

THE ULTIMATE GUIDE **TO HOUSE TRAINING** YOUR PUPPY





Presented by Choosi and Dr. Alister Webster



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Whether you've just purchased a new puppy or are looking for a furry fourlegged friend to join the family, it's both an exciting and nerve-racking time! Expect constant cuddles and kisses, but also sleepless nights, chewed up carpets, shoes, pillows and the occasional accident.

This guide will give you all the helpful house training hacks you could possibly hope for including puppy proofing the house, toilet training your pup, overcoming behavioural problems and sorting out a puppy schedule. After all, it's important to paws for thought and prepare yourself for life with a new puppy!

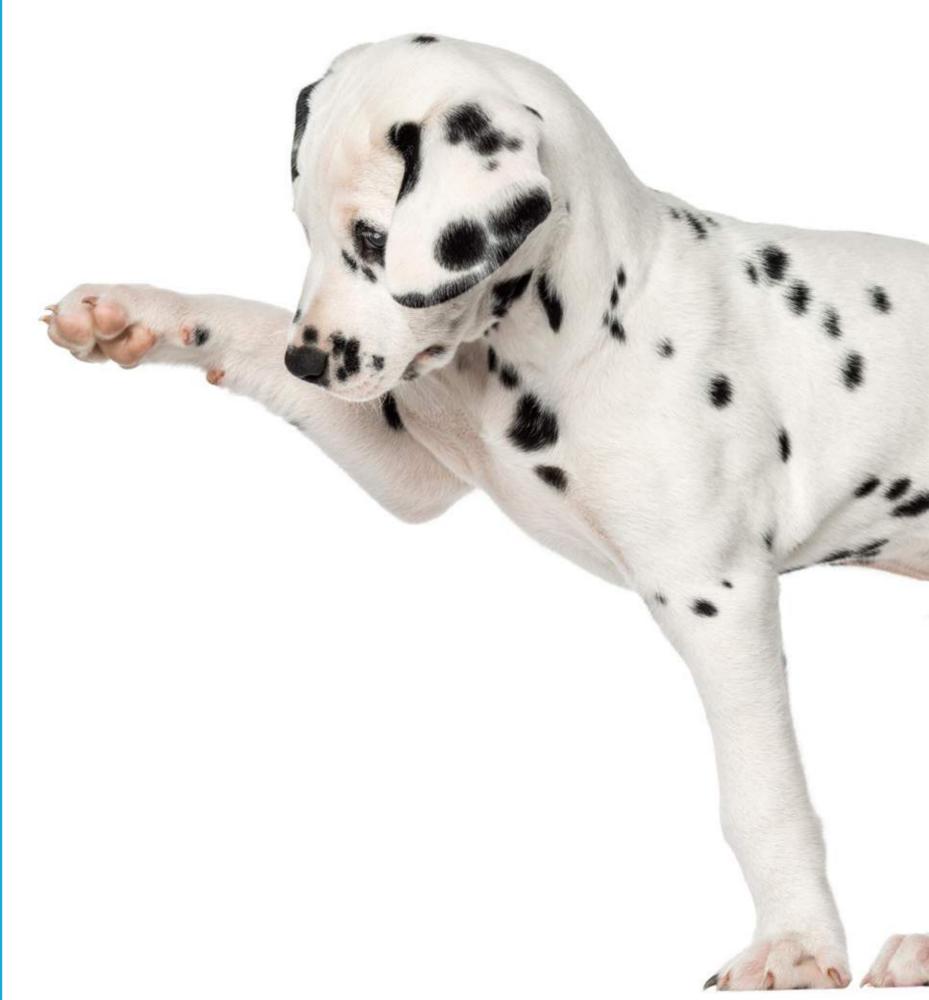
Using all the techniques in this guide combined with a healthy dose of **patience, positive reinforcement and consistency** you will be on your way to training the perfect pooch!





1. HOME DUTIES:

How to get your house ready





1. Home duties: How to get your house ready

The arrival of a puppy marks a big period of adjustment, for you, your family and your new puppy. Prepare your house before your puppy arrives to make the change as smooth as possible.

What you will need:

PORTABLE DOG CRATE

Make sure you have a suitably-sized dog crate or carrier to get your pup home, you'll also need a crate if you want to train your puppy using the crate training method. And of course it'll come in handy for future road or vet trips.

A quality harness, collar and dog lead is also critical. This is particularly important for large breed dogs where a crate is not always practical for transporting dogs.





