

# The Ultimate House Training Guide



By Martin "Scoop" Olliver



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## Foreword

I'll never forget the day I took home my first adopted dog, a Labrador and Rottweiler mix named Lea, who had been given up by its owners. She was a truly gorgeous animal, and the day I found her at the dog shelter she was just sitting in the middle of her kennel, the only quiet dog amid a concert of barking kennel mates. She looked at me with that perfect dog eye contact, as if to say "Well, it's about time!"

I was fresh out of school and had no idea what "submissive urination" and "separation anxiety" were, but these were the problems - along with a few others I don't recall - that I was warned about when I took her home three days later. At the shelter, they also told me that they were not sure exactly how old the puppy was (they estimated eight or 10 months), and they were not sure what training, if any, she had.

In my mind, I had taken home an adorable fur ball that could do no wrong. I soon found out that I had an un-trained dog that came with seemingly endless weeks of accidents inside the house (once when I was away she relieved herself right on a book I was reading!). It's not that I didn't get it all sorted in the end. I did, and I wound up with an incredibly intelligent and reliable companion. It's just that when I was trying to train her, a lot of the stuff I tried - and a lot of the frustration I endured - didn't feel right at the time. And it wasn't.

I didn't know nearly enough to train her properly from the start, and the consequence was a lot of stress and confusion for both owner and pet, and a training period that took much, much longer than it ever should have.

Since then, I have not only helped myself by learning effective and lasting methods for house training that I apply with every dog I adopt, but as a practicing dog trainer, I have also helped countless others house train new members of their family. Whether they are new puppies straight from the store or breeder, adopted dogs with a difficult history, or simply adult dogs who have fallen back on bad habits, I have helped these owners meet the challenge of house training by sharing the necessary knowledge and experience.

With the help of my colleague Spot-less the puppy, who's on hand to demonstrate the house training process in pictures, I'm proud to share that same knowledge and advice here with you.

*Yours Sincerely,*



Martin "Scoop" Olliver  
Kingdom of Pets, Ltd.



*Spot-less*



# TABLE OF CONTENTS

INTRODUCTION .....	5
HOW TO HOUSE TRAIN YOUR DOG.....	8
<b>I. Introduction</b> .....	8
<i>Training Methods</i> .....	8
<b>II. Puppies vs Adult dogs</b> .....	11
<i>Puppies</i> .....	11
<i>Adult Dogs</i> .....	13
<b>III. How to house train your dog (Direct Method)</b> .....	16
<i>Direct Training For Your Puppy</i> .....	16
<i>When to feed your puppy</i> .....	16
<i>Involving the whole family</i> .....	17
<i>Where the puppy will eat, drink, and sleep</i> .....	18
<i>Choosing an area for your puppy to eliminate</i> .....	18
<i>Beginning Training</i> .....	19
<i>Elimination after awakening from sleep</i> .....	20
<i>Feeding and Eliminating after eating</i> .....	21
<i>Elimination after a period of activity or exercise</i> .....	22
<i>Elimination just before going to bed for the night</i> .....	23
<i>Dealing with a puppy about to eliminate indoors</i> .....	24
<i>Dealing with puppy accidents correctly</i> .....	25
<i>Direct Method for Puppies - Summary</i> .....	26
<i>Common Problems Seen With Puppy Training By The Direct Method</i> ..	27
<i>Do's &amp; Don'ts of Direct Training Puppies</i> .....	28
<i>Direct Training For Your Adult Dog</i> .....	31
<i>Choosing an area for your adult dog to eliminate</i> .....	33
<i>Beginning Training</i> .....	33
<i>Elimination after waking from sleep, after meals, after exercise or</i> <i>before bed at night</i> .....	35
<i>Dealing with an adult dog about to eliminate indoors</i> .....	36
<i>Dealing with dog accidents correctly</i> .....	37
<i>Direct Method for Adult Dogs - Summary</i> .....	38
<i>Common Problems Seen With Training Adult Dogs By The Direct</i> <i>Method</i> .....	39
<i>Do's &amp; Don'ts of Direct Training Adult Dogs</i> .....	40
<b>IV. How to house train your dog (Paper Method)</b> .....	42
<i>When To Consider Paper Training</i> .....	42
<i>Beginning Paper Training</i> .....	43
<i>Involving the whole family</i> .....	44
<i>Where your puppy or dog will eat, drink and sleep</i> .....	44
<i>Choosing an area for your puppy or dog to eliminate on inside</i> .....	45

<i>Setting Up An Indoor Toilet</i> .....	46
<i>Elimination after waking from sleep, after meals, after exercise or before bed at night.</i> .....	48
<i>Appropriately Dealing With Used Papers</i> .....	49
<i>Dealing with accidents correctly</i> .....	50
<i>Dealing with a puppy or dog about to eliminate inappropriately</i> .....	51
<i>Paper Method for Puppies and Adult Dogs - Summary</i> .....	52
<i>Common Problems Seen With Training Dogs By The Paper Method</i> ...	54
<i>Do's &amp; Don'ts of Paper Training</i> .....	55
<b>V. House Training Tips For Busy Owners</b> .....	57
<i>Maintaining Initial House Training</i> .....	57
<i>Leaving Trained dogs Home Alone</i> .....	59
<b>VI. Crate Training</b> .....	60
<i>Selecting A Crate</i> .....	60
<i>The Crate Training Process</i> .....	61
I. <i>Introducing Your Dog To The Crate</i> .....	61
II. <i>Feeding Your Dog Her Meals In The Crate</i> .....	62
III. <i>Conditioning Your Dog To The Crate For Longer Time Periods</i> ....	63
IV. <i>Crating your dog when left alone</i> .....	64
V. <i>Crating your dog at night</i> .....	66
<i>Potential Problems With Crate Training</i> .....	67
I. <i>In the Crate for too Long</i> .....	67
II. <i>Toileting in the Crate</i> .....	67
III. <i>Separation Anxiety</i> .....	68
IV. <i>Whining</i> .....	68
<i>Do's &amp; Don'ts of Crate Training Puppies</i> .....	69
<b>VII. Other tools and training products available</b> .....	71
<i>Dog Potties</i> .....	72
<i>Dog Litter Boxes:</i> .....	72
<i>Toilet training pads</i> .....	73
<i>Cleaners and Odor neutralizers</i> .....	73
<i>Crates</i> .....	74
<i>Doggy doors</i> .....	74
<i>Ring A Bell?</i> .....	75
<b>HOUSE-TRAINING PROBLEMS</b> .....	76
<b>Introduction</b> .....	76
<b>I. Behavioral Problems</b> .....	77
1. <i>Territorial/Urine Marking</i> .....	77
<i>How to distinguish Urine Marking</i> .....	77
<i>Dealing with Urine Marking</i> .....	78
<i>Territorial/Urine Marking Case Study:</i> .....	79
2. <i>Fear/Submissive Urination</i> .....	81
<i>How to distinguish fear/submissive urination</i> .....	82
<i>Dealing with fear/submissive urination</i> .....	82
<i>Fear/Submissive Urination Case Study:</i> .....	83

3. <i>Over-Excitement Urination</i> .....	85
<i>How to distinguish Over-Excitement Urination</i> .....	85
<i>Dealing with Over-Excitement Urination</i> .....	86
Over Excitement Urination Case Study: .....	86
4. <i>Separation Anxiety</i> .....	88
<i>How to distinguish Separation Anxiety</i> .....	88
<i>Dealing with Separation Anxiety</i> .....	88
Separation Anxiety Case Study: .....	90
5. <i>Urinating/Defecating In The Crate/Kennel</i> .....	93
<i>Dealing with urination/defecation in a crate or kennel</i> .....	93
Urinating/Defecating In The Crate/Kennel Case Study: .....	94
6. <i>Coprophagia (Poop Eating)</i> .....	97
<i>Dealing with coprophagia</i> .....	97
<i>What definitely does not work:</i> .....	98
<i>Health Risks:</i> .....	98
Coprophagia Case Study:.....	99
7. <i>Cold Weather Problems</i> .....	101
<i>Dealing with Cold Weather Problems:</i> .....	102
Cold Weather Case Study: .....	103
<b>II. Health-Related Problems</b> .....	104
1. <i>Congenital Problems</i> .....	106
<i>Ectopic Ureters:</i> .....	106
<i>Patent urachus</i> .....	106
<i>Urethral Diverticulum</i> .....	106
2. <i>Disease Related Problems</i> .....	107
<i>Excessive Drinking and Urination</i> .....	107
<i>Bacterial Infection &amp; Bladder Stones</i> .....	107
<i>Trauma &amp; Nerve Injuries</i> .....	108
<i>Tumors</i> .....	107
<i>Partial urethral obstruction</i> .....	109
<i>Spaying Incontinence</i> .....	109
<i>Sphincter Incompetence</i> .....	110
<b>III. Other Problems</b> .....	110
1. <i>Dogs eliminating inappropriately outside</i> .....	110
<i>Dealing with a dog eliminating inappropriately outside</i> .....	111
Eliminating on Pavers Case Study: .....	111
2. <i>Preventing Urine Damage To Grass</i> .....	112
<i>Dealing with a urine damage to grass</i> .....	113
Preventing Urine Damage to Grass Case Study .....	114
3. <i>Self Marking</i> .....	116
<i>Dealing with Self Marking:</i> .....	116
<b>TOP TEN TIPS FOR HASSLE FREE HOUSE TRAINING</b> .....	117
<b>GLOSSARY OF TERMS</b> .....	I
<b>YOUR OFFICIALLY HOUSE TRAINED DOG CERTIFICATE</b> .....	III



# Introduction

**E**verybody poops. That's the title of that funny children's book, which tells us that birds do it, bees do it, and kids with bended knees do it. Dogs do it too, but they don't always do it in the right place. And that's not always so funny.

Whether you have recently bought a puppy, have been dealing with an un-house trained adult dog, or have a dog that has been house trained but has recently started peeing or pooping indoors, correcting this behavior can be a challenge and a frustration. But take comfort in the fact that there are tried proven methods designed to address any house training situation, and they are included here. And, of course, take comfort in the fact that at the end of the day, your dog wants to please you.

*House training* is the term used to describe the training of a pet to *urinate* (pee) and *defecate* (poop) outside or on paper in a certain area inside. To be able to fix the common problem of dogs *urinating* or *defecating* inside, it is of great importance to identify the type of problem your dog has. Is your animal a recently bought puppy? Have you just adopted an adult dog from your local pound? Or has your house trained dog recently started urinating or defecating inside?

Dogs may *eliminate* (urinate or defecate, i.e. pee or poop) '*inappropriately*' (i.e. wrongly) for a wide variety of reasons, but the majority of cases are due to a lack of complete and thorough house training. In this book the words '*inappropriate elimination*' will be used when describing a dog peeing or pooping inside, or in an incorrect area.

Other causes of '*inappropriate elimination*' are mainly due to *behavioral problems* (problems with the way your dog is behaving), however in some cases a dog may have a *congenital problem* (a problem present at birth) or a *disease related problem* causing urination or defecation to occur '*inappropriately*.'

The word '*inappropriately*,' when used for your dog urinating or defecating *inappropriately (wrongly)*, is important since from the dog's point of view, it could only be eliminating *inappropriately* if it understood that what it is doing is wrong. A puppy brought home for the first time completely untrained is bound to eliminate '*inappropriately*' from the owner's point of view, however from the puppy's point of view it probably didn't even know it needed to urinate until the moment it actually happened.

An adult house trained dog might begin "marking," for example, which is urinating in a specific place in an attempt to mark or claim territory. This dog should realize it has been going '*inappropriately*' since it has been trained not

to eliminate inside and will require corrective training. The point here is that dogs pick up new behaviors and habits throughout their lives and, aside from a bit of retraining, there is nothing to worry about in these cases.

Training any animal takes time, but with persistence, consistency, patience and rewards, you will get very good and pleasing results that will leave both you and your dog in a better position to enjoy living with each other. The more time you spend with your puppy or dog, the quicker and easier it will be to train them. House training is the first major task of training you will have with your dog as a puppy, and it can be crucial in further behavioral development of the dog. If carried out correctly, basic household behavior and how your dog should interact with the rest of family will be taught all as part of the early house training process. House training an adult dog that has had little to no training in the past becomes more difficult, but you can definitely still 'teach an old dog new tricks.'

Identifying an un-house trained dog with a *congenital problem* or *disease related problem* can be difficult. There are some easily seen signs that occur with some of these problems. These may help you identify certain problems however, if you are not sure if your animal is *urinating/defecating* due to a *congenital problem* or *disease related problem* it is important to see your veterinarian for a full clinical exam of the dog and to get their advice.

As you read through this book, remember that for any sort of training, **time, persistence, patience, and consistency** are all **very important** to be able to get a **satisfying result**. Try to follow the directions given as closely as possible and back up all of your training with rewards. '*Positive reinforcement*' is a term used to describe the rewarding of your dog as soon as she shows a **correct behavior**. This may involve a food treat or a happy, warm voice and plenty of praise. If this *positive reinforcement* is combined with **consistency and persistence**, your animal will be **behaving as you want her to in no time**.

### *Some TERMS used in the Book:*

*Urine/Urinate/Urination* - Pee/To Pee/Peeing

*Feces/Defecate/Defecation* - Poop/To Poop/Pooping

*Elimination* - To urinate and/or defecate (i.e. to pee and/or to poop)

*Inappropriate Elimination* - Incorrect urination or defecation

*Behavioral Problem* - A problem due to an incorrect or abnormal behavior

*Congenital Problem* - A problem with an animal that is present at birth

*Disease-related problem* - A problem due to the presence of disease

*Positive reinforcement* - Giving praise and rewards for correct behaviors

*Negative reinforcement* - Punishing incorrect behaviors (e.g. "growling")



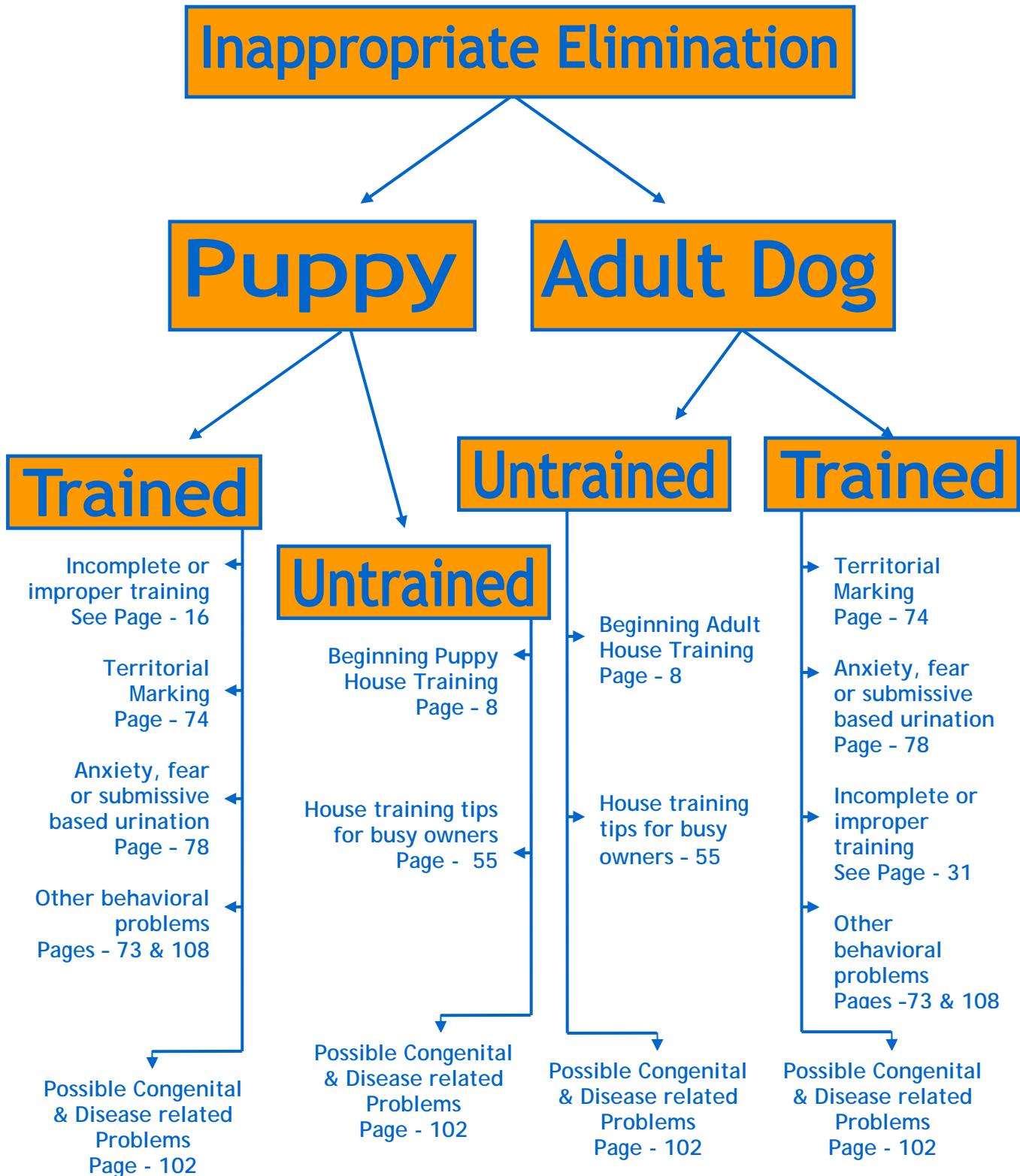


Figure 1 - Flow chart to aid in identifying the cause of your dog's house training problems.

# How to House Train Your Dog

## I. Introduction

Depending on the age and size of your dog, the method of how you choose to house train your dog will vary. A small Jack Russell Terrier puppy is going to have different needs to a full size un-house trained adult Great Dane. These differences need to be met by using slightly different ways of teaching your dog.

First of all in house training it is important that an acceptable place for your dog to urinate and defecate is chosen. This may vary depending on whether your dog will always be indoors or both indoors and outdoors. If you have more than one dog in your household, the choice of where you train your new dog to eliminate may also change.

Because it is this early stage of training that will determine *where* your dog will eliminate in the future, common problems, such as grass damage due to your dog's urine or dog feces in a prize garden, can be avoided by choosing an appropriate area of your backyard your dog can use. Training your dog to use this area alone reduces the likelihood of having to retrain her later.

### Training Methods

There are two basic methods for house training your dog and the choice of which method you use will depend on your living situation.

The *outside*, or '*direct*' method is the most often used and consistent method for training your dog to eliminate outside away from areas your family use.



By consistently taking your dog outside at the first sign she needs to urinate and/or defecate, and by encouraging her with **positive reinforcement** once she has eliminated in the spot you take her to, she will soon learn that this is a good and correct behavior.



Combining this **positive reinforcement** with **negative reinforcement** (non physical punishment - for example, using a stern tone of voice or making a 'growling' noise) when accidents occur within the home will also help your dog in understanding right from wrong.



**Negative reinforcement** must be used as soon as the bad behavior takes place. If your dog is punished more than a few seconds after a bad behavior, she will think that this punishment is for something she has done **after** that **actual** bad behavior. Care must also be taken when

using *negative reinforcement*, since being too forceful can lead to behavioral problems such as *submissiveness*, a term used for dogs that behave in a timid, anxious, and/or confused way towards their owner, other people, and other dogs (see page 78 for more information).



Many trainers have found that the easiest way to train dogs is to reward obedience and correct behaviors and only very rarely use *negative reinforcement* or punishment. Make sure you use plenty of rewards while training and only use punishments where necessary.

The *indoor* or '*paper*' method is the best choice for owners who are in a living situation where their dog does not have access to an outside area suitable for her to urinate or defecate.



This method is used mostly by dog owners who live in apartments or where the owner is not able to take their dog outside to eliminate.



The *paper* method can also be used as an alternative to the direct house training method for small dogs that urinate very little.



Training with this method means teaching your dog to urinate and defecate on paper (usually newspaper) in a certain area inside the house. By teaching her to eliminate on paper, clean up is easy since all that is required is that the paper be gathered up and thrown away. The main reason newspaper is primarily used is because it is readily available, costs very little and absorbs urine.

It is very important to choose the method that is the most suitable for your dog and living situation, and to then *maintain this approach* rather than attempting to try both methods at the same time. Attempting both methods simultaneously will simply confuse your dog and most likely increase the length of time needed for proper house training.

For some people it will be necessary to train their dog with both the direct method and the paper method; however, this must be done with care. In these situations the dog should be taught the direct method first and foremost and they should fully understand this before any attempt is made to undertake paper training also.

A third method, available mainly for puppies but also sometimes used for adult dogs, is the *crate training* method.



In this method the puppy or small adult dog is placed into a crate (a box or travel carrier large enough to house her, but also to keep her in a small area) for short periods of time while the owner is home.



By confining her to a small area she won't be able to eliminate, since dogs, in general, do not urinate or defecate in close confinement unless they absolutely have to.



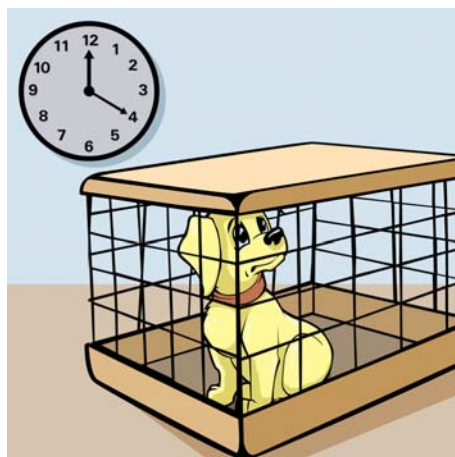
As a result of confining your dog for short periods she will be **encouraged to eliminate** when released from the crate and taken to an appropriate area.



Crate training also helps teach your dog to have **bladder** and **bowel control**. Instead of her simply going whenever she feels like it, the puppy learns to hold on and go at **conveniently scheduled times**. Many remain skeptical of this method. However if care is taken when using this method of training, there are **definitely benefits**. Please see the section "Crate Training" on pages 58 - 67 for more information.

In using any of these training methods, **patience is your best ally**. Your dog's **schedule must be kept consistent** until you are certain that she understands where you expect her to eliminate.

*Examples of 3 main methods used for house training dogs*



## II. Puppies vs. Adult dogs

There are several differences in the house training of puppies compared to house training adult dogs. There are several reasons for this including the fact that puppies have relatively underdeveloped bladder muscles and have never been exposed to any sort of training, whereas adult dogs have both developed bladder muscles and have, in the majority of cases, previously been trained to some extent.

### Puppies

Puppies should begin house training between **eight and 16 weeks** of age when they are capable of learning from short training sessions. It is also at this stage in a puppy's life that they learn a large portion of how to live as a social animal, and so house training often includes social training. Eight weeks of age is generally the time a puppy can be taken home from a breeder for the first time, so training can generally begin straight away in these cases.

In order to help maximize training your puppy, it is important to understand when a puppy is most likely to urinate or defecate. Typically, this can be divided into four categories:



**1. A puppy usually eliminates soon after she wakes up**, since during sleep *urine production* continues to fill the *bladder*. It is important to remember that puppies sleep several times a day and so have several waking periods.



**2. After eating a meal a puppy is likely to defecate within 10 to 20 minutes.** This is due to a physiological function called the *gastro-colic response*, which is a bodily response that occurs after your dog eats that causes her bowels to move, leading to defecation. Since young puppies are generally fed around three to four times daily, they will also need to be taken outside, or to paper (depending on your training method) after being fed. As well as the frequency of feeding, the type of food your puppy is fed will also influence when she has to eliminate. Highly digestible, premium puppy foods make house training much easier. With these foods the puppy will require less food because it contains high quality, highly digestible ingredients. This usually means less stool volume and fewer bowel movements.



**3. If a puppy has been highly active at one time, she is likely to eliminate soon after.**



4. In general puppies usually also eliminate before sleeping each night.

As you can see, there are many times throughout a single day that a puppy may eliminate. It is important to remember that, as well as these general categories, a puppy may eliminate at *any time* and so you need to be aware that accidents will happen. Accidents are bound to occur no matter how prepared or organized you are since:



The muscles in a puppy bladder are still developing, resulting in less control



The smaller size of the bladder results in more frequent urination of small volumes

You can help regulate the elimination process, however, with well controlled schedules and a frequent regime of resting, eating and playing. Whenever this schedule is changed by other family members, her schedule and need to eliminate will also change.

A common mistake made by many owners when they get their new puppy and bring her home for the first time is to allow her a free run of the house. Allowing the puppy a free run will interrupt and set the training process back several weeks.



This setback happens because the puppy will most likely ‘**accidentally**’ eliminate in several areas of the house. As a result of the odor and her familiarity of the area, she may remember these areas as being ones to which she can go back to in order to eliminate again.



Unless these areas are **scrubbed** and **odor neutralized**, the problem will worsen.



Giving the puppy full access to your home can also result in her getting into mischief, hurting herself, or both.



Supervision of the puppy must occur at all times at this early stage. Not only does this ensure your puppy cannot cause trouble, but it will also help the training process. In circumstances where it is not possible to spend all this time supervising your puppy, *crate training* can be used (see “Crate Training” on Page 58 - 67 for more details).



