

ELEMENT DOG TRAINING

House Training

- Definition
 - Teaching our dog where we want them to use the bathroom
- Purpose
 - Prevent us from having to clean up pet waste in our homes
- Process
 - The key to success in house training is to prevent accidents
 - During house training, always keep your dog in eye sight and monitor for signs that he or she needs to potty
 - Preemptively take him or her out at times of the day when they will be likely need to use the bathroom
 - First thing in the morning, after a meal, when waking up from a nap, after drinking lots of water
 - When the dog can't be monitored, limit their access to the house
 - Placing him or her in a crate or a dog safe room is recommended
 - These environments discourage elimination because most dogs naturally want to keep their “den” area clean
 - Dogs that are willing to “play” in their mess require extra patience. They tend to be harder to house train but the process will still work
 - Start training by periodically taking the dog outside to eliminate at relatively short intervals throughout the day
 - Keep the dog on leash when you take them out. Give him or her 3-5 minutes to use the bathroom in the desired area
 - When they finish eliminating, **mark and reward** the behavior
 - If he or she does not go, return inside, wait 10-15 minutes, and try again
 - Repeat until he or she eliminates outside
 - Continue this process with longer durations between trips outside until you have successfully potty trained your dog
 - If (or when) the dog attempts to eliminate inside the house – interrupt the act with a sharp noise that will startle (not scare) the dog, and then quickly usher him or her outside to do their business. Ensure to **mark and reward** the behavior while outside.
 - Calmly clean up and remove all traces of any accidents
 - Prior accidents can act like a beacon for future house soiling spots

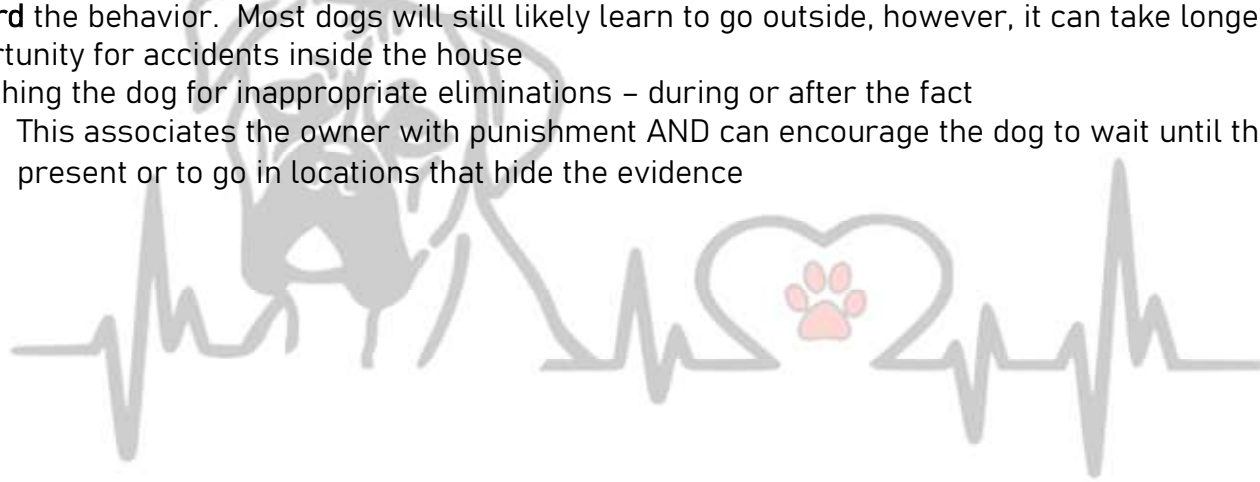
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➤ [VetStreet House Training Video](#)

- <http://www.vetstreet.com/our-pet-experts/6-steps-to-house-train-an-adopted-adult-dog>

➤ Common mistakes when house training:

- Expecting too much of your dog. Rule of thumb for puppies is the number of months they have been alive is the number of hours they can hold it. Adult dogs who aren't potty trained should be given an opportunity at least every 2-3 hours the first week or so while they are learning
- Giving the dog too much freedom. When the dog is allowed to roam the house, he or she is likely to soil when not being monitored. This prevents us from interrupting the act AND naturally reinforces the behavior because of the relief that the dog feels afterward
- Not accompanying your dog outside to use the bathroom. This deprives you of the opportunity to **mark and reward** the behavior. Most dogs will still likely learn to go outside, however, it can take longer and leave more opportunity for accidents inside the house
- Punishing the dog for inappropriate eliminations – during or after the fact
 - This associates the owner with punishment AND can encourage the dog to wait until the owner isn't present or to go in locations that hide the evidence



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