BEDDING

We all know how important sleep is and chances are it'll be your puppy's favourite activity.

At home set up a soft bed in a quiet corner, complete with a blanket and - for spoiled pooches - even a hot water bottle!

TOILET TRAINING EQUIPMENT

Toilet training is one of the most important skills your new puppy will learn but it also requires the most preparation and upkeep.

✓ Puppy training wee pads:

• These pads will be useful in order to get your pup familiar with using a designated area. Note: Ensure that this area is always easily accessible as it's not much use if your puppy cannot access it when 'duty calls'. It also doesn't hurt that they will absorb the mess better than a newspaper.¹

✓ Portable indoor toilet tray:

• This provides the safety of going to the toilet inside and, with artificial turf, it's great for training your puppy for the world outside your front door. Plus it makes cleaning up a whole lot easier.



Puppy training wee pads: These pads will be useful in order to get your pup familiar with using a designated area.



FOOD & WATER ESSENTIALS

Eating will be a big part of your puppy's day when you first bring them home so it pays to have everything ready for their rumbling tummies!

✓ Food & water bowls:

- Buy stainless steel food and water bowls. Plastic tends to become unsanitary which can lead to sickness, while also encouraging biting or chewing ².
- Water dispenser to attach in crate

✓ Food specific to puppies:

- young. Puppy specific food will include formulas for young pups.
- ✓ Food treats:
- To aid in training and development as well as combatting boredom.



• It's crucial that puppies are getting the right source of nutrients when they're still

PUPPY PROOFING YOUR HOUSE:

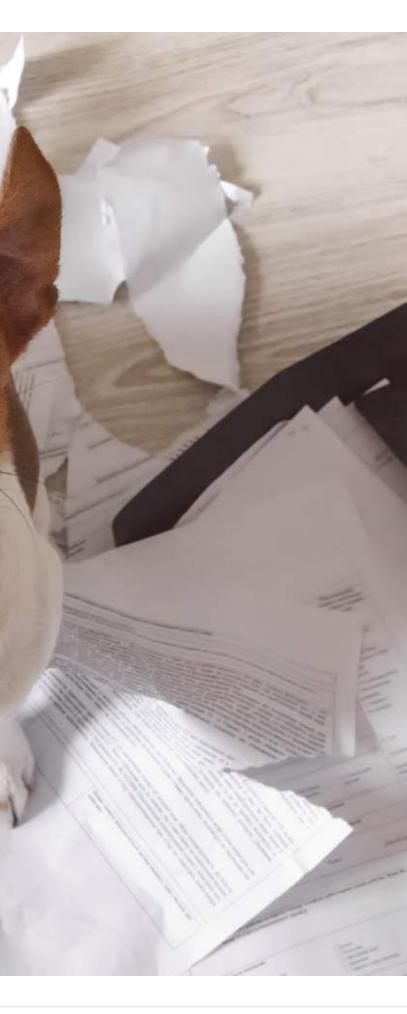
Puppies are natural explorers and anything that isn't tied down, tucked away or hidden from view is fair game to your furry friend.

Always remember to:

- Tuck power cords up out of reach or enclose them with a chew-proof PVC tube.
- Put up temporary blockades to prevent them hiding where they shouldn't.
- Pick up clothing, shoes, socks, slippers, hair ties, coins etc.

The best way to check the house is to actually get to their height, so get on your hands and knees and crawl around the house. Look for dangerous objects, things they could damage, chew/swallow or push over and break.