When your puppy is left at home alone, it is important to make arrangements for her. Until properly house trained, puppies should be confined to a small area such as a kitchen, bathroom or laundry that has a floor surface with linoleum or other such substance that is water and stain resistant. The room should be large enough for the puppy to be able to sleep in one designated area, and eliminate in another. By having a small room the puppy is confined to and not allowing the puppy free run of the house, elimination throughout the house can be easily avoided. For further information please see "House Training Tips for Busy Owners" on pages 55 - 58.

Because a puppy will generally eliminate on an area she has previously urinated or defecated on, it is important to clean and odor neutralize the affected area. This is a very important part of house training both puppies and adult dogs and will be discussed later in this book.



## Adult Dogs

The approach to house training an adult dog is slightly different to that used to train a puppy, and training will also vary depending on why your adult dog needs to be trained. For example a newly gained 'adopted' or 'rescued' adult dog that appears to be completely un-house trained will have different needs to one that *has* been house trained, and will have different needs again to an adult dog that has a behavioral problem related to inappropriate elimination.

It is important to understand your dog's problem and her current living situation in order to find it a training regime that will be best suited to her and also treat the correct behavioral problem. The majority of adult dogs can be trained very similarly to how a puppy would be, with the major difference being that adult dogs tend to respond much more appropriately to commands than puppies, and they are at a distinct advantage to puppies in that they have a well developed set of bladder muscles.

For adult dogs that have recently been brought into a family, they may be, or at least may appear to be, un-house trained.



Identifying whether your new adult dog has ever been house trained, has been house trained incorrectly or insufficiently, or whether she has simply spent the majority of her life outside, can definitely be difficult.



Obtaining a history from the previous owners can be very helpful when it is clear if your new dog has ever been properly house trained. If the previous history of your dog is not available, it may be impossible to understand the exact reasons why your adult dog is un-house trained.



If you have acquired a large breed dog that is generally well known for being kept outdoors and you wish to allow her access to both the inside and outside of your house, you could assume that she has simply never been house trained as she has most likely been kept outside previously. If not, you'll find out soon enough.



This is also true for small adult dogs that have previously lived in apartment blocks, or that have been trained by the paper or indoor method (see "Paper Training" on page 41 for more information). For these dogs, controlled elimination on newspaper in the house is a normal occurrence. Getting a dog that has been trained in this way may lead to inappropriate elimination either due to a lack of substrate or incorrect substrate to eliminate on, since the dog may be used to and comfortable with only certain surfaces (e.g. newspaper on a tile floor).



The unfamiliar surroundings of a new home may also cause an adult dog to urinate or defecate inside. Your new dog must also of course have sufficient access to the outside via a doggy door, or via watchful owners in order to let her out when she needs to be. Retraining these animals to use this specific access point will prevent new accidents occurring when you shift to a new place.

In the majority of cases where an adult dog is introduced to a new home and family they will already be house trained, thus retraining is usually quick and simple. These animals may need some time and retraining to reset the ground rules for your home and to help the dog get used to the access points to the outside.

Adult dogs that have been brought up as puppies and house trained within the same household, but who are now eliminating inside may be behaving in this manner for several reasons. The most likely reasons can be split into three major categories:



#### *Offensive Behavioral Problems:*

Some sort of behavioral issue has changed the dog's understanding of what is acceptable and what is not. For example - *Territorial/Urine*

*Marking* (see pages 74 - 78 for more information) and *Separation Anxiety* (see pages 84 - 90 for more information).



### *Defensive Behavioral Problems:*

These problems occur when your dog interacts with people or other animals during which she eliminates without any obvious conscious control. In these cases it is important to identify the exact cause of the problem. For example - *Fear or Submissive Urination* (see pages 78 - 82 for more information), *Over Excitement Urination* (see pages 82 - 84 for more information).



### *Congenital or Disease Related Problems:*

These may cause *incontinence* (meaning a lack of normal control of elimination) which may be partially or completely to blame for inappropriate elimination. Examples of these include a '*patent urachus*' (a *urachus* is a connection between the *bladder* and the *umbilical cord* that normally deteriorates after birth), *bladder stones*, *urinary tract infection* and *nervous problems* to name a few.

These cases are not due to either incorrect or incomplete house training. Finding the exact cause can become difficult. Further help is described in the section "House Training Problems" on pages 73 to 114, and your veterinarian should be seen for further advice.

The overall approach to adult dogs and puppies varies slightly as has been described, but the fundamentals are always the same - consistency, persistence, patience and positive reinforcement. Strict and consistent scheduling will not only aid the training process and help decrease the occurrence of accidents, but will also shorten the length of the training process and help ensure that the whole family understands the entire house training process. Further detail on scheduling is described in the following section.

### III. How to house train your dog (Direct Method)

As has been briefly described earlier, the direct method is also known as the outside method, and it is the most commonly used house training method. The direct method is dependent on an owner being consistent and patient while training their dog and it requires significant amounts of time put in by the owner, as well as the use of a schedule that must be closely followed. The direct method should be the house training method of choice for owners who have a yard, who are able to allow an area designated purely for their dog to eliminate on, and who can provide their dog easy access to this area.

#### *Direct Training for Your Puppy*

Upon deciding to purchase or adopt your puppy, it is important to establish a set routine or 'Schedule' for her before she is collected to be taken home for the very first time. This schedule will depend on your current living arrangement. Questions to ask yourself when formulating a schedule should include:

*What times during the day will you or one of your family be at home?*

*At what times and for how many hours each day is the puppy likely to be left at home alone?*

*Where do you want your puppy to be fed?*

*Where do you want to train your puppy to eliminate?*

#### *When to feed your puppy*



By making set times during the day when someone in the family is able to feed and then supervise your puppy, you will be able to help her in getting to the area you have chosen to train her to eliminate on.



In general, a puppy should be fed three to four times per day. The day should therefore be arranged such that she can be fed on three to four separate occasions with appropriate supervision during these feedings.



It also needs to be arranged so that when the puppy wakes from sleep, someone is available to take her outside to eliminate.

For an example of a schedule you could make, see figure 2 below.

<u>Schedule for Puppy</u>	
<b>7am</b>	Puppy wakes – outside for Toilet
<b>9am</b>	First meal then toilet
<b>11am</b>	
<b>1pm</b>	Second meal then toilet
<b>3pm</b>	
<b>5pm</b>	Play time then toilet
<b>7pm</b>	Third meal then toilet
<b>9pm</b>	
<b>11pm</b>	Toilet visit before bed

*Figure 2 - Example of a Puppy Schedule*

For puppies UNDER 16 weeks, you will have to follow a more rigorous schedule. The general guideline goes something like this: during the day, a puppy needs to be let out at hour intervals equivalent to her age in months. So a two month old puppy goes out every two hours. During the night, you double it: a puppy that is two months old needs out every four hours. That means you can look forward to eight hours of sleep with a puppy that is at least four months.

### *Involving the whole family*



The whole family should be encouraged to help train your puppy. By involving the entire family in the training process, not only is the burden of supervision spread out so that one individual is not devoting all their time, but the social training and interaction of the puppy with all family members is encouraged.



Involving all family members also helps avoid potential aggression problems between the puppy and these people.



It needs to be explained to the entire family that the schedule and routine for the puppy has to be stuck to if everyone is to be involved. The fundamentals of training need to be explained to everyone, and the same methods of training the puppy must be used by all family

members. Having four or five different people each training in a slightly different way will only cause the puppy confusion and lengthen the training process. Be sure to explain the training methods explained in the following pages to the family simply and clearly.



Training becomes more difficult when the puppy is left alone for a large period of the day. This subject is dealt with in the chapter "House Training Tips for Busy Owners" on pages 55 to 58, and owners who live alone or with a small group of people may need to rely more on the methods described in this chapter.

### *Where the puppy will eat, drink and sleep*

It needs to be decided where your puppy will eat, drink and sleep while in the house. Doing so will help the puppy become familiar with these areas as well as teaching her the idea that there are separate areas for her to eat, sleep and eliminate. Access to food will only be at the three to four times you decide on that the puppy will be fed. Water should be made available to the puppy throughout the day, regardless of whether she is alone or not. By withholding water overnight, however, the likelihood of your puppy urinating on the area she has been given to sleep within will be lowered.

### *Choosing an area for your puppy to eliminate*



The decision of which area outside you choose to be the place where your dog will urinate and defecate is a very important one.



It is at this stage that owners must think ahead to avoid problems such as urine damage to grass, defecation on a main garden, or urination on a commonly used pavement within their backyard.



To avoid these problems, a gravel area, if available, could be ideal if it is out of the way of frequently used areas.



Walk around your backyard with other members of your family and decide upon an area that meets the requirements as above, but that is also readily accessible to the dog and for you to collect and dispose of feces.



### Beginning Training

Once a general schedule has been made for your puppy and it is time to collect her, house training can begin. If you have been helping one of your own dogs raise a pup, house training may begin once the pup reaches *8 weeks* of age.

It is important to be realistic about the training you will be giving your puppy and to have realistic goals before you begin training.

If you understand that, despite all the time and effort you put into training, your puppy may still have the odd accident, and that only patient, consistent and persistent owners who dedicate time to training and frequently reward their dogs will achieve quick results, then you are well on the way to becoming a great trainer.

It is now time to put that schedule you have made to use:



By having someone monitor the puppy whenever she awakes from sleeping, after mealtimes, after play times and before sleeping, they will be able to take the puppy to the area outside you have chosen to be the place to be where she will eliminate.



The manner in which this monitoring is done is of great importance and if done incorrectly will confuse the puppy and frustrate the owner.



The way the puppy is taken out to the area she will use to eliminate will also be important. Although it will probably only be possible to carry the puppy out to this spot for the first week or so, it is more preferable to use a collar and leash to lead the puppy out to the spot. This aids your control of the puppy while she is outside, meaning she cannot run around and attempt to play, as well as helping teach her to become used to wearing a collar and being lead with a leash.



While patiently waiting outside with the puppy for her to eliminate, use a word or *short* phrase that eventually she will associate with the behavior of eliminating in the area you have taken her to.



Words or phrases commonly used by trainers for this purpose include "Toilet (puppy's name)!" or "Go pee" or "Be quick!" You can decide upon any word or *short* phrase you wish, so long as you continue to use **ONLY** this word or phrase. (Having this command firmly established will also help you get your dog to eliminate outside on walks or anywhere away from home when they may need some guidance about where to go).

*The following guide should help ensure that the puppy is handled correctly, the owner's timing is correct, and the use of vocal praise and tone is correct.*

### *Elimination after awakening from sleep*

Whether it is the middle of the night, early morning or after a day-nap, an awakening puppy needs to be taken outside to urinate and/or defecate.



#### STEP 1



*Once you have noticed that your puppy has awoken, she should be gently picked up and taken outside or preferably lead via a collar and taken outside to the designated elimination area you chose earlier.*



#### STEP 2

*While waiting patiently for your puppy to eliminate, use an encouraging, high-pitched tone of voice to say the word or phrase you wish to use. Repeat this while you wait for her to eliminate.  
e.g. "Toilet Spot-less!"*



#### STEP 3

*Continue repeating the word you have chosen until the puppy has finished urinating and defecating before giving her plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high-pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*

*Feeding and Eliminating after eating*

Puppies are generally fed three to four smaller meals per day. Because they tend to urinate and/or defecate after this time, they need to be lead outside and waited for patiently until they urinate and/or defecate. Steps 2 and 3 are the same as those described previously.



**STEP 1**



*Each mealtime, take your puppy to the area you have chosen to be the feed area. Supervise her while she eats her meal. Once she has finished, either carry her, or preferably use a collar and leash to lead her out to the designated elimination area.*



**STEP 2**

*While waiting patiently for your puppy to eliminate, use an encouraging, high-pitched tone of voice to say the word or phrase you wish to use. Repeat this while you wait for her to eliminate.  
e.g. "Toilet Spot-less!"*



**STEP 3**



*Continue repeating the word you have chosen until the puppy has finished urinating and defecating before giving her plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high-pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*

*Elimination after a period of activity or exercise*

Any sort of exercise or activity should be followed by taking your puppy to the elimination area directly after the exercise has finished. Again steps 2 and 3 are the same as those described previously.



**STEP 1**



*At the end of play time either carry your puppy, or preferably use a collar and leash, to lead her out to the elimination area.*



**STEP 2**

*While waiting patiently for your puppy to eliminate, use an encouraging, high pitched tone of voice to say the word or phrase you wish to use. Repeat this while you wait for her to eliminate.  
e.g. "Toilet Spot-less!"*



**STEP 3**



*Continue repeating the word you have chosen until the puppy has finished urinating and defecating before giving her plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high-pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*

*Elimination just before going to bed for the night*

It is a very good idea to take your puppy outside to eliminate directly before bed, since you do not really want her urinating or defecating inside overnight, and it is of course much more preferable not to have to take her outside at 3am. Again steps 2 & 3 are the same as those described previously.



**STEP 1**



*Directly prior to putting your puppy to bed, either carry her, or preferably use a collar and leash to lead her out to the elimination area and wait patiently here for her until she has the urge to eliminate.*



**STEP 2**

*While waiting patiently for your puppy to eliminate, use an encouraging, high-pitched tone of voice to say the word or phrase you wish to use. Repeat this while you wait for her to eliminate.  
e.g. "Toilet Spot-less!"*



**STEP 3**



*Continue repeating the word you have chosen until the puppy has finished urinating and defecating before giving her plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*



*Dealing with a puppy about to eliminate indoors*

There will be occasions where you will see all of the tell-tale signs that your puppy is about to eliminate indoors. These include squatting and 'uncomfortable' behaviors such as pacing and perhaps even whining. It is important to realize these as quick as possible and act accordingly.



**STEP 1**



*As soon as you see signs that your puppy is about to urinate or defecate inside, distract her by saying "AAAH" in a guttural voice or clap your hands. Then pick her up (even if she has already started) and carry her out to the elimination area and let her continue on this spot.*



**STEP 2**

*Now use an encouraging, high pitched tone of voice to say the word or phrase you chose previously. Repeat this while you wait for her to eliminate.  
e.g. "Toilet Spot-less!"*



**STEP 3**



*Continue repeating the word you have chosen until the puppy has finished urinating and defecating before giving her plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*



*Dealing with puppy accidents correctly*

Situations will occur where you will not see your puppy eliminate inside in time to take her outside, or where you simply find urine or feces inside. You must act in the right manner in these situations to avoid confusing the puppy or making it overly submissive. Timing is everything.



**STEP 1**

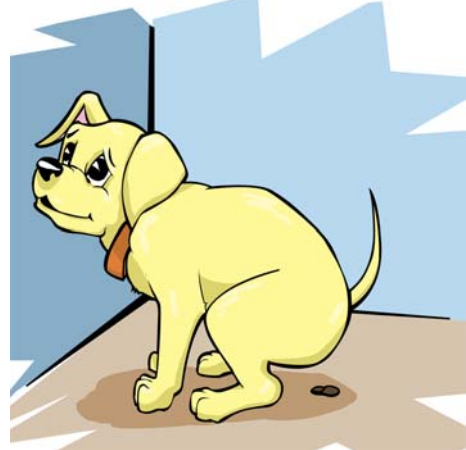


*If you have just seen your puppy eliminate inside but you are not able to reach in time to take her outside, you should use a guttural growl immediately as the wrong behavior is seen. Doing so any more than 5 - 10 seconds after the event only confuses the puppy as she associates the reprimand with whatever she is doing after the event.*



**STEP 2**

*If you manage to catch your puppy defecating or urinating inside while she is well into the process, a short sharp growl is more than enough, then ignore the puppy and clean up the mess she has made.*



**STEP 3**



*Be sure to thoroughly clean the area your puppy eliminated on, including spraying the area with a suitable neutralizer. **DO NOT** punish your puppy more than that mentioned above and make it a short sharp guttural growl **ONLY** if the puppy is still in the act. **NEVER RUB YOUR DOG'S NOSE IN THEIR FECES OR URINE** (see the Do's & Don'ts section below for more important points)*

*Direct Method for Puppies - Summary*

The methods that have been described amount to the basics of teaching your puppy how, when, and where to eliminate as you want her to. It will of course take time for her to learn, and there will be accidents. Because of these facts, it is very important to realize you must react appropriately when they happen.



This will be further described in the Do's & Don'ts section below, but is based around very minimal punishment ONLY when you catch your puppy in the act of urinating or defecating inside.

Back up these SMALL amounts of punishment by ignoring the puppy and thoroughly cleaning and neutralizing the area. There are several home-made and commercially available "odor killers" that are helpful. In short,

plain white vinegar will work to help neutralize the odor and the ammonia in the urine. Cleaners with ammonia generally make smells worse, so avoid these. Sprinkle baking soda on the spot to soak up moisture and to help neutralize odor, vacuum when dry. At the pet store, you can find a good selection of products that may be more effective. A diarrhea stain on carpeting or upholstery can be lifted with a gentle solution of lukewarm water, dishwashing soap and white vinegar. It is also a good idea to feed and play with your puppy on any areas she has previously eliminated on inside. Because, by instinct, dogs avoid toileting in areas near where they eat, feeding them on spots they have toileted on before (after cleaning them and odor neutralizing them thoroughly), will help prevent your puppy from toileting on this spot again.

Rewarding is also critical in house training puppies. They need encouragement and a reason to want to eliminate outside. The major reward you will be using is that of vocal encouragement and support as well as playtime whenever elimination has occurred appropriately. By enforcing good behaviors and avoiding, as much as possible, opportunities for your puppy to eliminate inside and ignoring her when she does, quick results will follow.



The methods described above are applicable to all puppies, regardless of size, that are to be kept indoors, or at least those that have access to the house. It is also possible to use these techniques to teach a dog that is to be kept permanently outside to eliminate in a certain area of the garden. However, it will be harder to enforce this training since it is difficult to continually supervise your dog outside.

**TIP: FOR PUPPIES UNDER 16 WEEKS** - If your puppy is eliminating AS you are taking her outside on a leash and collar, you should at this early stage pick her up and take her outside, as the extra walking may be triggering a loosening of the dog's bladder and bowels.

**TIP:** When you give your puppy physical praise, it is always best to *approach "underhand,"* with your hand always in front of their face and making contact first with their neck and chin. This is so they never lose sight of your hand, and NEVER have to guess as to your intentions. (Dog's that tend to cower and pull in their neck - extreme submission - when people try to pet them are exhibiting signs of possible abuse, specifically being struck from above).

### *Common Problems Seen With Puppy Training By the Direct Method*

If the methods are followed directly as outlined in this book, all should go well. Your puppy should understand relatively quickly that outside is the appropriate place to eliminate. If you are watchful enough and vigilant with the methods described, there should also be minimal chances of accidents occurring. However, no puppy or owner is perfect and there will be exceptions to the rule. In these situations, we will try and identify the cause of the problem occurring. Is it likely to be something in the way you are training your puppy? The puppy itself? The environment? Or some other behavioral or health related problem?

#### *Be sure to check your methods of training:*



Are you and the rest of your family consistent with your rewarding and with taking your puppy to the correct elimination area?



Have you been punishing your puppy for toileting behavior you see as wrong, but that has not been described as such in this book?



Have you been cleaning any areas your puppy eliminates on indoors adequately? Be sure to odor neutralize these areas as well.



Remember to reward good behavior as SOON as it OCCURS and only use a quick, sharp, VERBAL interruption when a puppy is in the act of eliminating indoors as a punishment.



Are you taking enough time to observe your puppy to avoid accidents and to take your puppy outside? Remember, even though your schedule is demanding, that of a brand new puppy is too!



Are you taking your puppy out at regular times?

Read or re-read the above methods used for training your puppy if you are having problems. You may have unintentionally missed a point from one of the steps.

If you have tried the direct method exactly as outlined and have been devoting enough time to the training process as well as being consistent, persistent and patient, you may need to consider a different method, such as the “Crate Training” method described further on pages 58 to 68.

Further to this, there are various other options available that you may wish to try. If you think the problem is something behavioral or health-related rather than something to do with the way you have trained your puppy, see pages 78-98.

### *Do's & Don'ts of Direct Training Puppies*

As you have just read, there are plenty of techniques you need to undertake to help your puppy realize what is right and what is inappropriate. There are also plenty of other techniques you may get into a habit of using, or that you have previously tried, that will only hinder your training process. Use the following as a broad guideline of what to do and what not to do during the training process:

#### *Do's*














Follow the above methods as closely as you can



Find the best praising voice and other rewards that your puppy responds well to, and the best game to play with her after a correct behavior (sometime males have a difficult time using “higher” pitch to praise their dog, but your puppy will respond positively to any effort you make to soften your voice and lighten your tone).



Ensure you punish your puppy ONLY when you see her in the middle of urinating or defecating inside your house, and only verbally.

-  Only have ONE elimination area and only take your dog to this spot when at home. Make sure the entire family knows where this area is.
-  Be sure to keep the outside elimination area tidy, “picking up” on a regular (usually weekly) basis. Your dog will grow uncomfortable with an untidy toilet area, no matter where it is.
-  Allow enough time to monitor your puppy in between feeding and playtime to avoid accidents. Always accompany your puppy outside and to wait for her to eliminate.
-  Design and maintain a regular schedule so that your puppy is regularly given the chance to eliminate appropriately.
-  When your puppy is older than 16 weeks, try and use a collar and lead instead of simply carrying your puppy outside every time. This helps teach your puppy to get used to a collar and lead as well as giving you control of where it is you want her to eliminate.
-  Restrict your puppy’s movements so that she doesn’t have the run of the house.
-  Allow your puppy plenty of water during the day, but restrict it overnight.
-  Encourage the entire family to get involved with the training of your puppy, but make sure everyone understands the rules of training and how, when, and where to reward her.
-  Think about investing in a ‘Doggy Door’ so that, eventually, your puppy will learn to go through this herself (with your help in training her of course) and eliminate outside. They are relatively inexpensive to purchase and get installed, and will save you a lot of hassle in the long run. It is an ideal time to get one installed while your dog is still a puppy, since this definitely makes training them to use it much easier.
-  Ignore your puppy if you find feces or urine stains around the house. Punishing the puppy for this will not help since. Though it would seem obvious to you or me, the puppy WILL NOT ASSOCIATE the punishment with eliminating inside unless she is caught during the act.
-  Be sure to thoroughly clean and odor-neutralize any areas inside that have been eliminated on. Consider feeding or playing with your puppy on areas she has eliminated on and that you have neutralized. Because puppies also avoid eliminating near areas they are fed, they will generally avoid these areas in the future.



Above all, be patient, consistent, and persistent. Training takes time and only those with these qualities will have success with their puppy.



Also be sure to have fun with your puppy while training and remember that puppies will be puppies!

### Don'ts



Never punish your puppy for urinating or defecating inside when you haven't actually seen her in the act, or more than 5 - 10 seconds after she has finished defecating or urinating.



Never rub your puppy's nose in her urine or feces or forcefully bring them to the 'scene of the crime.' Not only is this definitely unhelpful, it can also lead to giving you puppy other behavioral problems and strain your relationship.



Do not simply let your puppy wander outside alone to eliminate. Always accompany her to the elimination area you have chosen.



Never leave your puppy alone for large amounts of time unsupervised as this will easily lead to many accidents in the house.



Even when supervised, never allow your puppy full run of the house. They can easily sneak away to a corner to urinate and defecate without you knowing.



Don't leave stains un-cleaned throughout the house. Areas a puppy knows she has urinated or defecated on (i.e. by their smell) will no doubt be used by the puppy again for the exact same purpose.

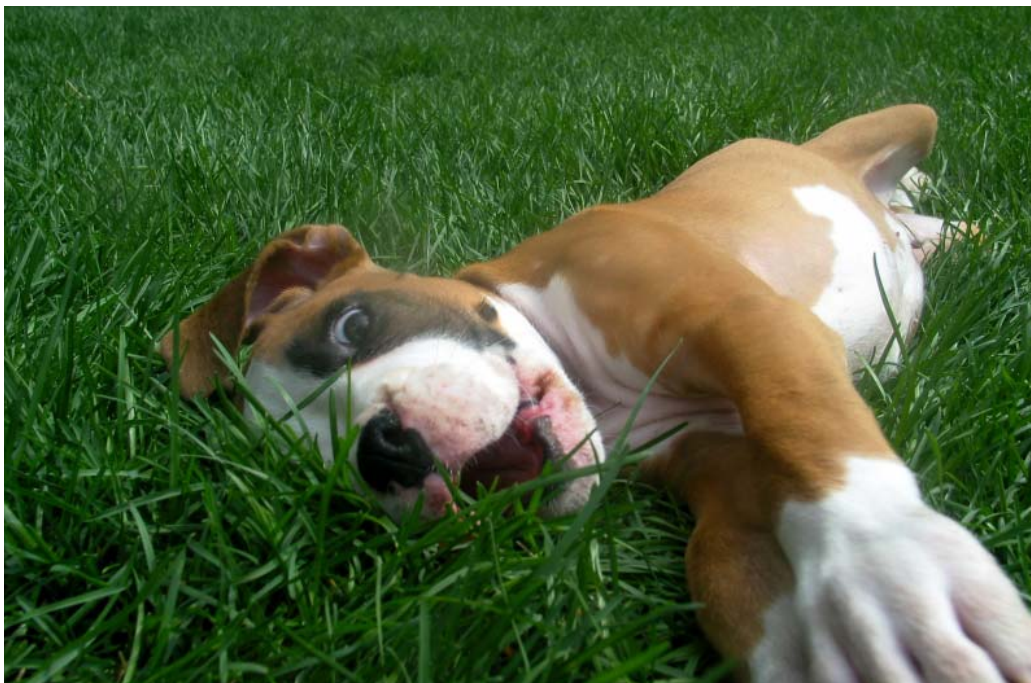


Do not allow other family members to be involved in the training if they have not been told the schedule and taught the exact ways of how to train the puppy. You will most likely need to supervise any young children (i.e. 10 and under) if they are to help train the puppy.



