3 Weeks To A “Pee-Free” Home

In this special report, you’re going to learn to quickly potty train your dog. For a lot of dog owners, potty training can be very frustrating. It can be incredibly embarrassing to have someone come over to your house only to step in a pissed soaked section of carpet or smell the pile of feces your dog hid from you behind your couch. For other people, they struggle getting their dog to realize where it’s supposed to go; it seems like sometimes it knows it’s supposed to go outside, but if you don’t pay close enough attention to it, it seems to unload when you aren’t looking.

But luckily for you, it doesn’t have to be this way any longer. Whether you have a new puppy, who is just starting his potty training and you want to get it right the first time, or you have an older dog who you’d think should have figured it out by now but just doesn’t seem to be catching on, in this report, you’ll learn a short, simple process for teaching, or re-teaching, your dog to be fully house trained in a very short period of time.

In this report we’ll talk about the reasons most dogs fail to become potty trained, and how to either avoid them all together if you’re just starting with a new puppy, or if your dog has had some time to develop some of its bad habits, you’ll learn how to quickly re-teach your dog the new potty-training rules of your house.

I also think it’s important to share some realistic expectations with you about how long it will take you to fully potty train your dog. This way, you won’t get discouraged by thinking your dog should be fully house trained after only working with your dog for a week.

So, here are some expectations you can realistically have for how long it will take you to potty train your dog.

**For a puppy:** Puppies do not have fully developed bladder muscles until they’re at least 4-6 months old. So, depending on how old your puppy is, it’s unrealistic to expect your dog to be potty trained before this time.

If properly trained, you should be able to have your puppy potty trained by six months of age. I personally had my current dog potty trained at four months of age by following the guidelines I’m about to reveal to you in this report, and if you follow them exactly, you should expect very similar results with your puppy.
For Adult Dogs: If your dog is older than six months old, it’s got a bladder that is fully capable of holding it, so lucky for you, you should be able to fully potty train your dog in less than 30 days by following the program I outline in this report. And I’ve had several clients potty train their older dogs as quickly as 10-14 days... just by following the guidelines in this report.

And, since most dog owners don’t even get a puppy before it is 4-5 months old anyways, almost every dog owner in the world should be able to have a fully house-trained dog within 30 days of following the exercises you’ll discover in this report.

I also think it’s important to tell you the MOST important rule for potty training right up front, so I don’t have to repeat it throughout the following pages... Your dog will make mistakes, and you will NEED to use a carpet cleanser, that is designed specifically for removing dog urine, for this program to work for you. If your dog pees all over your house and it is not cleaned up properly, that old urine smell will act like a Homing Beacon every time your dog smells it. Dogs have a reflex that triggers them to pee on spots they’ve peed before, so failing to clean up messes and remove all odors will make it nearly impossible to potty train your dog.

If you’re reading this and realizing that you haven’t done a good job of cleaning up past accidents, I’d highly recommend you consider having your carpets shampooed and re-clean old urine stains as best as you can. It’ll make your progress in this course go MUCH faster.

Thousands of people before you have gotten success with this program and in 30 days, you’ll be able to count yourself as another one of those people with a fully house-trained dog that not only doesn’t pee in your own home, but will also be fully trained to not pee in other people’s homes as well.

So, now that you know what kind of results you can expect, let’s get started!
Why Your Dog Isn’t Potty Trained ‘The Rental Car Treatment’

In order to know how to successfully potty train your dog, you need to understand that dogs have a sort of reflex, or instinct, that makes them not pee or poop in their own territory.

In short, if they think it’s theirs, they won’t piss on it.

But, the really strange part about this instinct or reflex is that if they know something is NOT theirs and it’s someone else’s, they WILL pee on it to mark it as their own.

And I call this the ‘Rental Car Treatment’. Let me explain...

What do people instinctively do when they get into a nice, new rental car? They drive the living hell out of it. They park it too close to other cars where it might get dinged. They’ll peel out the tires and do essentially whatever they want with the rental car.

But, if that car was their own, and they were just driving it off the lot, would their behavior be the same?

Of course not!

For that first month we own the car, we park it way away from other cars, we wash it religiously, and we don’t peel out the tires at every stop light. We treat it with respect because it’s ours.

