



LOST CREEK

Training Academy & Boarding School

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Thank you so much for taking the time to download this House Training Tutorial for you and your dog!

If you have absolutely any questions at all, please feel free to give us a call at **(308) 455-0235** or send us a message on Facebook (<http://facebook.com/LostCreekTA>) or by email to info@lostcreektraining.com!

Visit our website at <http://www.lostcreektraining.com> for all of your Dog Training needs!

Thanks,
-The Lost Creek Team

House Training

House Training. One of the main reasons dog owners decide to rehome their pets is due to the lack of or incomplete house training. The whole process can be very frustrating if your puppy or even adult dog just cannot seem to “get it.” Many times when it comes to house training, we as puppy parents feel as though we are attempting to correct the problem when in reality we are contributing to the problem and ultimately making it worse. This guide is designed to teach you everything you need to know about proper house training. The most important piece of advice any trainer, veterinarian or dog owner can give about house training is to remain 100% consistent even when you feel you cannot make it work. Just as learning a new sport, trade skill or to ride a bike, practice makes perfect and consistency is key. The following methods are as equally sound for an adult dog as they are for a new puppy! Stick to these methods and you'll be on your way to having a housed trained best friend in no time!

Attachment. The very first thing you should do when you bring a new puppy home is to place them on a to 4-6 foot leash whenever they are not in their long-term confinement area with the other end of the leash attached to you. The confinement area can be any method you choose to confine them in a safe and healthy environment. Kennels, crates, or even a baby gate corralling them into a kitchen or bathroom will suffice. The idea here is that we want to keep



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them close and under supervision until they are fully trusted to not go in the house. Having your dog on a leash gives you the chance to catch them either in the act or just before going in the house and these are the best times to teach them not to soil your carpet! While your dog is on the leash, make sure to keep an eye on them in the event they decide they are going right there! Be aware of the common signs that she has to go! These can include sniffing, circling, digging at the floor or any combination of the three. Your dog may also do something different before they have to go, but the good thing is you'll learn since she's already attached to you on a leash!

Caught in the Act. Once you see your dog exhibiting these behaviors, it's time to act! "But what do I do? I yell, 'NO!' at her, but she still doesn't get it." The most important rule of house training is to remember that absolutely, under no circumstance should we ever yell at our dog! When we yell there are two possible things that can happen while at least one usually does. Dogs reason a bit different than you and I do. When we get upset for them going in the house, they don't typically understand that the location is the problem. Instead, they learn that going to the bathroom in front of you is the problem! You may have noticed after yelling, Fido tends to go and hide to do his business. Also, if you notice the dog has already done their business and you didn't catch them in action, you cannot scold or punish them for it as they have no clue as to why you are mad. Rubbing their nose in it, again, only teaches them that going the bathroom is bad. A second problem with yelling and related to the first, is that you induce fear the moment you yell and our pups can lose control and finish on the carpet even when they do not mean to (this goes for adult dogs as well). "So what do I do?"

The Startle. We need a tool to teach our dogs that this behavior is not OK to do, so instead of yelling we will introduce a loud clap with our hands while giving a sharp word. The word is of no importance, anything can be used such as, "No", "Hey", or "Stop". What's important is that we startle them into turning to look and think, "What the heck was that?!" Saying a word sharply is different than yelling, so be consciously aware of this. One way you can tell if you're saying it correctly is to watch your dog after catching them in the act. They will immediately look at you and stop before they have finished (likely while flipping around quickly to see what they did wrong). If they're not stopping, you are either yelling too aggressively for your dog or there possibly may be an underlying physiological issue that you will want to have your vet take a look at. When dogs are startled their anatomy temporarily seizes up in a fight-or-flight response, which we will take advantage of! The sooner you can catch your dog in the act, the more quickly your dog learns to associate the feeling of having to go the bathroom with a potential oncoming, startling interruption. Ironically this is what we want. We want our dogs looking to us to see what to do when when they have to go the bathroom. "OK, OK, but I how do I tell him to do it outside?"

Changing Faces. At this time, you've likely caught your best friend halfway through going in the house. You will be slightly excited and possibly upset. The same and most important rule of



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house training still applies, never, under any circumstances, should we ever yell at our dog! Instead, completely change your demeanor, even if you have to force it (which is a likely scenario) and begin encouraging your dog follow you outside. It's a good thing that you had that leash tied between the two of you which can now be used as a gentle guide to encourage your dog outdoors. Your leash has now become a multi-tool!

Outside. Before you start this training, it is a good idea to have a bowl or bag full of treats next to the door where you take your dog out. While you are encouraging them to go outside, grab a treat or two and take them with you. Make sure to take the dog to the same spot each time you go out which encourages them to go more quickly and shortens the waiting period for you. Those treats your grabbed, let's use them as a reward along with praise and petting when your little buddy is all finished. What's important here is to make sure you begin cheering him on within 2-3 seconds after he finishes, otherwise he won't associate the reward with going potty outdoors (silly dog psychology). The cheering is important as it acts as a bridge between the time he's finished and the time he gets the treat. He likes that you're excited, so there's the first reward. He also gets a treat, second reward. He didn't get yelled at. Third. Your puppy is now on their way to becoming a great indoor dog!

Side notes. Sometimes the above method just isn't enough. Usually this is our fault for missing the signs or failing to recognize our dog's schedule. So why not give them a regular schedule? Rather than an open bowl technique where your dog can eat at will, adopt a regular feeding schedule 2 or 3 times a day. Be sure to feed your dog at the same time in the morning, midday (if you chose 3 times) and at night. A good-ol' physics principle states that what goes in, must come out and when fed regularly you'll know when your pup has to go! Some dogs won't want to eat it all at one time. If this happens, adopt a 10 minute policy where the food sits for 10 minutes and then you pick it up and put it away until the next meal. Don't worry about Fluffy starving, if she doesn't eat during this meal, she will eat the next! Occasionally a dog won't eat the second meal either, in this situation do the same and remove the bowl. By the third time, the dog will choose to eat and likely eat all of the food. Dog's will not starve themselves over emotion or being angry about not being fed on their schedule. If your dog fails to eat after three meals, consider calling your vet and discuss possible biological or psychological issues. Lastly, make sure to take your dog out at during the times they are most likely to go. These include after excessive excitement or play, right after eating or drinking and then again 20 minutes after eating or drinking.