Do not change the elimination area during the training. This will simply confuse the puppy and may lead to an increase in inappropriate elimination as well as increase the time needed for training.





### *Direct Training for Your Adult Dog*

Whether you have adopted an adult dog, have had a change in circumstances, or just for some reason have not properly trained your adult dog how, when and, where to toilet, the process is similar in many ways as that used for puppies. The major difference being that adult dogs tend to catch on much more quickly and are at a distinct advantage to puppies in that they have a well developed set of bladder muscles and nerves. You can train any dog, no matter how old, how large, or how naughty. But you must have patience, persistence, consistency, and time on your side.



For more information on house training adult dogs, please refer back to page 13. If you are unsure if your dog is simply untrained or if she has some other sort of behavioral problem, the table outlined on page 7 should help you in deciphering your dog's exact problem. Always take it slowly with older dogs; be patient with them, as by now they will have picked up habits that will be well-ingrained in their behavior. The process of house training an adult dog begins the same as that of a puppy; however, an adult dog's

training will be more involved with consistent reprimands for inappropriate elimination and rewards for appropriate elimination.





You first need to design a schedule for your adult dog, so that someone is available to keep an eye on her when elimination is most likely. As described above, this will be in the mornings, after meals, during or after exercise and before bed each night. Of course your adult dog may have accidents in between, but the most likely times for elimination are still those outlined above. Below (Figure 3) is an example of the sort of schedule you should be putting together for your adult dog. You will definitely need someone around to be able to take your dog out to the toilet during the day, unless you leave your dog outside for the day or install a doggy door for it. In house training untrained adult dogs, you will also be taking advantage of the fact that a dog will not, in normal circumstances, urinate or defecate in areas where it sleeps and eats. This is instinctive den behavior that all dogs show.

Appropriate training of adult dogs who have either 1) never been house trained before or 2) have been trained incorrectly or insufficiently, requires strong reprimanding and rewarding in order to have an effect. However, if your dog has a congenital or disease-related problem, these techniques will not only be ineffective but potentially detrimental to your situation. If you have any doubt as to the health status of your dog and the potential of there being a health-related problem, refer to the section "House Training Problems - Congenital and Disease Related Problems" on pages 102 to 108, and be sure to consult your local veterinarian.

<i>Schedule for Adult</i>	
<b>7am</b>	Dog wakes – take to doggy door & then elimination area
<b>9am</b>	First meal then toilet
<b>11am</b>	
<b>1pm</b>	Take out to toilet
<b>3pm</b>	
<b>5pm</b>	Exercise and then toilet
<b>7pm</b>	Second meal then toilet
<b>9pm</b>	

*Figure 3 - Example of an Adult Dog Schedule*






### Choosing an area for your adult dog to eliminate

-  The decision of which area outside you choose to be the place where your dog will urinate and defecate is a very important one.
-  It is at this stage that owners must think ahead to avoid problems such as urine damage to grass, defecation on a main garden or urination on a commonly used pavement within their backyard.
-  To avoid these problems a gravel area, if available, could be ideal if it is out of the way of an area that is used frequently.
-  Walk around your backyard with other members of your family and decide upon an area that meets the requirements as above, but that is also readily accessible to the dog and for you to collect and dispose of feces.

### Beginning Training

Once a general schedule has been made for your adult dog you can begin the stringent techniques required for house training or re-house training. House training adult dogs requires patience, persistence and consistency as well as plenty of tolerance for accidents that are still likely to occur. By understanding the times at which an adult dog is most likely to urinate and defecate, you will be able to keep a close eye on your dog during these times. This will allow you to catch your dog in the act of toileting inside, and/or lead your dog out to the elimination area outside so that she can eliminate and then be praised for eliminating appropriately.

It is now time to put the schedule you have made for your dog to use:

-  Having someone around whenever your dog wakes up and after she has eaten a meal or had exercise will allow her direct house training to be undertaken then and there. Your dog should be taken outside to the elimination area you have chosen for her directly after these events.
-  The manner in which this is done is of great importance and if done incorrectly will confuse the dog and frustrate the owner.
-  The dog should be taken outside to the elimination area via a collar and leash, or if well-trained, they can simply be called to follow the owner to the elimination area.
-  While patiently waiting outside with the dog for her to eliminate, use a word or *short* phrase that eventually she will associate with the behavior of eliminating in the area you have taken her to.
-  Words or phrases commonly used by trainers for this purpose include "Toilet (dog's name)!" "Go pee" or "Be Quick!" however you can decide upon any word or *short* phrase you wish, so long as you continue to use ONLY this word or phrase. (Having this command firmly established will

also help you get your dog to eliminate outside on walks or anywhere away from home when they may need some guidance about where to go).

Because adult dogs are generally more obedient and respondent to commands, as well as having better muscular and nervous control of their bladder, training generally takes a lot less time than with puppies. However, in saying this, many adult dogs develop habits which can be hard to break, and only time, patience, and persistence will break these habits. In particular with adult dogs, you will need to catch them in the act of toileting inside, since by the time dogs have reached adulthood they generally have a very good understanding of when they have done something inappropriate. If, and only if, you catch your adult dog in the act of urinating or defecating inside, you should quickly reprimand her before taking her out to the elimination area to toilet - as is explained further below. You will also need to make appropriate arrangements for your adult dog when you are not at home, so that her movements are restricted and so that she either has access to a doggy door or to an elimination area inside.

If your dog is to be kept inside without outside access for large periods of the day, you will most likely need to "Paper Train" her (see pages 41 - 54).

*The following guide should help ensure the dog is handled correctly, the owner's timing is correct, and that the use of vocal praise and tone is correct.*

*Elimination after waking from sleep, after meals, after exercise or before bed at night.*

As above, these are the times at which an adult dog is most likely to eliminate. For this reason it is recommended that you be ready to take your adult dog out to your designated elimination area.



**STEP 1**



*After waking, eating, exercise or before sleeping you should lead your dog via a leash and collar and take outside to the elimination area you chose earlier.*



**STEP 2**

*While waiting patiently for your dog to eliminate, use an encouraging, high-pitched tone of voice to say the word or phrase you wish to use. Repeat this while you wait for your dog to eliminate. e.g. "Toilet Spot-less!"*



**STEP 3**



*Continue repeating the word you have chosen until your dog has finished urinating and defecating before giving plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*

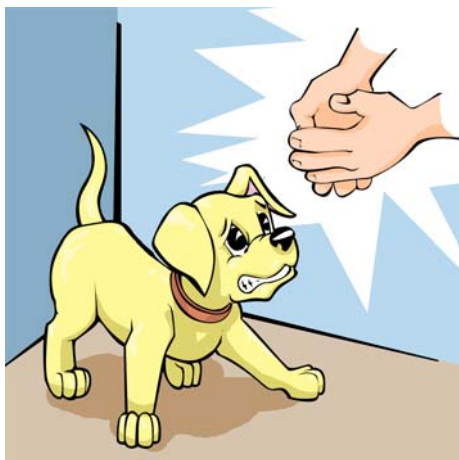


*Dealing with an adult dog about to eliminate indoors*

There will be occasions where you will see all the tell-tale signs that your adult dog is about to eliminate indoors. These include squatting and 'uncomfortable' behaviors such as pacing and perhaps even whining. It is important to realize these signs as quick as possible and act accordingly.



**STEP 1**



*As soon as you see signs that your dog is about to urinate or defecate inside, distract her by saying "AAAH" in a guttural voice or clap your hands, pick them up (even if they are in the middle of the act) and carry them out to the elimination area and let them continue in this spot.*



**STEP 2**

*Using an encouraging, high-pitched tone of voice, repeat the word or phrase you chose previously several times while waiting with your dog to encourage her to eliminate.  
e.g. "Toilet Spot-less!"*



**STEP 3**



*Continue repeating the word you have chosen until your dog has finished urinating and defecating before giving plenty of praise and attention. "GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - using an excited and happy high pitched voice. This praise needs to be given both during and directly after the puppy goes in order for it to be effective. Do not play with the puppy until she has eliminated.*



*Dealing with dog accidents correctly*

Situations will occur where you will not see your adult dog eliminate inside in time to take her outside, or where you simply find urine or feces inside. You must act in the right manner in these situations to avoid confusing your dog or making her overly submissive.



**STEP 1**

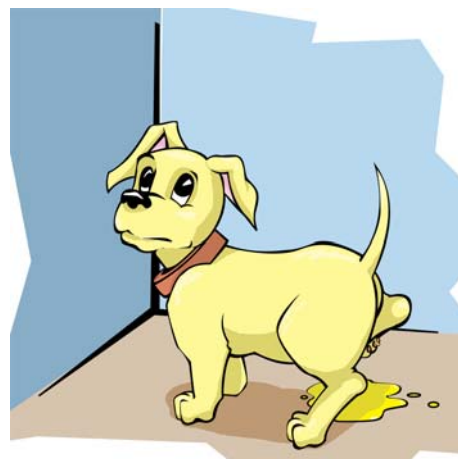


*If you have just seen your dog eliminate inside but you are not able to reach her in time to take her outside, you should use a guttural growl as soon as you observe the behavior. Doing so any more than 5 - 10 seconds after the event only confuses the dog as she will associate the reprimand with whatever she is doing after the event.*



**STEP 2**

*If you manage to catch your dog defecating or urinating inside while she is still 'in the process' - a short sharp growl is more than enough, then ignore the dog and clean up the mess.*



**STEP 3**



*Be sure to thoroughly clean the area your dog eliminated on, including spraying the area with a suitable odor neutralizer. **DO NOT** punish your dog more than that mentioned above and make it a short and sharp growl **ONLY** if your dog is still in the act. **DO NOT EVER RUB YOUR DOG'S NOSE IN THEIR FECES OR URINE.***

*Direct Method for Adult Dogs - Summary*

Because of the large variety of reasons as to why an adult dog may eliminate inappropriately inside, it is very important that you first sit down and try and determine exactly what your dog's particular problem is, since various behavioral problems must be addressed in separate individual ways. Please refer to the diagram back on page 7 if you are unsure as to why your dog is eliminating inside.

The key to helping your adult dog overcome an inappropriate elimination problem is repetition of reprimands and rewards whenever appropriate. Back up these SMALL amounts of punishment by ignoring the dog and thoroughly cleaning and odor neutralizing the area. There are several homemade and commercially available "odor killers" that are helpful. In short, plain white vinegar will work to help neutralize the odor and the ammonia in the urine. Cleaners with ammonia generally make smells worse so avoid these. Sprinkle baking soda on the spot to soak up moisture and to help neutralize odor; vacuum when dry. At the pet store, you can find a good selection of products that may be more effective. A diarrhea stain on carpeting or upholstery can be lifted with a gentle solution of lukewarm water, dishwashing soap and white vinegar. It is also a good idea to feed and play with your dog on any areas she has eliminated on inside. Because dogs dislike toileting in areas near where they eat, feeding them on spots they have toileted before (after cleaning them and neutralizing them thoroughly) will help prevent your dog from eliminating on this spot again.



With time and consistent help from the entire family, you will be able to help your dog understand when and where to toilet appropriately. A doggy door is ideal for helping overcome inappropriate elimination in small adult dogs, and they are relatively cheap to buy and install as well as being easy to train a dog to use. Again, if you will be leaving your dog alone inside during the day without access outside, you will either need someone to come home during the day to let her out, or you will need to "Paper Train" her as per pages 41 to 54.

**TIP:** when you give your puppy physical praise, it is always best to *approach "underhand,"* with your hand always in front of their face and making contact first with their neck and chin. This is so they never lose sight of your hand, and NEVER have to guess as to your intentions. (Dog's that tend to cower and pull in their neck - extreme submission - when people try to pet them are exhibiting signs of possible abuse, specifically being struck from above).

### *Common Problems Seen With Training Adult Dogs with the Direct Method*

If the methods are followed directly as outlined in this book, all should go well. Your dog should understand relatively quickly that outside is the only appropriate place to eliminate. If you are watchful enough and vigilant with the methods described, there should also be minimal chances of accidents occurring. However no dog or owner is perfect and there will be exceptions to the rule. It is important in these situations to try and identify the cause of the problem occurring. Is it likely to be something in the way you are training your dog? The dog itself? The environment? Or some other behavioral problem or health related problem?

#### *Be sure to check your methods of training:*



Are you and the rest of your family regular and consistent with your rewarding and with taking your dog to the correct elimination area?



Have you been punishing your dog for toileting behavior you see as wrong, but that has not been described as such in this book?



Have you been cleaning any areas your dog eliminates on indoors adequately enough? Be sure to odor neutralize these areas as well.



Remember to reward good behaviors as SOON as they OCCUR and use only a quick, sharp, VERBAL interruption when a puppy is in the act of eliminating indoors as a punishment.



Are you taking enough time to observe your dog to avoid accidents and to take your dog outside?



Are you taking your dog out at the times specified earlier?



Be sure to keep the outside elimination area tidy, "picking up" on a regular (usually weekly) basis. Your dog will grow uncomfortable with an untidy toilet area, no matter where it is.

Read or re-read the above methods used for training your dog if you are having problems, as you may have unintentionally missed a point from one of the steps.

Further to direct training there are various other options available you may wish to try - including Paper Training in particular. If you think the problem is something behavioral or health related rather than the way you have trained your dog, see the section "House Training Problems" on pages 78-98 for more information.

### *Do's & Don'ts of Direct Training Adult Dogs*

As you have just read, there are plenty of techniques you need to undertake in order to reinforce to an adult dog what is right and what is inappropriate. There are also plenty of other techniques you may get into a habit of using or that you have previously tried that will only hinder your training process. Use the following as a broad guideline of what to do and what not to do during the training process:

#### *Do's*



Follow the above methods as closely as you can.



Find a praising voice and other rewards that your dog responds to well, and the best game to play with them after a correct behavior.



Ensure you punish your dog by using a short sharp guttural growl ONLY when you see her in the middle of urinating or defecating inside your house.



Allow enough time to monitor your dog in between feeding and playtimes to avoid accidents as well as to accompany your dog outside and to wait for her to eliminate.



Design and maintain a regular schedule so that your dog is regularly given the chance to eliminate appropriately.



Only have ONE elimination area and only ever take your dog to this spot. Make sure the entire family knows where this area is.



Encourage the entire family to get involved with the training of your dog, but make sure everyone understands the rules of training and how, when, and where to reward them.



Ignore your dog if you find feces or urine stains around the house. Punishing your dog for this will not help since. Though it would seem

obvious to you or me, the puppy WILL NOT ASSOCIATE the punishment with eliminating inside unless she is caught during the act.



Be sure to thoroughly clean any areas inside that have been eliminated on - including odor-neutralizing. Consider feeding your puppy on areas she has eliminated on and that you have neutralized. Because puppies also avoid eliminating in areas in which they are fed, they will generally avoid these areas in the future.



Above all, be patient, consistent, and persistent. Training takes time and only those with these qualities will have success with their dogs.

### Don'ts



Never punish your dog for urinating or defecating inside when you haven't actually seen her in the act, or more than 5 - 10 seconds after the dog has finished defecating or urinating.



Never rub your dog's nose in her urine or feces should you find some around the house. Not only is this definitely unhelpful, it can lead to giving your dog other behavioral problems and put a strain on your relationship.



Do not let your dog wander outside alone to eliminate. Always accompany her to the elimination area you have chosen.



Never leave your dog alone for large amounts of time unsupervised as this will easily lead to many accidents in the house.



Even when supervised, never allow your dog full run of the house. They can easily sneak away to a corner to urinate and defecate without you knowing.



Don't leave stains un-cleaned throughout the house. Areas a dog knows she has urinated or defecated on (i.e. by their smell) will no doubt be used by the dog again for the exact same purpose.



Do not allow other family members to be involved in the training if they have not been told the schedule and taught the exact ways how to train the dog. You will most likely need to supervise any younger children (i.e. 10 and under) if they are to help train the dog.



Do not change the elimination area during the training. This will simply confuse the dog and may lead to an increase in inappropriate elimination as well as in increased time needed for training.





## IV. How to house train your dog (Paper Method)

**F**or many reasons, a dog or puppy may not be able to toilet outside. This can be due to living arrangements such as living in an apartment block, extremely cold weather, or the inability of an owner to be with their dog all day in order to let them outside when necessary. Because of these very reasons, many owners must revert to training their dogs to toilet in a controlled and appropriate manner inside. Paper training refers to the process of training your puppy or dog to eliminate inside on newspaper or toilet training pads in an area of your choice.

You should be aware, though, if you do use this method your dog may develop a reluctance to eliminate outside, or at least on certain outdoor surfaces, which can be difficult on walks or when away from home. Another consideration when paper training is ensuring that there is adequate ventilation in order to prevent the build-up of unpleasant odors.

### *When to Consider Paper Training*

To decide whether paper training is appropriate for you, you must look at your particular puppy or dog as well as your living situation:



If your living arrangements do not allow your dog the opportunity to toilet outside for whatever reason, then paper training is the only realistic option. Paper training is an option for elderly or disabled dog owners.





If, however, you live in an area that has severely cold months in which your dog refuses to toilet outside or it is unsafe for her to do so, it will most likely be a matter of undertaking both direct and paper methods, since some months your dog will happily toilet outside, while others only inside.



This will also be the case for owners who have to leave their dogs alone inside during the day. Puppies in particular under 6 months of age cannot be expected to control their bladders for more than a few hours at a time.

In cases where a dog will end up being taught both the direct and paper methods, it is very important to properly train via the direct method for starters in order not to confuse your dog.

Paper training can be taught from scratch with either puppies or adult dogs and the methods are exactly the same.



If you need to teach your puppy or adult dog both direct and paper methods, please do not start paper training until your animal has been fully house trained via the direct method for at least a month. This is because paper training can prolong the process of teaching her to eliminate outdoors. Teaching your puppy or un-house trained adult dog to eliminate on newspaper may create a life-long surface preference, meaning that she may eliminate on any newspaper she finds lying around the house, so also be aware of this.



If, however, you are solely teaching the paper method as a result of your living situation, you can begin house training via the paper method straight away without any worries of potential confusion your puppy or adult dog may have further down the track.

### *Beginning Paper Training*

Training a puppy or adult dog via the paper method is, in many ways, very similar to the training undertaken via the direct method. If you have a puppy please refer to pages 11 - 13 for a background to the steps that should be followed prior to properly undertaking training, and pages 13 - 15 if you have an adult dog. This includes forming an appropriate schedule for your animal and involving the whole family in the training process.

The schedule you make for a puppy or adult dog will depend on your current living arrangement. Questions to ask yourself when formulating a schedule should include:

*What times during the day will you or one of your family be at home?*

*At what times and for how many hours each day is the puppy or adult dog likely to be left at home alone?*

*Where do you want your puppy or adult dog to be fed?*

*Where inside do you want to train your puppy or adult dog to eliminate?*

For examples of schedules you could make, see Figure 2 on page 17 for a puppy's schedule and Figure 3 on page 32 for an adult dog's schedule. In the appendix, on page 119, you will find a schedule template you may wish to print, cut out and use to help in making a schedule for your dog. You must be consistent. If you alter the schedule or let your puppy or adult dog do something differently one day and not the next, she can quickly become confused. Your dog will definitely adapt to change much better down the line, but during the critical training phase, you should do your best to establish routines. Of course, this model can be difficult to follow for anyone with a constantly changing schedule, but see the section on "Tips for Busy Owners" (page 55) for some possibly helpful ideas.

### *Involving the whole family*



The whole family should be encouraged to help with the paper training process. By involving the entire family in the training process, not only is the burden of supervision spread out so that one individual is not devoting all their time, but the social training and interaction of the dog with all family members is encouraged.



It needs to be explained to the entire family that the schedule and routine for the dog must be kept if everyone is to be involved. The fundamentals of training need to be explained to everyone, and the same methods of training the dog must be used by all family members. Having four or five different people training in a slightly different way will only cause confusion and lengthen the training process.

### *Where your puppy or adult dog will eat, drink and sleep*

With paper training, it is of particular importance to decide when and where your puppy or adult dog will eat, drink, and sleep while in the house. Doing so will help eventually teach your dog that there are separate areas for her to eat, sleep, and eliminate.

Your animal's access to food should be limited - a puppy should have access to three to four small meals per day, while an adult dog should have one to two larger meals per day. You should decide as a family where and when you feed your animal. Water should be made available to your dog throughout the day, regardless of whether she will be alone or not. Again, withholding water overnight will reduce the likelihood of your dog urinating in or near the area she has been given to sleep. The area in which you feed your dog should be separated from the area in which she will sleep. You should ideally continue using these areas for your dog to eat, drink, and sleep, as keeping these fundamental locations constant will help your puppy or adult dog realize that certain activities occur only in certain places. It is now a matter of choosing an appropriate place inside for your puppy or adult dog to eliminate.

### *Choosing an area for your puppy or adult dog to eliminate inside*



The decision of which area inside you choose to be the place where your puppy or adult dog will urinate and defecate is a very important one.



It is at this stage that owners must think ahead as to how they are going to deal with their puppy or dog when they are to be left alone. Ideally a puppy or dog should be confined to a small area with an easily cleanable floor (such as tile or linoleum), which is big enough to allow enough room to have separate areas for the dog to eat, sleep, play, and eliminate. A closable door or baby gate can be used to prevent your dog's access to the rest of the house.



Once you have chosen an appropriate area in which you will leave your puppy or adult dog when she is to be left alone, you should use an area in this room as your dog's indoor elimination area.



Preferably this will be a room with an easily cleanable floor. A laundry area is an example of an appropriate room that can be used to aid paper training (though remember to keep all soaps and chemicals out of reach).



Choose an area in this room that you will make your dog's permanent indoor elimination area. One of the corners of the room is usually ideal to allow sufficient room for your dog to eat, sleep, and play in the same room when left alone.

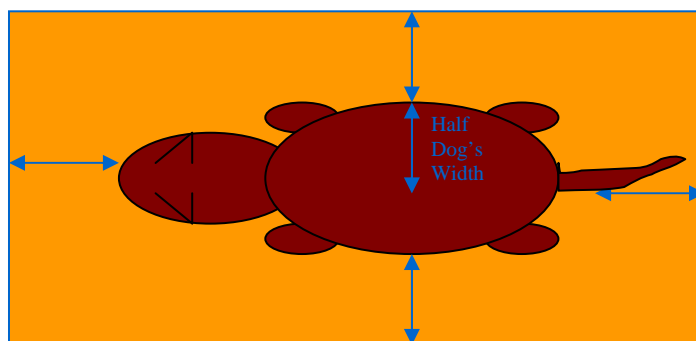


Other rooms could possibly be used instead of these rooms, but be aware that accidents will happen in the initial stages when you leave your dog or puppy alone. Also be aware that leaving a puppy or dog alone in a main room can be risky since many dogs can become anxious or bored when alone, leading them to undertake chewing and other destructive behaviors on whatever is within reach.

### Setting Up an Indoor Toilet

Once you have decided upon an appropriate room and area within that room for your puppy or adult dog to eliminate on, it is next time to set up the area ready to begin paper training. There are various products on the market to aid with indoor house training, ranging from absorbable house training pads all the way through to a large doggy versions of a 'litter tray' in which no 'paper' is involved at all. However these products, while helpful, are not essential as simple everyday newspaper, in many cases, does just as good a job without the added expense. Feel free to read more about other products available in the section "Other Tools & Training Products Available" on pages 68 to 72.

In the exact area you have chosen as your dog's indoor elimination area, you will need to lay down several layers of newspaper or your house training product if you have purchased one. The size of the area your dog will need to toilet on will of course depend on her size; however, your dog should be able to stand on the newspaper with half of her width in newspaper running around her (see figure 4).



*Figure 4 - Size of Indoor Elimination Area*

Once this area is ready to use, you can now put the schedule you have made for your dog to use:



By having someone monitor your puppy or adult dog whenever she wakes, after mealtimes, after play times, and before bed each night, they will be able to take her to the indoor elimination area at these times.



The manner in which this monitoring is done is of great importance and if done incorrectly will confuse the dog and frustrate the owner.



The way in which the dog is taken to the indoor elimination area will also be important. Although it may only be possible to carry puppy to this spot for the first week or so, it is more preferable to use a collar and leash to lead the puppy to the spot and this is definitely so for adult

dogs. This aids your control of the dog while she is eliminating, meaning she cannot run around and attempt to play while on the papers.



While patiently waiting with your dog for her to eliminate on the paper, use a word or *short* phrase that eventually she will associate with the behavior of eliminating on the papers. Use ONLY this word or phrase when your dog is about to eliminate. (Having this command firmly established will also help you get your dog to eliminate outside on walks or anywhere away from home when they may need some guidance about where to go).