Well, that’s a lot like your dog treats your carpet. If your dog thinks that the carpet in your home is inside his territory he’ll treat it with respect, as if it were his own. And if it thinks it’s OUTSIDE of his territory, he’ll feel more than obliged to soak it with piss whenever it so desires in an attempt to claim it.

You may have noticed this by realizing that there are certain areas of your house that your dog does NOT pee in and others that it does. And, as a general rule of thumb, this ‘rental car treatment’ concept is to blame.

So, the trick to successfully potty training a dog is in using this Rental Car Treatment concept against it... for your dog’s and your home’s own good. That instinct to not pee in its own bed is a powerful one, and if used strategically, is usually able to quickly teach dogs to hold it.
Later in this report, I'll give you step-by-step exercises and homework assignments for how you can teach this concept to your dog very quickly.

But before we get to those exercises, I need to share two other crucial concepts that can make the difference between a well house-trained dog and one that never ‘Get's It’.

**Teaching Your Dog Where He CAN Go is Easier Then Teaching Him Where NOT To Go.**

Let me ask you a question. Have you ever seen a mother tell a young child to NOT do something, like don’t touch that, or don’t climb up on the couch? How effective is the word “No” to that child? For most young children the “No” command is almost always completely ignored. If you are a parent you most likely can identify, and even if you’ve never had children, I’m sure if you think about it and start paying attention to other people’s children, that you’ll notice it’s very true.

And the interesting part is that these young children do know things.

As I write this, my own son just turned one year old a few days ago, and I can tell you that he can do several things ‘on command' if you will. He can wave on command, if you ask him to get a book he’ll go get a book, if you ask him to clap he’ll clap, etc.

My wife and I, for example, didn’t try to teach our young son to STOP whining when he’d come to us when he got sleepy or hungry. To teach him to NOT whine would be next to impossible. So instead, we taught him an alternative, expectable behavior that we wanted him to do if he wanted to be held… to put his arms up.

So if he comes to us whining, we look at him and say ‘arms up'... and almost always he'll stop whining and put his arms up.

It was easier to train him to do something we wanted than NOT do the thing we didn’t want.

Most times, to tell a young child or toddler “No” is a complete waste of breath.

And, it turns out there’s a very good reason for this. Scientists have proven over and over again, in countless studies, that it is much easier to train someone or something to do something, instead of not to do something.
To NOT do something is a more advanced concept to the mind of a child or an animal. And, it’s much easier to teach a child or animal to do something else then it is to teach them to not do the behavior at all.

This is one of the reasons why yelling is less effective than rewarding the good behaviors your dog does. In the case of potty training your dog, this means that it will be easier to teach your dog where it SHOULD go potty, instead of trying to use punishment to teach it where it should NOT go potty. If you focus on what you want it to do, instead of what you don’t want your dog to do, you’ll get faster results.

Teaching your dog where it’s OK to go is very important, and one of the reasons why so many people are never successful in potty training their dogs. They just spend too much time yelling at their dog for peeing and pooping in their home, and never actually rewarding and praising it for going where it’s supposed to go.

After all, how the hell would a dog even know that it’s supposed to go outside?

Dogs don’t speak English, and just because we might yell at our dog as we catch it in the middle of peeing on the floor and then rush him outside where it finishes it off... doesn’t mean we did an effective job at telling it that outside was where it was supposed to go. We are usually too focused on getting it NOT to go inside, instead of going outside.

I first heard this concept talked about by the expert trainer Karen Pryor, and why this concept works in her great book called, “Don’t Shoot The Dog”. If you haven’t read the book you should pick up a copy and read every word.

In that book she talks about how it is MUCH easier to train an animal to do a behavior then it is to train them NOT to do a behavior.

The concept of Zero, nothing, and not doing are hard for animals to understand.

So, here’s what that means for your potty training efforts.

It is easier to train your dog to pee in a specific spot, than it is to NOT train your dog to pee in a specific spot.
And sadly, almost all people focus their potty-training efforts on teaching their dog to NOT pee in certain spots instead of peeing in a zone. And that’s why potty training a dog is so frustrating for so many people. Because they’re focusing all their efforts on teaching a concept that animals have a VERY hard time understanding.

