, he will be more likely to obey and heed your commands. The right socialization along with a regular and consistent housebreaking routine, will speed the training process.

- **Get the exercise right.** Make sure that you give your dog enough exercise. Puppies need to use their energy rather than lie around. Workouts are essential for the dog's health. Exercising as in taking the puppy out for walks in the park will help in the bowel movement and reduce constipation. It will also make the puppy happier not only because he is outside but also because he's spending time with you.
- **Get the body language right.** Try to mentally note the body language that accompanies the elimination act. Some dogs go in circles. Some suddenly stop what they are doing and squat. Some may sniff the floor, look quite distracted and begin wandering around. Some whine and the really quick to train ones scratch at the door when they need to go. By keeping a watchful eye on your dog during the training process, you can quickly recognize these signs and then quickly take your dog to the designated toilet.
- **Get the negative reinforcement right.** This might sound confusing but what it actually means is that you learn how to say 'no' when your dog is attempting to relive his bladder inside the house. Do not yell—that will scare him and make him unable to stop. The right way to do it

is say “no” in a loud and commanding voice so that he is adequately startled to tense his muscles and hold his bladder. Pick him up and take him to the elimination spot right away. Do not punish or hurt the dog. If you haven’t seen your dog do it and the deed is already done, then just clean it up as well as you can, using an odor neutralizer. There is no point in coming down on the dog because you haven’t caught him or her in the act.

- **Get the reward right.** Praise your dog and hug him or her whenever they use the elimination spot. They need to know that they got it right and that you are proud of them. Have a special reward for your dog every time he does the right thing. It could be anything ranging from a special hug, a doggie treat or a special game that you play with him or her. Positive reinforcement is the key to efficient training—when you reward the correct behavior, your dog would be more likely to repeat it so as to gain praise from you. If you punish—the dog will respond in a negative way.

The Basic Don’ts of House Training

A lesson isn’t complete until you know what *not* to do. Whatever has been said so far focuses on the affirmatives because only a positive person and a positive attitude can train a dog effectively. Even then, one is human and the tendency is to feel the frustration and let out the steam when the dog is not responding quickly to the housetraining methods. Even then you have to be careful:

- Do not EVER hit your dog or abuse him or her physically in any way if there is a housebreaking accident.
- Do not EVER rub your dog's nose in the mess to teach him a lesson. The dog has no idea that he has done something wrong and he himself can't stand the messy stuff and just wants to get rid of it. By rubbing it in, he registers only the harshness of the punishment with you.
- Do not isolate your dog because he has made a mess inside. Dogs are family oriented and keeping them apart aggravates and disturbs them. The insecurity that is caused by the isolation would also lead to more accidents.
- Do not change the diet during the housetraining sessions, unless there is a health issue that necessitates a change. A change in the diet might affect a change in the dog's bladder and bowel movements.
- Do not leave the food bowl and the water bowl, lying around for the dog to have at any time of his or her choosing. Feed the dog according to a timetable and take away the food after 20 minutes. Whatever the dogs eats, in that time, is what his body needs.
- Do not allow the dog to roam around the house, wherever he likes. Do not leave the dog unattended—he would most likely sniff out corners and do his job there without your knowledge.

- Do not change the housebreaking routine all of a sudden. Stick to the program and try as much as possible for the first few months to maintain the regular pattern.
- Do not expect too much too soon. Be realistic and fair with your dog. Two days is not enough for your dog to get the message. A week's time of consistent practice would set the pace but you will still have to follow it up by maintaining the pattern for up to two months.

The whole process of housetraining can be successful if you adopt a caring and generous attitude towards you dog. Understand the breed, and work around the personality. Be firm and help your dog along, even if it means physically carrying him to the potty spot. When you get your dog home—you'll see, he or she will be trained in no time!

Chapter 3:

Day One

Today's the day! You are bringing home your dog and that calls for a celebration as well as getting everything in place and ready for the new arrival. If possible you need to take the day off! Most importantly—have you got a name for your dog? Make sure that you have a name picked out before you pick up your puppy because training will start right away. Also ensure that you have a dog identification tag, with your dog's name and the contact information.

Have you got the basic amenities ready?

Make sure you run through this checklist:

- Have you marked out the elimination spot?
- If the elimination spot is inside the house do you have the baby gates in place?
- Have you chosen the words to be used as the housetraining command?
- Is the crate in the right place?
- Have you made sure there is bedding in the crate to make it comfy for your dog?
- Have you worked out the diet as in what to feed him, when and at what times?
- Do you have a couple of doggie toys like rubber bones to chew on?
- Have you stocked a suitable doggy treat?
- Do you have the right kind of collar? Pick a collar that is a non-choking type—a harness works great

as well (especially for tiny dogs). Do you have a leash?

Have you made your home safe for the dog?

Make sure that you have tucked away all the wires and covered up all the electric sockets and blocked off the spaces behind the refrigerator. Your puppy can try and bite the wires and get stuck in undesirable spaces with dangerous consequences. Inform your children of the danger of having small bits and pieces of their toys lying around. Tell them that dogs explore the world by chewing things and holding them in their mouth. If they happen to chew on a small piece of plastic, it could accidentally slip down the throat and choke the dog.

Have the trash cans out of reach for you never know what toxic things can end up in your dog's mouth. Lock the medicines away and please do not leave chocolate around. Even a very small bit of chocolate can raise the dog's heartbeat and easily become fatal. Also make sure the garden is safe and that all the dangerous chemicals, fertilizers, paints etc. are locked away.

One More Detail

Let's assume you are bringing home a puppy and that you are to pick him up at the breeders' in the morning at around 9 am. This would mean that you would be picking up your dog after his morning meal at 7.30 am and would be at home in time for the mid meal at 11.30 am—so make sure that you have his meal ready before you leave the house.

Time to transport your dog

You could take the crate to the breeder's kennel a few days earlier and get the dog used to it. You can also try and take the crate on the same day and introduce your dog to it at the kennel. You can hold him and meanwhile open the crate door and slip in some doggie treats. Once you put him down, you can let him follow your hand and guide him to the crumbs. If your dog seems to be Ok in the crate then you can transport him in it. Add a little toy in there to keep him or her busy.

Most people recommend bringing home your dog on your lap. So you would need to have someone drive the car while you hold the dog. Your dog might be a bit unsettled by the unfamiliar feel of the car as well as the fact that he is being separated from his mom and littermates, which could be a traumatic. Hold the dog in your lap, if you are not using the crate, and talk to him or her in a constant soothing tone.

Make sure he eliminates before you put him in the crate or your lap. For safety's sake you can line the crate with a thick pad of newspaper, which you can throw away. If you have him in your lap, make sure you are protected with a couple of old and thick towels. Little puppies might pee every ten minutes and you can do nothing about it except protect yourself! If it's a long journey, you might have to stop and let the puppy out—but make sure that the place is safe and clean because if you have a little puppy, there are chances that his immunizations haven't kicked in.

Whatever it is, use the time that the journey gives you to bond with your puppy or dog. Allow him to see your affection. At the same time assert your firmness—if he

seems to be too excited, command him to sit and sit him down in your lap by gently pushing him down. Don't let the puppy or the dog chew on your fingers—do not encourage the gnawing because it might grow up to be a habit with the puppy and graduate into biting. Of course you can't expect a small puppy to obey commands right away but this will begin to establish you as the leader right away. You must begin asserting your loving authority right from the start!

We're Home!

This is a crucial moment and very important from the point of view of the housetraining process as well as your pup's first view of his new home. More than anything else, this homecoming moment set's the pace for the next seven days of your dog's orientation in your world. Here are the main things you need to do:

- The moment you reach home the very first thing you need to do is head for the elimination spot. Hold your dog in your arms rather than lead him or her to it. This is because puppies and small dogs have very little control over their bladders and the moment you set them down they are bound to pee!
- If you are paper training your dog, make sure that you have a thick layer of newspapers or pee-pads in place and fenced off with a baby gate. Choose the laundry room or part of the kitchen to which the dog can have quick access. Remember that the spot should be enough for the size of the dog—not so big that he can roam around and sometimes cross beyond. You could begin with a large area and then

gradually as the dog is inured into the routine you can make the area smaller.

- This is also the time you introduce him to the words you have chosen to use as the potty command. Suppose you have chosen to use the word 'Potty Time', now hold on to your dog, and tell him that it's potty time and take him to the elimination spot.
- Once you get to the elimination spot, put your dog down and tell him, 'potty time' and repeat the words as he does his job. Once he is done, praise him and say 'good dog'. Give him enthusiastic praise so that he knows that he's done a great thing.

Now bring him inside the home. By first taking your dog to the elimination spot, you have established the beginning of a pattern that is going to be repeated in the same way, everyday until it becomes second nature to your dog. Also, the fact that he has answered the call of nature would make him relaxed and less tense. Your dog is ready to be introduced to the den and the new pack.

Introduce your dog to the family

If your family is as excited as people usually are when a new pet is coming home, they would have lined up a reception committee! But warm as the welcome they want to give, it's a good idea to be a little toned down in your reception. This is because the dog's nerves might be a little frayed from the separation from his mother and littermates, the journey in the car and the unfamiliarity of his new surroundings. Loud noises and too many people might scare him and a scared puppy means more involuntary

leaks! Keep your family calm and tell them not to crowd the dog. Here's what you need to do:

- Hold your dog and allow your family members to pet him. If the children are old enough, teach them how to hold him by supporting the whole length of the dog's body rather than yank his arms.
- Talk to your dog and use his name and the family member's name to introduce him. Talk to your dog as if you would to a human child. Say your dog's name is Fifi then this is how you would do the introductions—"Fifi, meet Julia".

Give your dog a meal and a drink

Continue with the family members to the area near the crate or if you aren't using a crate, the fenced off section in the house or apartment, which is to be the dog's own space. If you have a puppy at least eight weeks old but less than two months, then he or she would be having five meals, spaced out every four hours. Assuming that you picked up your puppy at 9 am, he would have already had his breakfast at 7.30 am, so the meal you need to serve to him would be the 11.30 am midmorning meal. This would be a delectable bowl with a main meal of at least 1 and a half-ounce of meat (if you are cooking the food) or the equivalent of the vet approved kibble you have bought.

- Have a family member put the food into the bowl and have it ready. Now set the dog down and tell him to sit. Don't force him, just say it once and gently push his rear down. Set the bowl in front of the dog and let him eat.

- Let your children, wash the bowl and pour in fresh water for the dog. By involving the family the dog will understand that they too are caregivers and above him in the pack hierarchy. This is very important.

After the meal

- Take your dog out to the potty spot. Again, carry him or her there if it is long way off because you can expect a call of nature from your dog within 7 to 10 minutes of a meal or a drink of water. Even if the elimination spot is nearby, it's better you carry him there rather than have him walk and have an accidental leak on the way.
- Once again repeat the potty word, 'Potty Time' and get him to do his job in the designated spot. If he does his job right away, which most likely he will, then praise him and pet him enthusiastically.
- If he is taking time to do his job, let him sniff around, because that's the way they get acquainted with the place. Most likely he is sniffing for a sign that he's been there before and the fact that you've made him eliminate here just a while ago, will help him catch the scent of his own urine and make him eliminate again.

