

Potty Training Schedule



Introduction:

Potty training a puppy is usually pretty straightforward, but for new puppy owners it can *seem* confusing or complicated because it's all uncharted territory!

On my website www.fidosavvy.com, I've put together some very detailed information on housebreaking and crate training, and I'd really recommend reading those pages from top to bottom too..... it will make the whole process so much clearer.

Once *you* understand what you're doing it will be easier to help your new puppy understand what you want *him* to do.

Because there's so much to take in, applying what you've learned might seem a bit daunting at first, but you can potty train your puppy successfully if you're consistent and patient.

Setting up a predictable daily routine helps to keep you focused and on track, plus it has the added benefit of regulating your puppy's digestive system.

That means you'll soon get an idea of how soon after mealtimes he needs to pee/poop, how long he can 'hold it' and how often he needs to 'go'.

Most 8 week old puppies need a potty break every 30 minutes to an hour during the day, and at least once (usually twice) during the night.

Don't panic if this sounds as though you'll be trooping outside a million times a day! At first you will spend a LOT of time wandering around your yard saying 'come on...potty.. potty.. potty' (or something of that nature), but puppies grow incredibly fast and this stage lasts a very short time.

My biggest potty training tip is to **use a crate, from day one**. I can't stress enough how much quicker, easier and less stressful it will be for you both if you follow this one simple piece of advice.

If you're worried that it's 'cruel' in some way, or that your pup will be scarred emotionally by this experience... you couldn't be more wrong. Check out this page on my site to learn why reality is in fact the exact opposite of your fears... www.fidosavvy.com/crate-training-a-puppy. Now, let's take a look at that Potty Training Schedule.....

Potty Training Schedule For 8 - 10 Week Old Puppy

7:00 – 8:00 am

Wake puppy up and take him straight to his potty spot (even if you get up at 6am, the principle is the same). I'd recommend carrying him if it's more than a couple of steps to your door. At this age a puppy who needs to pee, needs to pee NOW!

Be sure to give him plenty of time to pee/poop. Most pups need to go more than once first thing in the morning.

8:15 am

Give puppy his breakfast... then you can either put him in his crate for 10 minutes or take him right back outside. DON'T let him run around the house or stay in his playpen. He's going to need to eliminate again very soon.

After a few days you'll start to figure out what your specific puppy needs and whether or not he does better with 10 minutes in his crate, or whether he needs to go outdoors right away. All puppies are different.

Once he's done his business it's time for some play and a little bit of running around – outdoors if the weather is nice and you have a fenced yard, indoors if neither of the above!

Then another chance to 'potty' followed by nap time for little one (in his crate is best with a good, sturdy chew toy for company) and, if you're lucky, breakfast time for you – YAY :)

9:45 – 10:00 am

If your pup wakes up around this time, then he needs to go straight to his potty spot again. Then playtime, training sessions, tethering, socialization or whatever other activities you've got planned for him.

If he's still napping, don't feel you have to wake him up. His body will let him know when he needs to 'go' ... and then he'll let YOU know! Puppies need a lot of sleep, it's when they do most of their growing and developing, so let your little guy slumber for as long as he wants.

During the first few days in a new home many puppies sleep more than usual as a reaction to the big changes going on in their lives. This is normal.



You can learn what to expect during this adjustment period on this webpage... [New Puppy Behavior](#). It will put your mind at ease!

Once his playtime, training or outings are over, it's back into his crate or tethered close to you so that he can get some quiet time, or another nap :)

12 Noon

As soon as your pup wakes up from his nap, or starts fussing about, take him to his potty spot. He may only need to pee this time around, but give him time to sniff around and make sure he's done before you take him back inside.

Now it's lunchtime (for puppy that is). Give him his food and water, and then just as at breakfast time either take him right back to his potty area or put him in his crate for 10 minutes. You'll soon learn which is right for your puppy.

Once he's peed/pooped it's more one-on-one time with games and training, or a car ride, visit to relatives/friends and so on. Then guess what? Yep, nap time again. Your pup may sleep for a couple of hours at this point, so let him set the pace here.

This is when you might get to eat lunch, or dinner, yourself, or get some work done, or even take a nap (especially if he's getting up two or three times at night to pee).

3:30 – 4:00

Wakey, wakey! Your little guy will be ready to empty his bladder/bowels and get some exercise right about now. So take him to his potty spot and then spend some time playing with him.

If you have another dog it's a good time to let them romp and chase each other around. A playdate with a friend/relatives dog is also good, but make sure the other dog is fully vaccinated so that your pup isn't exposed to illness or disease.

There's a phenomenon that I call the '*Puppy Crazies*' and it often seems to hit during the early evening hours when most households are at their busiest.

This is when your pup suddenly decides to run endless circles around the house (or furniture, people etc.), often barking and snapping as he goes. He may suddenly turn into a wild little monster and you'll wonder what on earth got into him!

It's actually pretty normal (and common) behavior and is your pups way of letting off steam at the end of the day. The less exercise and physical/mental stimulation he's had during the day, the more likely it is that he'll go stir-crazy in the evening.... so giving him a chance to tire himself out in the afternoon is a great idea. And a doggie playmate is a perfect way to achieve that.