We’ll revisit this concept several times throughout this book, as it has a lot of implications beyond just potty training. Plus, later on, we’ll give you an exercise to practice with your dog that can have him so well trained that he’ll pee only on a 6x6 inch of paper, if that’s what you want him to do. I do think it’s a little unnecessary, but I share it with you so you can realize just how advanced potty training can be if you want it to be.

*Increasing Your Attendance Percentage*

the More Pees You Witness the Faster Potty Training Goes

To give you an idea for how powerful this concept is, and how directly it affects the speed that you’ll be able to potty train your dog, I want to share a quote that a friend of mine heard from his Karate instructor at the conclusion of his first Karate lesson.

The instructor said, “I don’t want you practicing outside of class.”

My friend thought that was very interesting and had enough nerve to ask the instructor why... and the instructor said, “because you’ll F#*@ up everything I’ve taught you if you try to do it on your own, and then I’ll have to spend all our time in class breaking bad habits you should have never learned.”

And if you think about this, it’s really very wise. I personally played Division One college baseball, and I remember my parents hiring a hitting instructor for me when they realized I showed some promise in having a career playing baseball. And one of the things that instructor told me, was that they spend the first year at college breaking all the bad hitting habits that kids had developed over their lifetime.

This same concept is true for your dog. The more you let your dog potty where he’s not supposed to, and fail to reward and coach him on where he’s supposed to go, the longer it will take you to potty train your dog, period.

I wanted to teach this concept last, because while you can’t potty train your dog without it, it’s one that gives you a little more leeway for
mistakes. However, if you really buy into this third concept and do your best to follow it, it makes all the difference in how quickly your dog becomes potty trained. And it was because I followed this rule 99% of the time that I was able to have my Golden Retriever, Bauer, potty trained at four months old... even when at other people's homes.

Here's what the concept of "Increasing Your Attendance Percentage" means.

It means that the higher percentages of your dog's bathroom breaks you can personally witness, the faster it will become potty trained. And that the lower percentage of bathroom breaks you can personally witness your dog taking, the slower your dog will learn to be potty trained.

Here's the reason why. Scientific studies have proven, without a shadow of a doubt, that those behaviors that get rewarded increase. And that the more you reward a particular behavior, the more it is repeated. And conversely, if a behavior is NOT rewarded it decreases in frequency.

So how does this apply to potty training?

Let me give you an example. Because I run an Internet-based, animal training business, I have the luxury of working from home... and because I knew of these three concepts when I got my puppy, I personally witnessed 99 out of every 100 bathroom breaks my dog took in his first few months of life. This allowed me to catch my dog before he would go in the house, quickly and calmly rush him outside, and reward every single bathroom break.

And admittedly, my wife called me the potty-training Nazi. I was religious in setting my dog up for success. And because I was always in attendance, I reduced the amount of times my dog went in the wrong spot and increased the times he went outside. And by default, this meant that my dog got WAY more praise, treats, and rewards for going outside then the times he had accidents inside.

So, surprise, surprise, guess what happened? The behavior I rewarded more frequently increased – Peeing OUTSIDE!

Now, I thought long and hard about whether or not to include that little example in this book, because I realize that you may not have the opportunity to attend that same percentage of bathroom breaks for your dog. Some of you will, but certainly not all, and I want you to know that it doesn't take a 99% attendance rate to potty train your dog.
Just try to be there for as many successful bathroom breaks as possible. The more you attend, the faster your potty training can go. If you have a situation where you really can’t be with your dog for a large portion of the day, the key thing to do is make sure that your dog doesn’t spend all day long peeing where he’s not supposed to… like all over your house. Non-potty trained dogs that are left alone in a house all day long, with unrestricted access, are spending more time learning bad habits then they are being reinforced for good ones. And later on, we'll give you some suggestions for how to deal with this problem if you’re the type that just doesn’t have much time to offer your dog.

So stay hopeful, there’s always a solution that can work for you.

Overview of The Potty Training Process

So now that we’ve covered the three main concepts that make the difference between a dog who becomes quickly trained to never pee in your house, and a dog who never seems to get it, it’s time to put these concepts into action.

If you’ll follow the process I outline here, you should have a fully, potty-trained dog in less then 30 days... providing, of course, that your dog wasn’t literally born yesterday and his bladder muscles are fully developed.