Puppies have a very little control over their bladder and the moment they eat and drink, the meal and drink that was inside their system before, is ready to come out! So taking your pup or dog to the elimination spot after 10 minutes of a drink of water or a meal is an absolutely must.

Usually, a dog that is eight weeks old has five meals in a day, which means you need to take him out 10 minutes and again 25 minutes after every meal, apart from taking him to the potty spot every hour. The key then to fast housebreaking is to have a very regulated food schedule that is matched with very regulated trips to the elimination spot!

Introduce your dog to the Crate

Now that your dog is fed and has done his job—you need to introduce him to the crate—but you have about 25 minutes to do that because 30 minutes after a meal, your dog is likely to have a bowel movement! So get started by:

- Hold your dog close and move toward the crate. Sit down near the crate with your dog in your lap and put a toy inside the crate. Pilot your dog towards the crate and see if he goes towards the toy.
- Alternatively, you can put in a doggie treat (but not right after a meal—as that would be overfeeding) and let your dog go inside to retrieve the treat.
- Make sure that the crate looks welcoming with a soft blanket and a towel. Also make sure that there is just enough room for the dog to sleep in and that the extra space is blocked off with a box or something. If the crate is too big, he might end up eliminating in the extra space.
- Do not force the dog to enter, but do try and encourage him. Have the family sit around and show him how wonderfully cozy his den and add a few toys that are safe enough for your dog to play

with. If he goes in—that's great. If he doesn't, do not push him in.

Back to the potty spot

Once the 25 minutes of time is up, you need to pick your dog up again and head for the elimination spot. Once it's 25 - 30 minutes past his meal, your puppy will be ready for a poop job. Usually, depending on what they eat, dogs evacuate their bowels after half an hour of their meal.

- Carry your dog to the elimination spot and again repeat the command. Your dog should hear the same words, used in the same context and at the same place. This would help him connect the words and the place to the elimination act.
- Wait for your dog to sniff and evacuate. Do not let him wander from the elimination area. As long as he is sniffing around the area it is Ok—but he is not allowed to eliminate anywhere else but the potty spot. If you are paper training him and he attempts to go on the floor, pick him up and say 'on the paper' and put him back on the padded area.
- Once your dog does his job, praise him and you can rest assured that the next trip would be another 30 minutes later. If he does not evacuate his bowels, repeat the command words and wait for 15 minutes. If he still doesn't go, take him back inside but bring him back after 15 minutes. Keep a watchful eye on your dog. If he is sniffing around, it is a sign that he needs to go potty.

The initial investment in the housetraining process will be quite grueling but it will be worth it in the end. You have to prep yourself to keep to the program. Be patient if your dog seems to just sniff around. Try and come back after a while to the potty spot and see if he is ready to go then.

Back to the crate

Once your dog has evacuated his bowels, it's time to get him back to the crate for a reintroduction and hopefully a nap. Put the toys and things he seems to be most comfortable with and guide the dog gently into the crate again. Sit for a while and you can close the crate door once he seems to be busy or when he falls asleep. Stay in the vicinity or even better sit and be the angel that guards over him—that actually is your role!

Make sure that the crate is in a place that is frequented by the family so that the dog doesn't get the impression that he is alone. Cover your dog with his blanket and let him sleep for while. Whenever you bring him near the crate, use a word that he can associate with like; 'back to the den' or 'kennel' or 'go to bed'. Make it seem special and he will see it as his own space.

After nap time

Have the crate in your line of vision as the dog sleeps. Since you will be nearby the crate, you will see your dog stir. Don't hesitate a moment to scoop him up and go back to the elimination spot if he seems restless. Tell him that it's potty time and set him down on the spot. He will probably go right away because dogs usually need to go after a nap. No matter what their age, all dogs need to relieve themselves after a nap. Make sure that once again,

you do not let the dog wander off from the marked out elimination spot be it an out door one or a newspaper padded area. The first day, you must make sure that you are the one in charge of taking him out.

Playtime!

Once he has slept and done his job, you will find that your pet is much more relaxed. Bring him back to the area near the crate. Not only that, once he's had a good rest inside the crate, he would be looking at it as his den. Your dog will be a little more receptive and a little less wary of it. This is the best time to play. It's also a good idea to play near the crate. Roll a ball or try a game of fetch. Always make sure that the ball is back in your possession. He shouldn't claim ownership of the ball because you are the alpha and you have the right to all his things.

Maintain the leadership stance at all times. Make sure that your authority is not undermined. This is because the once the puppy takes you over with his dominance and growling and posturing, the entire process of housetraining is undermined. Be it while serving him his meals or at playtimes, make sure that you are in control. In fact, it would make a dog feel reassured if you are the leader, because then he could depend on you for some structure in the new environment. You could make the play session a time to practice sit or come. You could roll the ball to him but get it back to you and use it as bait to tell him to come to you. If he sees you as his alpha, he will definitely come to you.

Back to the elimination spot

Yes you need to get your dog back to the elimination spot, in-between the play session. That's because excitement causes his bladder to fill up and if left unchecked, he would just do it right where he is playing. So ten minutes into the play session, take your pup to the potty spot and bring him back. Play for some more time and let him enjoy your company. Let him get to know all the family members and shed his initial fears.

Introduce him to the other pets

If you have other dogs and pets like a cat or a bird, this is a good time to introduce your dog because he is fed, cleaned and rested. Make sure you reassure your older dog that you still love him and hold the new dog in your arms as you let the other pet sniff him all over. Some dogs get along fantastically with other dogs, while some prefer their own breed only. As for cats—it all depends on how old your dog is and how you orient it. A puppy would be much less wary of a cat and more inclined to accepting the cat as a friend rather than an older dog.

However, do not feed your pets together on the first day. The older dog might nudge the new fella out and that could become a pattern they follow at every meal. Let your new dog eat separately and make sure you are there with him at all times. Do not leave your new pet with the other one thinking that some time alone would help them bond.

Time for a snack!

After he plays, it's time for a bite to eat. Usually, puppies are given biscuits to chew on. This is a good opportunity to

hand feed the dog. You and your family members can do this. Take him near the crate—always ensure that you feed him in the same place, rather than anywhere in the house. Break the biscuits into small bits and feed the dog. Be careful not to over feed just because it's fun to do so! Pour some fresh water and let your dog have a nice cool drink to wash down the biscuits.

Head to the potty spot

It's up to you—you can wait for a few minutes or take your dog back to the elimination spot. Little dogs really can't help it—when something goes into their systems, something has to come out! Even if your dog doesn't eat much, he would need to go every hour. So time it and carry your pup back to the potty spot. Say 'potty time' once you reach the place—he must link the words with the spot.

When you eat

You have to sit and eat too! What you can do while you eat is put him in the crate after a trip to the elimination spot and then bring the crate near the dining table where you can see him and he can see you. Your puppy is too young to be alone and rather than make him whine on the first day, make him feel secure. But every time you put him in the crate make sure that he has been to the potty spot.

Once your meal is over, take him out of the crate and go back to the potty spot. This is because being in the crate for too long without your presence, could have tensed him up a bit and a trip to the bathroom is in order. Puppies eliminate on instinct and it's a way to express their fears, happiness and an outlet for all kinds of other emotions, until they gain control over their bladder.

Tire the dog out!

Well not literally with a whole lot of work but get him to follow you around. You have to ensure that he's walked around enough and played around so that he is tired enough to sleep the whole night. This is first night away from the familiar kennel and in a brand new house. It could be traumatic and he might cry and miss everyone when he sleeps. So tire him out. Play with him and let him go in and out of his crate or chew at his rubber bone. Be careful to ensure that he does not end up chewing the wrong things. A simple and firm 'No' is enough to discourage him.

Do not let him sit on sofas on his own. You are the alpha, so you must sit first and put him on your lap. It would be better if you are in and around the area where his crate is and where he is fed. Hug and cuddle your dog and let the family members do so as well. Discourage growling. Your dog might growl at people other than you. If this happens you must say 'no' and put a hand over his muzzle and hold it down. Your dog has to respect all the family members and that's something he has to learn from day one.

The Evening Meal

Supper for your dog should be served at 5.30 pm—this would give him enough time to evacuate his bowels, before he sleeps. The meal would consist of the same thing and amount you gave him for his mid-morning one—i.e. chopped meat as the main constituent or the kibble equivalent. Repeat the pattern as in carry your dog to his space, set your pup down with a command to sit and push him into sitting position and then set down the bowl of food. Let your dog eat as much as he can in 20 minutes and then give him some water.

Trip to the potty spot

It's back to the elimination area after 7 to 10 minutes after this meal. And again after 30 minutes so that the dog can clear out his bowels before he turns in for the night. Make sure that you take him out the very same way and use the very same commands. If you have been doing that, by now the dog must have registered that these words mean a trip to the potty place.

After he has eliminated, walk him around the house if you live in an apartment or around the garden. Basically the aim of exercise before bedtime is so that he tries himself out and sleeps through the night. In fact the more exercise you give your dog in the evenings the more soundly he will sleep all-night and considering all the hard work you have done—you need to sleep too! So make his tiny legs run around chasing the ball until you see the signs that he is wearing out. You have to channel the pup's energy otherwise you will have a hyper dog with whom you would sooner or later lose patience with.

Stop the water at 6pm!

Now you have to take care not to give your dog any water after 6pm. If you give him water after this time, he would again have a full bladder and have accidents indoors. Stop the water in the evening and make sure that you take him out before he sleeps.

9:30 meal

Some puppies have a little snack of puppy meal soaked in gravy at around 9.30 pm. Consider it a nightcap! You can let your dog sit near the crate as you give him his meal and

sit with him as he eats. Once again as before, after 10 minutes he would need to go to the elimination spot. Once he finishes off, play with him a little and praise him for being such a good pup. Take him out again 30 minutes later and bring him back to the crate.

Good Night!

Once in the crate, your puppy will fall asleep pretty quickly if he has been adequately tired out. He would also be comfortable as his tummy feels good and his bladder and bowels are clear. The only problem that might arise is he might become lonely. As you lead him to the crate, keep talking to him and perhaps you can wait until he falls asleep. Then move the crate into your bedroom within your reach. This would reassure the dog that you are there and that he is not alone. Some puppies may need to go out once during the night—so you can set your alarm half way in the night and take him out to the potty spot. Now, let him sleep and you get some sleep too.

Think it over and do a recap!

Before you sleep do a review of the day. You would have to repeat the whole process again tomorrow. So what did you observe in your dog today?

- Did you notice certain signs before the dog invariably did the potty?
- Did you find that he particularly liked a game or a toy that can be used as a reward later?
- Did you find him straining as in signs of constipation?
- Did he seem to respond to the housetraining words and the drill itself?

- Did he like his crate? The crate is a vital key to his training.
- Did he like being with you?