2. CRATE TRAINING:

The best technique you've never heard of

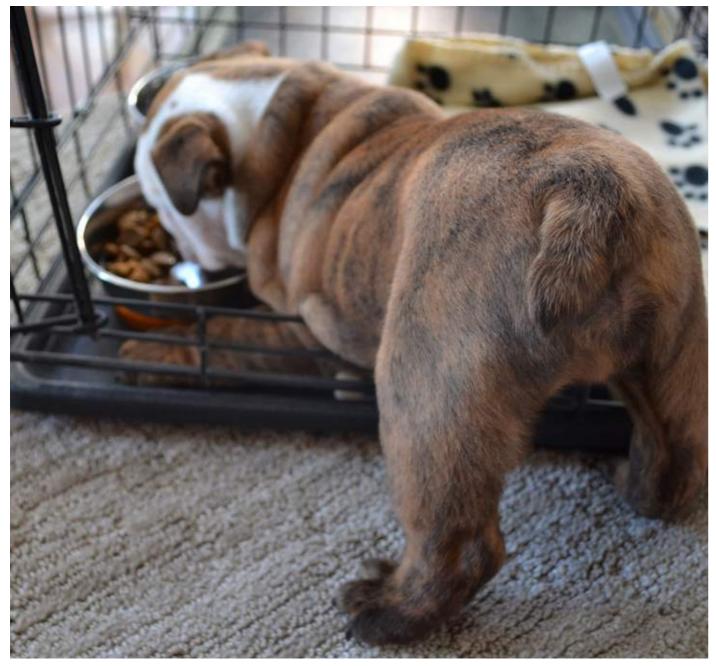


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2. Crate training: The best technique you've never heard of

Many pet owners may not have experienced crate training in the past but it's increasingly become a popular part of house training a new puppy. Crate training is beneficial as it can help your pooch become familiar with its surroundings and boundaries in a new environment. It's also smart to get your puppy used to being in a crate. This will make life much easier when it comes to vet visits, road trips or any kind of travel.

The crate should be seen as a positive and safe place for your pet, not a punishment. It should include a water dispenser and puppy comforts.



Crate Training: When first house training your pup, it's a good idea to get them eating regularly in the crate.

HOW TO: GET YOUR POOCH COMFORTABLE WITH THE CRATE

INTRODUCING YOUR PUP TO THE CRATE

• Place the crate in a central area of the house and when your pup goes over to investigate, reward them by throwing a treat in the crate or near the entrance. Repeat this and once your pup sets foot inside the crate, reward them again verbally.³

TRAINING YOUR PUP TO USE THE CRATE

• Once your pup is inside the crate and you have rewarded them, close the door and sit quietly near the crate for 5-10 minutes. Once they're calm, slowly walk into another room.

CRATING YOUR PUP AT NIGHT

- Once your pup is comfortable crating, it's time to experiment with crating at night. Keep water and creature comforts, such as blankets and toys, in the crate in order to calm your pet.
- The crate should be kept in a central and familiar area.
- A crated puppy may cry at night but the best way to deal with it is to ignore the whining until it stops. Covering the crate with a sheet can help settle your pup at night.

FEEDING YOUR PUP IN THE CRATE

- When house training your pup, it's a good idea to get them eating regularly in the crate. This will also help develop a routine so they're comfortable eating in the crate when travelling.
- Place the bowl inside the crate and verbally encourage your pooch to enter. As your puppy becomes used to eating inside the crate, close the door during meal times and open it up as they finish.

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3. SLEEP TRICKS:

Night one with your puppy





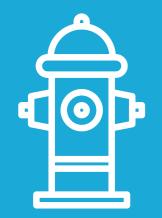
3. Sleep tricks: Night one with your puppy

Much like newborn babies, a brand-new puppy can be quite the handful come nightfall. But rather than resign yourself to a series of sleepless nights, a little preparation can put you on the path to a well-earned rest.

How To: Help your Hound Have a Good Night Sleep

- **TIRE YOUR PUPPY OUT BEFORE BEDTIME:** Give them a run around so they're all tuckered out when it's time for bed.
- DON'T FEED YOUR PUP 2 HOURS BEFORE BED: A puppy with a full stomach will mean no sleep for you or them.
- TAKE YOUR PUP TO THE TOILET BEFORE BED: Before bed take them to their designated area or outside to go to the toilet. This will also limit the chances you'll wake up to a nasty surprise.
- MAKE THEIR BED COMFORTABLE AND COSY: Ensure their kennel, crate or bed is in a warm spot, preferably close to your bedroom so they know you're nearby. Include a chew toy and an old jumper or shirt with their owner's scent. It will help to relax the pet and also build a bond with the owner.... Scent is a powerful thing.
- PLAY THE CRYING GAME: While it may be tough at first, it's recommended you ignore any crying throughout the night. The longer you attend to crying, the more they will expect it. This is because your attention is re-inforcing the crying behaviour. You are effectively rewarding and re-inforcing the crying. Instead, cover their sleeping quarters with a sheet to help them settle. Sometimes a cry may be a desire to go to the toilet. In that case, take them out quietly and get them back as soon as possible to maintain the routine.