I’ve included this outline first to give you a look at the whole potty-training process, and then, in the sections that follow this outline, I go into each of the 10 steps in greater detail, with specific action steps and homework assignments I’d recommend following if you’re the kind of person who likes the details.

1. Do NOT Give Dog Access To House When Unsupervised
2. Have Dog Neutered As Soon As Vet Recommends (6 Months)
3. Use Crates At Night Time & When Unsupervised
4. Supervise Your Dog When You’re Home
   a. Use Baby Gates To Enlarge Personal Territory
      i. Room should be next to outside door
      ii. Add different textures to floor
   b. Watch For Pre-Pee Signs After Feeding, Drinking or Exercise
      i. Interrupt EVERY Pre-Pee Routine
      ii. Take Dog Outside To Finish
iii. Reward Heavily When Dog Finishes

5. After 1 Week Attach Bell To Door
   a. Have Dog Bump Bell Before Going Outside To Potty

6. Continue Until Dog STOPS Pre-Pee Routine And Starts Ringing Bell

7. Enlarge Gated Territory ½ A Room At A Time & Repeat Process
   a. Do not give dog access to new rooms until it has mastered
      not peeing in one room first and will not soil floor mats or rugs
      or other surface.
   b. Some dogs need to be gradually exposed to carpet as it’s
      tempting to pee on. Expose to carpeted rooms slower.

8. Clean Up Messes With Pet Deodorizing Cleansers That Get Rid Of All
   Smells

9. Don’t Let Other Dogs Come Over Until Potty Trained

10. Use Bell In Other Homes Besides Yours

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**Breaking Down the 10-Step Potty Training Process**

**Step 1: NO Unsupervised Access To Your House**

I’ve already talked about this principal when outlining the potty training concepts
earlier in this report, but it bears repeating. You will NOT be able to successfully
potty train your dog unless you can spot him going into his Pre-Pee routine
BEFORE it messes himself on your floor. And the only way to catch it before it
goes is if you can see it.

**Step 2: Have Your Dog Fixed As Early As Vet Recommends**

Consult with your Veterinarian, of course, before whipping out the scalpel, but the
faster you can neuter or spay your dog, the better. Not only will this make your
dog calmer, but it will help your dog from ever developing the habit of marking his
territory.

Marking is when dogs will walk up to spot, lift their leg and squirt it with a blast of
pee. It is very different from simply peeing. Peeing is where they empty their
whole bladder. But marking is an instinct of short blasts to mark their territory
and VERY annoying to deal with.

Luckily, by simply neutering your dog early, you will drastically reduce the
chances that your dog will develop this annoying habit. Getting rid of a Marking
habit can be a lot harder habit to break your dog of than simply potty training, so
make sure you get your dog fixed to eliminate this problem.

And while this course is not a course on how to fix marking, I will say one other
thing about this concept. A dog tends to not mark things it already thinks are its
own. So, by following the process I outlined above, which is designed to run your
dog through a month long process of recognizing that this home is his and not to
pee in it, you can drastically reduce your dog’s habit of marking anything in your
home.

My vet instructed me to neuter at six months of age, but I’ve heard vets
recommend different ages for different breeds; however, it’s something you
should do right now. Seriously, call your vet up and ask, usually your
veterinarian’s front desk people will have the answer for you.

**Step 3: Start Using Crate’s To Teach Your Dog To Hold It**

Like I mentioned earlier, unless you bought a dog from a puppy mill that has
been forced to piss all over itself in a tiny container, your dog has an automatic
reflex that makes him detest peeing in his own space.

So, the first real step to training your dog to not pee in your home, is to shrink
down the size of its environment to a crate, which is small enough to ensure it
won’t pee on itself unless it can no longer physically hold it any longer.

**How to find the right dog crate for your dog.**

2. Use their size selector tool to select the right sized crate for your dog
3. Save money by getting the right cage design.

If you have a puppy or a smaller dog, I’ve wasted hundreds of dollars by accidentally buying a crate that didn’t have a handle to carry the dog around in. Handles on crates can save you a lot of hassle, especially if you take your dog a lot of places.

