

House Training Plan

A calm, structured approach to helping your dog succeed.

MANAGEMENT PLAN

Before you begin, decide where your dog will spend their time throughout the day. A clear management plan helps prevent accidents while your dog is learning and creates the consistency they need to succeed.

When I'm Home

My dog's primary management strategy will be:

- ☐ Tethered to me
- ☐ Crate (for naps and quiet rest)
- ☐ Exercise Pen

Notes

The space should be small enough that your dog naturally wants to keep it clean, while also helping them feel calm and comfortable.

Successful house training isn't just about preventing accidents. It also depends on helping your dog feel relaxed. Increased stress, anxiety, and over-arousal can make potty training much more difficult. Whenever possible, keep your dog near the family rather than isolated in another part of the house.

When I Leave the House

Decide where your dog will stay when you're away. This should be a space that is small enough that your dog naturally wants to keep it clean, while also being a place where they already know how to relax when you're home. Introducing a new management area only when you leave can create anxiety, making house training more difficult.

My management plan will be:

- ☐ Exercise Pen
- ☐ Crate

Notes

POTTY ROUTINE

Every trip outside should follow the same predictable routine.

- ✓ Take your dog outside on a 6-foot leash.

- ✓ Walk to the potty area.
- ✓ Stand quietly for approximately 5 minutes.
- ✓ As soon as your dog finishes going potty, calmly reinforce with food.

The more consistent your routine becomes, the easier it is for your dog to understand the assignment.

Building Your Potty Routine

Every dog is different.

I often begin by offering a potty opportunity approximately once every hour, then gradually adjust based on the individual dog's needs and the patterns I observe.

Offer additional potty opportunities whenever your dog has recently been:

- Playing
- Barking or reacting to activity outside
- Greeting someone who just arrived home
- Waking from sleep
- Drinking a large amount of water

Some dogs need to poop shortly after eating, even if they went earlier (second poop). This catches many owners by surprise, but it's completely normal and should be anticipated.

Notes

IF MY DOG DOESN'T GO POTTY

If your dog hasn't gone potty after approximately 5 minutes, avoid waiting outside indefinitely.

Instead:

- ✓ Return indoors.
- ✓ Use one of your planned management strategies (tether, crate, exercise pen).
- ✓ Try again in approximately 20 minutes.

The goal is to teach your dog that potty happens as soon as you walk outside.

EXPANDING FREEDOM

Freedom is earned gradually.

Wait until your dog has remained accident-free for 2–3 weeks before increasing the amount of space they have access to.

Even then, expand their environment one small step at a time. If accidents return, simply reduce the space again and continue building success.

REMINDER

House training is less about reacting to accidents and more about creating a routine your dog can easily understand.

Structure builds calmer dogs who make better choices.