Notice all the points and think of how you are going to repeat the pattern tomorrow but make it a little more predictable for you and your dog.

Housetraining Tips to Keep in Mind on Day One

- Be the one in charge to carry the dog to the elimination spot on the first day. You can have other family members come with you but it is better that the main caregiver is the one in charge of the training for now.
- Do not leave food and water lying around, just because you think that your dog hasn't eaten enough. 20 minutes is the right amount of time to allow a dog to eat, not matter what the breed or size. More than that would be overfeeding.
- If there are accidents (there are bound to be accidents) do not be upset with the dog unless you have caught him in the act. If you catch him violating the rules, say a firm 'no' enough to startle him and carry him off to the elimination spot.
- If you have accidents, clean the place thoroughly with a good odor eliminator that neutralizes the smell of urine. If the smell lingers, you dog will sniff it out and do it again in the same spot—that's what his instinct will lead him to.
- Take your dog to the potty spot every hour, unfailingly. Also make sure that you take your dog out 10 minutes and 30 minutes after every meal

- Take your dog out to the elimination spot after every nap as well as in-between the play sessions.
- Watch out for the obvious body language like sniffing, wandering, suddenly stopping and beginning to squat etc. They will be your cues for tomorrow.

Above all, congratulate yourself for maintaining your patience and staying by your dog's side to prevent accidents from happening. The first day is the biggest investment you make in introducing your pet to the houstraining process. Tomorrow it will be a bit easier. Just one thing—set the alarm for 5 am because if you have an early riser in your dog, you would need to take him to the potty spot!! Until then, goodnight!

Chapter 4:

Day Two

It is Day Two and hopefully you woke up before your dog and rushed him out to the elimination spot. If you set the alarm and wake up before your dog's whining, you have a chance to avoid an accident. Even if you do wake up to a wet little puppy, take him to the elimination spot and let him sniff around. You must take him there so that he knows that the first thing he does when he wakes up is go to the potty spot. Let him walk around a bit and then take him in for his breakfast.

Meanwhile, if you have had an accident in the crate, then do not despair—just clean it up well with an odor eliminator and put the sheets and blankets in the washing machine. Make sure that you totally eliminate the smell of urine.

Have patience with your dog's failure. Give him time to familiarize himself to the new pace. Think about it—your dog has to get used to you, the other family members, the house, the food, your language, the housetraining process, the obedience training and to top it all, he has been forever separated from his family. You are all he has, so forgive a puddle or two!

The Meal-Deal

It's breakfast time for your dog, so feed him in exactly the same way as before. Sit him down, set the bowl in front of

him and in the same place as well—it's time to reflect how meal times play their part in the housetraining drill.

Usually, a dog that is eight weeks old has five meals in a day, of which the mid-morning meal and the evening meal would be the slightly heavy meals as in the main ingredient would be meat. Meanwhile the breakfast meal and the before bedtime snack would be a lighter meals (snacks) of cereal (dry dog food) and dog biscuits. What you give your dog to eat impacts his or her bladder and bowel motions. That's why you need to give your dog a balanced and nutritious diet as well as the right amounts. Otherwise, your dog could end up with loose stools and diarrhea or the other extreme of constipation.

Plan the diet carefully with the help of the vet and be careful to give him a diet that has:

- Moderate grain content—because though dogs need it as source of energy, they do not need too much of it.
- Low sugar content—because sugar heightens the risk of cancer. A dog can get sugar from beets, molasses, grains or dairy products
- Low on salt—because salt disturbs the calcium and potassium balance of the dog and makes them fall sick or end up with skin irritations.
- Low on dairy products—because excess of milk and other dairy products would result in too much of lactose, which in turn means too much sugar.
- Absolutely no unhealthy treats—because it could cause anything from stomach upsets to skin diseases. And remember that chocolate is poisonous to dogs.

Basically the meal should be high in protein and low in processed carbohydrate content. Try to give your dog fresh food—if not then stick to a vet approved healthy commercial pet food. Once you get the details on what is good for your dog, decide what you are going to give him or her and at what times. What you need to do is give your dog five small meals spread out every 3 to 4-hours in a day, depending on the kind of exercise he is getting.

You need to establish the timing as a matter of rule. Make your own meal schedule that compliments your lifestyle. Following is a suggested meal schedule:

- 7.30—breakfast of a puppy cereal
- 11.30 am—a mid morning meal of meat
- 2.30 pm—a few dog biscuits
- 5.30 pm—a supper that is same as the mid-morning meal
- 9.30 pm—a puppy meal soaked in gravy



The amount of the meal would increase as the dog grows but you would be sticking to the same five meals until the dog is 6 months or 9 months old. It is then that you shift to either two meals a day or just one meal, once again depending on the breed. While very small and toy breeds become adults at six to nine months, large breeds like Great Danes need 18 to 24 months to become adults.

Whatever it is—you need to have the right diet and fix the timings. This would help fix the timings for the houstraining process. Remember, you need to take your dog to the elimination spot within ten minutes of the meal to empty his bladder and again 30 minutes later to empty his bowels. You also need to ensure that apart from after

meal trips to the potty spot; your dog needs to go every hour.



Tip! Why don't you set the timer to go off after every hour that your pup relieves himself at the potty spot?

After breakfast

Now that the breakfast is over you need to get him to the potty spot again. Let him do his job and after he is done, show your appreciation. You can use this time to brush him and get him ready for the day. 15 minutes is all that is needed to get a dog all spruced up. Get him to lie down and brush gently against the hair growth. It's a good idea to set 15 minutes everyday to groom your dog. You can choose to do it right after breakfast when he is relaxed—moreover it would set his pace for the day. Grooming also reinforces your role as the pack leader because you are manipulating his body. This, of course, will help speed up housetraining!

Once you have finished with the brushing invite him to a game of ball. Do this near his crate and after a while let him go inside the crate and be with his toys. Shut the door and if he shows no sign of worrying, you can go ahead and do your chores like get a shower and some breakfast for yourself. Let the kids or another family member sit by his crate incase he does begin the whine. All little dogs want at this stage is a little company.

Once you are back from your shower, pet your dog and give him a hug but ask a family member to carry your dog to the potty place. Set him down and say 'Potty Time' or whatever your potty command is. Today, you will see that

your dog is quite receptive and seems to understand what 'potty time' means. However, he can't come on his own as yet. You need to work on that aspect today.



Tip! If your dog doesn't do his job, even after 20 minutes of strolling in the potty area, bring him in and lead him to the crate. Let him be there so that he can't have a chance to mess up any other area and you can rest assured that after a night's rest in his crate, he would be seeing the crate as his personal den that shouldn't be messed up! Take him again after 10 minutes or when you can see signs that the calls of nature are raising their voices!

Getting to know the leash

You have quite a few hours to the mid-morning meal at 11.30 am, so this is the perfect time to introduce your dog to the collar and leash. Call your dog to you and invite him to a game of ball or fetch or whatever it is that he enjoyed playing yesterday. Praise him while he is playing and slip on the collar and the leash as a reward. You've got to make it seem like he's got this amazing present (the collar and the leash) for being so good! Your dog needs to see the collar and leash as something he should be proud of.

Leave the collar and leash on and let him trail it around for a while. If he seems scared, reassure him and let him have a feel of the leash and collar. Let him sniff at it and explore it a bit more. Keep him in the vicinity of the crate and let him patter around the area but do not allow him to enter the crate with a leash on for fear of it getting stuck somewhere. Generally, just let the dog get used to his new 'gift'.

Walking with the leash

After you see him patter around a bit, pick up the other end of the leash and walk him to the potty spot again. This time make sure you are well ahead of the potty schedule because your dog is going to walk the walk to the elimination spot!

The idea is to begin from where his food bowl and his crate are. Do not move from the living room or the front door. Begin the first walk to the elimination spot from the dog's space. That would orient him to the path because your dog needs to know how to get to the spot on his own. This is his first orientation to learning the mapped route and it should continue over the next few weeks.

Lead your dog on the leash. Do not allow him to lead the way. Remember, you are the alpha and you have to show the way. Walk him up to the potty spot and let him sniff along the way but do not let him dilly-dally. If you allow too much sniffing, you can rest assured that he will potty on the way. Be firm, say 'outside' and lead him to the spot. Once there, use the command words, 'Potty time'. Praise him when he follows you.

Once you get there you can let him sniff again (yes—there is a lot of sniffing involved where dogs are concerned!) and don't let go of the leash. Once he does his job, praise him and walk him out of the elimination spot and out for a little surprise walk. Please be careful to make sure it is not strenuous or away from the house because puppies can catch infections very easily and you need to wait for a while before you can venture out of the house and the yard.

Make it a short walk around the flowerbeds or a little stroll in the balcony if you live in an apartment. Let him associate

a surprise walk with both the elimination spot and the leash! This way he is also getting in a little bit of exercise and working up his appetite. You are also channeling the abundant puppy energy as well! On day two—put a leash on your dog and walk him to the elimination spot so that he learns the path. Always start from where his crate is kept and walk from there in exactly the same route. The repetition is the key to the dog's learning.

It's time for the 11.30 am meal

All right, now you need to walk your dog back to the potty spot. Let him sniff around. He'll be thinking something like "Oh, I'm back here"! If he pees again, he probably will, with the excitement of the surprise walk—praise him for doing his job and begin your walk back to the crate. Follow the same path you took when you came here and let the dog look around a little longer this time if he has emptied out the contents of his bladder! Say potty time once you reach the place—he must link the words with the spot.

Bring him back to the crate and unleash him. Make him sit and give him his meal, in the same place as you served him earlier. Dogs like predictability so don't try to vary the pattern because the monotony is bothering you! Let him eat as much as he can in 15 or 20 minutes. Also give him water—make sure that it is fresh and not yesterday's supply. Leave him be for around 10 minutes. Just because he had been to the potty spot before he ate, doesn't mean that he doesn't need to go again—he sure does!

Now get the leash back on and begin walking your dog to the potty spot. If you are paper training, make sure you have changed the paper or the pee pads but don't totally run over the place with a disinfectant. The dog needs to get a

sniff of his own urine, to stimulate his instincts. Walk the very same way to the potty spot and let your dog do his job.

If you don't want to be at the potty spot for too long, you can bring him back after he's done his pee job and play with him for a while and take him out again after half an hour for a bowel movement. Alternatively you can stay in the area and walk him around until he does the poop job—he would need to because the mid-morning meal is a heavier one. He's also got enough exercise to stimulate his bowels.

Once he's done the big job, praise him and walk him straight back to the crate. While walking back you can ask your child or another family member to hold the leash. This is to make your dog understand that anyone in the family can bring him here. Take off the leash and hug him for a job well done. Now lead him to the crate and let him in. Put in a favorite toy, shut the door and let him rest. With all the exercise that he has had, the dog will be bound to sleep a while!

Points to ponder!

Now that your dog is fast asleep, you can catch up with your chores. In fact, the moment your pup gets used to the crate and has his bladder and bowel emptied, you can comfortably crate him and proceed with the work you have to do. Make sure that whatever it is you need to do can be done in 30 to 35 minutes.

