



Potty Training Cheat Sheets

MAKE PUPPY ACCIDENTS A THING OF THE PAST
WITH THESE QUICK FIXES



Intro

Keep in mind that your puppy wasn't born speaking your language and they don't understand the rules of your home just yet. All these things have to be taught to your puppy. Your puppy's system isn't fully developed until they are about a year old, but that doesn't mean you can't potty train your puppy now. The more consistent you are with what I'm about to teach you the faster you can help regulate your puppy's system! Many puppies can be potty trained within a few weeks and the rest are typically trained by 6 months. With these tips, you should start to see results within your first week!

Topics:

1. Best supplies for fast and successful potty training
2. Most common reasons puppies have accidents
3. Signals your pup gives, that they have to GO!
4. The BIG NO-NOs to potty training (things you should never ever do)
5. Medical & Behavioral Concerns



Must Haves

Crate, Baby Gate/Puppy Pen
Accident Clean-up Supplies
(Natures Miracle, Simple
Solution) Leash, Treats,
Treat Pouch, Poop Bags



Might Need

Baby Monitor, Cameras
Alarm Clock, Pee Pads,
Fake Grass Patch
Pooper Scooper/Rake





Why Puppies Have Accidents

1. Inconsistent schedule: Puppies need a consistent schedule so their body can learn how to regulate itself. Take them out as soon as they wake up for the day, after naps, anytime they come out of the crate, 10-15 minutes after meals and right after they stop playing.
2. Too much free roam outdoors: You need to take your puppy out on a leash so they don't get sidetracked. Your puppy needs to stay focused on going potty outside, not checking out every leaf that blows or bird that flies by. Keeping your pup on a leash helps them stay focused. Puppies easily forget to go potty if they are running free. They come back inside and go on the floor instead.
3. Forgetting to reward: Your puppy needs to know that they did the right task when they went potty outside. Use a treat or piece of kibble to reinforce the right behavior otherwise the message isn't clear that you want them to go potty outside.
4. Wrong message about where to go: If you don't want your puppy to go potty inside DO NOT use pee or piddle pads inside. A pee pad is like a bulls-eye that tells your puppy to "go here." Using a pee pad in the house will confuse your puppy. Pee pads in the house encourage your puppy to continue going inside on your floor instead of outside where you really want them to go.
5. Too much free roam indoors: If you give your puppy access to your whole house or too large of a space, they will be running around constantly, and their internal system will be racing nonstop. Free roam is a reward for puppies that go potty outside. Limit the space you give your puppy to one room at a time until they have earned a second room by proving they are trustworthy.
6. No confinement when unattended: Puppies need to stay in a crate when you can't watch them 100% of the time. If you leave, even for a moment, they will panic and race around trying to look for you. This will lead to an accident as their system will start racing too. If you keep them safely in a crate they will more than likely lay down and rest since there isn't anything else to do.
7. Using the wrong clean-up products: If you use the wrong products to clean up accidents, your puppy will still smell the accident long after you've cleaned it up. Dogs have a keener sense of smell than we do! You'll need to use a cleaner such as Natures Miracle to neutralize the ammonia that's in your pups urine. This will help eliminate the smell completely. Never use ammonia based cleaning products!



Why Puppies Have Accidents

8. Scolding puppy for going potty: Yelling at your puppy after they had an accident will not help your puppy understand that they need to go potty outside. Yelling, hitting or whacking your puppy with a newspaper will only make your puppy afraid of you. They will also think that you hate it when they go potty, even though this is a natural behavior, so they may try to sneak away to go potty. If you don't catch your puppy before they go you can not scold them after they have already gone, we call this an "owner error."

9. Free Feeding: Keeping food down at all times allows your puppy to snack throughout the day. This will not help regulate their system. This will lead to more frequent accidents since you won't know when they last ate or how much they ate. Puppies should eat 3 times a day until they are about 6 months old. Keep food down for 10-15 minutes and pick it up. Your pup will not starve, I guarantee it!

10. Food and water left down too late: If your pup is having accidents in the middle of the night, you may be leaving food and water down too late. Pick food and water up 3 hours before you go to bed. This will give them a chance to empty out before you put them down for bed at night, and they will be able to hold it longer through the night. Some pups may need to go out 1-2 times at night until they are about 3-4 months of age.