Plus, you need to think about whether or not you need an airline approved crate. Do you travel on the airlines a lot? If so, you’re going to want to get one of the airline approved plastic crates. Plastic crates come in airline approved and non-approved, so make sure you get the right kind.

But if you don’t fly with your dog, then you may like the more wire based dog crates, as they are usually able to fold down and take up less space when your dog is not using them.

And finally, if your dog is a puppy, consider buying multiple sizes of crate so that you’ll have them on hand as your dog grows, and won’t be caught off guard with a crate that’s too small.

4. Take advantage of User Reviews to pick the best crates.

Sometimes, crates are poorly made or a brand has a feature that’s annoying. But luckily, www.DogKennels.com has a user review section of their website where you can read what other people think of each crate. Some of their crates don’t get good reviews, and some do, so just make sure to do your homework.
Training Your Dog to WILLINGLY Go In His Crate

Training a dog to go into his crate, willingly, will save you a ton of hassle. Not only will going through the training process I’m about to outline make it so you never have to shove your dog in his crate, and thus, jeopardize his relationship with you, but you’ll also be able to put your crate in a car and have your dog trained to jump up into your car to go into his crate when you’re traveling, or at the park.

Training your dog how to jump into the crate when it’s up in a car can be a longer process, but I’ll walk you through that training as well.

First, you want to desensitize your dog to the crate by spreading out some food or a few treats in and around the crate.

Your dog will probably eat the outside treats first, but if left unpressured, will often times go explore inside the crate to eat the food that you’ve placed inside.

Once your dog is willing to explore the crate on its own, try putting its food bowl inside its crate for breakfast and dinner. This should eliminate any fears it may have about the crate.

But overcoming fears about his crate is only the first step; the next thing you want to do is train your dog to go to its crate on command. To do this, we’re going to use what’s called ‘Free Shaping’ to reward each small step your dog takes for getting closer to going inside its crate on its own free will.

To do this take five minutes and tell your dog ‘good’ every time it takes a step towards the front door of its crate, and immediately toss it a treat. Toss the treat AWAY from the crate.

Continue to tell your dog ‘good’ and offer rewards until it realizes that the reason it’s getting a reward is for touching its crate.

When your dog is touching its crate, it’s time to UP the criteria. Stop making your dog just touch the crate, and encourage it to put a foot in the crate, then two feet and eventually its entire body. Don’t try to shut the crate door yet, we’ll get to that later. Just make sure you’re rewarding every time your dog does a good job by saying ‘good’ and tossing the treat away from the crate. Tossing the treat away from the crate resets the behavior and allows you to get more repetitions in faster.

When your dog is going in its crate all the time, start adding a cue to the behavior by saying ‘crate’ right before it goes into the crate until it will go into the crate every time you ask it to.
If your dog is going to its crate every time you ask it to, it's time to start teaching it to be OK with you shutting its door while it's in there.

Start by shutting the door and staying right with your dog for five seconds, then open the door, tell the dog ‘good’ and give it a treat. Continue to work on getting your dog to go in its crate for longer and longer periods of time. When it seems to be mastering this, then start leaving the room with the door closed. Try to only leave for short amounts of time at first and add length gradually.

Also, try to not come back to your dog if it whines or barks for you. Obviously, we don’t want it throwing a fit or being scared, and making sure to not push your dog too far, too fast should prevent this. However, some whining and barking will be normal and you'll want to wait until the barking stops before returning. Try to make your dog be quiet for at least five seconds before coming back, telling it ‘good’ and giving it a treat.

**Trainer’s Tip:** Don’t EVER give your dog attention for barking; it teaches your dog to bark when things aren’t going its way, and often times results in heavy fines from the city when neighbors complain. You may think it’s cute and your dog needs you now, but remember, it'll grow up one day and that barking when it wants you thing, won't be thought of as so cute by angry neighbors.

When your dog will willingly go to its crate on cue, I’d highly recommend that you start teaching your dog to jump up into the crate when placing it on surfaces above ground. You may be able to simply put your crate in the car and have your dog jump right in.

But if you have a dog that is a little more tentative, you’ll want to build up to this by first training your dog to go into the crate while it’s only a foot or two off the ground.

To do this, put the crate on top of a suitcase or on a ledge that stretches your dog’s comfort zone and forces it to have to jump into the crate.