Crating a dog is not cruel and you can do so if you take care not to use the crate as time outs or punishments. You should crate your dog in periods like after a meal and a trip to the potty space and after play or training sessions—times

when the dog is likely to stay by himself for a while. Here are the acceptable time limitations for crating your dog:

- When your dog is around 9 to 10 Weeks old, he or she can stay in the crate for around 30 to 60 minutes.
- When your dog is around 11 to 14 Weeks old, he or she can be crated up to 1 to 3 hours.
- When your dog is around 15 to 16 Weeks old, he or she can be crated up to 3 to 4 hours
- When your dog is around 17 Weeks and older, you can leave him or her in for around for at least 4 hours.

These are all approximate timings and dependant on the size of the dog and his or her personality. Some dogs can get very frustrated to be caged which is why you should crate them only when they are fed, answered the calls of nature and had adequate exercise. Never use the crate as a punishment, or at a time when you need to get your work done and the dog is not ready to enter the crate. Also never crate any dog, no matter the size, the breed or the personality for more than 5 hours at a stretch. Nor can you crate a dog for a whole day, while you go out to work. That is unfair to the dog and can mess up his mentality.

After the nap

Once the dog stirs from his nap, speak to him reassuringly and take him out of the crate. Put the leash on and walk him to the potty spot. Take the same route and hurry him along using the command words. Be sure to be quick to reach the potty spot to avoid accidents. Once you get there and your dog does his job, praise him and take him for a stroll. When there is stroll outside that follows the elimination act, the

dog would most likely, do his job quickly in anticipation of the fact that you are taking him out to smell the flowers!

Most of us tend to do the exact opposite. Usually we take the dog out and the moment he does his job we bring him back in again. Intelligent as the dog is, he quickly figures out that if he delays the elimination act then he would get more time to spend outdoors! That's why you need to attach a reward like a stroll outdoors to look at the great outdoors or a favorite game that the dog looks forward *after* the elimination act. This would urge him to do his job quickly and head off for his reward.

Initiate the training

The first day was special indeed—a day for the dog to find his moorings and get used to the people and new environment. Day two is when he is introduced to the collar and leash and initiated into the training. A good time to train him is right now, after his nap, after the potty and after the reward stroll. In fact you can club it in with the stroll. You have him on the leash already and you have him in the yard. It's also a good time because he can be given some doggie treats as he is between meals and you can't initiate training without a doggie treat!

So begin with simple commands like sit, stay and come. These three are the basic commands and once your dog gets a hang of these, he would be all set to understand what you want from him.

Teaching your dog to sit:

- Hold a reward over you dog's head and make sure that he can see it.

- Once you see that he has his eyes on it, command him firmly to ‘sit’, push your dog down gently into the sitting position.
- If he sits down, give him the reward but if he jumps up and tries to grab the snack say ‘no’.
- Repeat the command ‘sit’, and push him into the sitting position.
- Give him the snack only if he sits and praise him a lot.

Make it fun and repeat the sit command all over again. Don’t begin teaching another command right away. He is small and it might get confusing to him. Now that you’ve practiced the sit command, you can repeat it during meal times, or at times when he comes up to you for a cuddle. Command him to sit and once he does so—pick him up and hug him. He will learn that to ‘sit’ is a desirable action with desirable outcomes and he will most likely do it again.



Point to remember: It takes 30 – 50 successful repetitions of a command before your dog will learn the command. Some commands such as ‘sit’ are learned much faster than commands like ‘down’.

Time to come in

Bring your dog in via the potty place because he would need to go after the excitement of the training session. You can alternatively give him a drink and then take him to the potty place also. What you can do is time the potty trips on an hourly basis. Once he is done, walk him back the same way, take off his leash and lead him into the crate. He will begin to associate the crate as a place of rest after fun activity and that’s a good thing. Now you can let him sit a while in his crate until his 2.30 snack—meanwhile you can

get yourself very well deserved snack and catch up with your work a bit.

If he doesn't seem to want to be in the crate and you are sure that his little bladder cannot create any accidents, command him to sit as you sit for your lunch or whatever it is you are doing. Once he sits, praise him and give him a rubber bone to play with. But do not let him out of his area and have a free run of the house.

The 2:30 snack

Make sure that you give him the same snack as yesterday, in the same place and the same time. Once he is done, repeat the trip to the potty place. Lead him but see if he follows you as a sign that he knows the way. Let the leash on a little slack and see if your puppy ambles the way he went in the morning. If he tries to deviate, sniff or squat, pick him up and quickly deposit him on the potty spot. Your duty is to reduce the number of accidents in the house, as it would embolden the puppy to eliminate in the house. Praise him for doing his job and bring him in to the crate. Let him rest for a while until you feel you have let enough time for the food to settle. Never exercise a dog right after he has eaten.

Practice the training

Once an hour is up—take him to the elimination spot again. Take him for another walk because evening is nearing and you must make sure that your dog is tired out if you want a goodnight's sleep for him and you! Practice the training command once he's done with his exploration of the bushes and plants. Never allow him to pee during the 'reward' walks. He should have eliminated before the walk. Practice

the 'sit' command and make it as enjoyable as a game of ball. Then switch to the ball or a game of fetch.

Bring him indoors but again via the potty spot. Take his leash off and let him sit near the crate but don't put him inside—after all he has to sleep in it all night. Let him hang around with his new pack. You can either leave him with a couple of toys or have your kids roll him the ball and generally engage him in some more activity. Give him a drink of water because you will have to stop his water intake at 6 pm. Remember to take the puppy out to the elimination spot after an hour, as this would minimize the chances for accidents.

Supper time!

Serve him his supper at 5.30 pm and this time let him sit for it! Command him to sit by holding up a piece of his meal. He's practiced the command and you can test his response periodically by blending in the commands with the normal pace of life. Command him to sit and push his little bottom down. If he sits on his own, praise him and praise yourself too! Once he is sitting, give him the bowl and let him eat. Never give him his food if he is jumping around. Say 'no' to the jumping and insist that he sit calmly for his food.

Remember to stop the water after 6 pm. Once he eats let him sit for a while and then put the leash on again after 10 minutes. Walk him to the elimination area and have him do his job. Don't take him for a walk outside again, because he has just had his meal. Besides, you don't want him to demand a walk from you every hour that he visits the potty area. Keep the walk for the late evening say just before his evening snack at 9.30 am. You will need to take him to the potty place after 30 minutes for a bowel movement.

Schedule the walks

As you wait for the 30 minutes, take a breather to plan out walks. Now that you have used day two to get him used to the leash and the walks, you need to schedule the walk times. You would need to walk your dog in the morning—because it's a good time to get some fresh air as well as bond with your pup. You can do this before the 7.30 meal. You can take another walk after your dog wakes up from his nap, which he is most likely to do after he's finished his poop job after his 11.30 am meal. So you can put that walk down as before the 2.30pm snack. Then you can take him for a walk at 8 pm, before the evening meal.

In between you can schedule three training sessions—one before the 11.30 meal, one before the 2.30 meal and another session before the 5.30 meal. That would give you three sessions of training practice instead of one long session that would have bored the dog out. Write all this down because day three would mean that you put the walk schedule and training sessions into the dog's timetable. 30 minutes is up—so you better get your dog to the potty spot and get done with poop job! When you get back, do not crate him. Sit him down with you as you finish your meal and keep him busy with a toy.

Walk at 8 pm

Take your dog to the potty place once an hour is up and this time weave in the 8 pm walk. Make sure he is tired enough to eat up his evening snack at 9.30. Take him to the elimination spot and once he is done, lead him to the crate. He has not been in his den since 3 pm and he would be dying to crawl in and rest. The walks, the training practice and the ball games would have tired him out. Let him sleep

and take the crate in to your room. Did your dog seem to want to go once in the middle of the night yesterday? If so, then set the alarm at the time you took him out or if you think he can make it through the night set the alarm for early morning.

Lessons of Day Two

- Your dog got used to the crate and the leash—two things that will speed the houstraining process.
- You have to be clear that you use the word ‘outside’ as you walk your dog to the elimination spot and ‘potty time’ when you get there—because if you say potty time indoors, he might just do it inside!
- Your dog also walked the route to the potty spot, which means he will learn it too.
- Your dog learned the sit command, which means he is ready for more obedience training.
- Your dog is enjoying walks and getting more exercise.
- You have eliminated accidents by being there every hour and after every meal and nap time and he knows the houstraining words now.

Over all you have done great—and so has your dog. Get some sleep for tomorrow and keep up that patience with your dog. You’re on the right track and it is just a matter of practice and routine before your dog is potty perfect.

Chapter 5:

Day Three

Today you must have woken up early—even before your pet! That’s good because it sets the pace for the day. To begin with a puddle in the crate everyday would be quite a damper. It’s just an effort you have to make for a couple of months until your dog calls for you to let him out. Today you will have more time for yourself because you are going to use the crate for longer durations. Besides that, you have something to look forward to because you are weaving in the walks in the daily schedule of your dog—so c’mon get your dog out of the crate and head to the elimination spot!

The Morning Walk

Take your dog to the elimination spot right away. In the morning time, it’s a good idea to hold your pup and take him there. Firstly, because you have moved the crate to your bedroom so the route would be different and secondly because he might not be able to hurry up and hold on to his water at the same time. Besides, he would like for you to hold and hug him first thing in the morning. Carry him to the potty spot—you will find that he will relieve himself right away.

Now bring him back to the area, which is his place, and give him a drink of water. He hasn’t had a sip since 6 pm yesterday. Get one of your family members to move his crate back here from the bedroom and meanwhile you show your dog the collar and the leash. Tell your dog it’s time for

a walk and command him to sit. Your puppy will probably be very happy and wag its tail but you need him to sit. Push him into the sitting position and then slip the collar over its head. Pat your dog for being good and head out on your walk.

Lead your dog through the door and make sure that he follows you. You can take a long walk depending on how old your dog is—if he is just 8-weeks, and then perhaps you cannot go out of the house because of the fact that his immunizations are not complete. If you have a 12-week-old dog—take that walk and enjoy yourself. Remember to:

- Lead the dog and have him follow
- Not allow the dog to pull at the leash.
- Walk the dog, as close to you as possible—this is a primer for the ‘heel’ command.

Back for breakfast

Once you get back bring him via the potty spot so that he can relieve himself before he comes into the house. Take the collar and leash off and let him sit by his crate. If your dog wants to be in the crate, let him in. The more he considers the crate as his private den—the better and quicker the housetraining process will be. If the dog considers the crate as his den, he will never mess it up (unless he is left there for too long). Which is why, if you leave him there in the crate, after allowing for a visit to the potty spot, the dog will sit in his den and control his bladder, until you take him out again. He will not mess the area where he sleeps. In the process he is learning control over his bladder. It’s just that the younger the puppy, the longer and harder it is for him to control his bladder.