4. POTTY PREP:

Toilet training your puppy









4. Potty prep: Toilet training your puppy

Toilet training is one of the most important phases of your new puppy's development but it can also be one of the toughest things to master. Avoid putting your foot in it: toilet training requires supervision, confinement, routine, encouragement, lots of praise and most importantly, some patience.

When you bring your new pup home, it's a good idea to put toilet training at the top of the to do list. Reward-based positive reinforcement training tends to be the best technique for young pups and the surest way to successfully train your pooch.⁴

HOW TO: TELL WHEN IT'S TOILET TIME



Unfortunately, it isn't possible for your puppy to give you a heads up when they need to use the bathroom, so it's up to you to keep an eye out for these canine clues.

- Sniffing, whining or squatting: A strong sign your furry friend is ready for a toilet break.
- **Post-nap:** Waking up from a sleep or a nap is typically followed by a need to go to the bathroom.
- Eating or drinking: After being fed and watered, go straight to the area you want them to pee/poo, as often they are immediately stimulated after eating.
- Play = Pee/Poo: If you're playing at home or the park, wait a few minutes then encourage them to go.

Don't get angry: Anger has the opposite effect. Your puppy will think going to the toilet in front of the owner is a negative thing which makes rewarding toilet behaviours even harder.

Clean the mess: Clean the floor well to remove the scent so your pup won't associate that area with toilet time. Use a cleaning liquid that doesn't contain ammonia.⁵ If they consistently go in the same area, try to barricade the area to help divert them to the appropriate toilet area.

Show them the right area: Remind your pup of the correct area to go to the toilet and praise them when they sit in that area, even if they're not going to the bathroom at that time.

REWARD-BASED POSITIVE REINFORCEMENT TRAINING

Reward-based positive training is the key to successful and stress-free toilet training.

STEP ONE

Designate an area: Whether indoors or outdoors, choose an area that is easily accessible. Always use the same spot – consistency early on is critical.



Take them to the area: When you can sense that toilet time is approaching, take your puppy to the area. Wait with them until they go and use verbal cues like "toilet time" so they become familiar with the exercise.

is repetition and puppy every hour so they associate the activity with elimination.

INDOOR TOILET TRAINING METHODS

Indoor toilet training is essential if you live in an apartment or unit. There are two primary methods that will get you the best results.

- The Paper or Pad method: This is a good technique for small breeds.¹ Set up an area in the house with newspaper or wee pads. Wee pads are absorption pads designed to remove the cleaning hassle out of toilet training.
- The litter box method: It is possible to train your pooch to use a litterbox as a toilet. Whenever you suspect it's toilet time - after eating, sleeping or playing - take them to the litter box.

DEALING WITH ACCIDENTS

At some point during toilet training, your puppy is bound to make a mistake and go inside. In fact, it's simple maths, with some young puppies needing to go to the toilet every 20-30 minutes!6

But rather than resorting to the old "rub their nose in it" technique, the best way to deal with indoor disasters is with patience, persistence and a little bit of praise!



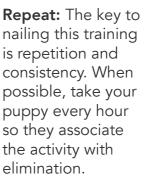
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STEP TWO

STEP THREE

Immediate Praise: Positive reinforcement is most effective straight after your puppy has done the deed.⁵ Praise them verbally, give them a treat, a pat or hug, or reward them with their favourite toy.







5. FEEDING YOUR PUPPY:

The recipe for success





5. Feeding your puppy: The recipe for success

When you bring your new puppy home it's crucial that you implement a feeding schedule. The sooner your pup gets used to its feeding routine, the more likely the rest of its training and development will follow suit.



MEAL SCHEDULE

Depending on age and breed, most puppies require three solid meals a day and it's best to spread them out in order to aid digestion – e.g. 7am, 12pm and 6pm.⁷

Once your puppy is between 14 and 18 weeks old, its meal schedule will change to two meals a day.⁷

Avoid feeding your furry friend any later than 6pm if you can, as it will delay its digestion which means it may not need a toilet break before bedtime.



