



Dog Training & Behavior Services

Courtesy of: Heather Hime

Owner of Lucky Paws LLC

Heather@lucky pawsmn.com

612-388-9656



Housetraining your Puppy or Adult Dog

Whether you are bringing home a puppy or are working to housetrain an older dog, here are some vital tips to potty training success.

Step #1: Prevention is key, not correction!

If your puppy has an accident, roll up a newspaper and hit yourself in the head! You haven't properly communicated with the puppy where you want him to potty. Rubbing your puppy's nose in their potty accident after the fact will do nothing more than teach them to hide from you when they have accidents. If they had an accident, it was your fault and you will have to do a better job of watching your pup next time. If you catch the puppy in the act, simply startle them slightly by saying "Ah, Ah!" and quickly take them outside.

Step #2: Set up a Schedule

Your schedule will include when you will feed, water, potty and play with your dog. Young puppies will need to potty shortly after eating, drinking, and playing. Example:

7am - 1st Potty Break

7:30 - Breakfast + Water

7:45 - 2nd Potty Break

8am - Playtime

8:15 - Final potty break before leaving

Noon- Dog Walker arrives to let out young puppies.

When you arrive home from work, maintain a similar routine and stick to the Trainer's Tips in the far right hand column to ensure success. TIP: Don't

change your schedule until your pup has been accident free for 2-3 weeks. You will slowly add in more duration between potty breaks. Move too quickly and you may have set backs. Over time you will also begin to allow your dog more freedom as they prove that they can hold it.

Step #3: Plan Where you Will Keep your Dog When you are Unable to Supervise

Typically a crate small enough for your dog to only stand up and turn around in is best. This will help to keep your puppy from doing their business in one end of the crate and laying in the other.

It can be confusing to leave your dog in a small room or play pen with a potty pad. This actually teaches your dog that it is ok to potty in the house. If you want to pad or litter box train, you would simply put the pad or litter box in a fenced area or laundry area you can close the door and bring your dog to that area as if you were bringing them outside. Ideally they should not have access to it at all times, otherwise they will not learn how to hold it.

Life get's busy and its hard to see your puppy cry because they want out of their crate or pen. Instead of feeling sorry for them, be proactive. Leave them with a stuffed Kong in the crate to keep them busy or tether them to you with a leash as an alternative.

REMEMBER: Young puppies need to potty:

- Shortly After Eating
- Shortly After Drinking
- Right When Playtime Ends
- After Being Confined
- And a bunch of times in between!

Trainer Tips:

- If you have a set schedule for feeding and watering, you should be able to know approximately when your dog will need to go. Keep track of their potty times each day for a week or so. They will change as the dog gets older.

- If your puppy does not go when you bring them outside, but you know they need to go (due to your schedule), simply put them in their crate when you come back in for 10-15 minutes, then bring them out and try again. You may need to repeat this. Once your puppy goes, he earns freedom and playtime.

- If you do not want to crate your puppy during this time, you can tether him to you with a leash and have him follow you around while you take care of household tasks or even have him chew a bone while on leash as you watch T.V.

- Potty Pads seem convenient but often actually do more harm than good. Choose one single location you want your dog to potty.

- When your dog is doing their business, tell them to "go potty." This will help them learn what that means for the future.

- Even if you have a fenced yard, start out by bringing your dog out to potty on leash. Stand in one place allowing your dog to sniff within the length of the leash and wait for them to potty without saying anything. This will help them know the difference between potty time and playtime in the yard.

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Crate Training: Why and How you Should Do It

#1: The number one reason I recommend crate training your dog is for safety reasons. Traveling in a crate is the safest way you can transport your pet in the car, the crate keeps them out of potentially dangerous things they may find or destroy in your home.

#2: It will help to minimize stress when your dog needs to visit the vet or groomer for the day and spend time crated. It also helps with housetraining.

#3: The third reason I recommend it is that if training is done properly, your dog will LOVE it's crate! It will be a safe, comfortable and fun place to be. Not only that, but it will make traveling with your pup much easier as well!

Choosing a Crate - For puppies, wire crates with dividers are a great idea. This gives you the ability to buy a large crate and make it much smaller for your young puppy. Puppies should only be given enough room to stand up and turn around comfortably. This will prevent them from potting in their crate. You may choose to put bedding in the crate, however some dogs will destroy bedding so proceed with caution.

Weekend Crate Training Plan:

Preparation: Prepare lots of high value treats (cut up into pea size pieces or smaller for smaller dogs), make up a few stuffed kongs and freeze them and/or a few treat dispensing toys or bones.

The higher value of the treat (chicken, cheese, hot dogs, freeze dried liver) the faster your dog will learn.

SATURDAY:

Step 1: Show your dog the yummy treat and toss it into the back of the crate while saying your command "go to your crate." You may certainly use a different

command if you choose. When your dog goes in to get the treat, give it another treat while they are still in the crate, then say "Ok" releasing the dog to come out of the crate. Do not reward for coming out of the crate. Good things should happen only while they are in the crate. Repeat 10 times, then take a few minutes for a break. Come back and do another 10 repetitions.

Step 2: A little while later, grab those high value treats again and walk over to the crate. Ask your dog to enter the crate without first tossing a treat in (you may need to warm up with step 1 a few times prior to starting this). When your dog enters the crate without tossing a treat in, praise and feed several treats while your dog stays in the treat. Say "Ok" to release them. Repeat 10 times, break for a few minutes, and repeat another 10 times. If your dog is nervous or cautious, go back to step 1 for a little while. Once your dog is rushing in doing step 1, you can move to step 2.

Step 3: Later that day, you will begin working on closing the door. Warm up with a few repetitions from step 2. Send your dog into the crate as in step 2 and gently close the door. Feed several treats through the door, then release "Ok" and open the door. Repeat 10 times, break, then move on to step 4.

Step 4: We will now begin slowly increasing duration. Follow directions in step 3 while beginning to increase the amount of time the door is closed. Randomize how long you leave the door shut. Ex. 3 seconds, 10 seconds, 7 seconds, 15 seconds. Do 10-15 repetitions rewarding generously

while your dog is in the crate, then break for at least 30 minutes. Practice throughout the evening working up to leaving your dog in the crate for 1 minute and begin adding distance from your dog as well. You can walk away and return to your dog to treat every few seconds, varying how often you return.

SUNDAY:

Step 1: Send your dog into their crate and

give them a special bone or stuffed Kong hat will last them a while. Now occupy yourself with TV or a book in the same room. Leave your dog in the crate for 30 minutes. If they finish their special treat, periodically toss them treats as long as they remain quiet. After 30 minutes, say "Ok" and release your dog. Take away their special bone/chew, and do not give them treats or excited praise. The fun only happens in the crate.

Step 2: Exercise your dog, then repeat step 1, but instead leave the dog in a different room in the crate for 10 minutes. Take a break & repeat.

Step 3: Repeat step 2, but actually leave the house for 10 minutes. Take a break and repeat several times over the evening, gradually increasing the amount of time you are gone up to an hour or two.

Continue to increase the amount of time your dog is in the crate. A general rule is 1 hour per month of age, so a 3 month old puppy would last 3 hours.

Trainer Tips:

- If at any time your dog seems stressed, slow down and go back to the previous step for a bit to build confidence. Older dogs, rescue dogs, and some puppies will need you to really take your time.

- Feed your dog in their crate

- When your dog is not looking, put something tasty in the treat for them to find the surprise later (can also lock the dog out with the treat inside).

- If your dog complains (whining or barking) simply ignore them. Reward when quiet for 5-10 seconds.

- Youtube: "Zelda Crate Games"