*The following guide will help ensure that your dog is handled correctly, your timing is correct, and that the use of praise is correct.*



*Elimination after waking from sleep, after meals, after exercise, or before bed at night.*

Because the above times are those at which both a puppy and adult dog are most likely to eliminate, you should be at the ready to take your puppy or dog to your designated indoor elimination area at these particular times.



**STEP 1**



*After waking, eating, exercise, or before sleeping you should carry or lead your puppy or adult dog via a collar and leash to the indoor elimination area you chose earlier.*



**STEP 2**



*After placing your puppy or dog on the newspapers or indoor training pads you set up earlier, wait patiently and use a positive tone of voice to encourage her. She will eventually associate this command with the act. Repeat this while you wait for her to eliminate.*



**STEP 3**



*Continue repeating this command until your puppy or dog has finished urinating and/or defecating on the paper before giving her plenty of praise and attention. "GOOD GIRL!! WELL DONE, YOU'RE SO CLEVER!!" - use an excited and happy high pitched voice. This praise needs to occur both during and directly after your dog goes in order for it to be effective and can be combined with food treats if you wish.*



### Appropriately Dealing With Used Papers

Once your puppy or adult dog has used the papers you have laid out for her, replace these with clean, fresh ones to ensure your dog is not put off toileting in this area.

#### STEP 1

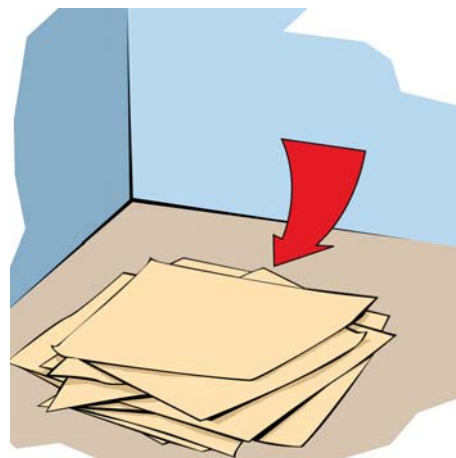


*Once your dog has finished toileting and has left the area, you should throw away used papers and clean underneath the papers with an appropriate odor neutralizer. Failing to do so may allow your dog to smell her scent on the floor. You want to keep your dog ON the paper.*



#### STEP 2

*If you are concerned about permanent odor or staining, putting plastic or waxed paper underneath the papers will help preserve your carpet or flooring.*



#### STEP 3



*Change the papers after each time your dog uses them. Under the fresh papers, put a lightly soiled one. This will encourage your dog to eliminate due to the scent left on the soiled paper. If you have gone out and left your dog at home alone, you should clean up any soiled papers immediately upon your return.*

*Dealing with accidents correctly*

Situations will occur where you will not see your puppy or dog eliminate inside in time to take her to the indoor elimination area, or where you simply find urine or feces inside. You must act in the correct manner in these situations to avoid confusing the dog or making her overly submissive.



**STEP 1**



*If you have just seen your puppy or adult dog eliminate inside but you are not able to reach her in time to take her to the papers, you should use a guttural growl immediately as soon as the behavior is seen. Doing so any more than five or 10 seconds after the event only confuses the dog as she will associate the reprimand with whatever she is doing after the event.*



**STEP 2**

*If you manage to catch your puppy or adult dog defecating or urinating inside while she is still 'in the act' - a short sharp growl is more than enough, then ignore the dog as you clean up the mess she has made.*



**STEP 3**



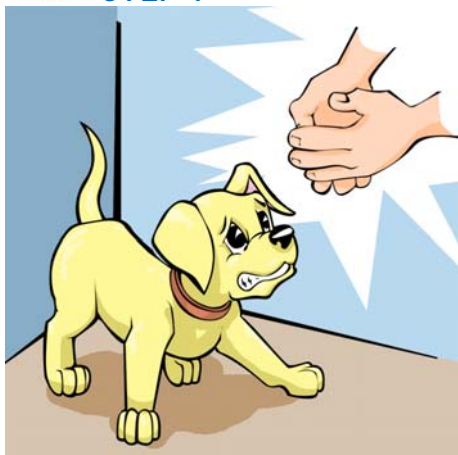
*Be sure to thoroughly clean the area your dog has eliminated on, including spraying the area with a suitable odor neutralizer. DO NOT punish your dog more than that mentioned above and make it a short sharp guttural growl ONLY if the dog is still in the act. NEVER RUB YOUR DOG'S NOSE IN THEIR FECES OR URINE.*

*Dealing with a puppy or dog about to eliminate inappropriately indoors*

There will be occasions where you will see all the tell-tale signs that your dog is about to eliminate inappropriately indoors. These include squatting and 'uncomfortable' behaviors such as pacing and perhaps even whining. It is important to realize these as quick as possible and act accordingly.



**STEP 1**



*As soon as you see signs that your puppy or adult dog is about to urinate or defecate away from her indoor elimination area, distract her by saying "AAAH" in a guttural voice or clap your hands. Then quickly pick her up (even if she is in the middle of the act) and carry her to the indoor elimination area and let her continue on this spot.*



**STEP 2**

*After placing your puppy or dog on the newspapers or indoor training pads you set up earlier, wait patiently and use a positive tone of voice to encourage her with a command she will then associate with the act. Repeat this while you wait for her to eliminate*



**STEP 3**

*Continue repeating this command until your puppy or adult dog has finished urinating and/or defecating on the paper before giving her plenty of praise and attention.*

*"GOOD GIRL!!, WELL DONE, YOU'RE SO CLEVER!!" - use an excited and happy voice. You should then quickly clean up the papers when your dog leaves the room. Once this is done, clean any mess your dog has made elsewhere in the house, while ignoring her.*



*Paper Method for Puppies and Adult Dogs - Summary*

By introducing your puppy or adult dog to toileting in a controlled and appropriate manner inside, you will ultimately make your life as an owner easier in many ways. The process, however, will also take time and energy, a great deal of consistency, a little common sense, and close attention to cleaning up properly. For this reason it is important to be very vigilant with your dog's training and to keep to the schedule you have made for your dog. In time, eliminating on the papers in the indoor elimination area will become second nature to her.

If you are solely paper training a puppy from scratch, you will find the training process goes without a hitch if you monitor her appropriately and don't let her have free run of the house.

Paper training a puppy or an adult dog that has been trained via the direct method is a completely different story and these animals require much more care and vigilance on the owner's part since, previously these dogs have only ever been told off for toileting inside. Again, if you are training a puppy or adult dog via both the direct and paper methods, you will need to thoroughly train her using the direct method first and foremost such that she completely understands this before you even begin indoor paper training. Undertaking both direct and paper training methods at the same time would be disastrous and would thoroughly confuse any dog, young or old. After ensuring your puppy or adult dog knows that outside is the appropriate place to eliminate, introducing one area in the house in which she can toilet will help make matters slightly easier. If you intend to let your dog toilet outdoors at certain times and indoors at others, be sure to continue to let your dog eliminate outside while undertaking paper training.

In addition to the methods described above, to further train your dog to use the papers you should carry her to different parts of your apartment or house and say "papers!" Then, carry her straight to the papers. This will help train your dog to go to the papers when she has the desire to eliminate.

You must also remember that your dog will take some time to get used to the feeling of the substrate you are using for her to eliminate on. It can take a dog some time to get used to the feel of newspaper or dog house training pads. This becomes even more of an issue if your dog has previously been trained to toilet on newspaper and you have purchased a new house training product that your dog is to use instead of the paper. Simply allow more time for your dog to get used to the feeling of these products under their feet if this is the case. For examples of further house training products currently available on the market please see the section "Other tools and training products available" on pages 68 - 72.



Paper training is particularly useful when an owner is to leave their puppy or adult dog inside alone for a certain length of time. The room in which you have chosen to place your dog's indoor elimination area should be the room to which you restrict your dog's movement. Before you leave the house you should ensure your dog:



Has clean papers to toilet on in the elimination area



Has water in a separate area of the room



Has a bed and bedding in another area of the room



Has toys and chew things in another area of the room

As described earlier, the room has to be big enough to allow space for all of these areas for your dog, and you must be able to prevent access to the rest of the house via a door or a baby gate.



Part of the paper training process is thoroughly cleaning and neutralizing both the indoor elimination area as well as any areas your dog has an accident. You should scrub areas your dog has toileted on inappropriately, and then put any paper towels or hand towels you have used during cleaning on the

designated indoor elimination area. The smell of these will help your dog recognize the area as the place where she is supposed to eliminate. There are several homemade and commercially available odor neutralizers that are helpful. In short, plain white vinegar will work to help neutralize the odor and the ammonia in the urine. Cleaners with ammonia generally make smells worse so avoid these. Sprinkle baking soda on the spot to soak up moisture and to help neutralize odor, vacuum when dry. At the pet store, you can find a good selection of products that may be more effective. A diarrhea stain on carpeting or upholstery can be lifted with a gentle solution of lukewarm water, dishwashing soap and white vinegar. It is also a good idea to feed and play with your dog on any areas she has eliminated on inside. Because dogs dislike toileting in areas near where they eat, feeding them on spots they have toileted before (after cleaning them and neutralizing them thoroughly), will help prevent your dog from toileting on this spot again.

With time and consistent help from the entire family, you will be able to help your dog understand when and where to toilet appropriately indoors. Again, if you intend your dog to toilet via both the direct and paper methods, you **MUST** be very careful to undertake direct training first and foremost and to be very vigilant once the paper training begins, since undertaking both direct and paper methods can be very confusing for a dog.

**TIP:** when you give your puppy physical praise, it is always best to *approach "underhand,"* with your hand always in front of their face and making contact first with their neck and chin. This is so they never lose sight of your hand, and **NEVER** have to guess as to your intentions. (Dog's that tend to cower and pull in their neck - extreme submission - when people try to pet them are exhibiting signs of possible abuse, specifically being struck from above).

### *Common Problems Seen With Training Dogs by the Paper Method*

If the methods are followed directly as outlined in this book, all should go well. Your dog should understand relatively quickly that only the one indoor elimination area is the appropriate place to eliminate inside. If you are watchful enough and being vigilant with the methods described, there should also be very minimal chances of accidents occurring. However no dog or owner is perfect and there will be exceptions to the rule. It is important in these situations to try and identify the cause of the problem occurring. Is it likely to be something in the way you are training your dog? The dog itself? The environment? Or some other behavioral problem or health related problem?

#### *Be sure to check your methods of training:*



Are you and the rest of your family regular and consistent with your rewarding and with taking your dog to the correct indoor elimination area?



Have you been punishing your dog for toileting behavior you see as wrong, but that has not been described as such in this book?







Have you been properly disposing of used papers and thoroughly cleaning both this area as well as any other indoor areas your dog eliminates on adequately enough? Be sure to neutralize these areas as well.



Remember to reward good behaviors as **SOON** as they **OCCUR** and only ever use a quick guttural "AAAH" when your dog is caught in the act of eliminating indoors as a punishment.









-  Are you allowing enough time to observe your dog in order to avoid accidents and to take your dog to the indoor elimination area?
-  Are you taking your dog out at the times specified earlier?
-  Have you been leaving your dog alone in the room with the papers without properly training her first?
-  Have you been restricting your dog's movements adequately enough when you cannot supervise her?






Please read or re-read the above methods used for training your dog if you are having problems, as you may have unintentionally missed a point from one of the steps. If you think that your dog has a behavioral or health related problem, please see the section "House Training Problems" on pages 78-98 for more information.

### *Do's & Don'ts of Paper Training*






Paper training can be a very delicate process for both puppies and adult dogs, and particularly so if they have also been trained via the direct method. Use the following as a broad guideline of what to do and what not to do during the training process:

#### *Do's*

-  Follow the above methods as closely as you can.
-  If you have trained your dog via the direct method and wish to use both direct and paper training methods, ensure that your dog fully understands outside toileting before moving on to paper training to help avoid confusion. While undertaking paper training, you will still need to reinforce the direct paper training.
-  Find a praising voice and other rewards that your dog best responds to, and the best game to play with them after a correct behavior.
-  Ensure that you punish your dog by using a short sharp guttural growl ONLY when you see it in the middle of urinating or defecating anywhere other than on the inside elimination area.
-  Allow enough time to monitor your dog in between feeding and playtimes to avoid accidents as well as to accompany your dog to the paper for her to eliminate.
-  Design and maintain a regular schedule so that your dog is regularly given the chance to eliminate indoors appropriately.

-  Only have ONE indoor elimination area and only ever take your dog to this spot when at home. Make sure the entire family knows where this area is.
-  Encourage the entire family to get involved with the training of your dog, but make sure everyone understands the rules of training and how, when, and where to reward them.
-  Ignore your dog if you find feces or urine stains around the house. Punishing your dog for this will not help. Though it would seem obvious to you or me, the puppy WILL NOT ASSOCIATE the punishment with eliminating inside unless she is caught during the act.
-  Be sure to thoroughly clean any areas inside that have been eliminated on - including neutralizing. Consider feeding your dog on areas they have eliminated on and that you have neutralized. Because dogs also hate eliminating in areas in which they are fed, they will generally avoid eliminating in these areas again.
-  Be patient, consistent and persistent above all other things. Paper training takes time and only those with these qualities will have success with their dogs.

### Don'ts

-  Never punish your dog for urinating or defecating inside when you haven't actually caught it in the act, or more than five or 10 seconds after your dog has finished defecating or urinating.
-  Never rub your dog's nose in her urine or feces should you find some around the house. Not only is this definitely unhelpful, it can lead to further behavioral problems and strain your relationship.
-  DO NOT confuse your dog by trying to train both direct and paper house training methods at the same time. Be sure that your dog has understood the direct method for at least a month (preferably 2 - 3) before undertaking the paper method.
-  Initially do not simply let your dog wander to the indoor elimination area by herself to eliminate. Always accompany her to begin with.
-  Never leave your dog alone for large amounts of time unsupervised as this will easily lead to many accidents in the house.



Even when supervised, never allow your puppy or untrained adult dog full run of the house. They can easily sneak away in to a corner to urinate and defecate without you knowing.



Don't leave stains un-cleaned throughout the house. Areas a puppy knows she has urinated or defecated on (i.e. by their smell) will be used by her again for the exact same purpose.



Do not change the indoor elimination area during the training. This will simply confuse your dog and may lead to an increase in inappropriate elimination as well as an increased time needed for training.

## V. House Training Tips for Busy Owners

### *Maintaining Initial House Training*

For many owners, being around their puppy or adult dog for an entire day to help house train them is simply not a possibility. House training a dog can quickly become very difficult if you are not around to supervise your dog, take her outside to the toilet, and reprimand or reward her where appropriate. For these reasons, it is important to know how to undertake effective house training if you are not with your dog for the majority of the day.



If you are committed to having an un-house trained puppy or adult dog and have to be away from home for long periods of time without them, your best bet may be paper training and keeping them confined while you are away. Then whenever you are at home, you will need to do your utmost to properly house train your dog. House training definitely becomes a harder task when your

dog cannot be supervised or trained for such long periods. A working owner will need to put in plenty of extra time and effort before and after work, and particularly on days off. If it is possible, even taking a bit of time off from work at this crucial stage of a puppy's development will reward you in the long term by speeding up your training. Also if possible, other family members should help out with the training during the day, so that your dog can still be properly house trained in a reasonable amount of time. In general:



If you have recently acquired your un-house trained dog, you should do your best to take few days off work to help get your new puppy or dog used to your home and family and to initiate some basic direct house training.



If you are to leave you dog inside alone while you are away at this early stage, you will need to confine her to an appropriate small room with preferably a linoleum floor, as described above in the Paper Training section on pages 41 - 54.



Your dog should only have access to this room, so the door of the room must be closed, or if there is no door, something such as a baby gate used to prevent your dog from having a free run of the house.



This room should have newspapers or toilet training pads on one side, and food, water, plenty of toys and chew-things, and bedding on another.



It may only be possible to help train your dog to toilet on the newspapers by training the paper method during the periods that you are at home. However, as described above, training both the direct and paper methods at once will confuse dogs. This is another reason to try and avoid the situation of acquiring a puppy or un-house trained adult dog during a time at which she will have to be left alone during the day. Though it can be done, it will take time and effort as well as extra vigilant training when the owner is at home.



When an owner arrives home to find that their dog has toileted in the room they have been restricted to, but not on the newspaper provided, the dog should NEVER be punished. Simply ignore the dog and quickly clean up the mess using an appropriate cleaner and pet odor neutralizer.



Never crate your dog for more than two or three hours while you are away from home, as this will only result in your dog eliminating in the crate, creating a mess and causing your dog distress and discomfort. Crating should only ever be used for short periods of time or overnight to help confine your dog at times where you cannot keep a close eye on her. For more information on crate training see the next section entitled "Crate Training" on pages 58 to 68.

Do all you can to ensure that you can allocate two to three weeks, as a family if possible, to the schedule that has been devised for house training your dog.

## Leaving Trained dogs Home Alone

If your dog has already been properly house trained and you are to be leaving her alone for large periods of the day, there are a few options available to you.



In situations where a doggy door is an option for your living situation and dog breed, it can definitely help a dog that has to be left at home alone.



If a doggy door is not a suitable option for your dog, for whatever reason, then another option if you have an adult dog would be to take her out to the toilet prior to leaving work, and either come back yourself at lunchtime to let her out again, or have a dog walker come at around midday to let her out and take her for a quick walk. An adult dog can generally put off toileting for four to five hours, so this method is a good alternative to a doggy door.



The above method obviously won't work for puppies as they can generally only hold on for around two to three hours at a time. It is for these dogs, or in situations where an owner is not able to come back home at lunchtime or employ a dog walker, that an indoor toilet (as with paper training) will have to be used. As described earlier, you will need to confine your dog to an appropriate area as described above in the "Paper Training" section on page 41 to 54.



Again, never scold or punish your dog if you come home to find she has toileted on the floor rather than on the newspaper, and always change the paper as soon as you can so she has a fresh area to toilet on.





Another available option is to leave your dog outside for the period of time you are away. This will depend upon your accommodation, your climate, your dog's breed and behavior (e.g. do they have an adequate winter "coat"? Will they bark if left outside?). Another option for owners who have a doggy door or who could possibly get one installed, is to place a crate directly in front of the doggy door on the inside of the house. This allows the dog access to an undercover area inside where she can comfortably sleep, while disallowing her access to the rest of the house.

Whether you are leaving an untrained puppy or adult dog home alone, or have a trained dog that you have to leave at home alone, appropriate steps must be taken to ensure that your dog has somewhere to toilet while you are gone. If left inside, be sure to restrict your dog's movement to a small room while you are gone if she has not been completely house trained, or if she has a

separation anxiety problem. If your dog seems to develop a separation anxiety as a result of you leaving her alone for long periods of time, you will need to take appropriate action to try and stop this sort of behavior. See the section on Separation Anxiety under “House Training Problems” on pages 84 to 90, for more information.

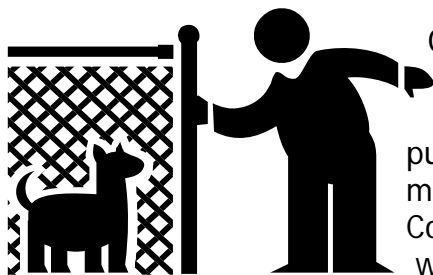
## VI. Crate Training

**F**or a variety of reasons, it is a great idea to train your puppy to get used to being in a crate. A crate can be used in several different sorts of situations including:

-  Limiting the space of a new puppy, or small un-house trained dog to order to help train them appropriate behaviors. By restricting your dog to one space when you cannot closely supervise your dog, you avoid potential behavioral problems such as chewing and digging as well as inappropriate elimination.
-  Transporting your dog from place to place. A crate is a great way to take your dog places when they can't roam freely, such as kennels, veterinary clinics, or even your place of work.

If you undertake this training in the appropriate manner, you should end up with a puppy or adult dog that thinks of the crate as a safe-haven rather than anything else. The use of crate training to help with house training is based on the observation that, due to instinctive den-like behavior, puppies and dogs do not urinate or defecate in an area where they sleep or eat. For this reason you can generally leave a puppy or dog unsupervised in a crate for up to two hours without it eliminating inside it.

### Selecting a Crate



Once you have decided that crate training could be useful in the house training of your puppy or small adult dog, you will need to find and purchase an appropriate crate. Crates are pens made of fiberglass, plastic, or collapsible metal. Collapsible fabric kennels are designed for use when the owner is present and will not contain a dog for long periods while unsupervised. Crates come in different sizes and can be purchased at most pet stores. Your dog's crate should be large enough for her to stand up and turn around in, but not so large that she sleeps in one corner and ends up toileting in another.



## The Crate Training Process

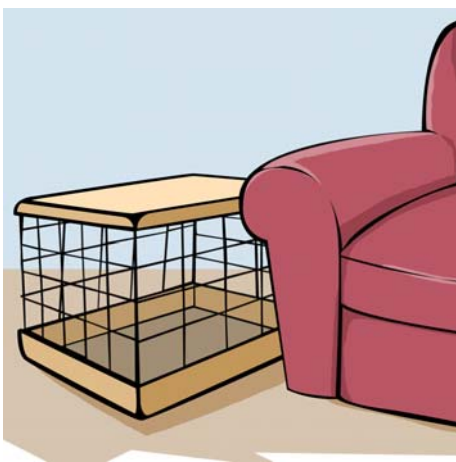
Introducing your puppy or adult dog to the crate and then appropriately crate training her can take days or weeks, depending on your dog's age, temperament and past experiences with crates. Crate training should be undertaken gradually via the individual steps outlined below over the period of two to three weeks, without forcing your dog into anything too quickly.

### 1. Introducing Your Dog to the Crate

Crate training is a gradual process with several steps that each must be undertaken slowly and with patience on an owner's part. Do not force your puppy or dog into doing something she is unwilling to do. If your dog becomes at all fearful, it is very important that you do not pander to her, as this will only encourage this sort of behavior. Instead, ignore your dog until the fearfulness passes before continuing with the training.



#### STEP 1



*Put the crate in an area of your house where the family spends a lot of time, such as the living room. Put a soft blanket or towel in the crate.*



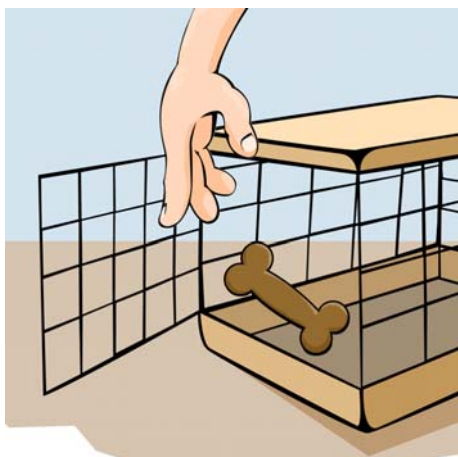
#### STEP 2

*Bring your dog over to the crate and talk to her in a happy, high pitched tone of voice. Make sure the crate door is securely fastened open (or removed) so it won't hit your dog and frighten her. To encourage your dog to enter the crate, drop small food treats near it, then just inside the door, and finally, all the way inside the crate.*





STEP 3



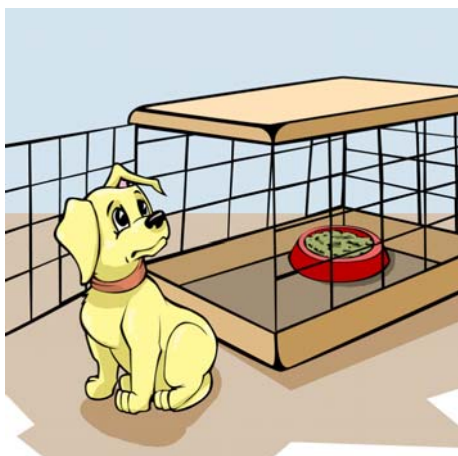
*If she refuses to go all the way into the crate at first, do not force her to enter. Continue tossing treats into the crate until she will walk calmly all the way into the crate to get the food. If she isn't interested in food treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.*

*II. Feeding Your Dog Her Meals in the Crate*

After introducing your dog to the crate, begin feeding her regular meals near the crate. This will create a pleasant association with the crate.



STEP 1

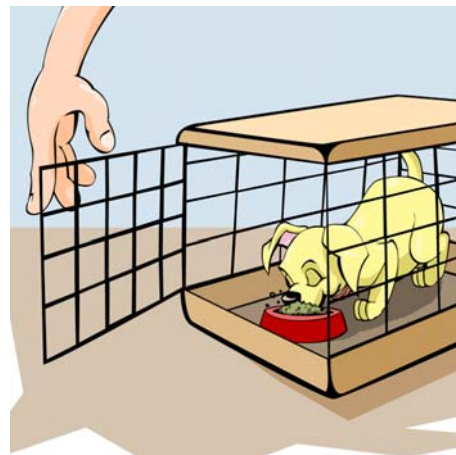


*If your dog is readily entering the crate by this stage, put her food dish all the way at the back of the crate. If she is still reluctant to enter the crate, put the dish only as far inside as she will go without becoming fearful or anxious. Each time you feed her, place the dish a little further back in the crate.*

Once your dog is standing comfortably in the crate to eat her food, you can close the door while she is eating. At first, open the door as soon as she finishes her food. Then, with each following feeding, leave the door closed a few minutes longer, until she is remaining in the crate for 10 minutes or so after eating. If she begins whining to be let out, you may have increased the length of time too quickly. Next time, try leaving her in the crate for a shorter time period. If she whines or cries in the crate, it is very important that you not let her out until she stops. Otherwise, she will learn that the way to get out of the crate is to whine.