5:00 – 5:30 pm

It's dinner time! This should be your puppy's last meal of the day. He should have access to fresh water all day but at this age I'd recommend picking up the water bowl by around 7:00pm so that he has a chance to completely empty his bladder before bedtime.

After dinner, follow the same procedure as with breakfast and lunch... either straight outdoors to eliminate, or in the crate for 10 minutes and then outside.

Once your little guy has done his business, a short training session and then some quieter playtime with his chew toys in his playpen is what I'd recommend.



You don't want him to get all riled up again now evening is coming on.

After he's played for a while, take him back to his potty area and then it's time for a nap (yes, *another* nap!).

8:00 pm

When puppy wakes up from his nap, take him to pee/poop and then either let him play in his play pen, at your feet, or in his crate. He'll probably want to doze anyway and you can let him call the shots here.

10:00 pm

Everyone has a different 'bedtime' and daily routine, but most pups will be ready for bed by now.

Make sure your little guy has a potty break before he goes into his crate for the night, and give him plenty of time to finish up before you bring him back indoors. Because, just as they do first thing in the morning, many puppies will need to pee/poop more than once at the very end of their day.

Between 10:00 pm and 7:00 am

Most 8 week old puppies will need at least one potty trip during the night, many will need two.

This is completely normal, and although it's exhausting at the time, your little guy will outgrow this phase pretty quickly. By 12-14 weeks the majority of puppies can 'hold it' all night.



When you realize that this is going to happen it's less frustrating. Here are a few tips to help minimize disruption to your sleep, and ensure that your pup doesn't make his night-time potty breaks a lifetime habit.....

For the first few nights, if your puppy has been sleeping but suddenly wakes up and starts to fuss and cry, don't waste time wondering if he needs to 'go', or hoping he'll fall asleep again!

There are really only two things that can happen if you don't follow this advice... first is that he's going to pee/poop in his crate because he needs to – and you're ignoring him. Or second, when you finally decide he's not heading back to the Land of Nod and get him out of his crate he's going to think you let him out because he's making such a fuss.

Neither of these scenarios is going to make life easier at night anytime soon :(

So, as soon as your puppy wakes up and starts to whine/cry, get up and take him outside right away.

Your attitude during night time potty breaks needs to be different from your attitude and behavior during the day. At night you need to keep the lights (and your voice) low, and move quietly and slowly. Don't 'chat' with your puppy, or even make direct eye contact, and don't play with him or reward him for eliminating with anything more than a quiet 'good boy'.

The thing your pup wants most in the world is – YOU. He wants you to talk to him, play with him, pet him, give him attention... and any kind of attention (even the negative kind) is better than nothing as far as he's concerned.

If you make a fuss of him when he wakes up, if you talk to him, pet him and then reward him with lavish praise and a treat in the middle of the night, he'll think it's more than worthwhile to wake up just for all that attention – regardless of whether he actually *needs* to pee or not!

For the first few days, expect to be woken up every couple of hours. Your pup won't necessarily need to eliminate every time, but you need to take him to his potty spot and give him the opportunity to go if he needs to.

Sometimes he'll be waking up because he actually needs to empty his bladder (or occasionally his bowels), but other times he might be scared, lonely, homesick or just wants to hear your voice. This is absolutely normal and he'll soon get over this stage... honestly!

After a while you'll start to be able to tell the difference between his 'Mom I need to pee!' voice, and his 'I'm bored/lonely' voice. That's when you can start to be more selective about when you open up the crate and take him outside.

For example if he's been with you for a week.... it's 3am and he's starting to make a fuss.... *but* you took him outdoors an hour ago and he peed... then chances are he's just looking for attention and you can ignore his complaints.

If he whines and howls for 15 or 20 minutes, then give him the benefit of the doubt and take him outdoors again. Then put him back in his crate and ignore the noise. If he peed again, then you know he's probably okay until it's time to get up, if he didn't then he doesn't need to go and he's just fussing for attention.

This is something you have to figure out for yourself and it's different with every single puppy. I've had pups who go into their crates at 10:30 pm and don't make a sound until 5 or 6 in the morning.

I've also had puppies who cry, fuss, whine, howl and generally wake up the whole house (not to mention the entire neighborhood) every night for a month.. or more. There's no telling how your puppy is going to be, it's one of those times when you'll just have to wait and see.

But, I've also never had a pup who didn't eventually settle down and sleep through the night without messing in his crate.



It's sort of like toilet training a toddler... you think she'll NEVER 'get it' and yet I've never seen a 5 year old (who's developing normally) wearing diapers to school.

All puppies get there, and you *will* survive... and probably do it all over again in the future.

So, that's the end of my Potty Training Schedule, I hope that it's helped you to understand what your pup needs from you and what you can expect from him.

The most common cause of disappointment and frustration when you're trying to potty train a puppy, is usually due to unrealistic expectations and a misunderstanding of your pup's physical capabilities.

Hopefully this booklet will help you avoid those feelings and that will make house training your puppy much more successful (and a whole lot less stressful) for everyone.

For all the tips, information and advice you need about puppy training visit www.fidosavvy.com/potty-train-a-puppy.html

Good luck with your new puppy, enjoy these 'baby days' because he will grow up faster than you ever thought possible

The End