11. Set up for failure with company: If you know company is coming, set your puppy up for success by taking them out right before your guests come in. Allow your puppy to empty out before all the excitement begins. Meeting and greeting people or other dogs can send our puppy's system into excitement overdrive which leads to accidents.

12. Owner Error: Remember if you've followed all the rules above and your pup still has an accident, you may have missed the signals your puppy gave, to let you know they needed to go. If you left your puppy unattended while switching over the laundry, checking the mail etc. just know they will get anxious looking for you. Help them avoid an accident and put them in their cozy crate.

Note... When you take your puppy outside do not stay out there for more than 10 minutes at a time. We don't want to teach our puppy that they have all day to go. If your puppy does not go, bring them back in, quietly put them in a crate, and repeat the process in about 10 minutes.

Remember free roam of a room is a reward!



Puppy Potty Signals

All puppies give signals that they are about ready to go potty, but that doesn't mean they are consistent about the signals they give off or that the signals were clear to us. Learning to read your dog's body language or signals will come in handy when it comes to potty training.

Sometimes puppies give off multiple signals at once which can be confusing for us to interpret. The more consist you are about taking your puppy out the minute they show you one of these signals, the faster you can teach them the signal worked, and you understood what they were trying to tell you.

Here are the most common signals puppies give when they need to go potty outside:

1. Sniffing
2. Circling near you or near a door (even though it might be the wrong door)
3. Barking
4. Scratching at the door, floor or you
5. Whimpering or crying
6. Quietly sitting by you or by the door
7. Scootching their butt across the floor

Puppies tend to try multiple signals at once which can make interpreting what they are trying to tell you a whole lot more difficult. Be on the look out for these signals or any combination of these signals and immediately take your puppy out when you see your puppy display these signals.

Note.... by the time your puppy signals to you they need to go they are probably a split second away from going, so its best to have your coat, shoes, the leash and treats ready to go by the door. If you have to go searching and hunting for these things it will be too late and your puppy will have already had the accident.



The Big NO-NOS

We want our puppies to be happy about working for us not be feared into it. These old school tactics do not work and only scar and scare your puppy. These techniques will not help you quickly potty train your puppy! These methods will make your puppy fear you and feel as if they have to sneak off to go potty far away from you.

1. Never hit your puppy with a newspaper or any object if they had an accident inside
2. Never take your puppy back over to the accident to scold them and then rub their nose in it
3. Never take the accident or mess outside along with your puppy to try and teach them where it should go
4. Never yell at them that they are bad and should know better
5. Never use pee pads or piddle pads in the house if you plan to have your puppy potty outside.



Medical & Behavioral Concerns

If you have exhausted all of the options mentioned above and you are still experiencing accidents, you may want to rule out any medical or behavioral concerns.

Sometimes no matter how hard you've tried to potty train your puppy it just seems as if they haven't picked up on the training. As a last resort you may need to rule out any medical or behavioral concerns.

Medical Concerns

1. Urinary Tract Infections (UTI)
2. Bladder Infections
3. Rapid Growth (brain and bladder aren't syncing, this sometimes occurs with giant breed dogs)

Behavioral Concerns

1. Previous dog in the home left their urine scent (maybe even before you moved in). You may need to have your home professionally steam cleaned.
2. Poor care by breeder or mother dog - If the area was dirty where the pups were kept or unsanitary, the pups may have learned poor hygiene habits and feel comfortable going potty where ever they want including in their crates. You will need to work extra hard to change their mindset about where to go potty.



Action Steps

Now that you have the lowdown on the best way to potty train your puppy fast, I want you to print of a couple of the potty charts so you can track you pups progress, this will help you determine if your pup is due for a potty break or who took your pup out last and when. Knowing is half the battle!

Grab your training treats, leash and keep it ready by the door, there will be no time to fumble with coats and shoes so have them ready to go too otherwise while your searching for them your puppy will have already gone!

Make sure your clean-up solution is readily available as well!

Stay consistent and on a schedule and your pup will be potty trained in no time!

You've got this!!



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Potty Training Chart

Sample: **Mon.** Pee ^{7:15 am}
 Poo

Put the time at the top of the box

Mon.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tues.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thur.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sat.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun.	Pee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