Then, put the crate into the side door of a car, NOT a truck... jumping into a truck is usually much higher, so start by first working on a side door of a car. Then finally, raise the crate higher by putting it in the back of a pick-up truck or in the back of an SUV, and continuing to cue your dog to go into the crate.

The key is to raise the crate off the ground slowly and never force your dog to go into the crate, or give it a reason to fear the crate.

One tip that you might want to keep in mind, is to make sure that your crate is level. When training my Golden Retriever to jump into his plastic crate when in
the back of my car, the seats on my car are angled in such a way that the crate is
tipped. So when my dog jumps in, he lands on a slippery surface and practically
falls every time he goes in the crate when it’s in my car… this makes him much
more tentative to jump into my car, than jumping up into even higher placed
crates. So, make sure your dog can land without slipping or falling. Nobody
wants to jump into something that makes them fall and hurt themselves.

**How To Use Crates To Teach Dogs To HOLD it**

When you’ve trained your dog to enjoy being in its crate and go into it on
command, it’s time to start your potty training.

Start by having your dog sleep in its crate EVERY night. Don’t leave your dog
downstairs on the kitchen tile where it can pee and it’s easy to pick up.

Remember, your dog doesn’t want to pee on itself, and putting it in a crate forces
it to learn to hold it. Plus, if you let your dog pee on your linoleum all night long
you’re teaching it that that’s OK. In fact, it’s rewarding. It has bladder pressure
and relieves itself, automatically rewarding itself for peeing on your floor… all
while you were sleeping.

Keeping your dog in a crate eliminates the possibility that your dog will be
undoing its training all night long. Depending on how old your pup is, you may
need to make sure and get up every 3-4 hours to let your dog go to the
bathroom.

I personally made sure I kept my Golden Retriever just outside our bedroom
where I could hear him if he woke up and had to go. It would have been
unrealistic to expect him to actually hold it all night long when he was only 11
weeks old, so I was willing to go with a little less sleep to make sure that even in
the middle of the night I was getting up taking my dog outside and rewarding him;
making nighttime a continuation of the daytime potty training, and not just a time
to undo all the training of the previous day.

This is one of the reasons I was able to potty train my dog so quickly, because I
did everything I could think of to put my dog in situations or create situations so
that when he had to go, I was there and ready to reward him for a job well done.

Luckily for an older dog, they’re fully capable of sleeping through the night
without needing to go, so depending on your dog’s age you may or may not need
to go through this step.
How To Use Crates During The Daytime

The other mistake I see people make a lot of the time, when using dog crates to potty train their dogs, is not putting their dog in a crate when their dog can't be supervised.

Part of the reason I was able to be present at 99% of my dogs potty breaks was because I used a crate when it was impossible for me to watch my dog, and when I couldn’t just leave him outside.

If I needed to go to the grocery store, I put him in a crate and left. And because we’d been working with the crate at nighttime, I would know how long he was capable of being left in his crate.

Of course, you don’t want to abuse this strategy, and leave your dog crated all day while you go to work. That’s not what I mean at all. I'm merely talking about when you have to leave your dog indoors and you can’t watch it, you should crate it.

If you want to leave it outside, whether by getting a membership at a doggy daycare, or putting it in your backyard, that is perfectly OK. It won’t undue your potty-training efforts if your dog has to be left unsupervised outside. It’s being left unsupervised inside that undoes your training. For every time your dog has an accident inside, you need to reward it for 5-10 successful times to undo the damage one mistake indoors can make.

I just want to make sure that during the first 30 days of potty training your dog, you do such a good job of setting it up for success that it never even gets the chance to pee inside your home when you aren’t looking. And the only way to realistically hit that goal is to either have your dog within your line of sight when you’re home, or to put it in a crate when you can’t watch it.

Sure they’ll be times you’ll be in the room with it, miss the signs and it'll have an accident. That's life. But as long as you try, and are able to crate your dog when you can't watch it, you'll make much faster progress.

