

## Housetraining is for adults too:

- DO NOT tell the dog off for 'accidents'; this makes house training very difficult and will make the situation worse
- The most important part of house training is **SUPERVISION, SUPERVISION, SUPERVISION** - this means to follow and watch the dog at all times including accompanying him outside not just spectating from the door!
- the next most important part of house training is MANAGEMENT:
  - confine the dog to his crate when you cannot supervise him closely
  - limit his access to favourite marking areas with baby gates, closed doors etc.
  - if the dog is out of his crate or confinement area YOU are responsible for any accidents so supervise the dog closely
  - the dog can be allowed freer access to more areas as toilet training progresses
- Confine the dog for 'Nap-times', when you are out, overnight or when it is difficult for you to supervise the dog. This should be part of the dog's daily routine.
- Bring the dog outside regularly but especially after:
  - sleeping
  - before and after confinement
  - arriving home or arrival of others
  - playing, walks, car rides
  - 15-20 minutes after eating or drinking
  - if the puppy seems restless or is sniffing around (you will soon learn his 'signals')
  - if the puppy hasn't been outside in 1-2 hours take him/her outside just in case
- train the dog to 'pee' on cue: when you see the dog looking like it's going to pee or when you bring the dog to an area he will eliminate in say 'go for a pee'
- while the dog 'performs' give soothing, verbal praise
- when the dog finishes give really yummy treats for appropriate elimination
- when the dog begins to perform on cue offer the yummiest treats for emptying himself, give kibble only for other eliminations
- ask the dog for emptying eliminations at the beginnings of walks so that the dog is getting rewarded with treats and going for a walk
- Toileting areas should be a 'business area' and you should bring your dog to the same toileting area/s each time and every day. Not only will this reduce confusion and make clean up easier but the smell of past eliminations will trigger your dog to go again.
- the dog must get regular toilet breaks - at the beginning of training this means about every hour during the day and late at night and early in the morning - the time between toilet breaks will be gradually increased; the dog should be walked on leash to an appropriate toileting area and the owner should stay with the dog until he 'performs' to reward appropriate elimination

## **Housetraining for Adults Tips:**

- A medical check is essential. Inappropriate elimination, especially if sudden onset can be linked with conditions such as diabetes, kidney disease, Cushing's disease and cognitive/brain disorders particularly in older dogs.
- a close look at the dog's lifestyle is also required as inappropriate elimination is often linked with behavioural/emotional disorders particularly separation distress and other anxiety disorders
- Neutering can be a particularly successful part of the treatment especially with entire male dogs. Research shows that neutering reduces marking instances in 80% of dogs with marked improvements in 40% of dogs.
- keep a record of marking/elimination incidents
- crate training is probably the easiest, fastest and cleanest method to use
- a treatment program for anxiety may be introduced if found to be a contributing factor including the use of DAP
- 'accidents' should be cleaned up carefully with a biological washing up powder solution (with enzymatic action) so as to get rid of the smell of urine and prevent re-marking; Do NOT use household cleaners!
- if there are areas that are routinely marked turn these areas in to feeding and play areas; try splitting daily meals into several small dishes and place in these areas
- make sure not 'punish' appropriate toileting by ending the fun and games straight after your dog has toileted correctly; bring your dog out to toilet straight from his crate and then reward appropriate toileting with playing, feeding, walkies etc. → FREE TIME IS FOR EMPTY PUPPIES!!
- if your dog can see other dogs or other interesting things outside this may encourage him to mark indoors - manage his access to such vantage points
- Control water intake; polydipsia (increased water intake) can be an indication of a physiological disorder and urine analysis is required; it may also be a displacement behaviour caused by stress and anxiety - in either case the root cause of the problem must be treated.
- deliver water from a bunny drinker or provide ice cubes to slow water intake; water down food so dog drinks less
- add dried cranberries or natural cranberry concentrate to the dog's diet as this promotes bladder health

See also the Doggie Den handout for more on toilet training and crate training.

