



House Training Your Dog with John Wade – The Cheat Sheet

Goal:

Your healthy dog eliminating three times/day in a spot of your choosing. (Elderly dogs or dogs with intestinal problems may need more frequent trips.)

- When you get up in the morning
- When you come home from work
- Before you go to bed.

Chaining

It's easier for dogs to learn/remember something when there is a consistent chain of events. This can dramatically shorten the house training time.



Supervision

All household members must cooperate even if not directly involved in daily care, even if that cooperation is agreeing to stay out of the process. My rule of thumb is that the people involved in the supervision department must be capable of supervising a two year old child for 72 hours.

Supervising an un-housetrained dog requires a leash and a crate in your tool box. In order to make it easier to supervise your dog leave his/her leash on and step on it whenever your dog tries to leave the "classroom." This is critical and extremely useful in teaching many things as covered in "[The Beautiful Balance – Dog Training with Nature's Template](http://www.askthedogguy.com/store)" (www.askthedogguy.com/store). When this isn't possible use the crate. If possible keep a crate on each floor so you can keep the dog from feeling isolated.

Food Factor

- Feed quality food. The foods higher in grains require more eating, more drinking and therefore more elimination.

House Training Your Dog with John Wade Cheat Sheet (from the book)

- Stop all diet supplements: table scraps, rawhide, pig's ears, and dog biscuits . . .
- Feed dog on a regular schedule only. Same time of day, seven days of the week.
- Allow maximum of 10 minutes to eat and remove food until next scheduled feeding.
- Gastric Colic Reflex – normally within twenty minutes of eating a regularly scheduled meal your dog's bowels will begin to move and trips out should occur with this in mind.

On Location

- When possible use separate exits for bathroom times and play/walk times.
- Select a single elimination area approximately 10 X 10'. Provide a visual barrier which sets the "toilet area" from the rest of the yard. You can use inexpensive mini picket fencing for this purpose.
- Keep the dog on a leash to keep it from getting distracted.
- No need to pet your canine companion any less but adjust your timing so the puppy or dog interprets praise and petting as rewards for correct response to a request.

Schedule for Feedings and Elimination

- Personally supervise all outings in the yard **with the dog**.
- Frequency of Trips to Bathroom :
 - Every other hour (even half-hour for very young pups or totally confused adult dogs) until dog makes it through three full days without any house elimination's. **It is important that you set your watch, oven timer or microwave timer because you will forget.**
 - Every third hour until the dog makes it through on full day without any house elimination's.
 - Every fourth hour . . .
 - Keep going until you're at the 3 times per day.
 - Begin weaning back from a 10 minute waiting period to 2 minutes.
- Each time you place the dog in the bathroom area; say a word or two like, "Go Pee." When the dog begins to eliminate; gently repeat the words until s/he is finished.

Night Time

Earlier than 10 weeks of age many pups will need a pee break. However it is better to set your alarm and awaken the pup and take it out. If you wait for the pup to stir and let you know you risk beginning a pattern of your dog waking you up for attention whether it needs to empty out or not.

Switching Foods

	Old Diet	New Diet
Day 1 - 3	75%	25%
Day 4 - 6	50%	50%
Day 7 - 9	25%	75%

Feeding Schedule

Dog's Age	Meals/Day
7 - 16 weeks	3 - 4 daily
17 - 24 weeks	2 - 3 daily
6 - 24 months	1 - 2 daily

Accidents

There should be very few if any. The frequency of the trips out and the gradual manner the length of time in between elimination breaks, combined with quality timed feedings and the combined use of the leash and particularly the crate leave little room or reason for an accident.

Warning

If your dog is soiling in its crate, particularly when you are gone you may not have a house soiling problem per se but instead have a separation anxiety problem which requires immediate professional assistance with someone experienced with such things. This can be difficult to find. Do not hesitate to call me for a [telephone consultation](http://www.askthedogguy.com/store). (www.askthedogguy.com/store)

Miscellaneous

- If in house soiling occurs, express your displeasure in well-measured controlled tones. Do not over do it. Remove the dog from the scene by calmly taking the dog to the outside elimination area. Praise the dog if it even sniffs the outside elimination area.
- Following a successful trip to the bathroom, reward the dog with tone and some physical interaction but do not over do it.
- Carrying puppies to the bathroom area for the first while may help as in the early stages of training they may go the moment they get out the door. You want to be consistent as to the spot.
- In addition to regularly scheduled elimination, be on the alert after nap time, after training, play and chewing sessions as these are distractions that can catch the puppy off guard.
- Avoid bringing other dogs into the house during house training and for three months afterwards.
- Clean up – use a product that has the enzymes that break down crystals in urination so there isn't a urine odor to attract the dog back to the spot.
- Avoid bells for the dog to ring or training to bark. It's just as easy for the dog to end up ringing or barking to get you up so he or she can go out to howl at the moon etc.
- If you need more help then you find here then buy the full book "[John Wade's Guide to House Training Your Dog](http://www.askthedogguy.com/store)" (www.askthedogguy.com/store).

OFF TOPIC BUT PERTINENT IF YOU HAVE A PUPPY

If your pup is less than 12 weeks of age I highly recommend looking into how to socialize your dog yourself. Puppy socialization classes barely scratch the surface and can do more harm than good when you don't know socialization works in nature... "[Socializing Your Puppy for the Real World](http://www.askthedogguy.com/store)". (www.askthedogguy.com/store).