

Resting Feeding and Potty Training!

REST times!

Your pup needs lots of rest time to develop into a healthy dog with a sound mind and body!

We all know puppies are cute and cuddly and we want to have them around us all day long, but is that the best for the baby? A young pup around 8-10 weeks needs at least an hour's nap after a 20-minute play session. Longer is totally fine as well! On average such a pup requires 18 to 20 hours of sleep and rest time per day! This rest time would mean uninterrupted rest in a separate area, such as a small room, x pen or kennel.

Of course, all dogs are different but it is wise to start a nice schedule early on.

If your pup is not ready for snooze time, offer them a nice big bone or a Kong, or a similar, toy stuffed with frozen or fresh treats.

As they get older, time for play and interaction with us will increase. Even for adult dogs, it is wise to stick to a schedule that allows for an equal amount of rest time as playtime during the day with an additional solid 8 hours of sleep at night!

Feed on a schedule, or Ditch the Dish!

Dogs that eat on a schedule eliminate on a schedule, so don't free-feed (leave food out all day to 'graze') your puppy!

At mealtime, leave your dog's food down and available to them for approximately 5-10 minutes; then pick up whatever food remains. Alternately you can Ditch the Dish and opt to use those meals as training treats throughout the day, or in a food-dispensing toy such as a Kong. Always make water available, but you can reduce the amount of water you put out to avoid the dog playing in the water dish. Once your dog is reliably eliminating outside the house, we still do not recommend free feeding.

Our recommendation for water intake is to allow short bursts of drinking, counting to 7 before interrupting, wait for 20 then allow an additional 7 seconds of drinking and so on. Some dogs enjoy drinking so much that they literally over-drink!

Potty Training

Every time your very young pup wakes up from a nap, has a meal or has been playing for 10 minutes they need an opportunity to go outside to go potty. This is crucial if you want your dog to succeed at potty training in record time!

Keep Notes

For a few days, make note of every time your puppy goes to the bathroom – and whether it was inside or out. Record the date and time. In the third column, write "accident" if the dog had an accident in the house, or "success" if your dog went to the bathroom outside. Write the letter "P" if your dog pees, "D" if he defecates, and "B" if your dog did both. Also note what your dog was doing immediately before elimination: sleeping, napping, eating, playing, etc.

Observe your dog before he eliminates—what behaviours do you see? Does he sniff around? Scratch at the ground? Write down these indicators so that you know what to look for in the future and can recognize his signals for communicating that he needs to go out.

Lastly, record when your puppy eats and drinks.

After a few days, you should start noticing patterns in your dog's elimination. You will see how many times a day, on average, he needs to go potty. Note approximately how many times he needs to urinate and defecate each day. Use this information to create a schedule. Relying on your memory will not work!

Limit Access and pick a potty place

When you bring your dog out to go potty, put them on a leash, proceed immediately to the same section of the yard, and be as boring as possible. Ignore your dog, letting them sniff all around. If he goes to the bathroom outside, have a party AFTER he is completely finished! The "party" may include treats, affection, praise, play—whatever your dog likes. If your dog does not go to the bathroom outside, be boring, bring them back inside and put them in his kennel or his own space for a half hour, then repeat the process.

Common Mistake: Too Much Freedom

Kenneling and educational tethering are the two best management options when it comes to potty training.

Educational Tethering means tying a leash to your waist so that the puppy or dog is leashed and with you, as you move throughout the house; a six-foot leash will do fine. Tethering allows you to spend more time with your dog than when he is in the Kennel area and is a great way to form a close bond with your dog. A young pup should not be tethered for longer than 5-10 minutes at a time. A pup over 12 weeks can be tethered to a person for up to 15 minutes. Please always be very considerate of your pup's needs and state of mind and make the time spent with your fun and pleasant for your dog.

Dogs are often confined for resting times in some sort of kenneling space. When selecting a space, create one that is the appropriate size for your dog. Ideally, this space should only provide enough room for your dog to stand up, turn around and lie down comfortably. The most common mistake is to have a floor area that is too large for your dog. Dogs whose resting

quarters are too large often are perfectly comfortable urinating on one side and napping on the other side. This creates a dog that will not mind going potty in your living room while spending more time with you in the family room! A crate, x pen or small room blocked off is ideal.

Try to give your dog something to do when he is in his Kennel or x pen. Consider providing a stuffed food toy such as Kong. If you can supervise the dog while he is in his space, your options expand. Try squeaky toys, puzzle toys, Buster Cubes, Cotton rope toys—soaked in low sodium chicken broth then frozen or air-dried— raw knuckle bones, and more.

We recommend staying away from products that are chemically treated or coloured.

What to do if you catch them in the act

There is no point in punishing a dog after the fact. If you catch a dog in the act of making an elimination mistake, make an "oops!" sound, using a surprised facial expression. This is often enough to interrupt a dog mid-stream, at which point you can quickly take them to his potty spot, allow them to finish, and reinforce them for going in the correct spot.

Using walks and outdoor fun as potty breaks

Walks and potty breaks are two different things. Potty breaks are trips to the yard specifically for the purpose of elimination. Walks are walks. A walk can be used as a reward for appropriate elimination, but never end a walk when your dog goes potty.

Why is it important to differentiate between walks and potty breaks? Taking your dog for a walk and then ending it when the dog "goes potty" punishes them for potty-ing outside! We do not want to create dogs that "hold it" as long as they possibly can, hoping that the longer they hold it, the longer they get to walk. Then he will eliminate immediately upon return inside! Some dogs are so busy while outside, sniffing, investigating, playing etc, that they actually forget to go potty! For those pups, we need to go out often, remain super calm, and just slowly walk around with the pup on a leash to help them find the right spot.

If your dog is having frequent accidents in the house, take a step back in training. Go back to where he was reliably achieving success—perhaps more opportunity to go out and more supervision inside?

What if they regress?

If your pup appears to have lost the ability to hold during the day, consult with your veterinarian, and in the meantime try to add some cranberry juice or cranberry capsule to your pup's diet. It will in no way hurt your pup, and the cranberry has the potential to improve the ph balance in the urine, similar to in humans! If you see a serious increase in urination or other symptoms go to your veterinarian for a consultation!

Enjoy the training, reward the good, ignore the bad and the good will win!!