It's time for breakfast and time again to see if he can respond to the sit command. Command him to sit and serve the food once he does so. Let him eat and sit for a while with all his chew toys. After 10 minutes, take him to the potty spot on the leash and walk him through the same route. Praise him lavishly for knowing the way and once he gets to the spot tell him it's potty time.



Please Note: It is important to only use the words 'potty time' when you near the elimination spot and not when you slip the leash over him or when you are playing with him. The dog may respond to the words and think you want him to do potty there and then! Instead you can say 'outside' and lead him on. The good thing is that your dog understands what action is associated with the words.

At the potty spot, say 'potty time' and make sure that he does his job, even if it means hanging around for 10 or 15 minutes extra. This is because you want to be sure that he has an empty bladder because the plan is that he is going to spend some more time in the crate today while you attend to your daily activities. Let's say you are going to loosen the ties of the apron strings to which he's been attached to for the past two days.

To the Cozy Den

The key word is cozy and the dog has to see the crate as a cozy den. Now walk your dog back. In fact, since you know that he's done his job, you can take the leash off and see if he knows the way. Walk in from the potty spot so that he can follow you but see if he wanders away or if he

knows where he is going. This would help you to gauge how much your pup has learned. If he seems to be lost, call out to him and lead him to his crate. If it's curiosity that is leading him elsewhere, pick him up say no and put him back on the route to the crate.

Once you reach the dog's area, see what he does. He's had a walk, he's had breakfast and his system is clear—so most likely he will be comfortable and secure. If he picks up a toy, take it from him and place it inside the crate. If he follows it inside, let him sit for a while until you close the door. If he doesn't voluntarily go in—find a way to tempt him in, say a few reassuring words and close the door.

If he whines and yelps, let him be for a while and definitely do not come running back and let him out. This would teach him that crying brings you to his command! What you need to teach him is to stay quiet in the crate—which is why you should choose the times he is relaxed and fed to crate him. Don't let the dog out if he doesn't keep quiet.



A Tip! What you could do is always play your favorite music in the background or the radio whenever you sit with him. That way, when you are gone and he is in the crate, he won't notice because he has the music or the voice of the radio to keep him company! Basically, dogs are social animals and do not want to be alone. Hearing a human voice or having company in some form or another soothes and reassures them.

The Full Schedule

Now that you have crated your dog, you can rest assured that there will be no accidents. You can also take the time

to draw up the schedule with all the walks and training sessions incorporated. What is not incorporated is the fact that you have to praise the dog for every achievement—and be patient with his failures. It would be something like this—though you can adjust it according to your convenience and your dog’s needs:

Time	Assignment
5.30 am	Elimination spot
6.30 am	Walk
7.30 am	Breakfast/ elimination spot 10 minutes after food and water
8.15 to 8.45 am	Crate time
9.00 am	Elimination spot
9.30 am	Brushing and grooming
10.00 am	Elimination spot
10.30 to 11.20 am	Training session/play session/ a trip to the elimination spot in between
11.30 am	Mid morning meal/elimination spot 10 minutes after food and water
12.00pm	Repeat trip to elimination spot for bowel movement
12.30 pm	Nap time inside the crate
On waking from nap	Elimination spot/ and short reward walk
After walk until the 2.30 pm snack	Training session/play/ in-between trip to the elimination spot
2.30 pm	Snack time of biscuits and water/elimination spot 10 minutes after food and water
30 minutes quiet time	In the crate or outside the crate with toys spread out
3.30 pm to	After eliminating, training sessions/ play

4.30	session
5.30 pm	Supper same as mid morning meal/elimination spot 10 minutes after food and water
6.00pm	No water after this point
Family Time	Let the puppy enjoy everybody's company and have some fun/ no crate
8.00 pm	Walk/ elimination spot before and after walk
9.30 pm	Evening snack in gravy—no water/ elimination spot 10 minutes after food
After elimination	Bed time—in the crate
Midnight	Elimination spot—if you feel your dog needs to go

- The above timetable assumes that your dog is over 8 weeks and under 6 months so that he or she would be on the five meals a day schedule.
- The time table ensures three walks.
- The time table ensures three training or play sessions.
- The timetable allows for crating two times and a limit of 30 minutes each time.
- The timetable stops water intake at 6pm.
- The timetable makes sure that the dog has family time with the whole pack in the evening.
- The timetable assumes that you are there to take the dog out to the elimination spot, every hour and 10 and 30 minutes after each meal and drink.

Basic idea behind the schedule

It's a very simple idea that is behind the timetable. You are trying to ensure a routine. It is a routine that is fun but

allows your dog to follow an elimination schedule that will soon be ingrained in his constitution. Dogs are creatures of habit that like predictability and structure. What you need to do is give it to them and weave into the structure and the routine, some fun and love and a sense of accomplishment for the dog. Please note that:

- The dog is spending a lot of time with you—this gives him security, love and the alpha leader to follow.
- The dog is eliminating every hour—which means that accidents are minimized and housetraining is actively in progress.
- The dog is spending training sessions with you—which means that he is learning the rules of obedience that he needs to fit into your life rather than being on the periphery.
- The dog is getting plenty of walks, training sessions and play sessions—that help to channel his abundant energy and give him and you a goodnight's rest.
- The dog is having meals on schedule—which means that he is getting nutritious meals on time and that will make him healthier.
- The dog is having a separate brushing session—that will ensure he looks good and has a healthy coat.
- The dog is spending an entire night in the crate—this will teach him or her independence, respect for

your space i.e. your bed is off limits and allow him to build control over his bladder and bowels.

Basically, you are trying not to leave your dog roaming around the house unsupervised in the first few weeks. If you let him have a free run of the house you can be assured that you will have to clean up a lot of accidents that impede the housetraining process. You must make sure that you are with your dog when he is free and that you crate him when he is relaxed and ready to be on his own. You also channel his energy into training and play so that he has the skills to learn the ropes of life with you and you have built the bridge to communicate what you need him to do.

Follow the routine

Day three is the beginning of the routine that your dog is likely to stick with until he is an adult. You have simply one option to ensure that your dog is housetrained—follow the routine. Just kind of like how Dorothy followed the yellow-brick road!

Let's pick up where we left your dog—he was in the crate after his walk, breakfast, and after pouring out his bladder. He is relaxed and quiet but probably will be happy to see you after half an hour and what's more important—he will be ready to do your bidding! That is why it is an excellent time to train him. Take him to the potty spot and once he relieves himself, give him a good 15 minutes brush over. Handle his body, lay him down, open his mouth and check his teeth—all these actions give you ascendancy over him and will make him see you more as the alpha-who-must-be-obeyed! This in turn gives you an edge over him in the training session—because he will be more likely to obey you.

Let the training begin

Once the brushing is over, put on his leash and take him to the potty spot and then proceed to the training session. Repeat the sit command and if he seems to know it well enough teach him the 'stay' command. Teaching your dog to stay:

- Command him to sit and give him a reward. Now hold up a hand in the stop signal gesture and keep it in front of his face.
- Move away, always using your right foot first, and command him to 'stay', in a firm voice. Keep eye contact but move back, hand still in the same gesture.
- Wait for a few seconds and come back to your dog's side, if he doesn't move. Praise him and practice again. If he gets it – you can teach him the stay-come command tomorrow.

Don't forget to allow your dog a trip to the potty spot in between the training session. This will help both you and the dog concentrate.

Time for mid morning meal

Once it is 11.30 am, command your dog to sit and give him his meal. He has had enough exercise with the training session and he needs the nourishment and the drink. Take your dog to the potty spot after his food and again 30 minutes later to ensure that the poop job is done. Once it is done you can take off the leash and lead him to the crate. You can sit with him, leave the radio on, until he looks relaxed enough to sleep and then close the doors. Do your chores and get some lunch and rest.

Once he wakes, put his leash on and take him to the potty spot. As a reward, take him on a short walk. It would make him happy and clear your mind too. After getting back from the walk, come inside via the potty spot and then sit with your puppy to play. It's a play come training session but your dog doesn't know that! Very cleverly, you can insert a game or two of fetch and find. This will tire him out and teach him some mental skills. Be around him and generally let him have fun with you but repeat the sit and stay commands, as many times as you feel necessary without losing his attention or tiring him out.

The idea is to weave the training into fun so that the dog doesn't realize anything but the fact that he is learning skills that please you, because you are praising him a lot. Also you don't realize it but you are giving him enough opportunities to socialize him with your family and make him feel secure and develop an even and balanced temperament.

Snack time and quiet time

Give your dog a snack and then the usual trip to the potty spot, let him be in the vicinity of the crate and sit with all his toys. Spread them out on the floor and let him have some quiet time. He might not want a nap but he would sit quietly because he's just spent a lot of time with you. It's important that he is away from you to give him a sense of independence. You do not want a whining and clingy pet. If he wants to be in the den—by all means let him in.

After a while you can get your kids to play a game of ball with the dog and meanwhile find a chance of repeating the sit and stay commands. Make sure you incorporate them

during the time you give him his meals. It would certainly teach a jumping dog a thing or two about obedience behavior! Be sure also to take your dog to the elimination spot on an hourly basis.

Family time

Once the 5.30 evening meal and water are given—do make sure that both the pee and the poop jobs are over. Remember that no water after 6 pm. Also once he evacuates his bowels at the potty spot, praise him and play a game with him. He would understand that “If I do my job, my alpha is going to play with me”! That would make him hurry the act up. Maybe that’s what you could give him—a special time with the family. Have fun cuddling and hugging him and maybe even all take him out for the 8pm walk. Make sure you tire him out. Bring him home via the potty spot and let him sit until you get the dinner ready. Command him to sit and serve him his 9.30 meal. Take him out to the elimination spot and hug and praise him. Put him in the crate and move the crate to your bedroom when you are ready to sleep—and remember to take him out once during the night! After a few weeks your dog will no longer have a need for the midnight potty sessions.

Lessons of Day Three

You have arrived at a full-scale workable schedule that incorporates the elimination times, the meal times, the times for the walks and the training session as well as the brushing and the family time. All you need to do is follow it. Points to remember:

- Always follow the same route to the potty spot after meals i.e. start from the crate.

- Always praise your dog and be patient.
- Always use the houstraining words in and around the elimination area.
- Always make training fun and weave in the games with the commands.

Now that you have a fixed plan—day four will be a walk in the park! Remember it will work out and these seven days of your effort are going to translate into a perfectly houstrained dog. For the time being—get that sleep, you sure need it!

Chapter 6:

Day Four

Day four has to begin with the alarm at 5 am and you up before the dog. Even though you might have set the alarm for midnight and taken your dog to the elimination spot, you must rush him first thing in the morning—or it would be a case of an accident waiting to happen! The idea is not to create a situation where an accident can happen and both you and your dog feel a sense of failure. There are bound to be miscalculations and all you can do is tell your dog ‘NO’ if you caught him in the act of doing it or just clean up the puddle as well as you can.