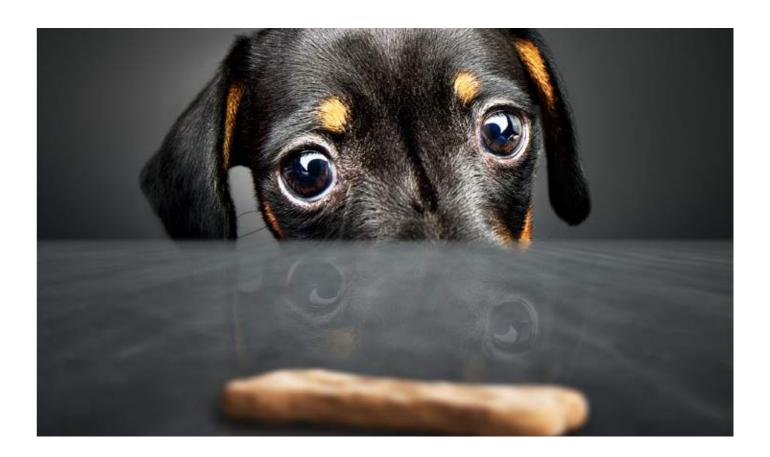
HOW TO: TRAIN YOUR PUPPY TO SIT AND WAIT FOR FOOD

Feeding time is a positive and interactive experience between the pet and owner and provides a consistent time for training simple commands for your new puppy. Remember that positive re-inforcement is the best form of training. Feeding time gives the owner a structured time and a motivated pupil every day for command and obedience training.

The training should use simple verbal and also visual (hand) signals. For example, using the open palm for stay/sit, pointing to the ground for 'lie' and then removal of the hand and 'OK' for allowing them to eat. You use treats in the same way to train these commands.

Read on for our top tips on training a pooch to be patient.

- 1. Place food into your puppy's bowl.
- 2. Hold the bowl up in front of your puppy.
- 3. Command your puppy to sit.
- 4. Wait for your puppy to sit then start to **lower** the bowl to the floor as long as your puppy is sitting.
- 5. If your pup stands to go to the bowl, raise the bowl back up and **repeat** steps 2 to 5 until the bowl is on the floor. Each time you should be able to get the bowl slightly lower than the previous.
- 6. Once the bowl is on the floor and your puppy is still sitting, **let go** of the bowl.
- 7. If your puppy is sitting still you can say **OK** and let them eat.







6. NAUGHTY AND NICE:

Overcoming puppy behaviour problems





6. Naughty and nice: Overcoming puppy behaviour problems

Much like toddlers throw tantrums, puppies can sometimes behave badly. Their desire to play easily leads to naughty behaviour! Learning to curtail an out of control puppy is crucial to the success of your housetraining.

Getting on top of bad behaviour is important in the early stages after your puppy's arrival as thelonger you let them get away with bad behaviour, the harder it will be to reverse.

Read on to find out some of the more common behaviour problems and how you can overcome them!

1. EXCITEMENT URINATION

This is a common problem in especially young puppies who haven't quite developed control of their bladder. Caused by overstimulation, excitement urination is common when an owner returns home, the puppy is introduced to new people or is showered with affection.

HOW TO PREVENT EXCITEMENT URINATION

- Reduce excitement level: When you arrive home, avoid yelling or running to your puppy. Instead greet the pup in a calm and controlled manner, then take it immediately outside.
- Calm and Praise: When your new pup is showing signs of overexcitement, use your commands to get them to sit and stay. Ignore them until they cooperate and when they do settle, praise and reward them.



2. SEPARATION ANXIETY

Puppies are pack animals, designed to stick together, so when the time comes for you to head off to work it can cause great distress for your dog. This can cause urinating, defecating, digging, scratching or chewing. They may also cry, whine or bark incessantly.

HOW TO PREVENT SEPARATION ANXIETY

- **Gradually increase time spent alone:** Practice makes perfect for your puppy and the best way to handle separation issues is to gradually get them used to being alone. Each day enforce a separation time, increasing the amount day-by-day.
- Change up your routine: Canines are creatures of habit, so they'll quickly learn your routine and start to get distressed when they can tell you're about to leave. Mix up your morning routine by leaving a little earlier or later - this will help your pup settle.
- Make them comfortable: Do what you can to make sure they're as relaxed as possible in your absence. Set them up in a small area of the house and give them forms of self entertainment such as toys, comforters, room to exercise...etc.
- **Exercise:** pets who receive regular exercise and outdoor stimulation are far less susceptible to separation anxiety.



3. DESTRUCTIVE CHEWING

Chewing is a common problem with young puppies!

Boredom, teething, anxiety or overstimulation can all be reasons for your puppy to start destructive chewing.

It's essential that you provide chew toys, especially if your pup is teething, as this will be an outlet for their energy. If you suspect chewing is a result of boredom, every time they chew take them outside for a quick run around.