Step 4: How To Supervise Your Dog When You’re Home… While Keeping Your Sanity

I think a lot of people fail to potty train their dogs because they give their dog too much unsupervised access to their home. And I need to convince these people to first work on getting their dog to be potty trained in the room closest to the back door, and let the dog master that room before it earns the rights to have access to a second room.
I call this concept, “Earning Room Rights”, and if you could pick only one thing to remember out of this whole report, this is the concept you should remember. Because dogs won’t pee on something they think is theirs already, so by shrinking down the size of your dog’s environment to one room, or maybe even half a room, you’ll activate its instinct to not soil its own territory.

So, while keeping that in mind, here’s the step-by-step formula for how to teach your dog to Earn Room Rights.

- **Pick a room with preferably, a non-carpeted surface** that has access to the door leading to outside where you want your dog to do its business. If you’re in an apartment, this should be to your balcony. I personally do not recommend training your dog to pee in a litter box or potty pad because that still reinforces your dog for peeing in a room it’s not supposed to. This process focuses on training your dog to NOT pee in certain rooms and potty pads usually undo this process and often makes potty training impossible. Potty pads SOUND like a great idea to apartment or condo owners, but they’re not all they’re cracked up to be.

- **Use a variety of baby gates** to keep your dog inside its room. I’d highly recommend purchasing baby gates with doors and latches like the ones in the picture below; I’ve found it to be worth the extra money to NOT have to JUMP over the gates in my own home all the time.

  Plus, they make a form of gate that doesn’t require you to drill into your wall, and just uses pressure; they’re definitely my favorite. Just make sure to measure your doorways to make sure you get a gate that’s wide enough.
You might also want to purchase a gate to cover wide spaces like the gate pictured above.

- **Watch For the Pre-Pee Routine**

  All dogs go through a routine right before they pee. By watching your dog as it’s in its gated room, look for it to start going through this routine.

  For most dogs, this will be a form of sniffing and circling, or pacing, as they look for just the right spot to let her fly.

  When you see your dog start its routine, quickly and calmly rush over to your dog (be quick), and rush them outside. If you’ve interrupted your dog early enough they should very quickly relieve themselves, at which point, you can praise and reward them heavily with treats for a job well done.

  If you were late, or caught them mid stream that’s OK, take your dog outside and see if it has anything to finish, if it finishes outside, praise and reward it. Then clean up any messes, thoroughly. Do not show disgust or negative emotion if your dog makes a mistake, as this will only train your dog to hide future accidents behind couches where you won’t find them.

  After a few weeks of coaching your dog on where to go, it’ll catch on that going outside means it gets some awesome treats and will start to connect the dots in its brain and look for opportunities to go outside to “Earn” its reward.

  You’ll know your dog has made this connection when it starts pacing over by the door or standing at the door and giving you the “I have to go” look.
That’s how you know your dog is getting it. If you’ve followed these directions correctly, you should start to notice your dog doing this as quickly as within a few days, up to two weeks.

If you’d like to speed up this process, follow the next step…

- **Give Your Dog A Way To Tell You It Has To Go**

  Because we’d all go mad if we had to watch our dog 24 hours a day, waiting for every time it had to go potty, you may want to consider training it to ring a bell when it has to go. It helps the potty training go faster because your dog can now get your attention, even if you’re distracted by watching TV, when it has to go, plus this gives your dog a way to tell you it has to go outside when you’re in the other room and not paying attention to it.

  This behavior is MUCH easier to train then you may think. Simply tie a bell (I personally use jingle bells) and hang it from a piece of string on your door handle that leads outside.

  Every time you take your dog outside to go potty (and ONLY to go potty), simply encourage your dog to bump its nose to the bell. Do not have it paw the bell… I did that and ended up training my dog to scratch the living hell out of my wall.

  By ONLY having your dog bump its nose to the bell right as you’re taking it outside to go potty, it’ll learn to associate the bell with potty time.

  The process goes like this:

  (Urge To Go + Ring Bell + Plus Go OUTSIDE = Treats)

  By staying consistent with this formula, dogs quickly learn to anticipate getting a treat when they feel the urge to go, because you’ve taught them to expect a treat every time they feel this urge. This gets them excited to tell you they need to go, gets them to go quickly versus taking their sweet time… all so they can get that treat.