The Bonding Walk

Consider the morning walk as a time to bond. It’s a way of assuring your dog that you are there for him. Once he relieves himself at the potty spot, get him back to his area and give him a drink of water. Have your morning coffee or tea and listen to your favorite music or the radio. Let your dog sit by you and once you feel you are ready for the walk, get the collar and leash. If your dog jumps around—he’ll be delighted to see the leash—command him to sit. Slip on the leash only if he sits quiet for a while and then go to the elimination spot again. Tell him to do potty so that you can go for your walk and praise him if he does so.

Set off on the walk and let him smell along the flowerbeds and trees. If he tries to tug and pull you in a particular direction, yank the leash gently and go in the opposite

direction. What you are trying to tell your dog is that you are the alpha and that's why you get to decide where to go. Leash training is a very important aspect of your dog's orientation and if you start it subtly and weave it in slowly with the 'reward' walks, you will find that the dog will respond much better. The main aspects of leash training are:

- When the dog pulls in one direction—you must tug the leash and get him to follow you in the opposite direction.
- You must try and get the dog to walk as closely to you as possible. When he wanders, pull him to you and use the command 'heel'.
- You must get your dog to sit once in a while during the walk. For example, if you sit on a bench, make him sit near you. When you talk to other people, sit him down so that he doesn't jump on them.
- Your dog will find temptations in the form of squirrels, cats and other dogs, make sure he doesn't set chase and listens to your 'no' command. If he does set chase—make sure he knows how to respond to the stay-come command, which is the command you are going to introduce to him today!

Stay on schedule

You have a schedule drawn up and it's going to pretty much be the same for quite a while—it's a good idea to use Day Four to set the pace. You have already begun with the morning trip to the potty spot as well as the morning walk. Now it's time for breakfast, after which you take your dog to the elimination spot.

Once the dog has done his job—it's the ideal time to lead him to the crate and leave him in there for half an hour. He has been exercised, fed and he has answered the call of nature—this means he would be in a relaxed frame of mind to be by himself for a while. You can leave the music or the radio on and go about your chores.

After the 30 minutes is up, take him to the potty spot and complete the brushing. Keep telling your dog what a good boy or girl he or she has been and groom the dog thoroughly. Go ahead with the training session wherein you revise the sit and stay commands. If you think he seems to be proficient in these commands, then go ahead and teach the stay-come command. If you feel he still needs more practice—go ahead and give it to him. You can weave the sit and stay command into the ball game. For example, you can command the dog to stay and then roll the ball to him. Then you can ask him to sit whenever you want to praise him for a job well done. Make sure you channel his energy—it not only helps to avoid having a hyper dog that begins to develop bad habits, but it helps with the process of digestion also. Remember to give the dog water in-between the training/play sessions, especially if the weather is hot.

Hourly trips to the potty spot

Once it's time for the mid-morning meal, make sure that the dog sits before you give him the food. Always have the upper hand—you are the alpha. He should not demand the food. He must wait to get it. Be firm if he jumps around and give the food only when he sits. See to it that he goes to the potty spot and empties out both his bladder and bowels. Once he does so, you can leave him in the crate for a naptime. Let your dog rest as much as he likes to and

when he awakes, take him straight to the potty spot. After he does his duty that take him out for a short reward walk.

If you stick to the hourly trips to the potty spot and 10 minutes and 30 minutes after every meal, your dog would be free of accidents inside the house. However, do not allow him to roam the house free. Until he can walk to the potty spot alone as an instinctive reaction, he cannot be given access to the other parts of the house except the area where his crate is. He has to first learn to hold his bladder and walk to the elimination spot—he can do this if you keep taking him out every hour.

On Day four, what you can do is go 10 minutes earlier than the usual one-hour gaps to the elimination spot. Allow him to walk by himself to the elimination area. See if he is getting there by himself. If he tries to squat mid-way, say a firm ‘no’ and pick him up and put him on the potty spot. See if the route to the potty spot is inured in him by now and if he is taking the initiative to reach there by himself.

Continue with the To-Do List

Go ahead with the training session after the reward walk and teach him the stay and come command. All you have to do is repeat the stay command and once he ‘stays’ in the spot, hold up a snack and command him to come to you. From now on you can practice the stay-come command before the 2.30 pm snack and then ask him to sit before you put the bowl of food before him. Take him out to the elimination area and see to it that he does his job, because you will be leaving him out with his toys afterwards. If he doesn’t eliminate crate him and see to it that you take him out 10 minutes later. As long as he is in his den, your dog

won't have accidents—but you can't put him in the crate indiscriminately.

Have him play and practice the training commands. Use the ball or his favorite toy to play fetch with and take him to the potty spot hourly. Once he is done with his 5.30 pm meal, make sure that you take him to the potty spot to clear out his bladder 10 minutes after the meal and to clear his bowels 30 minutes after the meal. Once he is done—let him relax with the family—but remember, no water after 6.00pm.

Getting to Know People

Another thing you need to do is get him to meet other people. The first few days for a dog is a matter of getting used to his new family and the new house and all this can be stressful. But by today, your dog would be much more in tune with his new life. You can use day four to call the neighbors over as well as your kid's friends. Introduce your pet to the mailman and allow everyone to pet and hug him.

This socialization would orient your dog towards meeting other people without feeling scared or being aggressive. It would reduce his suspicions and the very fact that he is meeting different people, would help him use his inherent talents for distinguishing people. Dogs are intelligent creatures and they can sense things about people and situations, which we can't. So it's a good idea to expose your dog to as many people as you can with an aim to socialize him better to fit the human world.

Getting ready for the night

Your dog would have had ample exercise but add that 8.00pm walk for fresh air. Feed him the evening snack, make sure he visits the elimination spot, hug him and put him in the crate. Move the crate to the bedroom and this time don't take the dog out at midnight unless he asks for it. He will not soil the place he sleeps in—he would be most likely to whine and ask you to take him—so see what happens tonight. You can wake and check on him at midnight or get up a little earlier than usual in the morning.

Lessons of Day Four

- You learned the beauty of a schedule because it helps you time the housetraining schedules accordingly. If meal times, walks and training sessions were all haphazardly put in—housetraining would be a mess.
- You learned that walking a dog has its rules and the dog must heed to them and you must see to it that the dog does so.
- You also learned that dogs must meet different people. They need exposure to all kinds of humans and all kinds of situations.

Today was the first day the entire schedule was put to use. Tomorrow will be easier—but still no letting your dog free access or postponing the hourly trips to the potty spot.

Chapter 7:

Day Five

Get up early and check on your dog—Did your dog wake you up in the middle of the night or did you wake up and find him moving about in the crate or did he sleep right through the night? The bottom line is he has had no accident in the crate—he is learning to control his bladder and that’s a good thing. If you get up in the middle of the night and find that your dog is awake—you should take him to the potty spot. The reason the dog is not sleeping could be because of a full bladder. Whatever it is—try to avoid an accident from happening.

Zero in on the Signs

As you take your dog out of the crate and to the elimination spot, think of the obvious signs that let you know that your dog has to go. Apart from the hourly trips, knowing these signs would help you to scoop up your puppy and take him to the potty area. The usual signs that a dog has to go are:

- The dog puts his nose down to sniff—not in an exploring kind of way but more like a grazing kind of way.
- The dog would begin to look very restless and distracted when you are trying to get his or her attention.
- Sometimes the dog starts barking and yelping and even running around from one end to another.

- The dog might just drop whatever he or she is doing and squat.
- Some dogs are seen to walk towards and hang around the door or the area that leads to the potty spot.

Try and pinpoint the actions that indicate that the dog has to go. Also use Day five to keep taking him on the leash to the potty spot every hour and see if he remembers the way. If you are adequately comfortable that no accidents are going to happen, leave your dog off the leash and let him walk to the potty spot under your supervision.

Continue with the program

Start the day with the morning walk—it will help everything fall in perspective and it will give your dog a jumpstart too. Dogs are basically outdoor creatures. However domesticated they are they love fresh air, getting their paws in mud and walking through the grass. If you do the things they enjoy, they would appreciate you for it and be more responsive. Back from the walk, lead the dog to the potty spot, back to his designated area in the house and give him a drink of water. Be sure you change the water every day.

Get the breakfast ready for yourself and the dog. By the way, you can eat first there is nothing wrong with the alpha eating first. But remember to ask your dog to sit before you put his plate down. The idea is to practice the commands as part of the daily activities of living. Take him out again to the potty spot after the meal and once you are sure he has done his job, just let him chill out in the crate, while you get yourself ready. Leave the radio on for your dog—the voices might be soothing to him or her.

Crating isn't Cruel

For people who tell you that crating is cruel—tell them that you would rather have a housetrained pet. When used correctly, the crate is the quickest and the least harmless way to teach your dog how to adjust to the life as a human companion. Here are some of the do's and don'ts of using a crate:

- Always take off the leash and the collars before you crate your dog as it may snag and choke your pup. Opt for a safety "break away" collar if you want your dog to have an identification tag all the time.
- Never crate a dog when the weather is too hot, especially dogs like Pugs and Bulldogs and other short-muzzled breed as well as thick-coated breeds like Siberian Huskies and Malamutes.
- Always make sure that your dog has cleared out his bladder and bowels before you crate him as well as having spent enough time with you. This ensures he would be in a rested mood before being crated.
- Never give your dog a crate that is so big that he can use a corner of it as a private potty area—give him enough room to turn around and that's it.
- Always crate the dog after he or she has had an opportunity to spend a lot of time with you, engage in some play or exercise and generally hang around you. Well-socialized dogs are balanced enough to want quiet time in the crate whereas the dogs that are starved of human company will yap away and feel very isolated when crated.
- Never crate your dog if he or she is sick with temperature and vomiting or unwell with diarrhea that can be caused by anything ranging from

worms, colitis, and change of food or bad diet to stress and anxiety.

- Always encourage your dog to see the crate as his private den rather than a jail to prevent accidents. The crate should be a place of rest and peace for your dog.
- Never use the crate for punishments—there should be no negative connotations associated with the crate.

The whole premise of using the crate in the process of housetraining is to get the dog to see the crate as his den. And because dogs are clean creatures that never mess up the place where they sleep, they use the crate as a place of rest. However, you still take precaution to have your dog visit the elimination spot before he or she is crated. This is to reduce the chances of accidents in the crate. If the dog still eliminates in the crate then the reasons could be more serious. These reasons could range from the fact that:

- The dog is much too young, i.e. less than 8 weeks, to have control and should not be crated in the first place.
- The dog's diet is not balanced and is either too rich or you are feeding him way too much, which is why the stools are loose and frequent or the dog is gaseous and constipated.
- The dog might have worms and needs to be on a deworming program.
- The dog might have a genetic health disorder like a bladder infection or a problem with the prostate gland.

The basis of crate training is to offer the dog a space of his own. It is used as the preventive part of housetraining. It is

preventive in that until a dog is totally housetrained he is kept in his den, which he will not attempt to mess up. In the process you prevent accidents in the house and help him to learn how to control his bladder. To make the use of the crate in housetraining more effective you must:

- See to it that the dog has eliminated before being crated
- Not given too much water to drink before being crated
- See to it that the dog is not crated for more than the accepted time according to his age and breed.