STEP 2



### III. Conditioning Your Dog to the Crate for Longer Time Periods

After your dog is regularly eating her meals in the crate with no sign of fear or anxiety, you can confine her there for short time periods while you are at home. Remember, *confinement equals comfort* for a canine.



STEP 1



Call your dog over to the crate and give her a treat. Give her a command to enter, such as, "Crate Time!" and encourage her by leading her in to the crate with a treat in your hand.

After your dog enters the crate, praise her, give her the treat and close the door. Sit quietly near the crate for five to 10 minutes.

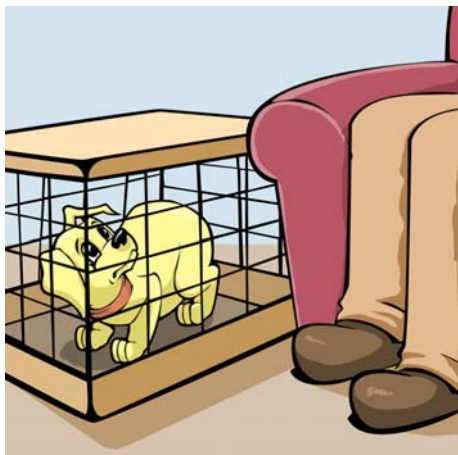


STEP 2





STEP 3



*After this time, try going into another room for a few minutes. Return and sit quietly next to the crate again for a short time, then let her out of the crate.*

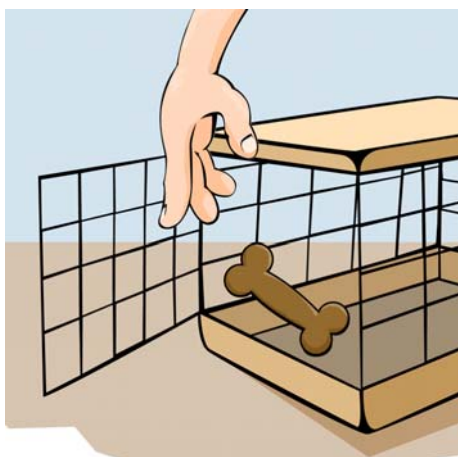
Repeat this process several times a day. With each repetition, gradually increase the length of time you leave her in the crate and the length of time you are out of her sight. Once your dog will stay quietly in the crate for about 30 minutes with you out of sight the majority of the time, you can begin leaving her crated alone for short time periods of up to an hour or two and/or letting her sleep there at night. This may take several days or several weeks.

#### IV. Crating your dog when left alone

After your dog is spending about 30 minutes in the crate without becoming anxious or fearful, you can begin leaving her crated for short periods when you leave the house.



STEP 1



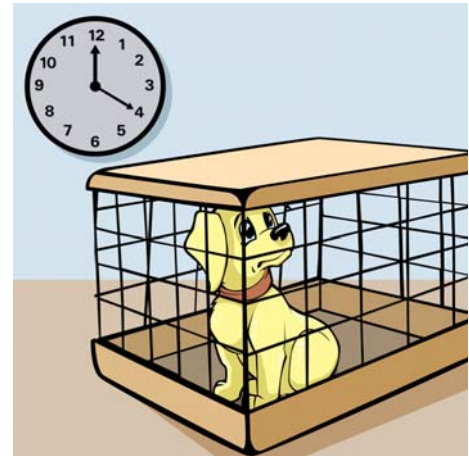
*Put her in the crate using your regular command and a treat. You might also want to leave a few of her toys in the crate to relieve boredom and take her mind off you while you are away.*





STEP 2

*Be sure that you are aware of varying the point at which you put your dog into her crate before you leave. Although she shouldn't be crated for a long time before you leave, you can crate her anywhere from five to 20 minutes prior to leaving. Don't make your departures emotional and prolonged. Praise your dog briefly, give her a treat for entering the crate, then leave quietly.*



STEP 3

*When you return home, do not reward your dog for excited behavior by responding to her in an eager or enthusiastic way (I know, it's hard). Keep arrivals low key. Continue to crate your dog for short periods from time to time when you are at home so that she doesn't associate crating with being left alone.*

V. Crating your dog at night



STEP 1



Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy.

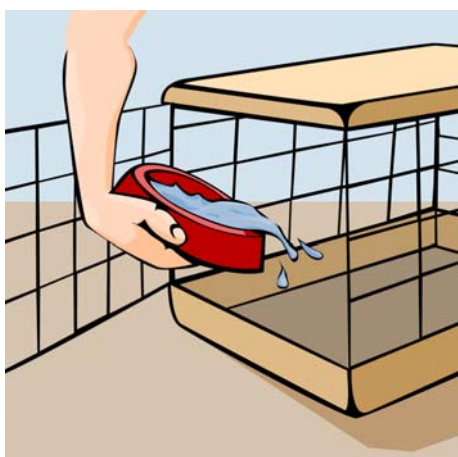
Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when she whines to be let outside. Older dogs, too, should initially be kept nearby so that crating doesn't become associated with social isolation.



STEP 2



STEP 3



Once your dog is sleeping comfortably through the night with her crate near you, you can begin to gradually move the crate to the location you prefer. Again, removing access to water overnight helps lower the chance your dog will cry or whine to be let out to toilet overnight.



## Potential Problems with Crate Training

### I. In the Crate for too Long



Many owners see crate training as a miracle cure, but it needs to be realized that it is by no means a magical solution to house training. If not used correctly, a dog can feel trapped and frustrated. If, for example, your dog is crated all day while you are at work and then crated again all night, she is obviously spending far too much time in too small a space. Other arrangements should be made to accommodate her physical and emotional needs. Be aware that puppies six months of age and under should not stay in a crate for more than two to three hours at a time as they cannot control their bladders and bowels for long periods due to immature muscles and nervous control. Adult dogs should not be kept in a crate for an entire day either, and ideally you should limit their time in a crate to four to five hours maximum. Leaving a healthy puppy or

adult dog in a crate overnight without access to water is fine; however, you should ensure that you take your dog to the toilet before bed each night and be sure to listen for signs that your dog needs to go to the toilet during the night.

### II. Toileting in the Crate

In some cases, puppies and dogs will toilet in their crates. This can happen for a variety of reasons and it is important to know how to appropriately deal with these situations. Because dogs in general do not toilet in areas where they sleep, a dog or puppy toileting within their crate is a signal that your crate training methods are not quite right, or that your dog has some other sort of house training problem.

If your dog has toileted within her crate and on her bedding, you should first and foremost thoroughly clean both the bedding and the crate itself using a good all-purpose cleaner and odor neutralizer. This is very important, since dogs will tend to toilet on areas in which they have done so before via the smell of an area. Next you need to identify *why* your dog toileted in the crate. Did you leave her in the crate for an unrealistic amount of time expecting her not to toilet while you were away? Did you remember to take her to the toilet outside prior to putting her in the crate? If she has been in the crate over night, did you remove her access to water? Have you ignored her cries to be let

out to toilet during the night because you perceived them to be cries of wanting to be let out of the crate rather than cries of "I need to go"? Finally, a dog's early development may have something to do with the problem. For example, often store bought puppies will have some difficulty with crate training since they *must* eliminate in their cages, which can be quite small, when they are in the store. Changing this expectation can be confusing for them.

By running these possible causes through your head you should be able to come up with a justifiable reason as to why your dog has been toileting in the crate. If you cannot come up with a reason as to why this may be happening, your dog *may* have a congenital or disease related problem in which case you should refer to the section "House Training Problems - Congenital and Disease Related Problems" on pages 102 to 107 as well as consulting your local veterinarian. Please also see "House Training Problems - Toileting in the crate/kennel" on pages 90 to 94 for more information.

### *III. Separation Anxiety*

Attempting to use the crate as a remedy for separation anxiety will not solve the problem. A crate may prevent your dog from being destructive while you are away, but she may also injure herself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures as in the "House Training Problems - Separation Anxiety" section on pages 84 to 90.

### *IV. Whining*

If your dog whines or cries while in the crate at night, it may be difficult to decide whether she is whining to be let out of the crate, or whether she needs to be let outside to eliminate. By following the guidelines for crate training as outlined above, your dog will not have been rewarded for whining in the past by being released from her crate. Do your best to ignore the whining. If your dog is just testing you, she will most likely stop whining within a few minutes. Yelling at her makes these particular situations worse. If the whining continues after you have ignored her for several minutes, use the phrase she associates with going outside to eliminate. If she responds and becomes excited, you should take her outside. As above with Direct house training - this trip outside should only have one purpose - that your dog eliminates and is then brought back inside. If you are convinced that your dog does not need to eliminate, the best response is to ignore her until she stops whining. Do not give in, otherwise you will end up teaching her to whine, since every time she does so, she gets her way. By progressing gradually through the training steps, you will be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

### *Do's & Don'ts of Crate Training Puppies*

Crate training is very useful if undertaken properly. But if not all the steps are followed correctly, or you are trying separate techniques in combination with the above, you run the risk of confusing your dog completely such that a small problem quickly escalates into a larger one.

#### *Do's*



Follow the above techniques as closely as you can.



Choose a crate that is an appropriate size for your dog, such that she can stand and move around in a full circle. A small crate will surely make her more fearful and nervous, while a crate that is too big might be toileted in.



Make the initial introduction to the crate as fun as possible, such that it will be a positive event whenever she is put into the crate.



Ensure that the crate is always associated with something pleasant and positive for your dog.



Ensure your dog's training takes place in a series of small steps - do not move too fast.



Clean out your dog's crate thoroughly if she toilets in it. This includes thoroughly scrubbing both her bedding and the crate itself using an appropriate cleaner and then neutralizing every surface to help ensure the problem does not recur.



Be sure to give your dog plenty of rewards and praise when she begins to become confident in the crate.



If your dog is whining and crying because you believe she needs to be let out to toilet, it is very important that you do so.

#### *Don'ts*



Do not leave your dog in the crate for long periods at a time, other than overnight. The crate should be used only for short periods at a time to allow you to have a break or to get out of the house briefly, while ensuring that your dog does not get up to mischief or toilet around the house while you are gone.



NEVER scold your dog for toileting in her crate if you find that she has done so.



NEVER rub your dog's nose in her urine or feces. This will also make the problem dramatically worse.



Do not attempt to use crate training as a method of preventing separation anxiety behaviors. Please refer to the section "House Training Problems - Separation Anxiety" on pages 84 to 90 in order to deal with this problem appropriately.



Do not only put the dog into the crate when you are leaving the house. By putting her into the crate when you are at home as well as before you leave, you will lessen any anxiety or fear she may be feeling.



Never pet or dramatically comfort your dog in an attempt to calm fearful behavior. Because your dog will see this as being rewarded for being fearful of the crate, you will only take backward steps. You should only ignore these fearful behaviors because, after all, there is nothing to fear! Reward your dog once she isn't acting timidly.



If your dog is whining because she is craving attention, or she does not like being caged up, it is very important that you just ignore her and leave her in the crate.



## ***VII. Other tools and training products available***

**T**here are many tools and products you can purchase both online and at your local pet store to help you in your quest to house train your puppy or adult dog. Some work well for some dogs, while others seem to create more havoc than good. Products on the market include litter boxes, dog potties, dog toilet training pads as well as many odor neutralizers to help with cleaning up accidents appropriately, and of course an array of doggy doors and crates.

If you are thinking of purchasing a product to aid with paper training your dog, the choices you have include dog litter boxes, indoor dog potties or alternatively simple toilet training pads. Each has advantages and disadvantages, but all can potentially be used to help train your dog to toilet in a distinct area inside. You must be aware, however, that dogs quickly become used to toileting on a particular surface or 'substrate.' If you have previously trained your dog on newspaper for example, it may take some work to introduce your dog to litter, toilet training absorbable paper, or the plastic or metal dog potty. Be wary of this if you are considering a new substrate for your dog's paper training.



It will be up to you as the owner to decide, firstly if you want to try one of these products, and secondly, which product would be best for both your dog and your situation. While these products can be very helpful to some extent, do not forget that they all cost money, whereas the simplest method is usually completely free - newspaper! Newspaper works very well to absorb your dog's urine and cling film can be used beneath the paper if an owner is worried about any urine seeping through the newspaper to contact the flooring beneath it. However, if the papers aren't replaced regularly, you will quickly find that your dog either begins to shy away from the papers, or at the very least, you begin to have wet paw prints through the house from where your dog has been standing on the used papers. To avoid this, be sure to change the paper ideally as soon as they have been used.

*The following guide will help you decide whether further products are necessary for you to train your dog:*

### *Dog Potties*



There are several products currently on the market that many owners have used with success to help house train their dogs quickly and without mess. Dog Potties usually consist of a plastic pan with a fitted metal or plastic grate on top which a dog will be trained to toilet on. Urine drains through the grate to newspaper or a dog toilet training pad below, while feces stays on top of the grate meaning just a flip of the grate and they are gone. These devices can help save your floor from urine stains and make disposal relatively easy since all you need to do is take the grate off and flip the used newspaper in the pan into the bin. Due to the fact that the grate is often metal and of a different feeling substrate to a dog, it can take a while for a dog to adjust to this sort of house training aid. However, because your dog does not come in contact with the urine, there is no risk of wet paw prints through the house. Dog potties are available through most good pet stores and are also relatively easily found online.

### *Dog Litter Boxes:*

Dog litter boxes come in different shapes and sizes and work in exactly the same way as those used for cats. A pan large enough for your dog to comfortably stand in is filled with an absorbent litter material which you train your dog to toilet on. Urine causes parts of the litter to clump up as it is absorbed, while feces lay on the top surface of the litter. Again, this product will help prevent wet paw prints around the house to an extent; however, the litter itself must be regularly turned over, and replaced at least twice weekly, so there is an





ongoing cost here. The tray itself must also be scrubbed out and neutralized regularly. Furthermore, many owners have found that their dogs love digging the litter and creating a real mess as the litter substrate flies up and out of the litter tray often taking feces with it too. Although they may be slightly cheaper to purchase than a dog training potty initially, the ongoing cost of litter makes it more costly in the long run.

### *Toilet training pads*

A simple but more costly alternative to newspaper are dog toilet training pads, available from most pet stores. These pads are scented with attractants that encourage a dog to eliminate on the pad. They also consist of very absorbable paper under which is a non-leak plastic liner that prevents urine seeping through to the flooring below. Because of the nature of the soft absorbable paper used to make them, dogs tend to prefer them over newspaper as a substrate since they feel nice to stand on. These products are excellent if you can afford to continually purchase them for your dog, but for many owners this is not realistic. Instead, they could well be used to help introduce your puppy or adult dog to paper training, and once they understand the basics, slowly replacing these pads with basic, cheap newspaper could be a much better option.



*As for odor neutralizers and cleaners, again there are plenty of different products out on the market.*

### *Cleaners and Odor neutralizers*

As stated earlier, there are many products you can use from home that can help clean and deodorize an area your dog has had an accident on. These include vinegar or baking soda which both (separately) can help neutralize odors. However, many owners will not be interested in pouring vinegar on to their carpet, as it too has a rather distinct and strong odor. When using a cleaner to deal with your dog's accidents, be sure not to use anything ammonia-based as it will have no effect on the ammonia in your dog's urine and will most likely make any smell worse. These cleaners will also likely encourage accidents to happen when your dog mistakes the scent as a previously marked spot. There are many appropriate cleaners on the market that will help remove stains and your local supermarket will probably have the most suitable ones for your flooring. Neutralizing the area once you have removed the stain will help here, as will feeding and playing with your dog on this area once it has been fully cleaned and neutralized.

Pet odor neutralizers are available online and from all good pet stores and are definitely necessary in ensuring that areas your dog accidents on are totally removed of all smell. As described, is of utmost importance since dogs, by

instinct, eliminate on an area they have gone on before due to the smell of that area. For this reason, spend some time shopping around for an appropriate and well known pet odor neutralizer. Several examples of good pet odor neutralizers currently on the market include "Natures Miracle," "Bio-ox," and "Stain-X" to name a few. A trip to your local pet store or a quick Internet search will allow you to quickly find an appropriate product to use.

*Common pet products such as crates and doggy doors are available almost everywhere and come in a large variety of shapes and sizes.*

### *Crates*

As described in the crate training section (pages 58 - 67), there are many types and sizes of crates available for your puppy or adult dog. Crates are very useful not only for helping with house training, but also to transport your dog, to give them 'time out,' or to help you keep them confined when you cannot properly supervise them.

Types of crates available primarily include completely plastic crates (often used for transporting dogs) and metal pens that collapse down. There are also collapsible fabric kennels available which are primarily used when an owner is present. They should not be used to contain a dog for long periods while unsupervised. Crates come in many different sizes, thus catering for different breeds of dogs. Your dog's crate should be large enough for him to stand up and turn around in, but not so large that the dog sleeps in one corner and ends up toileting in another. By consulting with your local pet store or veterinarian, you can purchase the most suitable crate for your dog and living situation. You will find that the crate is helpful in many situations and a good quality crate will last a lifetime, so it is worth outlaying a good amount of money initially for a top quality crate. Always remember to never leave a dog in the crate for more than a few hours at a time, unless it is overnight. For more information please refer back to the "Crate Training" section on pages 58 - 67.

### *Doggy doors*

Doggy doors are VERY useful if your living situation allows your dog to go outside at any time. If you have a well fenced yard and a door that leads to this enclosed area, you should consider getting a doggy door installed in it. Your dog has to be of the right size to be able to fit through it, and obviously doggy doors for large breed dogs aren't a reality, so this option is sadly not available for them. These products are very readily available from pet stores and they can be bought and installed for very reasonable prices. You will need to ensure that you get the right sized door for your dog, so you may have to take your dog with you when you first purchase the door. Once you have trained your dog how to use the door, she will be able to go outside to the toilet whenever she feels the urge, rather than annoying you to be let out. The downside to this is

of course that if your dog is territorial, then it is possible that she will rush outside whenever someone walks by the house (if she can see them) in order to bark at them. If you have to leave your dog home alone however, having a doggy door is a great alternative to having to train your dog both direct and paper house training as this can be very confusing for a dog and a difficult concept to grasp.

Puppies or adult dogs should be trained to use a doggy door once the dog has a complete grasp of where it is appropriate to urinate and defecate. Training to use the door involves initially having one person on either side of the door. One person on the inside opens the door up and introduces the dog to the hole leading outside, while the person on the other side is encouraging her with vocal praise and a food reward. The exercise is then reversed so that the dog moves in the opposite direction from outside to in. This process is undertaken every day for 2 separate training sessions of 5 minutes each, and as the dog's confidence increases the strategy changes such that, next only the door is held open and the dog is left to go through it only with vocal encouragement. The next step involves having the door shut and the puppy having to push its way through with help from the person on the other side of the door pulling the door towards them as the puppy pushes on it. Continue in a progression such as this, moving forward to the next step only as the dog's confidence increases.

### *Ring A Bell?*

In addition to these products, there are other training techniques that many people find helpful with their dogs. Included in these techniques is one in which a dog is trained to ring a bell whenever she needs to be let outside to go to the toilet. This can be very helpful for many owners who have dogs that don't give any indication that they need to be let out until it is too late and they eliminate inappropriately inside.

This training begins with choosing and purchasing a bell that is an appropriate size for your dog to be able to ring. Start by letting your dog out as per normal. Attach the bell to a string, and hold it up so that the dog bumps into it as you take the dog out or as you let the dog out, and make sure the bell rings. After several weeks of this your dog will begin to associate going out with the sound of the bell. After this time you should make the bell attractive by smearing a food treat such as jam or peanut butter on it, then as before, hold the bell by a piece of string so you can make sure it will ring. Block the door by holding the bell at your dog's nose level, so the only way the dog can get around you is to realize there is jam on the bell. As a result, your dog will lick the jam and likely ring the bell. When that happens, exaggerate the ring to ensure there is a distinct ringing sound and praise her enthusiastically at the same time. You should ring the bell as she leaves the house to further reinforce to her that this sound is associated with being let out.

Once you believe your dog is associating the ringing of the bell with the process of going out, hang the bell at the doorknob (it should hang at your dog's nose level). Continue using jam as an attractant to the bell, and whenever you know your dog needs to go out (such as after she wakes up in the morning), take her to the bell first and let her out once she made the bell ring. Once your dog initiates the bell ringing in order to get out, you can stop the training.

This training can be very helpful for many situations where a doggy door is not an appropriate option for an owner.

## **House-Training Problems**

### **Introduction**

**F**or any owner wanting to adequately house train their dog, they will inevitably reach problems at times during the training. It is important to realize this before you even start training, as you need to know how to react to your dog when she does have an accident inside, or how to approach training if there is a more complex behavioral issue going on. What's more, on the odd occasion, house training problems can be due to congenital or disease related problems, so in these situations a totally different approach is needed. The basics of fixing a house training problem start with trying to work out what exactly the problem is.



To be able to say whether your animal has a certain problem, you will need to work through several steps. The table back on page 7 will no doubt help you here. Work your way through the table, asking yourself questions as you go. Has your dog or puppy been properly house trained? Have they been toileting

appropriately previously? Or has there always been a problem with your animal accidentally toileting in the house? Do you have a specific problem - like your dog eating poop?

As you will see below, there are plenty of training-based, behavioral, and health-related reasons as to why your dog or puppy is having house training problems. It is up to you to determine which problem they are having from your animal's behavior and whether or not they have been adequately trained.

Take your time to categorize your animal via the table. Once you have narrowed your dog's problem down to a few options, please return to this section to read the problems and case studies below to find the problem that most closely sounds like your dog's problem.

## **I. Behavioral Problems**

### **1. Territorial/Urine Marking**





Because dogs are rather territorial by instinct (meaning they naturally want to guard the area they live in), they often let their owners and other animals know by eliminating on different areas of their territory. Unfortunately for some owners, often this marking of territory occurs within their home and even on their furniture in a 'scent-marking' fashion. This particular problem can be hard to distinguish from a dog simply eliminating inappropriately in the house, or one that hasn't been house trained to eliminate outside. The best way to tell if this is the cause is by observing your animal for




the behavioral signs that are a part of territorial marking. If you believe there could be a congenital or disease related problem causing this behavior please refer to the section 2 of this chapter and consult with your veterinarian to get your dog a full check up.

#### ***How to distinguish Urine Marking***

You will need to try and catch your dog in the act of urinating indoors. The difference between a dog urine marking and one simply eliminating inappropriately indoors amounts to:








-  A dog urine marking will often urinate on objects you have recently added to your home, including belongings of a visiting friend or relative.
-  There will often be dominance behavior displayed by the dog, including starting fights with other dogs in your house or reacting poorly to your commands



-  Often in multiple dog households, a dog may feel insecure about its 'position in the pack' and feel the need to find dominance. This is often achieved by expressing itself via urine marking.
-  The dog urinates in small amounts, and usually on vertical surfaces. A male dog will usually lift his leg and spray a small amount of urine on an object. Although urine marking is less common in females, it still occurs. They will squat to urinate.
-  If your dog has not been de-sexed there is a higher chance of this behavior occurring. If you have a house trained dog urinating inside now and then, he is more than likely urine marking.

### *Dealing with Urine Marking*

If, from observing some or all of the above, you believe that your dog is in fact urine marking, you will need to:

-  Spay or neuter your pet as soon as possible. Spaying or neutering your pet may stop urine-marking altogether; however, if your dog has been urine marking over a long period of time, habits may already be established, but extra work and patience can pay off.
-  Resolve conflicts between animals in your home.
-  Restrict your pet's access to doors and windows through which they can observe animals outside. If this isn't possible, discourage the presence of other animals near your house.
-  Again be sure to clean soiled areas thoroughly using an appropriate cleaner and pet odor neutralizer. Don't use strong smelling cleaners as these may cause your pet to "over-mark" the spot.
-  Make previously soiled areas inaccessible or unattractive. This can be done by the use of aversive substances such as Bitter Apple (available from all good pet stores) or a substance such as vinegar, chili pepper or Tabasco sauce. If you are able to apply something like this to an area your dog has urinated on, you will help deter it from marking this area again.
-  If making soiled areas inaccessible or unattractive isn't possible try to change the significance of those areas. Feed, treat and play with your pet in the areas he is inclined to mark.
-  Always be sure to keep objects likely to cause marking out of reach. Any guests' belongings, new purchases, and so on should be placed in a closet or cabinet, or out of reach of your dog. This bit of common sense goes a long way.



## Territorial/Urine Marking Case Study:

### *Question:*

Hi Scoop!