  **Just Try To Avoid Common Mistakes**

  It will not take your dog long to learn that ringing its bell MAKES things happen; and it may try to abuse its privileges. When I first started working with my Golden Retriever with this behavior, he realized that if I was NOT in the same room with him, that ringing his bell meant I would come into the room.
This was reinforcing to him, and if he was bored, he would start to ring the bell to get attention. If your dog does this behavior it’s important that you MAKE your dog go outside. It needs to understand that the bell does not mean you will come play with it, only that you’ll let it outside.

This brings up another problem that you might run into. Your dog might develop a case of the “in and outs”, and start ringing the bell to go outside, then want right back in, only to ring the bell a minute later to go back outside again.

If your dog starts to develop this habit, you’ll want to make sure that you don’t let your dog out two times in a row. Pay attention to when the last time it went out. If you know your dog can hold it for four hours and you just saw it go potty five minutes ago, you shouldn’t let it out to go again. Just make sure it doesn’t have to go number two. I’ve made the mistake of forgetting to watch if my dog got rid of number 1 & 2 in the morning, and then been annoyed at him ringing the bell right after he came back in, refused to let him out and was treated to a nice pile of poo in front of my couch a few minutes later. And that’s NOT my dog’s fault. He tried to tell me and I ignored him; it just taught me to make sure and watch what he does outside.

- **Deciding When It’s Time To Earn Rights To Another Room**

When your dog is no longer making mistakes in its room, and you can leave it in its gated room for 3-4 hours without making a mistake, it may be time for your dog to earn the rights to another room.

But before you do, you want to run this test...

Some dogs have preferences for what kind of surface they pee on. My Golden Retriever could hold it like a champ on linoleum, but let her fly if he had to go and there was a rug, towel or any form of carpet in sight.

So, to test your dog to make sure it’ll not only hold it in its main room, but on a new room (like one that’s all carpet), I’d highly recommend putting down some rugs or towels that you don’t mind getting soiled.

With my own dog, we had to put large slabs of carpet in the kitchen as we were potty training him and watch extra close for his pre-pee routines. He would hold it when carpet wasn’t there, but when we added carpet, he started to relapse. If your dog does this, don’t worry, it only took me about a week to fix. Just make sure that you follow the same steps I’ve already outlined, but just add an extra slab of carpet, or whatever kind of surface is going to be in the next room you expose it to. You’ll want it to practice resisting the new surface in its 1st room, before you tempt it in another.
room that it hasn’t been approved for yet.

> NOTE: My dog’s weakness was carpet, but your dog may only pee on linoleum or tile. Each dog has its own preference, so you may need to use a slab of linoleum instead of carpet to fully test your dog on whether or not it’s ready to try tackling another room.

- **Earning Rights To A 2\(^{nd}\) Room**

Most people find that when they give their dog access to a second room, it immediately makes more accidents. This is completely normal. And it’s happening because this new room is outside of its territory.

If your dog is not doing well when given access to a new room here are some suggestions.
- Try only giving opening up access to the first few feet of the room so it gets used to the new surface.
- The new room’s surface may be too tempting for your dog, put it back in its first room and test it with a slab of your other room’s carpet, linoleum or tile sample. And, only move to a new room when it’s able to resist the floor sample.
- Don’t think that it’s potty trained yet. You need to be just as diligent in looking for and interrupting its pre-pee routines.
- Do not let it be in the new room when unsupervised during the first week.

- **Earning Unsupervised Rights To Your Entire Home**

When your dog is able to go ring its bell with access to both its 1\(^{st}\) and 2\(^{nd}\) rooms, I would start testing your dog by giving it unsupervised access to both rooms. First, just give access while you are home, yet in a different room. If your dog is ringing the bell when it has to go, even when it can’t see you, then start testing your dog by leaving it home alone for an hour. Keep testing your dog, cleaning up accidents if they happen, and staying consistent until your dog can handle being left home alone in both rooms for 4-5 hours at a time.

It’s at this time that you can either open up a 3\(^{rd}\) room, or test your entire home. I would recommend leaving bedroom doors closed, at first, when you are no longer gating your dog, and I would also recommend only giving access to one floor of your home at a time.

If you’ll follow this training process, interrupt pre-pee routines consistently, use a bell to give your dog a way to tell you it has to go, and work on limiting your dog’s unsupervised access to all rooms of your house for the next 30 days, I can
promise you that you’ll become a believer in this process and you’ll be able to trust your dog to be home alone and not have accidents.