The crate is also a means by which you can control other behavior like, chewing, and destroyed furniture, books and shoes etc. You can't always police your dog—after all you need to shower and attend to other things too—so until your dog is fully housetrained, you crate him for some time until the day arrives when he would be totally unsupervised! The idea behind the crate is to prevent the undesirable behavior from happening.

Continue as scheduled

We left your dog crated after his breakfast and walk and now it's time to get on with his grooming. Grooming is a very important part of your dog's life with you. It not only keeps him neat, clean and healthy, it shows him that you as his alpha care about his body and well-being. Grooming is also a very important part of housetraining in that you can check the anal glands of the dog that sometimes get impacted and lead to a foul stench. These blocked anal glands are also the reason why your dog might be scooting on his behind and rubbing his posterior on grass etc. Make

sure that grooming is part of the daily schedule, even if it is just for 15 minutes.

Once the grooming is done, move over to the training ground. If you usually train him outside, why not take the leash off today? Remember though that to take your leash off the dog, you have to have enough confidence that your dog will listen to your commands and that your yard is fenced! If you are absolutely sure that your dog will listen, unleash him for a while and let him have a free run of the yard. Or you can do it later as part of the reward for having obeyed all your commands.

Practice all the commands you have taught him so far and praise your dog a lot when he listens. Do not keep repeating the command. Look him in the eye like an alpha and say the command clearly and firmly. If he detects any indecision and lack of leadership in your voice, you can be sure that your dog would try and dominate you! Once the session is over, give him along cool drink of fresh water and bring him inside via the potty spot. Praise him again for doing his job and bring him to his area. Let him wait for a while until the 11.30 am meal is ready.

Remember to call him and have him sit before you place the food. No demanding is allowed and no free feeding either—you must give him 15 to 20 minutes and then take the bowl away. Have him empty his bladder and bowels and allow him a nap in the crate.

Afternoon on Day Five

Day five should have been smooth sailing now with hardly any accidents. Actually, the more you work towards preventing accidents, as in taking the dog out every hour as

well as after every meal and nap, there is no way that you can have any puddles and poop dumps in your house. Finally, the dog will always know that he has to go ‘outside’ and then its ‘potty time’—because the alpha always says potty time in that particular spot. He knows that outside is not the house and that potty time is the act of elimination.

After the nap, take the dog straight to the elimination spot and allow him his reward walk. Once you’re back home you will have a rejuvenated dog, after the beauty nap and the fresh walk. Find ways to channel his energy by either playing a game or beginning training with a new exercise or work his mind with a fetch and find game before you give him the 2.30 pm snack. You have to work him out—that’s the key to a well-balanced pet. Tire him out with a run in the garden where he can chase you or you can chase him—but always remember to try and win because the alpha always wins! Make sure he gets his snack, a trip to the elimination area and quiet time afterwards.

Evening Schedule

Keep to the hourly potty schedule and feed the dog his 5.30 meal. Take him out again and stop the water after 6 pm. It’s family time now—it’s probably your dog’s favorite time when he can have the whole pack together. Spend time being with him and extend it into the 8 pm walk. He would be tired by the time he has his 9.30 snack and after his visit from the elimination spot, he must be craving for his crate. Let him rest and depending on how he held on to his bladder, set the alarm. If you feel he needs to go at midnight, take him out. But don’t forget to get up early.

Lessons of Day Five

- The crate is a good thing as long as it is used correctly and it should never be over used.
- The dog needs to be confined only at times when he cannot be under supervision and he is always in a rested mood i.e., fed, cleared of bladder and bowel contents and adequately socialized before being put in the crate.
- Being the alpha is crucial to housetraining—you cannot expect a dog that does not respect you to obey you—so be the alpha always.

Day five brought in predictability and structure to the dog's life. Day six will bring in more and hopefully get it ingrained into the dog's system. Train for the best!

Chapter 8:

Day Six

You need to get up early and take your dog straight to the potty spot. Day six will be much easier for both you and your dog because both of you are now used to the routine. If you know exactly what you need to do without looking at the schedule, you can rest assured that your dog is feeling the same way too. In fact as you take him to the potty spot, he's probably getting eager to set off for the morning walk!

Repeat the pattern

Once you bring the dog from the potty spot, give him a drink of water and reach out for the leash and collar. See if he runs to your side all excited. That's good but you need to have some discipline, so if he is running about, command him to stay and once he does so, call him to you. Command him to sit before you slip on the leash and then head out the door with you leading and the dog following at your heels. Always lead the dog and do not become one of those owners who are being pulled in all directions by their dog and literally being taken for a walk rather than walking the dog!

You might wonder how this repeating of the schedule day in and day out will help the dog get housetrained. The repetition of the schedule helps because it sets a predictable pattern for the dog in which there are no surprises. The dog slowly gets inured into the routine and it becomes second nature to him. While instinct tells the dog that he has got to

go, repeated routine and training will train him to move ‘outside’ and do the ‘potty time’ away from the carpet and stairs and other corners of the house.

The fixed times for the meals will help the dog establish fixed times for elimination. If you leave the water and the food bowl down 24 hours and allowed the dog to drink water and eat whenever he liked, you would never be able to tell when your dog has to go to answer the call of nature. With fixed timings and allowing him 15-20 minutes to clean up his plate, you know that you need to take him 10 minutes later to the potty spot and again, 20 minutes later for a bowel movement. By fixing the timings of the meals, it is so much easier to set a time for trips to the elimination area—it’s also easier for the dog to understand that after food he needs to go outside for ‘potty time’.

Repetition is the key to training of all kinds—remember practice makes perfect. Think about it, does anybody have to tell us how to drive? We just got into the habit with routine practice and now our feet and hands know exactly what to do even though we might be thinking of something else. Don’t think it is boring for your dog—it’s a structure he needs to get used to in order to adjust to life with humans.

Breakfast and crate time

It’s time for breakfast and once you come back in, take off the leash and collar. Let him sit with his toys in the crate or outside it. Command him to sit and set down the breakfast before him. Let the dog drink water and take him to the elimination spot after 10 minutes & again in 30 minutes. Once he is all done, you can leave him in his crate. It’s a

way for him to catch his breath after the walk and breakfast and it's a way for you to get your chores done too.

By the time you are done attending to your work, your dog would be ready for his regular brushing. Take him out to the elimination area and then bring him back. Just make brushing a 10 to 15 minute deal where you can spruce up your dog and check on his skin and coat, but do it everyday. Food allergies always show as irritations on his coat. Similarly you can tell if a dog is well hydrated from the skin. If you pull up his skin and it snaps right back into place like elastic, the dog is well hydrated. However, if the skin stays pinched up, it could be that your dog is dehydrated.

Now that the brushing is over, hug and play a while with him. Once you feel he is ready for a training session, take your dog out to the elimination spot. Always begin the training after the dog has eliminated and before his meals—never train on a full bladder and a full stomach. Practice all the commands and have fun. After training, take him to the potty spot, and let him be near you as you get yours as well as his meal ready. Call your dog at 11.30 am and sit him down before you give him his midmorning meal. Once he eats—be sure to take him out after 10 minutes and then again after 30 minutes for a bowel movement. Once he has done his job, crate him for a nice afternoon snooze.

After the nap

Take the dog to the elimination spot right after he wakes and remember to squeeze in the reward walk. After the walk and after you have taken him again to the potty spot, you can allow him a free run of the house—but only under your supervision. The deal is that until the dog is absolutely

potty trained, you cannot give him the free run of the house. Even during the supervised sessions, when you allow the dog to walk around the house, you must make sure that he's been to the elimination spot already.

During the time you are giving him the 'supervised free-run', practice the command like stay and come. Training doesn't have to be a rigid and structured drill—it can be fun and part of everyday activities. Unless you are training for the show ring, training must be fun, and not really tightly structured. Obedience training should be something that your dog can understand as being essential to pleasing the alpha. But in the midst of having fun, do not overlook the fact that you need to take your dog out every hour.

Evening drill

By the time it is time for the evening meal, make sure that your dog has had enough exercise. You must make every effort to channel his energy. This will help in the bowel movement as well as get him tired enough to sleep all night. Sit your dog down and serve him the 5.30 pm meal. Let him drink water because water stops after 6.00pm. Take your dog to the potty spot and make sure he eliminates his bladder as well as his bowels. It's important that he gets the big job done or both you and the dog would be uncomfortable.

What to do when your dog does not evacuate his bowels

The only thing you can do is hang out in the elimination spot a bit longer. If you have done so already, you can bring him in and crate him for a while—because he will definitely not poop where he sleeps. You can crate him and

take him out 15 to 20 minutes later. Do not leave him out of the crate if he hasn't done the poop job at the time that he usually does. If however, you have changed the food or given him less water or he hasn't got the exercise he needs, your dog could be constipated and needs more time.

Dealing with undesirable potty behavior

Sometimes dogs just don't do what you want them to and you might be at a total loss as to what to do next. Don't despair—the aim of the houstraining is two-fold:

- It aims at preventing your pup from making mistakes.
- It aims at establishing a routine that will slowly get ingrained in the dog's system.

Nowhere does it say that you have to force your dog to do your bidding. In fact you can't. All you can do is prevent the undesirable potty behavior from happening and keep up the routine until the dog instinctively follows it. No amount of rubbing his nose in the carpet or beating his behind with a rolled up newspaper is going to help. It will only make the dog resent you, fear you, or both. This would result in the dog becoming defensive and not obeying you at all. Punishments backfire—so do not opt for it.

Instead, all you need to do is prevent the undesirable behavior by:

- Not letting your dog run around the house unsupervised until he or she is houstrained. This will help to prevent the puddles in the corners and the pooped carpets as well as the chewed up slippers. You must understand the accidents are

setbacks to the housetraining process because the accident sites are like magnets and make a dog repeat the actions there again. So no running around until the dog is trained.

- Making sure that you keep the dog's crate and his designated space in an area that has a tiled or linoleum floor, which can be easily cleaned—as in the kitchen.
- Ensuring that the elimination spot is reachable and adjacent to the dog's designated area.
- Praising the desirable behavior of your dog because that makes him understand that this is the behavior that he would repeat to get the praise again.

The reason you can only teach your dog by establishing a routine to repeat again and again is because dogs really have no sense of what is desirable and what is not desirable. They can only be trained to learn what you like and what you don't like—which is why you have to make a schedule according to your needs and route your dog around it. You have to choose a potty spot that is easy and convenient to reach and you have to take all the possible steps to see that your dog is set to succeed rather than end up with accidents in the house.

Back to the routine

Whatever it is, you are the key factor that can elicit the desirable behavior from the dog. The housetraining process assumes that you have the time and the commitment to train your dog and that most importantly—you are actually around. You cannot just write a schedule and expect the

dog to follow it and then send him to the pound for not being able to become housetrained! The housetraining process necessarily assumes that the main caregiver is at home—at least for the first two weeks.