HOW TO STOP CHEWING

- On the spot discipline: The only time you can effectively discipline your dog is when you catch them in the act.
- **Command and replace:** Once you've witnessed the act, stop them with a verbal
- **Deterrent:** If your puppy refuses to stop chewing household items, ask at your pet shop about sprays and liquids that you can put on furniture and other household objects. These have an unpleasant taste or smell that your pupply will want to avoid.



command and replace with a chew toy. Once they start chewing on the toy praise them.



Play Biting: If they do bite you let out a loud "Owww" to let them know it hurt. Puppies respond to noises and will quickly learn biting is a negative action.

4. PLAY BITING

For puppies, everything in the world is new to them and one of the best ways they know how to explore is with their mouth!

To make matters worse a big part of a pups upbringing involves mucking around with their fellow littermates. Newborn pups have no teeth, so when they bite each other it doesn't hurt. But it's important to put a stop to play biting before it goes too far.

HOW TO STOP PLAY BITING

- Toy time: Play with your dog using toys that they can bite. Every time they revert to using their teeth during playtime, put a toy in their mouth.
- Let's get loud: If they do bite you let out a loud "Owww" to let them know it hurt. Puppies respond to noises and will guickly learn biting is a negative action.
- **Praise don't punish:** Praise them when they play well with you but refrain from punishing them. Punishment could be misinterpreted as attention and may end up in them becoming more of a play biter.⁸

5. EXCESSIVE BARKING

Barking is an accepted part of being a dog, but excessive barking is more often than not a red flag that something's not right.

Excessive barking could be because of:

- **Boredom:** Provide your pet with plenty of chew toys and, if necessary, organise a dog walker. Time during the day with someone, even for 15 - 30 minutes may relieve the issue. It may also help to take your dog for a quick walk in the morning before work to expel extra energy. Morning and evening exercise is critical – 30 minutes every morning and night is recommended.
- **Discomfort:** If you suspect the barking is the result of an injury or illness, book an appointment with your vet.
- Hunger: Make sure your pupply has adequate food and water while you're away from home or at work.

DEALING WITH EXCESSIVE BARKING

- **Be Patient:** Divert your dog's attention with a distraction by calling them over in a cool, calm and collected manner. Break the bark flow and command their attention by asking them to sit, drop or stay. If they do as they're told, reward them: this helps develop an instinctive association of being praised for not barking.
- Don't Shout: Shouting at your dog is basically the human equivalent of barking and will simply confuse your curious canine as they'll assume you're barking too!⁹



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7. PUTTING IT ALL TOGETHER:

Your puppy housetraining schedule





7. Putting it all together: Your puppy housetraining schedule

Now that you have all the tools at your disposal, it's time to put them into practice. Ultimately house training relies on routine - if you can manage to stick to a schedule you'll notice how quickly your pup will adapt.



SUGGESTED PUPPY TRAINING SCHEDULE

7am - Wake up: Calmly wake your pup up and give them a morning cuddle.

7:30am - Take your puppy to a designated area and wait until they go to the toilet. Praise and reward after they've finished.

8am - Breakfast: Feed your pup in the crate.

8:30am - Take your puppy to their designated toilet area and wait till they go to toilet.

9-10am - Take your pup outside for a play.

12pm - Lunch: Feed your pup in the crate.

12:30pm - Take your puppy to their designated area and wait until they go to the toilet.

1-2pm - Settle your pup down in their crate for an afternoon nap.

3-4pm - Take your pup outside for a play to tire them out.

6pm Dinner - Avoid feeding your puppy any later as this will throw out their toilet times.

6-7pm - Take your pup to their designated area and wait until they go to the toilet.

7-7.30pm - Settle your pup in their crate for the night.



Conclusion

So, what do you get when you put all this puppy preparation together? A pooch that is practically perfect in every way! But it's important to remember that house training can be a long process and there are guaranteed to be setbacks.

It also pays to think about how daunting the process is for your new pup. They'll need your support, love, patience and persistence. Ultimately though, housetraining is a great way of bonding with your new best friend and will always be a fond memory, once it's over!



Once you have welcomed your practically perfect pooch to your family, you may want to consider buying pet insurance to help protect their wellbeing (and your pocket) in the event of an injury or illness.

If you have any questions about pet insurance or would like to get a quote, call Choosi on **13 55 55** or visit **choosi.com.au**. Choosi's team of Choosers can help you find the right policy to get your pooch covered for the medical attention they might need down the track.

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