We have a 2 1/2 year old male Border terrier named Bono. He was neutered at 6 months old per our vet's recommendation. Our problem is that he is "marking" in the house. He has access to the back yard during all waking hours (doggy door-he loves) and freely goes outside to urinate. He will "mark" inside when no one is around. We have only witnessed this once - he was immediately scolded and ushered outside however we are unable to catch him on a consistent basis. We have now begun monitoring his every move (someone is with him at all times while he is in the house or he is "crated" if we cannot be with him.) This is not solving the problem because he never "marks" when we are with him-so we can never catch him so we cannot address this behavior. Prior to the above mentioned intervention, Bono had the "run" of the main floor. This consists of a kitchen, dining room, family room, living room, library, and a big hallway. He is not allowed upstairs, or in the basement. He is not allowed on the furniture. We have a large back yard and he loves to be outside when the weather permits. He is walked 2-3 times a day - so he gets plenty of exercise. We try to praise good behavior (with verbal praise or positive petting) and ignore whining (if it does occur). We have no other pets. We have no new additions to our family. No major changes or traumas to induce such behavior.

Bono was potty trained relatively quickly. We used the crate training method. We then increased his access to the main floor incrementally using gates to block access to some rooms initially so we could monitor his potty progress. He eventually "earned" the privilege of the whole 1st floor. We think the marking started some time after that (it wasn't discovered immediately). He has marked in almost every room on the first floor. We have tried to appropriately clean all the marks with a cleaner that eliminates the scent. We have never scolded Bono "after-the-fact" because we know he may not associate the scolding with his behavior. Bono is very affectionate, loves attention, and is generally well-behaved. We have heard marking may be a problem for this breed and may not be correctable.

Help! We are desperate! We have become jail-keepers and babysitters to this dog! Our patience is wearing thin.

Thanks!  
Jillian, CA

ANSWER:

Hi there Jillian,

Thank you for the email regarding your 2.5 year-old Border Terrier, Bono. This problem is relatively common for this particular breed. Because dog's are rather territorial by instinct (meaning they naturally want to guard the area they live in), they often let their owners and other animals know by eliminating on different areas of their territory. It sounds like you've done everything right so far, so I know this can be frustrating. I'll try to suggest a few more options.

1) First, **keep trying to catch Bono in the act**. This might involve making him THINK you have gone out. Then trying to watch him as he behaves in his own "territory" when you have left. If you can observe him from a "covert" vantage point, and he marks soon after (he thinks) you leave, you may be able to use a sharp vocal interruption to try to short-circuit this behavior. If you can do this several times, then you may be able to correct this behavior. This method may feel "sneaky," but I can tell you that it works - nothing better than a dog that thinks his master might be watching at all times.

2) **Clean the marked areas again**. I know, you've already been through this, but the fact that Bono has been through and marked once is probably the number one reason why he keeps doing it. As you have been doing, clean soiled areas thoroughly - don't use strong smelling cleaners as these may cause your pet to "over-mark" the spot. Make previously soiled areas inaccessible or unattractive. Also ensure that you keep objects likely to cause marking out of reach. Guests' belongings, new purchases and so forth, should be placed in a closet or cabinet.

3) I'm going to give you the **best solution** third, only because I know that it might not be the one you want to hear first. If the **only** time Bono marks is when you're not home, why not simply **change the area that he is allowed to be in** during that time? As a territorial animal, the fact that he may be able to run from window to window and see other dogs as they pass by may encourage his desire to mark and establish his domain - in fact, he may feel since you are not there to do it, then it's *his* job. This might be done by allowing him a smaller area of the first floor that is less vulnerable to damage, a garage, or even crate when you are only gone for a couple hours at a time. An outdoor shelter may even be better if it is warm and secure enough where you live. Either way, he shouldn't see this as a punishment, just a new living arrangement. If he is a model pet when you are with him, and he gets plenty of attention *exercise* this would really seem a small sacrifice.

4) Finally, although it sounds very much to me like a "marking" behavior, keep the **other possibilities** in mind:

- I'm not exactly sure of your situation or how long you have been leaving Bono alone during the day for. If you have been leaving him alone all day without access to a toileting area, this will obviously be the reason why he has been 'marking' indoors, and is more of an accidental problem rather than a specific "I'm going to urinate here to show everyone this is my property and my area!" problem.
- Also, this problem is usually VERY common in intact dogs, so the fact your dog is already neutered rules out this as a treatment option. It is definitely worth, however, having your dog checked up again with your local veterinarian just to check that your dog does not have a health related problem that is causing this marking problem. There are many reasons as to why your dog may be incontinent including parasitic and viral diseases among functional deficits. Your veterinarian should be able to advise you as to whether any of these are affecting him, though this is may be a last resort.

This process will take time, persistence and consistency on your part, but hang in there and you are bound to have some success with this problem.

Best of luck Jillian, and please let me know how you get on.

Kind Regards,  
Scoop

## *2. Fear/Submissive Urination*








Often when animals become frightened, they may lose control of their bladder and/or bowels. If your dog is afraid of loud noises, such as thunderstorms or fireworks, she may accidentally eliminate inappropriately when she is exposed to these sounds. The same is also true if she is a nervous dog that tends to become fearful or submissive towards you, another member of your family, or even just a friend or visitor. Dealing with dogs that have a fear or submissive urination problem must be done so with tact and patience in order to achieve success. Submissive urination is seen primarily in young dogs and most often in young females. It may persist into adulthood but usually resolves as the dog's bladder muscles

and urinary sphincters (the muscle controlling urine release) mature and the dog gains confidence as a loved family member. If you believe there could be a congenital or disease-related problem causing this behavior please refer to section 2 of this chapter and consult with your veterinarian to get your dog a full check over.






### *How to distinguish fear/submissive urination*

Fear or submissive urination is characterized by your dog showing the distinct signs of fear or submission directly prior to urinating inappropriately.






These include:







-  Crouched, nervous postures.
-  Both ears lying back on the head, with head and neck lowered.
-  Body arched in a sitting position or crouched low to the ground.
-  Tail held low or between the hind legs.
-  Rolling over to expose her belly as well as appearing nervous.

Urination occurs when your dog is:

-  Being scolded.
-  Being greeted.
-  When someone approaches her.
-  Your dog will also most likely be somewhat shy, anxious, or timid in general and may have a history of rough treatment or punishment after eliminating inappropriately.
-  The urination will also be accompanied by submissive postures as above, such as crouching or rolling over to expose her belly.

### *Dealing with fear/submissive urination*

-  The best approach is to keep greetings brief and calm.
-  Excited entrances and exits may worsen the problem. Everyone entering or leaving your home should be calm and controlled.
-  Avoid prolonged direct eye contact when greeting the dog so that she does not feel threatened.
-  Do not pat your dog on her head or back during greetings as this may trigger submissive patterns, including urination, since petting is a subtle form of asserting dominance over the dog.
-  Avoid giving your dog any attention during submissive urination so as to avoid inadvertently encouraging the behavior.

-  If your dog is not submissive and begins appearing confident in situations where she would not usually be, ensure that you praise and reward her appropriately.
-  Until the problem is resolved, you might want to protect your carpet by placing a plastic drop cloth or an absorbent material in the entryway where accidents are most likely to occur. Alternatively, you can purchase “doggie diapers” at your local pet supply store.
-  Any accidents should be cleaned up with a specific pet odor neutralizer. If your dog tends to urinate in the same place then you could try using the odor neutralizer, waiting for it to dry, then feeding your dog and playing with her on this spot.
-  Take your dog to the veterinarian to rule out medical reasons for the behavior.
-  Punishment for submissive urination will only make your dog more anxious and increase her tendency to urinate submissively. Furthermore, because the urinary (and anal) sphincters may relax during times of stress, she may naturally eliminate more out of fear.
-  Submissive urination may resolve as your dog gains confidence, but you can help build her confidence by teaching her commands and rewarding her for obeying.

## Fear/Submissive Urination Case Study:

### *Question:*

Dear Scoop,

We have a Shih Tzu/Maltese mix that's almost going to be 4 months old. We have a major, albeit, common problem. He urinates from excitement (submissive urination) when he sees someone other than my wife and I. Luckily, these topics are covered in your book and we have been enforcing your techniques as much as possible. For the submissive urination, we have begun ignoring her for 15 minutes when we first see her. I guess now I need to ask strangers to do the same so she stops urinating with them. Any other suggestions would be greatly appreciated.



Regarding house training - she is coming along wonderfully - just a rare accident from time to time, probably our fault. We have a doggy door, but have not used it until she's absolutely sure she is not supposed to go inside the house. How and when do you start training her to use the doggy door?

Gratefully,

Robin

*ANSWER:*

Hi there Robin,

Thank you for the email regarding your 4 month old Shih Tzu/Maltese cross. The problems you are encountering are all relatively common for puppies, and it is great to hear that you have been following the techniques in the book. Fearful or submissive urination needs to be addressed with care and tact in order for the problem to be properly overcome. Some important general points to remember with this particular problem include:

- 1) Do not reward your puppy's over-excited reaction by offering comfort. Never praise or reward your dog while it is submitting and/or urinating, only do so when your dog is relaxed.
- 2) Remember not to shout at or threaten your puppy if it starts submitting and/or urinating. Basically ignore any negative behavioral response as telling your dog off may make matters worse.
- 3) Usually submissive urination happens when a dog feels threatened by something. It could occur because someone or something (like the leash) it is afraid of approaches, or when your puppy is being punished or verbally reprimanded.

One thing I have suggested to others is, in the short term, **try letting your dog OUT first before of letting yourself IN**. Even if you spend a few minutes fluffing around outside (to avoid an overexcited greeting) your dog may find a patch of grass on its own when it feels the urge. THEN you can both go inside safely and give your new friend a proper greeting.

Telling your visitors to simply ignore your puppy for a while will definitely help. All in all, this is something that **most puppies generally manage to grow out of**, since it in part occurs due to a lack of bladder control since their bladder muscles and nerves are not fully developed at this young age and that their bladders are very small, meaning they don't need to drink a lot for them to quickly become full. So the most important thing to do is react appropriately.

As for house training and the use of the **doggy door**, it is up to you when you start this training. I personally think you should wait until your puppy has gotten the full grasp of where it is appropriate to urinate and defecate, and where it isn't before you teach it how to use the doggy door. This is for the reason you stated in your email. Once you believe your puppy understands that outside is the appropriate place to eliminate (urinate and defecate) you can then slowly introduce her to the doggy door and how to use it. It won't take long for her to realize right from wrong this way, rather than introducing her to the doggy door earlier on.

Training to use the door involves initially having one person on either side of the door. One person on the inside opens the door up and introduces the puppy to the whole in the door, while the person on the other side is encouraging her with vocal praise and a food reward. The exercise is then reversed so the puppy moves in the opposite direction from outside to in. This process is undertaken every day for 2 separate training sessions of 5 minutes each, and as the puppy's confidence increases the strategy changes such that, next the door only is held open and the puppy is left to go through without help, and then to having the door shut and the puppy having to push its way through with help from behind it and from the person on the other side of the door pulling the door towards them as the puppy pushes on it - to help it. Continue in a progression such as this moving forward only as the puppy's confidence increases.

Best of luck and please let me know how you get on.

Kind Regards,  
Scoop

### *3. Over-Excitement Urination*

Excitement urination occurs most often during greetings and playtime and is not accompanied by submissive posturing. Excitement urination usually resolves on its own as a dog matures, as long as it isn't made worse by punishment or inadvertent reinforcement. If you believe there could be a congenital or disease related problem causing this behavior please refer to the section 2 of this chapter and consult with your veterinarian to get your dog a full check up.



#### *How to distinguish Over-Excitement Urination*



Urination occurs when your dog is excited



This is particularly so with greetings or during playtime.  
Your dog is less than 18 months old.

### *Dealing with Over-Excitement Urination*



Keep greetings low key.



Don't punish or scold her for her inappropriate elimination.



To avoid accidents, play, and greet her outdoors until the problem is resolved.



Until the problem resolves, you might want to protect your carpet by placing a plastic drop cloth or an absorbent material in the entryway where accidents are most likely to occur. Alternatively, you can purchase "doggie diapers" at your local pet supply store.



When arriving home, ignore her until she is completely calm.



Any accidents should be cleaned up with a pet odor neutralizer. If your dog tends to urinate in the same place then you could try using the odor neutralizer, waiting for it to dry, then feeding your dog and playing with her on this spot.



Let your dog out more often whenever you have extended play sessions, they are lots of house guests, or any change of routine that can cause overexcitement.

### **Over Excitement Urination Case Study:**

#### *Question:*

Hi Scoop,

We have a Maltese mix puppy we got from a rescue organization when she was approximately 10 months old. As long as we put her outside regularly she goes potty outside. The problem is that any time we are gone for a short time and come home she piddles when we pay attention to her. We have tried ignoring her while we greet our other puppy, a wire hair terrier mix, but this doesn't seem to help much. How do we get her to stop piddling in her excitement?

Thanks for your help,  
David

#### **ANSWER:**

Hi there David,

Thank you for your email regarding your Maltese mix puppy. From the detail you have provided in your email, it definitely sounds as though your young

Maltese has an excitement urination problem. Excitement urination occurs most often during greetings and playtime and is not accompanied by submissive posturing, but the course of action is quite similar.

First, you should know that excitement urination usually resolves itself on its own as a dog matures, *as long as it isn't made worse by punishment or inadvertent reinforcement.*

One thing I have suggested to someone in a similar situation is, in the short term, **try letting your dog OUT first before of letting yourself IN.** Shifting the location of your initial greeting can work wonders, even if this means letting yourself in a back door when you return home. Even if you spend a few minutes fluffing around outside (to avoid an overexcited greeting) your dog may find a patch of grass on its own when it feels the urge. THEN you can both go inside safely and give your new friend a proper greeting. Telling your visitors to simply ignore your puppy for a while will also help.

The other possibility is that your dog has a congenital or health related problem. If you suspect something like this, it may well be worth a quick visit to your local veterinarian for a quick check up so he can rule out anything health related or otherwise. First and foremost, it is important to remember that puppies have small bladders with less nervous control, so their control of holding on is much less than an adult dog.

If the puppy is going *BEFORE* you are able to open the door, you might want to protect your carpet by placing a plastic drop cloth or an absorbent material in the entryway where accidents are most likely to occur. Alternatively, you can purchase "doggie diapers" at your local pet supply store if necessary. Always thoroughly clean up any accidents your dog may have using an appropriate cleaner and odor neutralizer.



It will of course take time for her to come right and get over this problem. In most cases it is just a matter of those neurons increasing in number so that your young dog eventually gets more control over her bladder movements. This should really be within the next few months. Again, a quick trip to your veterinarian will help rule out any congenital or health related problems, so this is relatively important. Long term, it may be worth investing in a doggy door so that both of your dogs can get outside to toilet whenever they feel the urge.






Best of luck with your training and please let us know how you get on with her problem.

Kind Regards,  
Scoop



#### *4. Separation Anxiety*

Dogs that become anxious when they are left at home alone may eliminate inappropriately as a result. This is due to your dog becoming distressed only as a result of your absence or their lack of access to you. Usually, there are other problems that occur in addition to the inappropriate elimination, such as destructive behavior or vocalization. Overcoming separation anxiety requires time and effort on an owner's part to help show their dog that they have no reason to be anxious when they are left at home alone.

##### *How to distinguish Separation Anxiety*

-  Separation anxiety only occurs when your dog does not have access to you, which is of course primarily when you are not at home.
-  In addition to toileting inappropriately while you are away your dog will also undertake other destructive behaviors such as chewing inappropriate objects and they will also tend to bark and whine a lot just before you go out the door, while you are away and then again when you get home.
-  On arrival home you dog will be very noisy towards you and crave attention.
-  Around the house your dog becomes like your shadow, following you everywhere.
-  If this is not the case, this is unlikely to be your dog's house training problem.

##### *Dealing with Separation Anxiety*

-  In cases where you believe your dog eliminates inappropriately because of separation anxiety, it is important to try and ensure that this is in fact the problem. Inappropriate elimination due to separation anxiety will ONLY take place when you are not around or when your dog does not have access to you. For this reason, ensure that you restrict your dog's movements while you are away, and if your dog does not have access outside to the toilet area while you are gone, undertake some of the techniques outlined in the "Paper Training" section on pages 41 to 54.
-  Any accidents should be cleaned up with a pet odor neutralizer. If your dog tends to urinate in the same place then you could try using



the odor neutralizer, waiting for it to dry, then feeding your dog and playing with her on this spot.



Be sure to take your dog to the veterinarian to rule out medical reasons for the behavior.

Once you are certain that your dog is eliminating inappropriately as a result of separation anxiety, it is next important to use the following recommendations to overcome this problem and prevent damage to your home and belongings:



**No.1 Arrivals and departures** - Keep your arrivals and departures very low key. Try leaving your dog alone for at least 15 minutes when you come home. Just ignore her. If your dog calms down *then* show her some attention.



**No.2 Do not respond** - It is important that you do not respond to your dog when she starts acting up. Doing so will inadvertently reward your dog for poor behavior and will not help. If your dog starts barking or whining then ignore her, no matter how difficult that may be. Do not even make eye contact.



**No.3 Attention** - Only give your dog attention when she is lying down or relaxed and not actively seeking attention (by barking for example). Do this by calling your dog over and making her sit before patting her.



**No.4 Contrast** - Your dog is probably having difficulty accepting that sometimes she is going to get all the attention and other times none (like when you are at work). You can help this problem by ignoring your dog for a period of time on the weekends. The idea here is that your dog will begin to accept being alone as a normal part of every day, therefore making it less distressing for her.



**No.5 Exercise** - As an absolute minimum, before you leave home, walk your dog for 15 minutes at a fast pace. As your dog will be slightly more tired, she will hopefully be more likely to rest while you are away. If they enjoy fetch, then this is another quick and high intensity activity that will work. ***Increasing exercise can in fact contribute to the majority of behavioral of dogs.***





**No.6 Crate/Kennel** - If possible you could get a dog door put on your door to the backyard. Place a crate inside the house so that when your dog goes through the dog door she only has access to the crate rather than the whole house.



**No.7 Clothing** - Try giving your dog something of yours with your scent on it. This may help alleviate her fears slightly when you are not with her.



**No.8 Radio or T.V.** - Leaving either a radio or television on while you are away can also work well for calming dogs and making them less anxious.

-  **No. 9 Friendly visit** - if possible, arrange for a friend or neighbor to make a quick visit to your dog. They will have to follow the same greeting method, but the more social and exercise sessions, the better.
-  **No.10 The veterinarian** - you may want to consult your vet to rule out a congenital or disease related problem causing her inappropriate elimination inside. You can also speak to the vet about drug therapy. Dog Appeasing Pheromone (DAP) treatment in particular can be very useful. This natural pheromone calms dogs nerves and the product comes as a vaporizer that releases small amounts of DAP into a room, that simply plugs into a wall socket. DAP is available from all good pet stores, online or from your local veterinarian.

By undertaking these techniques over the period of one to two months, you will help your dog overcome her separation anxiety and as a result help prevent inappropriate elimination due to her anxiety.

### Separation Anxiety Case Study:

#### *Question:*

Dear Scoop,

I adopted a 1 1/2 year Bichon Frise, Castro, in November. I am the 4th owner and I don't think he was really ever properly trained. He is neutered. He was sort of housebroken when I got him, but was still having frequent accidents. It took about two weeks before he stopped having accidents. He was doing well for about 3 months. I have another dog, a 3 year old neutered male Havanese who is 3 and completely housebroken. The Bichon (Castro) caught on pretty quickly from the older dog. They are great companions to one another. Castro is clearly the more dominant of the two dogs.

About two weeks ago Castro started urinating in the house again. I would come home from work and find several areas where he urinated. There is nothing different going on in the house or with our schedules. I took him to the vet to see if perhaps he had a urinary track infection. The lab test came up negative. He does not urinate in the house when I am home, but has in front of my daughter when I am not home. Unfortunately, right on the couch! I crated him for a couple of days while I was at work, but came home at lunch to let him out. He was extremely anxious and on the 2nd day had a bowel movement in the crate. (I believe the crate size is correct. He has just enough room to lie down and sit up in it; he is barely able to sit up

in the crate one size smaller.) When let out of the crate, he is hyper and gulps down a whole bowl of water very quickly. I'm not sure whether I should continue with the crate. I don't know whether I am doing more damage. Since I am not able to catch him in the act, I am at a loss as to what to do. The dogs sleep in my room at night in their dog beds. The other night Castro got up and had a bowel movement downstairs while we were sleeping. This is the first time that has ever happened.

It's just strange that he was doing well for 3 months and now suddenly is urinating all over the house. I am willing to put in the time to train this dog properly. He is such a sweet, lovable dog, but I'm afraid my husband will only put up with so much.

Please help!!!

Thank you,  
Sarah M

*Answer:*

Hi there Sarah,

Thank you for your email regarding Castro and his current inappropriate elimination.

Castro *may* have **separation anxiety**. While this does not explain why he had a bowel movement when you were asleep, it may explain why he urinates when you are not around.

If this inappropriate elimination is in fact due to separation anxiety, then your dog is obviously finding it difficult when you are not around. Ask yourself when you come home how your dog reacts. Does he stick by your side for at least half an hour or more, following everywhere you go? If he does then this is the most likely reason for his inappropriate elimination indoors. In order to quell this anxiety there are several steps that you must undertake. The goal that we are aiming for is to reduce your dog's anxiety through conditioning it to associate being left alone and outdoors as a good thing. For a few tips and techniques that you may find useful, I've included the tips for *Dealing with Separation Anxiety* found in our guide [see page 90].

It sounds like Castro is not doing so well with the crate. Back off on this option for now, and try to gradually re-introduce the crate, first by leaving the door off or open, just so that it can be utilized at a later time - it's a real handy

thing to have, but sounds like we need to tread a bit more carefully with the first steps.

As you have probably already been doing, clean soiled areas thoroughly - however don't use strong smelling cleaners as these may cause your pet to "over-mark" the spot. Make previously soiled areas inaccessible or unattractive by feeding Castro in that area for a while, since dogs avoid going in areas where they eat and sleep. If making soiled areas inaccessible or unattractive isn't possible, try to change the significance of those areas. Feed, treat and play with your pet in the areas he is inclined to mark. Also ensure that you keep objects likely to cause marking out of reach. Guests' belongings, new purchases and so forth, should be placed in a closet or cabinet.

I am not sure why he would have decided to have a bowel movement in the middle of the night downstairs, but it could have just been simply because he desperately needed to go. Also, it may have been the result of eating too much, or just an upset stomach (you can monitor the look of the stool to see if this is a possible explanation). I am not sure if you have a doggy door but perhaps ensuring that he has access to the outside at all times may help the problem if he really needs to go to the toilet.

One final note that may help: You haven't mentioned **feeding times and routines**, but it is very important that you regulate carefully your dog's water and food intake. That way you will be able to watch your dog more carefully for the hour or so after feeding so that you can catch it in the act. Most dogs will want to relieve themselves within 15 minutes of eating. They are also more likely to go when they wake up, before bed and after playing or car rides.

You probably feed your dog twice a day. Leave the food out for 20 minutes; if it isn't eaten then remove it. The idea behind this is to train your dog to eat its food in one sitting and gives you a better idea of when it is likely to want to go. Make sure that your designated urination area is the same place all the time. Do not move the piddle pad, newspaper, or outside spot around. Try to be present when your dog relieves itself in the correct location, else it may hold on until it is in your vicinity before releasing the load so to speak. Don't feed your dog before bedtime. If there is a particular room that your dog is urinating in then after you have neutralized the odor and let it dry, feed your dog a few treats in the same spot. It will start to associate the area with eating rather than urinating. Remember you need to be consistent.

I hope that these suggestions help. Best of luck with your training and please let us know of any success.


Kind Regards,  
Scoop

## 5. Urinating/Defecating in the Crate/Kennel






In some cases, puppies and adult dogs will toilet in their crates or kennels. This can happen for a variety of reasons and it is important to know how to appropriately deal with these situations. Because dogs in general do not toilet in areas where they sleep, a dog or puppy toileting within this area is a signal that your training methods are not quite right, or that your dog has some other sort of house training problem.

Also, a dog's early development may have something to do with the problem. As stated above, often store bought puppies will have some difficulty with crate training since they *must* eliminate in their cages, which can be quite small, when they are in the store. Changing this expectation can be confusing for them.








### *Dealing with urination/defecation in a crate or kennel*

-  If your dog has eliminated in her crate/kennel and on her bedding, you should first and foremost thoroughly clean both the bedding and the crate or kennel itself using a good all-purpose cleaner and pet odor neutralizer. This is very important, since dogs will tend to toilet on areas in which they have done so before which they recognize by smell.

Next you need to identify *why* your dog toileted is toileting in the crate/kennel:

-  Have you left your dog in the crate for an unrealistic amount of time expecting her not to toilet while you were away?
-  If you have an outside dog, does she seek shelter in her kennel all day when it rains?
-  Did you remember to take your dog to eliminate before putting her in her crate or kennel?
-  When your dog is in her crate or kennel over night, do you remove her access to water?
-  Have you ignored her cries to be let out to toilet during the night because you perceived them as cries of wanting to be let out of the crate rather than cries of "I need to go to the toilet"?

By running these possible causes through your head you should be able to come up with a justifiable reason as to why your dog has been toileting in the crate/kennel.