Anyway, we left your dog trying to clear his bowels after his 5.30 meals. It's strange but it's almost a reflex with dogs that they need to go potty right after they drink and eat. It's nature's way of keeping their little systems running—so that makes it easier for us humans—schedule the food and follow it up with a trip to the potty spot. Once your dog has eliminated, bring him to the family room as a treat. This is a reward that might make him evacuate his bowels faster also. Have fun with him as a family and then take him out for a walk at 8.00 pm.

The 8.00 pm walk will help your dog to get some more exercise to tire him out as well as bond with the family. As the dog grows older and the immunizations are complete you can take your dog on longer walks, make it more brisk and you can also venture to other areas outside the yard and the neighborhood. When dogs are very small and yet to have their complete set of vaccines, public parks are off limits because of the infections that they might catch. Once you are back from the walk, sit your dog for the 9.30 snack and hold on to the water. Make the last few trips to the potty spot and tuck your dog in for the night. Set the alarm for when you want to take your dog out next—slowly your dog will develop control over his bladder for the whole night but if he is small, he needs some help from you.

Lessons of Day Six

- The routine is getting ingrained in your system and your dog's too.

- You have learned that patience is the only shortcut to housetraining—punishing doesn't help.
- Your dog has learned that there is an outside where it's always 'potty time'.
- Your dog has learned that inside is for family time, playing and for rest.
- Your dog has learned that lots of good things like walks, play time, praises and hugs happen after 'potty time'.

For tomorrow, both you and you dog need to keep up the routine, as if that is what the whole day is about—the schedule is the day—it's not an extra effort!

Chapter 9:

Day Seven

You might think—but seven days is almost over and my dog isn't trained yet—but that is wrong. He has learned several things and you are the one who has taught him. It's just that your dog is still too small to go on his own and some things prevent him from doing so. For example—in the morning, you have to let him out of the crate and take him to the potty spot. Even though as he grows older he can still find his way, you would still have to open the crate door as well as the door that leads to the elimination area—unless of course you can fit in a doggy door.

Again in the night, you would be the one who has to let the dog out of the crate if nature comes calling at odd hours! So a housetrained pet is not a dog who can do everything by himself, but a dog who can tell you that he needs to go and have control enough to rein over his natural urges until you come to his aid. If your dog holds on to his water and does not go in the crate, or scratches at the door and calls for you—you can give yourself a pat of the back!

Your best bet—the schedule

The very best you can do to get your dog to respond to your housetraining efforts is to stick to the schedule. Take him to the potty spot in the morning, and keep quiet as he does his job but praise him when he finishes and set off for that morning walk which would be probably the reason why the dog finished up the elimination job quicker. Your dog will

look forward to rewards like walks, special games and family time and if there is promise of one of these to come right after the elimination act, the dog would be quick to perform.

After the walk, take off the leash and collar and serve the dog his breakfast after he sits. Now what you can do is leave him off the leash after food and say in a very firm voice ‘outside’—see if he walks towards the potty site. If he does, lead him there praising him and once he gets there on his own say potty time. If he responds by eliminating, he deserves to be praised and hugged. Bring him inside with a hug and leave him in the crate with the radio in the background for some quiet time, until your chores are done.

If your dog does not walk straight to the potty spot and begins to squat mid-way—he probably isn’t ready, so have patience with him. Some dogs take more time.

Houstraining—Troubleshooting

The entire schedule is about the basic houstraining, which is the first task for every dog owner to help establish the toilet pattern for the dog. The fact of the matter is for dogs, urination is not just an excretory function—it goes beyond that. Urination is way for them to express their emotions and their fears. So depending on the kind of dog you have you would not only have to take care to establish a schedule for the regular elimination of the bladder and the bowels but also deal with the urination that happens spontaneously as part of the dog’s personality and expression.

- If your dog urinates when he sees you out of happiness, or when he is excited during play or

when you are disciplining him like saying ‘no’—your dog is doing what is called submissive wetting. It could also be because your dog is shy and scared enough to urinate to prove that he is submitting to you the alpha.

- If your older dog is spraying the walls or the bushes, he is doing what is called marking, wherein he is showing his dominance and warning other dogs to get off his territory.

The Deal on Submissive Urination

Usually this dog would be a rather shy and timid dog, who gets scared when someone approaches him or scolds him or even tries to greet him. He could have been separated from his mother too early or had very inadequate socialization. He could have possibly been abused and experienced rough handling, which is why he is showing his submission and fear all at the same time.

The solution: The only way you can resolve this totally is to socialize your dog and make him feel more secure and more confident of himself and humans. He has to be exposed to different people and situations that help him overcome fear and build confidence. The idea is to replace happy and pleasurable experiences for each of the bad ones that he has had. Until then you must try and control the submissive urinating by:

- Not exciting your dog as in keeping the greetings low.
- Not scolding your dog in loud, startling tones
- Teaching him a new behavior that will calm him down like commanding him to sit before you pet him.

- Praising and rewarding him often.

Your pet can have submissive urination without actually showing signs of being submissive. If you know that your pet is a well-adjusted fellow but just urinates when he is excited then it will pass. However, do keep the greetings low-key and play outside to minimize the accidental peeing on the carpet. Also command him to sit and ignore him until he is calmer.

Back to the program

The main cure for all houstraining woes is the schedule, which is why you should make sure that it is workable everyday of your dog's life. Even after he is trained, you will still have to follow the schedule because its something your dog follows instinctively. As he grows older, it's just the one-hour trip to the potty trip that will get converted to a trip one in 3 or four hours depending on the dog and the amount of water, food and exercise he gets.

For you, the next few weeks are when you have to just guide your dog along because he is already set in his ways. The first few days are what help the dog to establish the pattern—so if you have stuck to the program rigorously for the initial days of the week, the dog must have picked up what he has to do. But you must exist as a facilitator and your role is not over even when the dog is totally houstrained. This is because there are some things the dog still cannot do in a human house. Remember the definition of a houstrained dog—it is a dog who can control his urges inside the house and call for you to help him. You have to let the dog out of the crate, you have to be there to give the meals on schedule and you have to be there to provide the socialization, the exercise and the training.

Training right

Talking of training, we left your dog crated and it's time to get him out, take him to the potty spot and groom him. Once he is relaxed enough, begin the training. Make sure that before every training session that the dog has visited the potty spot and eliminated. You cannot train your dog too much—whatever he learns is at this stage and will stay with him for life. If you want him off the sofa, train him now. If you want him not to growl and bite, train him now. If you want him to obey you, train him now.

Always have rewards to accompany the training process as you have for the housetraining drill. Once it's time for his 11.30 meal, have him try and go to the potty spot on his own. Keep saying 'outside' and egg him on the right way. Once he gets there say 'potty time' and praise him lavishly for doing his job. Once his bowels and bladder are emptied, crate him for his afternoon nap. After the nap, it's back to the potty spot that is followed up by the reward walk. Fit in another training session and you can teach a new command if your dog seems to be doing well with the earlier ones. Follow the schedule with the 2.30 pm meal, the quiet time after which is another play and training session.

Evening Drill

After the 5.30 pm meal, and the subsequent potty times, your dog is rewarded with family time. You can take this time as well as the other play sessions to introduce your dog to your kid's friends or perhaps join in a game with the kids outside. Be careful though if he is too small. Round up family time with the 8.00pm walk followed up with the 9.30 pm snack. It's time to call it curtains for the seventh

day after a trip to the potty spot. Crate your dog and sleep tight.

Lessons of Day Seven

- The routine is paramount and the schedule is here to stay—because your dog is used to it now.
- Your dog has no problems identifying which behavior pleases his alpha, so he trots off to the potty spot on his own.
- The dog has identified his privileges like the walks, etc. and will keep them by repeating the behavior the alpha desires.

Stick to the schedule—your dog already is, and he is also controlling his urges and not soiling your house. He is tuned in already and all he needs is your support.

Chapter 10: **Happily Ever After**

Are you wondering what's the big deal if a dog gets tuned into a schedule? Are you thinking it is not what you expected from a houstraining book—you wanted a miracle and what you got was a 'stick with the program' moral?

Well the miracle lies in the fact that you CAN get your dog to follow a routine. Left to your dog he would have loved to jump on the bed, pull apart the cushions and pee wherever he felt like! You instead, made sure he ate on time, went to the elimination spot outside of the house on time and bonded with you over walks, family time, play and training sessions. Isn't that short of a miracle?

Why a routine schedule, a crate and a couple of houstraining words work is because it has been proved that:

- Dogs always develop elimination habits in the first month of their training if kept on a routine.
- Dogs will never mess up and eliminate in the place where they sleep.
- Dogs like to go back to the same spot they did their toilet job before.
- Dogs, according to Pavlov, can be trained to a conditioned stimulus, which means they can be trained to eliminate in a particular spot and by repetition of certain words repeated over and over again.

It's also a miracle how you deal with the housebreaking accidents that are bound to get you all steamed up. But accidents are bound to happen and the way you deal with it tells a lot about yourself. Nevertheless here's a recap on how to deal with accidents:

- Stay calm and don't yell at the dog—think about it, if you had kept an eye on the dog the accident wouldn't have happened. So stay calm and don't take it out on the dog.
- Use newspaper to soak up the urine/ or pick up the stool and let your dog watch as you flush it all away.
- Clean up the mess with the odor eliminator and take your dog outside to the potty spot.



Here's a tip: Never use ammonia-based clean up stuff because they give off the urine smell that might attract the dog to potty there again!

Here's a recap of some more do's and don'ts of housetraining to keep you on track:

- Do be there for the first two weeks of your dog's arrival.
- Do prepare for your dog's arrival by marking out the elimination spot and getting a crate for the dog.
- Do make sure that the area you allot for your dog has linoleum floors and is close to the elimination spot.

- Do not punish your dog physically for accidents.
- Do plan a schedule that is realistic enough to follow.
- Do plan out the diet correctly and fix the timings.
- Do make sure that the first place you take your dog to when you get him home for the first time is the elimination spot.
- Do choose the right housetraining commands to associate with the elimination process so that your dog can make the connection also.
- Do praise your dog every time he does his pee and poop job in the right place.
- Do take your dog out to the elimination spot 10 minutes and again 30 minutes after every meal.
- Do take your dog out to the elimination spot after every drink he has.
- Do take your dog to the potty spot after every nap.
- Do take your dog out to the potty spot every hour—set the timer if necessary.
- Do make sure that you make your dog see the crate as his private den.
- Do not use the crate as a place of punishment.

- Do not allow your dog to have free run of the house until he is housetrained. Always have the dog under your supervision until he is trained.
- Do be sure to limit the water intake in the evening—have a cut off point after which you do not give water to your dog.

Have realistic expectations from your dog. They are, after all, animals—no matter what you do you cannot expect them to open the latch, do their job, cover up the potty and walk around with a clean behind. That is a bit too much to ask for. You should appreciate yourself as well as your dog for being able to follow a routine that would bring order to both of your lives. Incorporating structure and rules will not only help the dog live in your house without any accidents but the scheduling of meals and brushing and training will help him live a longer life.

The End