-  Be sure to take your dog to your local veterinarian for a check up if this problem is ongoing. Because of the fact that dogs generally do not toilet on areas in which they sleep, this is by no means a normal behavior and ruling out congenital or disease related problems is definitely a good idea.
-  If you have a completely healthy dog, you should ensure that she does not have access to water overnight while in her crate or kennel. This is a recipe for disaster.
-  Always be sure to take your dog out to eliminate before putting her into her crate or kennel at night.
-  Ensure you have not been keeping your dog in her crate or kennel for too long. If your dog is kept in a crate or kennel overnight, then she shouldn't really be in a kennel or crate at all during the day - unless it is for relatively short periods of time.
-  Ensure that you have the correct sized crate or kennel for your dog. A crate or kennel that is too big will allow your dog to make separate areas within it for sleeping and eliminating. The crate and kennel should be big enough so that your dog can comfortably lie and stand within it, but small enough not to allow her to be able to 'split' the floor space in to different areas.
-  ALWAYS thoroughly wash and neutralize bedding that has been toileted on and ensure the crate or kennel itself is also washed and neutralized.
-  If your dog sleeps in a crate near your room at night and tends to whine a lot in the middle of the night, it is important to try and decipher whether these are cries to be let out, or rather toileting cries.

If you cannot come up with a reason as to why this may be happening, your dog *may* have a congenital or disease related problem in which case you should refer to the section II below as well as consult with your local veterinarian.

### Urinating/Defecating in the Crate/Kennel Case Study:

#### *Question:*

Hi Scoop,

I am a customer of about a year. I purchased your brilliant online book for my dog Donna. I have now added another member of the family some time after my long time and best friend Chloe died. This cutie is a rescued dog from Louisiana after the storm. She is a Pitbull mix and very lovable. It was love at first sight but now the honeymoon is over. She whines when she is in her crate and is now going to the bathroom in it. The shelter told me that she was about three years old, but I finally meet the vet that had rescued her and she



informed me that Daffy was only about a year old. This made some difference. Please help I love Daffy but I have a hard time with a whiny peeing dog. Help help help!

Thank you,  
Simone

*Answer:*

Hi there Simone,

Thank you for your email regarding your Pitbull mix, Daffy, with a whining and crate training problem. It can be tricky retraining rescue dogs, but good for you for helping the large homeless dog situation in the wake of the Louisiana storm. Crate urination is a relatively common problem my clients face, and the way in which you approach these problems is particularly important. Because Daffy is so young, I am sure you can make a difference to the current situation.

Firstly, it is important that you are using the crate effectively and not overusing it. The crate should only realistically be used overnight when your dog doesn't have access to water, and during the day only for short periods for say an hour or so maximum. It is unfair to expect a dog of this age to hold on for more than this length of time in a confined space. If you currently keep Daffy in her crate during the day, say when you aren't at home, you need to rethink and change your situation such that this isn't necessary.

If you need to confine Daffy during the day, I recommend you keep her in the laundry or anywhere where you can set up: an area with blankets for sleeping, an area she can eat and drink, and an area with newspapers or training pads down. An even better idea, if appropriate for your living arrangement, would be to get a doggy door installed that is big enough for her to get through of course. This would allow her access outside whenever she needs to go to the toilet. It is very uncommon for dogs to toilet in their crates if the crate is utilized correctly. If the dog is being kept in a crate for too long, she will often have no choice but to empty her bladder.

Also, if the crate is forced upon a puppy to quickly, this may cause anxiety and it will have to be re-introduced more gradually. When used correctly, the crate can be a fun and happy place to be, but overdone and dogs quickly hate it. This could well explain the whining. It may be worth having the crate open whenever Daffy isn't restricted in it. Have her blankets toys and treats in there for her, so that she can nip in there to snuggle and sleep or to have a chew on something. This will help get her used to the crate and being inside. By leaving it available for her to be in whenever she wishes, it will hopefully help with her whining problem as well.

These could well be the problems here, so please rethink your strategy if you are keeping Daffy in a crate for longer than an hour or so during the day. She should be fine overnight, but ensure that you take her out to the toilet before putting her to bed and that she doesn't have access to water over night (although she will need access to water at all times during the day).

Another important point to remember is that when a dog urinates in an area, they often go in the same spot again and again by picking up the scent of where they last went. For this reason it is very important that you thoroughly wash her bedding as well as the crate whenever this occurs and be sure to deodorize everything also.

Remember not to reprimand Daffy when you find that she has toileted in her crate, as punishing a dog after they have undertaken a behavior has absolutely no effect and will probably make further training difficult.

Also worth mentioning: it is sometimes possible that the *bedding* in the crate itself is *contributing to the problem*. Dogs like to eliminate on soft and absorbent areas (wouldn't you?), so they Daffy may have gotten the wrong idea about the crate. You may need to remove all bedding, and gradually reintroduce the crate as a place for comfort and security first, by encouraging her in there while you are home and keeping the door open. Then it can become a place for eating, by placing her food bowl in there, and then hopefully and eventually, it will be a place to sleep, at which point bedding can be placed in there again. After this is accomplished, leaving Daffy in there during the day should for a few hours should be a safe bet.

When you hear Daffy whining, the best thing for you to do (even though it may be very hard) is to ignore her and walk away and let her whine. This is hard and it will take time and patience to be able to bring yourself to do this, but I think it is the best idea for your situation. Then in combination with this, give her plenty of vocal praise and rewards when she is in her crate and being quiet and well behaved. Using plenty of food treats when she is quiet and ignoring her when she is not should have a pretty good effect on the situation. With time, patience and persistence I am sure you will solve both problems. Reacquainting your dog with her crate will definitely help, so I recommend you spend a bit of time making the crate a fun and enjoyable place for her for a while - in particular, a place she isn't ALWAYS trapped inside. It should ideally feel like her own deluxe den. Remember, *confinement should equal comfort* for a dog.

Best of luck with Daffy's training and please let us know how you get on.

Kind Regards,

Scoop

## 6. Coprophagia (Poop Eating)

Coprophagia or poop eating is a relatively common behavior many owners face with their dogs. This behavior can sometimes be attention-seeking behavior. If undertaking this behavior results in interaction between the animal and her owner (even a verbal scolding) then the behavior may be reinforced and occur more frequently. These behaviors may also be attempts to obtain a necessary nutrient lacking in the diet, although these ideas have never been proven. They may also occur due to a dog being frustrated or anxious.

It is possible that these behaviors begin as play, as the animal investigates and chews on her feces, and then subsequently begins to eat or ingest them. Some experts have also suggested that coprophagia is learned from a puppy's mother when she eats the feces of her young. Other experts believe coprophagia occurs more often in animals that live in barren environments, are frequently confined to small areas and/or receive limited attention from their owners. Coprophagia may also be a learned behavior. People who house train incorrectly by rubbing their dog's nose into their excrement when they eliminate inappropriately may actually be teaching their dog to eat their feces. It is possible that the dog is learning that the presence of feces is very bad and as a result she will begin to eat them in order to avoid punishment.

As you can see, because the *exact* cause of coprophagia is not at present known, there are currently no techniques or solutions available that are *consistently* successful. The following techniques, however, may be effective in helping resolving your dog's problem:

### Dealing with coprophagia



Treat your pet's food with something that causes her feces to have an unpleasant taste. A product called "Forbid" is available through your local veterinarian. When mixed in a dog's food "Forbid" is tasteless. However, once it is digested and passed in the feces, it tastes unpleasant to some dogs. This product and advice on its proper use can only be obtained through a veterinarian. Some owners have had success after adding pineapple or spinach to their dog's diet, thus making their feces less edible.



It is an option to treat your dog's feces directly with an unpleasant tasting substance, such as by sprinkling them with cayenne pepper or a product, such as "Bitter Apple." For this method to be effective, any feces your pet has access to must be treated in order for her to learn that eating feces results in unpleasant consequences. Otherwise, she may know by their smell which feces have been

treated, and which have not. Either way, this is not a great option. Why give your dog the opportunity to find out how it tastes?



Any time your pet goes outside, she must be on a collar and lead. If you see her about to ingest some stool, interrupt her by using a squirt bottle or shake can (only for dogs that aren't afraid of loud noises) then give her a toy to play with, instead. Praise her for taking an interest in the toy. (Eventually, a well-trained dog will respond to a quick verbal interruption, which will prevent this inappropriate behavior as well as others).



The simplest solution is AVOIDANCE. Clean your yard daily in order to minimize your dog's opportunity to eat her own feces. When you are out, it is normal for dogs to pick up and inspect the scent of other dogs' markings or droppings. Just keep an eye out, and make sure they don't have an opportunity to do any more than that.



To stop a dog from eating cat feces from a litter box, install a baby-gate in front of the litter box area. Your cat should not have any trouble jumping over it, while most dogs won't even try to. Or, you could place the box in a closet or room where the door can be wedged open from both sides, so your cat has access, but your dog does not. Any type of "booby-trap" to stop a dog from eating cat feces from a litter box must be attempted with caution because if it frightens your dog, it's likely to frighten your cat, as well.

### *What definitely does not work:*



Direct punishment is usually not effective because it may be interpreted by your dog as attention. Many animals learn after being constantly punished for eating their feces, to stop undertaking this behavior when their owner is present, but still eat feces whenever their owner is absent.



Punishment after the behavior is never helpful. Dogs do not understand that they are being punished for something they did hours, minutes or even 10 seconds before. This approach will not resolve the problem and is likely to produce either fearful or aggressive responses from your dog.

### *Health Risks:*

If your pet is parasite free and is only eating her own feces, she can not be infected with parasites by doing so. If however, your pet is eating feces of another dog that has parasites, it may be possible (however still unlikely) for your dog to become infected. Some parasites, such as giardia, cause diarrhea, but most dogs with *coprophagia* will only eat solid feces. There is also a delay period before the parasites in the feces can re-infect another dog. Most parasites require intermediate hosts (they must pass through the body of

another species, such as a flea) before they can re-infect another dog. Your pet is much more likely to become infected with parasites through fleas or by eating birds and rodents than by *coprophagia*. Most parasites only infect one particular species, so this would mean that a dog eating cat feces would most likely not be affected by any parasites in these feces. Health risks to humans from being licked in the face by an animal that eats feces are minimal. For more information, please contact your veterinarian.

### Coprophagia Case Study:

#### *Question:*

Hello Scoop,

I have had a problem with my Black Labrador Retriever, Poppy (now 6 1/2 years old), eating other dogs' poop. This is especially bad where we live, amongst farm land, as everyone in the village takes their dog to the same place to walk and being agricultural land are not obliged to pick it up. But now we have a new black lab puppy, Penny, who is nearly 4 months old (they love to play), she has become much worse and has started eating the puppy's poop as well before we have a chance to pick it up in the garden. I have tried your methods of putting Tabasco sauce on them but this does not seem to have had any effect! I keep her on the lead now when walking until we have passed the worst places and praise her when we have walked passed some without her straining to get it. Normally she is very well behaved and does everything you tell her, but you can see her contemplating whether she has a chance to run back and get some she spotted earlier. If she does go, she takes no notice of any commands. I have tried a spray commander collar which worked very well to start with but now she takes no notice of it, deciding that it's worth the spray to get the reward! Is it too late to do anything about it? I would really appreciate any help (which is why I bought your book!).

Regards,  
Jemma

*Answer:*

Hi there Jemma,

Thank you for your email regarding your black Labrador retriever, Poppy. This is an interesting behavior but it is not uncommon among dogs. "Poop eating" in veterinary terms is called *coprophagia*.

Such behaviors may sometimes be attention-seeking behaviors. If engaging in one of these behaviors results in some type of social interaction between you, your family, and your dog (even a verbal scolding) then the behavior may be reinforced and occur more frequently. These behaviors may be attempts to obtain a necessary nutrient lacking in the diet, although no nutritional studies have adequately substantiated this idea. It also might stem from frustration or anxiety. It's possible this behavior begins as play, as a dog investigates and chews on the objects, and then subsequently begins to eat or ingest them. It has been suggested that *coprophagia* is carried over from the normal parental behavior of ingesting the waste of young offspring. Some experts believe *coprophagia* occurs more often in animals that live in relatively barren environments, are frequently confined to small areas and/or receive limited attention from their owners.

Because the cause of *coprophagia* isn't known, there are no techniques or solutions that are consistently successful. The following techniques may be effective in resolving the problem.

1) In know you have tried a similar version of this technique, but there are commercial products available to treat your pet's food. A product called "4-BID" is available through your veterinarian, or the same result may be achieved by using the food additive, "MSG." Based on owners' reports, both of these products appear to work in some cases, but not always. Before using either of these products, please check with your veterinarian. Of course, the fact that the poop doesn't always belong to your own animals makes this more difficult.

2) Even if Poppy is not always on a leash when you take her out, it may pay to always keep her on for a time, and continually CORRECT this behavior the moment it starts to happen. If she responds to other commands well, she should learn to obey this one as well. You can also interrupt her by using a squirt bottle or shake can, then give her a toy to play with, instead. Praise her for taking an interest in the toy. Also, be sure to keep your own yard clean daily in order to minimize your pet's opportunity to eat her or the puppy's poop.

4) Remember that if there is a behavior you do not like then reward the behavior that you do like. If she is calm and walk past without eating anything then reward her.

Be sure never to punish your dog. This will usually not be effective since it may be interpreted by your pet as attention. Punishment also leads many animals to refrain from the behavior when their owner is present, but still engage in the



problem behavior when their owner is absent. Punishment after the fact is also never helpful.

It is important that while you are trying to teach your dog the correct behavior that she is aware that you and your family are the boss at all times so when you command her to do something she does it. It would be a good idea to ensure that you are carrying out all the techniques for being an alpha dog. This will ensure the best results for training your dog and can prevent other unwanted behaviors from arising. Just remember be persistent and consistent. Your dog needs to know that her behavior is unacceptable and she will learn in time with your training techniques.

I hope these suggestions have helped. Best of luck and please let us know of any success you have.

All the best with it,

Scoop

## *7. Cold Weather Problems*







For many owners, enticing their dogs out to toilet in the middle of winter can be a real problem. For others who live in regions where cold days are a constant way of life, further arrangements need to be made for their dogs. The basics of cold weather problems are based around encouraging your dog to toilet outside despite their reluctance to do so. If the temperatures are so cold, or your dog is so stubborn,

paper training is often the only way to go.

If you live in an area where weather conditions constantly mean cold temperatures, or if winter brings cold temperatures with it, you must keep a close eye on the daily temperature and predicted weather for that day. As a rough guide, when temperatures fall below 20 degrees Fahrenheit (-6 degrees Celsius) *all* pets should be kept indoors. Puppies and shorthaired dogs should be kept indoors when the temperature dips below 40 degrees Fahrenheit (4 degrees Celsius). Ensure that you keep your dog's coat well groomed. Matted fur will not properly protect your dog from the cold.





### Dealing with Cold Weather Problems:

In situations in which your dog is kept inside where she would usually toilet outside, but is reluctant to do so in cold or wet weather, *it is best to continue to try and encourage your dog to brave the cold to toilet outside despite these conditions:*

-  Usually if you accompany your dog outside (with an umbrella) and lead her to a relatively sheltered area she will toilet in adverse weather conditions.
-  Eventually your dog will get used to this semi-sheltered area and have the courage to make the trip alone. An area on a bark garden under the semi-shelter of a tree would be ideal.
-  By giving plenty of praise and rewarding your dog when she does go to the bathroom outside in cold or wet conditions, she will soon gain the courage to do so more often.
-  A good alternative to this would be to set up a toileting area under your car port or in your garage, using newspaper or absorbable toilet training pads.

If you have no luck in convincing your dog to toilet outside in cold or wet weather, the other option available to you is to paper train your dog. If you live in a constantly cold area you could train your dog to toilet inside appropriately all of the time. If however, you only have cold winters you should properly train your dog to toilet outside and after a few weeks of encouraging her to toilet outside despite cold or wet weather, then go on to paper training her. Please see the section "Paper Training" on pages 41 - 54 for more information on this.

In cases of extremely cold weather:

-  If the temperature is such that not even you yourself would venture outside, then do not take your dog outside. In these cases allow your dog to eliminate on an appropriate area indoors, in a garage or somewhere else.
-  If the weather is such that you are willing to brave the low temperatures to take your dog out to eliminate, it will be fine if it is brief. If, while you are waiting for your dog to toilet the weather simply becomes too cold, it is recommended that you both return indoors and let the dog eliminate on newspaper or a toilet training pad.
-  Dog coats and paw protectors are available from your local pet store to help with adverse winter conditions and these may also help your particular situation.
-  If there is snow on the ground it is recommended that you venture outside alone first and shovel a small area of snow away so your

dog can eliminate on the ground, as some dogs do not like eliminating on snow.

### Cold Weather Case Study:

#### *Question:*

I bought a 2 year old Shih Tzu and am housing training him to relieve himself outside (he was previously trained to relieve himself indoors). I live in Toronto and the winter months can be severely cold and wet. My problem is when the weather is very bad (raining and/or snowing heavily), how do I cope with it? If I allow him to relieve himself indoors, albeit on a pan with training pad via the paper method, won't it be difficult to get him to do it outside again when the weather returns to normal? In other words won't the switchover from outdoors to indoors due to bad weather be totally confusing for him? When the training is completed, and if the outdoor weather is extreme, what should I do to help him relieve himself? Also what would you say would be the lowest temperature you could allow a dog to toilet outdoors in? Our daily winter temperature hovers around freezing point to minus ten degrees Centigrade (10 to 12 degrees Fahrenheit). Is it safe for the dog to go out and pee at this temperature?

Thank you,  
Ken

#### **ANSWER:**

Thank you for the email regarding your 2 year old Shih Tzu that doesn't like toileting in the rain. It is relatively common for dogs, especially young ones, to not want to go out in the rain to go to the toilet.

In short, there are products available to purchase for puppies or adult dogs to toilet on indoors or in certain areas. However, I still believe that it would be appropriate for you to still try and encourage your dog to pick up the courage to toilet outside in these conditions. Usually if you accompany your dog outside (with an umbrella) and lead them to a relatively sheltered area they will toilet in adverse weather conditions. This does take time and effort on your part, but eventually your dog will get used to this semi-sheltered area and have the courage to make the trip alone. An area on a bark garden under the semi-shelter of a tree would be ideal. By giving plenty of praise and rewarding your dog when it does go to the toilet outside in wet conditions, it will soon get up the courage to do it more often if you continue with the rewarding for some time.

An alternative to this would be to put a litter pan and absorbable paper under your car port or in your garage with an open door your dog can get access to. I would not recommend allowing the dog access to a toileting area within your

house, as it may result in it preferring that particular area and/or confusing it as to where to toilet. If you offer the litter pan indoors only on rainy days, you may find that over time your dog starts urinating in the spot the litter pan was when it is taken away during good weather conditions. This may also occur with the carport idea, so I still recommend directly training your dog to learn to toilet outside in the rain first and foremost.

As for your question on temperature, I can't give you an actual figure for temperature since many factors need to be considered in adverse weather, including wind-chill factor and whether there is snow/ice around. Because you have a small dog that is kept inside, it should be fine outside even at temperatures below zero, so long as it is for very short periods at a time (two or three minutes). If the temperature is such that not even you yourself would venture outside, then do not take your dog outside. Rather in these cases allow your dog to in a garage or somewhere else.

Dog coats and paw protectors are available from your local pet store to help with adverse winter conditions and these may also help your particular situation. If there is snow on the ground it is recommended that you venture outside alone first and shovel a small area of snow away so your dog can eliminate on the ground - some dogs do not like eliminating on snow.

Best of luck with your Shih Tzu and please let me know how you get on.

Kind Regards,  
Scoop

## ***II. Health-Related Problems***



As you have seen throughout the course of this book, there are many reasons as to why your dog may eliminate inappropriately indoors, including insufficient house training or behavioral related problems. But in some cases, inappropriate elimination will occur as a result of a congenital problem (a problem due to birth defect) or disease-related problem, and it is often difficult to distinguish a behavioral related problem and

a health related one. For this reason, if you suspect in the slightest that your dog has either a congenital or disease-related problem that is causing or

contributing to your dog's inappropriate elimination, you should ensure that you get her checked over by your local veterinarian to rule these out as a likely cause. Undertaking behavioral training on a problem that is in fact a health related one will cause much confusion and distress for a dog and frustration for an owner. As well as this, the actual health problem that has gone unnoticed will most likely smolder or increase in severity as time goes by. For these reasons, ruling out health-related problems is essential.

Below is a summary of *some* of the congenital or disease-related problems that can affect dogs. These are to be used as a guide only and are by *no means* a substitute for a veterinarian giving your dog a full physical exam and running diagnostic tests to help ascertain whether your dog has a health related problem or not.



Again, if you suspect in the slightest that your dog has a congenital or health related problem, put your worries to rest by consulting with your local veterinarian. Identifying potential health problems early on allows the best chance that your dog will be able overcome the problem and continue life with full health. You should definitely get your dog checked up by a veterinarian if you notice:

- 🐾 Dribbling of urine
- 🐾 Finding wet spots where your dog has been sleeping
- 🐾 Irritated skin from contact with urine
- 🐾 Finding wet spots in the house does not necessarily imply that your dog has a health-related problem or specific behavioral problem. Pets with increased thirst and increased urination may urinate in the house due to increased urine volume and not being allowed outside frequently enough.
- 🐾 Straining while urinating and blood in the urine implies problems such as bacterial infection or bladder stones.
- 🐾 Blood in feces, which can also result from your dog ingesting something it should not have, or from a reaction to antibiotics used to treat another problem (more common in older dogs).

## 1. Congenital Problems

### *Ectopic Ureters:*

*Ureters* are the tubes that carry urine from your dog's kidneys (which filter molecules from the blood to form the urine) to your dog's bladder. Your dog has two *ureters* - a left one and a right one. The term *ectopic ureters* means that both *ureters* are connecting to the wrong point. Instead of linking to the bladder, the two tubes bypass it and link directly to the dog's urethra (the tube that normally carries urine from the bladder to the outside world). As a result of the urine bypassing the bladder, the animal may only dribble urine. This is the most common congenital problem of the urinary tract. Siberian Huskies, Miniature Poodles, Labrador Retrievers, Collies, Welsh Corgis, Wire-haired Fox Terriers, and West Highland White Terriers are more likely to have this abnormality than other breeds. *Ectopic ureters* are treated by surgical repositioning, but this procedure does not always correct incontinence and drug therapy may be required after surgery.

### *Patent urachus*

The *urachus* is a tube that connects a puppy's bladder to the umbilical cord (the connection between mother and puppy) while it is still in its mother. Wastes are removed via the umbilical cord when the puppy is still inside its mother. After birth, the puppy can then toilet in the normal way and the *urachus* tube is no longer needed and shrivels away. The term patent *urachus* is used to describe this tube to the umbilical cord remaining after birth. In these situations an owner may see urine dribbling from their puppy or dog's 'belly button' or 'umbilicus' - the area where the umbilical cord used to exit from. Because of the tube running from the umbilicus to the bladder, not only is inappropriate elimination unavoidable, but your dog will have an increased chance of getting a bacterial infection in her bladder. A relatively simple surgical process usually puts an end to this problem.

### *Urethral Diverticulum*

The *urethra* is the tube that drains urine from the bladder, taking it to the outside world. A *urethral diverticulum* is the term used to describe an abnormally enlarged section of either part of the bladder or any part of the urethral tube. As a result, urine pools in this extra pouch and causes an irregular urine flow leading to constant dribbling and inappropriate elimination. This condition can occur as a result of prolonged disease as well as from a congenital problem. A veterinarian must undertake some work to confirm that this is the case with your dog including special x-ray studies, and surgery for the problem can be difficult.



## 2. Disease Related Problems

There are many, many diseases that can cause a dog to eliminate inappropriately. Below is a small selection of some of the main disease-related elimination problems. Again, these are given purely as a guide, and you should consult your veterinarian to undertake a full physical examination and diagnostic tests of your dog if you suspect she has some sort of health-related problem.

### *Excessive Drinking and Urination*

Sometimes inappropriate elimination can be a part of a disease that causes various symptoms including making your dog drink excessively. Because your dog drinks a lot, she will obviously also urinate a lot, so much so that your dog may no longer have complete control over when and where she urinates. There are many reasons why your dog may be drinking and urinating excessively, and if you notice that your dog seems to be drinking much more than normal, in combination with her toileting problem, you should take her to your veterinarian for a full physical examination and diagnostic tests. Causes of excessive water consumption include:



[Diabetes](#) (a problem with a body hormone, insulin)



[Cushing's Syndrome](#) (again a hormone-based problem)



[Kidney Failure](#)



Bladder Infection

There are other reasons for a dog drinking excessive amounts and these are identified through your veterinarian's full physical exam and diagnostic testing.

### *Bacterial Infection & Bladder Stones*

Infection of the urinary tract (bladder and tubes carrying urine - the *ureters* and *urethras*) by certain bacteria is a common cause of urinary incontinence, particularly in young adult female dogs. This is also true for bladder stones (crystals which move together to form bigger objects) which can form for many reasons, but primarily due to the type of food you feed your dog. Both of these conditions are usually very painful and stressful for dogs and inappropriate elimination usually occurs, since after learning of the pain that occurs when they toilet, dogs affected by these problems generally hold on. After holding on for so long, urination eventually occurs against the dog's will. You may also see your dog straining to toilet, which can look as though she is constipated (having trouble passing feces), even though it is actually a urinary problem. Both of these conditions are usually relatively easily identified by the veterinarian who will usually send a sample away so that any bacteria involved

in the problem can be identified. Once identified, the correct antibiotics can then be given to your dog to help kill these bad bacteria. Most dogs that have had a urinary tract infection (UTI) will show improvement in their inappropriate elimination and comfort after only a few doses of antibiotics; however, in every case a full course of antibiotics will be prescribed by the veterinarian. Pain relief and anti-inflammatory medication will also usually be supplied by the veterinarian to help these situations. Bladder stones are slightly more complicated, and the veterinarian has several methods available to help remove these.

### *Trauma & Nerve Injuries*



In some situations if your dog has been hurt physically, for example if she has been hit by a car, or had some other sort of direct injury, a dog's ability to urinate voluntarily (as she wishes) may be slightly or severely impaired depending on the amount of damage that has been done. This is mainly due to the fact that a dog's control over urination comes from nerves that stem from the spinal cord. These nerves must remain intact, and the spinal cord cannot be damaged above the point where these nerves enter the spinal

cord - or else your dog will not be able to toilet voluntarily at all. Dogs that have had an injury such that the spinal cord has been affected (a spinal injury) will most likely have a constant incontinence problem (meaning that the dog will have an inability to toilet voluntarily) as well as the other complications such as paralysis of limbs. In some less severe cases of spinal injury, complete ability to have control over elimination may return to a dog, however this is very unlikely in more serious cases. Your veterinarian will be able to guide you in the process to coping and managing cases like this where your dog's ability to eliminate appropriately is seriously impaired.

### *Tumors*

In some unfortunate cases, a dog may develop a tumor that affects their ability to urinate or defecate. There are several different types of tumors that can affect a dog's ability to toilet properly and these include those that are based directly in the urinary system or bowel, but also those that are in your dog's brain or spinal cord. Tumors of the brain or spinal cord can often affect a dog's

ability to control when and where it eliminates, whereas tumors of the urinary system or bowel often act in a way that stops normal muscle control as well as possibly blocking off the tubing through which urine and feces are passed. For example, in male dogs, prostate tumors can stop urine flow to such an extent that urine just dribbles out and the dog has no control over urination.

Because there are so many causes of inappropriate elimination other than tumors, and because there are so many different types of tumors, only a trip to your veterinarian will allow you to confirm or rule out the presence of a tumor. The chances of your dog's inappropriate elimination improving as well as her chances of survival with a certain tumor depend largely upon the area in which the tumor is and the type of tumor it is. Depending on these very points, the veterinarian's approach to these tumors will vary and could include anything from no treatment at all, to complete surgical removal and medicinal treatment.

### *Urethral obstruction*

In certain circumstances due to particular diseases, the tube that carries urine from the bladder to the outside world (the *urethra*) may become blocked either partially or completely. This can be for various reasons including something being stuck within the *urethra* itself, a thickening of the wall of the *urethra*, or something pushing against the wall of the *urethra*, such as a diseased prostate in a male dog, that results in the size of the hole within it to be reduced or closed off completely (partial obstruction or complete obstruction). Diseases that can cause this problem include bladder stones that move to the *urethra* and get stuck within it, swelling of the *urethra* due to physical trauma (for example by a veterinarian taking a bacterial sample) or infection, and also tumors and prostate disease.

Owners will observe that their dogs seem to be in a lot of pain when they attempt to urinate since, as you can imagine, having something stuck in that area preventing urine coming out would be very sore! It may look as though the dog is constipated (unable to pass feces) when in fact she is unable to urinate. If it is a partial obstruction, you may notice small dribbles of urine coming out of the dog as she walks around. A dog with this sort of problem will definitely appear uncomfortable and in pain, and she should be taken to the veterinarian as soon as possible for a full physical exam and so that they can determine the actual cause of your dog's discomfort and pain.

### *Spaying Incontinence*

*Spaying* refers to the process of preventing the female dog's ability to get pregnant by surgical removal of her ovaries and uterus. In some unfortunate cases, female dogs may become incontinent (they lose control of their ability

to urinate voluntarily), which leads of course to inappropriate elimination. Because the ovaries are removed during spaying, the hormones they usually release are lowered as a result. The primary hormone released from the ovaries is called *estrogen*, and because there is less of it, there is less muscular control of the bladder. As a result, incontinence can occur, in which the female dog will eliminate around the house inappropriately.

If your female dog has suddenly started eliminating around the house and she has recently been spayed, this could well be a likely cause of it. In order to help fix this problem, your veterinarian will most likely treat the problem by giving the dog an estrogen supplement or something similar. The increase of estrogen in the dog's blood again will allow her once more to have control over the muscles of her bladder, meaning that she will be able eliminate at her will. Incontinence as a result of spaying your dog is one of the risks that must be realized before the spaying procedure is undertaken. However, it occurs very rarely, is treated relatively easily, and ultimately the benefits of getting a dog spayed definitely outweigh the disadvantages.

### *Sphincter Incompetence*






Another common cause of inappropriate elimination, particularly in aging or obese animals, is sphincter incompetence, which refers to the inability of a dog to properly control the *urethral* or *anal* sphincters which are the muscular openings through which urine and feces exit the dog's body. The reasons for inadequate control over either the urethral or anal sphincter are many and varied and are a common cause of incontinence in older dogs. Once other more serious conditions have been ruled out, these weak sphincter muscles can be treated with appropriate medications provided by your local veterinarian.

## **III. Other Problems**

### **1. Dogs eliminating inappropriately outside:**

In some situations your dog will begin eliminating on an area outside you do not wish her to. This can be a very difficult and frustrating situation, since most dogs believe that toileting ANYWHERE outside is acceptable. To minimize these situations from occurring, you should ensure you only have one elimination area for your dog when you are training it to toilet outside for the first time and that you think carefully about where you first train your dog to toilet outside. Your dog may have begun eliminating under the clothes line, on a commonly used area of grass, or on pavers or a pavement around your house. Luckily there are a few techniques you can undertake to help dramatically decrease this behavior from occurring.

### *Dealing with a dog eliminating inappropriately outside*

-  Try to keep a close eye on her at first. If you have an outside dog, this will obviously be difficult, so you should confine her to an area outside where she will not eliminate inappropriately when you cannot keep an eye on her. This however does not mean you should tie her up or lock her in a kennel. Instead she should be kept in a good sized run.
-  Immediately after meals and waking up, you should take your dog to a designated spot on your lawn and praise her for eliminating in the correct place. This is the fundamental component of preventing your dog from eliminating inappropriately outside.
-  If you catch your dog about to eliminate on area you do not wish her to, clap your hands and growl a guttural growl of "AAHH" to startle her into stopping. Then quickly whisk her out to the appropriate elimination area and praise and reward her with food treats when she eliminates here instead.
-  Try cleaning any messes on inappropriate areas with paper towels or something similar. Use an odor neutralizer to remove the smell of her urine and feces. Then, put the paper towels on the designated elimination area. This is because a dog will usually return to a familiar spot to eliminate, by recognizing its smell. If your dog cannot smell her own excrement on the inappropriate areas but can smell them on the designated elimination area, she is more likely to return to the lawn in the future.
-  Try feeding or playing with your dog on the spot she would normally eliminate on inappropriately. This takes advantage of the fact that dogs will not normally relieve themselves on a feeding spot.

### **Eliminating on Pavers Case Study:**

#### *Question:*

G'day, my name is Mark from Australia and I have recently purchased a pedigree American Staffordshire which is 12 weeks old and I have had her for 4 days now. She is a beautiful natured dog however the main problem we are having with her is she won't go to the toilet on the lawn and instead either goes on the tiles inside or the pavers outside. The breeder we got her from had the kennels inside a shed with a concrete so I'm assuming this is why she is doing this?

Your help will be greatly appreciated  
Mark

*Answer:*

Hi there Mark,

Thanks for your email. It certainly would seem that your puppy thinks that she is doing the right thing when relieving herself on your pavers. Because of this, she needs some retraining. If possible, take the next weekend or any couple free days and tether your puppy to yourself. Once every two hours, and immediately after meals/waking up, you should take your pup to a designated spot on your lawn and praise her for relieving herself in the correct place.

If you see her about to relieve herself on the pavers, clap your hands and growl a guttural growl ("AAHH") to startle her into stopping. Then quickly whisk her out to the lawn and praise her for going there instead. It might even work to lead her to the pavers *IN ORDER TO* interrupt her when she tries to go there.

Clean up any messes on the pavers with paper towels. Use an odor neutralizer to remove the smell of her urine and feces. Put the paper towels on the designated section of the lawn. The reason for doing all this is because dogs will usually return to a familiar spot to relieve themselves, which they recognize by smell. If your pup cannot smell her own excrement on your pavers, but can smell it on your lawn, she is more likely to return to the lawn in the future.

You should also try feeding and playing with your pup on the spot she would normally use on the pavers. This takes advantage of the fact that dogs will not normally relieve themselves in a feeding spot. Finally, if there is anyway to temporarily fence off the pavers from doggy access, she will get accustomed to going elsewhere, and you may find a "lateral" solution to the paver problem.

Good luck Mark, and please let me know how you progress.

Sincerely,  
Scoop Olliver





## *2. Preventing Urine Damage to Grass*

Urine damage to grass is a common and frustrating problem many owners face with their dogs. The problem itself occurs because dog urine is very high in



ammonia which is ultimately nitrogen, the same product used in most fertilizers. However, because this nitrogen is so concentrated, rather than acting in the positive way fertilizer does to improve growth, this high concentration of nitrogen causes grass to die. There are several methods you can try to help prevent this problem from occurring. The prevention of urine damage involves trying to reduce the amount of nitrogen coming into contact with the grass.



There are several contributing factors that increase the likelihood of urine damage to grass occurring:

-  Female dogs are more likely to cause lawn burn than males because they empty their entire bladder in one location instead of lifting their leg to urinate as males do.
-  Large dogs eliminate more urine and so they increase the quantity of nitrogen in one location, making urine damage more likely.
-  Dogs that are fed a high protein diet are more likely to produce urine that causes damage to grass, since the harmful nitrogen that causes the damage is a breakdown product of protein.
-  Heavily fertilized yards are already receiving near maximum levels of nitrogen. The small amount of nitrogen in dog urine may be all that is needed to put these lawns over the edge and cause urine damage.

### *Dealing with urine damage to grass*

Before you start implementing changes for urine damaged grass, you need to make sure that your dog is actually the culprit. Several lawn diseases appear as urine damage, with the small, characteristic brown patches. First, make sure that the brown spots are definitely in areas where your dog urinates. Most dogs will have an area in your backyard that they choose to use to eliminate on. Secondly, make sure that the grass in the brown spots is still firmly attached. Grab a handful and give it a steady pull. If the grass is firmly rooted, then it points to lawn burn. If the whole bunch of grass pulls up, roots and all, then you may be dealing with a grub problem. And thirdly, make sure that your dog is the culprit. If your neighbor's dog is coming into your yard and creating the problem it will not do any good to treat your own dog.

Successful treatment and prevention for urine damage to grass often requires a multi-step approach:

-  ***Saturate any spots that have been urinated on with water*** - After your dog urinates, pour several cupfuls of water on the spot to dilute the urine.
-  ***Feed a high quality dog food that does not exceed the dog's protein requirement*** - High quality foods have more digestible

protein sources that are better used by your dog and they create less nitrogenous waste in the urine. You will need to talk to your veterinarian to find an appropriate diet that suits your dog. Different dogs require different diets and often supermarket diets are quite hazy with their labeling.



***Encourage your dog to drink more*** - this will help dilute the urine and decrease the risk of urine damage to your grass. Small amounts of non-salted broth in the drinking water may help increase your dog's water intake.



***Train your dog to urinate in a location that is less visible*** - this approach is very effective for some owners who do not want to add supplements to their dogs' diet.



***Replant your yard with more urine-resistant grasses*** - The most resistant grasses tend to be perennial ryegrasses and fescues. The most sensitive tend to be Kentucky bluegrass and Bermuda.



***Feed your dog a supplement*** - talk to your veterinarian about feeding your dog a supplement like "Green-UM" or "Drs. Foster and Smith Lawn Guard," or apply a product to the lawn such as "Dogonit Lawn Treatment." These products bind and neutralize the nitrogen in your dog's urine.



***Reduce the stress on your lawn*** by not over or under-fertilizing and by providing frequent watering.



***Neighbors*** - if neighbors' dogs are causing the problem, you may consider talking to them about it. Using a fence or motion-activated sprinkler may be helpful in keeping these dogs off of your lawn.

These methods are all very effective in helping prevent urine damage to grass. Be sure to try a few of the above techniques in order to get an effective result.

### Preventing Urine Damage to Grass Case Study:

#### Question:

Hi Scoop,

Do you have any suggestions on what to feed my female German Shepherd to help with urine burning of grass?

Thanks, Katy

#### Answer:

Hi Katy,

Thanks for your email. First make sure that your dog is actually the culprit. Several lawn diseases will look like lawn burn, with the small, characteristic brown patches. Make sure that the brown spots are in areas where your dog urinates. Most dogs will have an area in the yard that they choose to use to eliminate on. Secondly, make sure that the grass in the brown spots is still firmly attached. Grab a handful and give it a steady pull. If the grass is firmly rooted, then it points to lawn burn. If the whole bunch of grass pulls up, roots and all, then you may be dealing with a grub problem. And thirdly, make sure that your dog is the problem. If your neighbor's dog is coming into your yard and creating the problem it will not do any good to treat your own dog.

Because dog urine is very high in nitrogen, when your dog urinates it is similar to pouring liquid fertilizer on the lawn. A little fertilizer is good for the grass, but an excess causes nitrogen burn. The prevention of lawn burn deals with trying to reduce the amount of nitrogen coming into contact with the grass.

There are several contributing factors that increase the likelihood of developing lawn burn:

- Female dogs are more likely to cause lawn burn than males because they void their entire bladder in one location instead of lifting their leg and marking, like males.
- Large dogs deposit more urine so they increase the quantity of nitrogen in one location, making lawn burn more likely.
- Those dogs, usually young active dogs, fed a high protein diet are more likely to produce urine that causes lawn burn.
- Heavily fertilized yards are already receiving near maximum levels of nitrogen. The small amount of nitrogen in dog urine may be all that is needed to put these lawns over the edge and cause lawn burn.
- Lawns that are stressed are more susceptible to damage. Lawns that are suffering from drought, disease, or are newly sown or seeded are more susceptible to lawn burn.

I know you asked specifically about finding a special food, but successfully treating and preventing lawn burn often requires a multi-step approach. I have included the several steps found in the Guide [*see page 115 above*]. So you can work through these step by step. This will give some advice about the high-protein foods you can find with a quick visit to your local pet store. Of course, if it is at all possible, you can consider restricting access to a front lawn, or re-fencing certain areas.

I hope this helps.

Kind regards,






Scoop Olliver

### 3. Self Marking

Most dog owners are dismayed at the sight of their pet joyfully rolling in her own feces, those of another animal, or in the remains of dead animals. Though not clearly understood, this may be a form of territorial marking. The dog identifies herself with the environment by rolling in it (though territorial marking is most commonly done by urinating or defecating). Rolling in feces may also have a predatory function. A predator on the hunt may confuse the prey by disguising its own odors with the scent of its prey.

#### *Dealing with Self Marking:*

The best way to resolve this problem is to simply do your best in denying your dog the opportunity to do it.

-  Walk your dog on a leash so that you can avoid any feces or dead animals and prevent her rolling in them.
-  If possible, prevent access by other animals to your property.
-  Remove stools from your backyard daily.
-  If you happen to catch your dog in the act of this behavior, you should quickly and firmly reprimand her via a guttural growl of "AAAAH!" combined with a loud clap of your hands.
-  Be sure to thoroughly wash your dog whenever you can see or smell that she has rolled in something and even more importantly, keep a close eye on her after you have bathed her as she will be even more inclined to self mark after this.



This behavior is most common in young dogs, and behavior tends to decrease with age.



## **TOP TEN TIPS for Hassle-free HOUSE TRAINING**

### **1. Supervision & restricted movements**

*Ensuring you keep a close eye on your dog and limit her movement within your house will help minimize accidents going unnoticed and allow you to better show your dog what is appropriate and what is not. Crate training can be very useful here, so that when you are not able to keep a close eye on your dog, she has her movement restricted by being placed in the crate. Because of the small confines of the crate and the fact that she sleeps in it, she will not toilet in the crate if she is left here for a short time.*

### **2. Regular feeding times (leave food for 20 minutes then remove)**

*By only allowing your dog access to food for certain set periods every day, you can monitor their eating and take them to the appropriate elimination area directly after they have finished eating. Forming and following a schedule for your dog will help you better manage her*

*feeding and toileting and will ensure that the entire family knows when and where to feed and toilet your dog.*

### 3. Water restrictions

*To lessen the chances of your dog urinating in her bed overnight, all healthy dogs should not have access to water overnight. All dogs MUST have unlimited access to water during the day. (If, however, your dog has a health-related problem, you may need to provide water at all times, both day and night).*

### 4. Reward and praise

*Although catching your dog in the act of inappropriate elimination and reprimanding is very helpful, it has been shown that dogs learn quickest and most effectively through vocal praise and rewarding of correct and appropriate behaviors. Be sure to give your dog plenty of encouragement prior to eliminating, and during and after eliminating, give them plenty of attention and perhaps a small food reward.*

### 5. Accompany your dog

*Initially, you should not hope that your dog magically knows what to do after you have shown it where to toilet twice. Instead, go with your dog to the elimination area you have chosen for the first couple of months during your training. This ensures that she eliminates appropriately in the correct area and that you can encourage and reward her accordingly.*

### 6. The same place every time

*To minimize confusion and accidents, ensure that you continually use the elimination area you chose to begin with, rather than changing it during the training process. Your dog's familiarity with this area is very important in order for both direct and paper house training to be successful.*

### 7. Persistence, Patience, Consistency

*House training takes time and effort on an owner's part and the most valuable traits of any dog trainer, no matter what they are training, are persistence, patience, and consistency. With these three important key values, you will find that you have every success in training your dog in any situation and for any valid training technique. Remember, your dog wants to please you.*



## 8. Doggy door

*In living situations where it is possible for a doggy door to be installed, and where a dog is small enough for a doggy door to be a possibility, house training and inappropriate elimination are much easier to control and manage. Furthermore these products save an owner from having to constantly let their dogs outside*

## 9. Appropriately Cleaning of Accidents

*Dealing with accidents appropriately is very important in preventing your dog from continually eliminating inappropriately indoors. Be sure to use a cleaning product that isn't ammonia based and that doesn't have an overpowering smell. ALWAYS go over areas you have cleaned with a pet odor neutralizer. Ensuring these areas are spotless will remove the possibility of your dog toileting on them again as a result of them being able to smell the area as one in which they have toileted before.*

## 10. Feed & play with your dog on same spot as accident

Further to cleaning and neutralizing areas where your dog has eliminated on inappropriately indoors, you should feed your dog on these areas also. Because dogs dislike toileting in areas they have eaten, this process helps prevent your dog marking in this spot again.

# GLOSSARY OF TERMS

*Positive reinforcement* - Giving praise and rewards for correct behaviors.

*Behavioral problem* - A problem due to an incorrect or abnormal behavior.

*Bladder* - The structure in the dog that collects and stores urine that has been filtered by the kidneys.

*Congenital Problem* - A problem with an animal that is present at birth.

*Coprophagia* - A term used to describe an animal eating its own or another animal's feces.

*Disease-related problem* - A problem due to the presence of a disease.

*Ectopic Ureters* - A congenital defect in which two ureters connect at the wrong point.

*Elimination* - To urinate and/or defecate (i.e. to pee and/or to poop).

*Elimination area* - The area on which you choose to train your dog to toilet on.

*Estrogen* - A hormone released by female dog's ovaries involved various roles including allowing muscular control of the bladder to allow controlled urination.

*Incontinence* - The lack of ability to eliminate voluntarily.

*Feces/Defecate/Defecation* - Poop/To Poop/Pooping.

*Gastro-colic reflex* - A bodily response that occurs after a dog eats, that causes her bowels to move leading to defecation.

*Guttural growl* - A low toned, harsh sounding growl of "AAAAAH!" used to quickly reprimand your dog and get her attention when she is undertaking an inappropriate behavior.

*Inappropriate Elimination* - Incorrect urination or defecation.

*Negative reinforcement* - Growling and/or punishing for incorrect behaviors.

*Neuter* - The term used for the de-sexing of a male animal by removal of the testicles.

*Odor Neutralizer* - A product to help rid an area of a smell - particularly useful in house training to ensure your dog does not continue toileting inappropriately.

*Ovaries* - The two anatomical structures in the female that release ovum (or eggs) and allow pregnancy once fertilized by sperm.

*Patent Urachus* - A congenital defect in which a tube connecting the bladder to the Umbilicus or 'belly button' remains after birth resulting in dribbling of urine from the 'belly button.'

*Prostate* - A gland present only in males that is necessary for adequate sperm carriage by secreting a 'transporting fluid.' Commonly diseased with age.

*Separation Anxiety* - A behavioral problem in which a dog can become destructive, noisy and/or undertake inappropriate elimination whenever the owner is not present or the dog does not have access to them.

*Spay* - The term used for the de-sexing of a female animal to prevent pregnancy by removal of the ovaries and uterus.

*Sphincter* - A muscular ring that prevents or allows the passage of bodily fluids. Anal sphincter prevents or allows feces, the urethral sphincter - urine.

*Submissive Urination* - An elimination problem that occurs whenever a dog shows overly submissive or fearful behaviors.

*Ureter* - Tubes that carry urine from a dog's kidneys to the bladder.

*Urethra* - Tube(s) that drain urine from the bladder to the outside world.

*Urethral Diverticulum* - A congenital or acquired defect in which a section of the bladder or urethra becomes abnormally enlarged.

*Urinary Tract* - The anatomical structures in which urine production and excretion are involved.

*Urine Marking* - A behavioral problem in which a dog marks its territory by spraying small amounts of urine on possessions in the home.

*UTI* - A UTI is a Urinary Tract Infection - a bacterial infection of the urinary tract.

## *How Long Does it Take?*

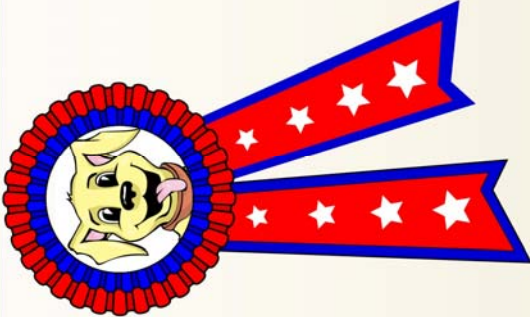
The question that's most commonly asked is always the one that's most difficult to answer, and my own answer will be no less elusive.

The amount of time it takes to house train your dog depends on how vigilant you are with your training methods. If you are able to take some time off, even a couple of days, when you first bring your dog home, you will likely reduce the time it takes. In general, the more time you spend with your dog early on, the better. Even when you are not *CONSCIOUSLY* training them, they are picking up on every single one of your verbal and physical cues. After you have become well-versed in the art of reading the body language of dogs, you will be doing the same with them.

(Page 53 of the **SitStayFetch** [[www.kingdomofpets.com/dogobediencetraining](http://www.kingdomofpets.com/dogobediencetraining)] dog training guide is a great start!)

That said, you can house train a dog in anywhere from three days to two weeks using the Direct Method. The Paper Method can take longer, say two to four weeks, but this is partly because it is often used with puppies that start much younger. Dogs adopted from shelters or taken on at a much later date may take longer, but they are well worth the added effort.

Any dog that goes two months without an accident is well on her way to being house trained. Consider a dog that goes three months without an accident **OFFICIALLY HOUSE TRAINED**. At this point, you should throw a party and give them the **Certificate of House Training Excellence**, found below:



KingdomofPets

On behalf of Kingdom of Pets Ltd  
This document Certifies that from \_\_\_/\_\_\_/\_\_\_

is an Officially  
**HOUSE TRAINED DOG**



Spot-less

*Martin Olliver*

Martin "Scoop" Olliver  
Kingdom of Pets Ltd

## *Acknowledgments*

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## My recommendations:



If you are serious about correcting your puppy or dog's behavioral problem then I strongly advise you to read Daniel Stevens' book *SitStayFetch - Dog Training to Stop Your Dog's Behavioral Problems*.

The book which deals with aggression, barking, biting, digging, jumping to name but a few, almost has an impressive list of bonuses. Included in this package is the:

1. SitStayFetch Audio book, which allows you to listen to SitStayFetch on your computer, burn it to CD and listen to it in your car or download it to your MP3 player.
2. The Ultimate House Training Guide
3. Secrets To Becoming The Alpha Dog
4. All the House Training Methods and Tricks
5. Dog Grooming Made Easy
6. Tips of Security Training Your Dog
7. One \$120 private email consultation to help you resolve your specific dog problems.

Follow this link to find out more...

<http://www.dogproblemstopper.com/>

Stop Your Dog's Obedience Training Problems TODAY with SitStayFetch!