

# How to Potty Train Your Pup While Working a Full Time Job

Tips and tricks to house train your dog while still maintaining employee of the month status at work!



[Potty train your pup!](#)

Having a new puppy can be both extremely exciting and overwhelming! Puppies are cute, snuggly and playful, but any experienced dog owner knows that they require a lot of training and supervision to learn proper behavior. When it comes to house training your dog, there are simple [tips and tricks](#) to make the process much easier for both you and your pup. In this article, we will cover the supplies you will need, how to set a potty training schedule and routine, and dos and don'ts when housetraining your pup!

## Potty Training Supplies



### [Adorable pup in potty training](#)

All new pup owners will need to acquire [various supplies](#) to ensure potty training success. Below, we suggest items that will help to streamline the housetraining process and help you better understand how to potty train your dog to start your lives together off on the right paw!

#### **Dog Crate**

A properly sized [dog crate](#) is arguably the most important tool in house training your dog. Not only does it ensure your pup is safe while you're at work, it also taps into their natural denning instinct and can help them transition into living with you. In addition, because dogs don't like to soil where they sleep, the crate is invaluable when you first begin the potty training process. For maximum utility, you should choose a crate in which your puppy can comfortably stand up, turn around, and lie down with little to no extra room. If the crate is too big, your pup may use one corner to relieve himself and sleep in another, which would defeat the purpose of the crate.

#### **Pet Gates**

During housetraining, supervising your pup as they run room to room can prove to be a huge challenge! However, supervision is key, so investing in moveable pet gates to control your pet's surroundings will save you time and headaches. Not only are pet gates beneficial from a potty training perspective, but they can also protect your house from puppy destruction as they are adjusting to their environment and learning proper behavior. When you shrink your space with pet gates, you can ensure that your pup is always in your sight and prevent accidents before they happen.

#### **Exercise Pen**

Spending long days at the office means that you will likely be away from home for longer than your new pup can comfortably hold it. If this pertains to you, you will need to install your dog a long-term confinement area, where they can comfortably run around and relieve themselves when they need to. A pen that holds your puppy's crate and has a designated potty area is ideal in ensuring you keep your pup safe, healthy, and on the road to housetraining success.

### **Potty Spot**

Every dog will develop a preference for what they prefer to experience under their paws when they go to the bathroom. Thus, it is helpful in the long term to make sure the potty area in your pup's confinement space is similar to what they will experience outside. Potty pads may be popular, but they are not optimal in the long run because they are not a realistic stand-in to what your dog will experience outside. Instead, we recommend a large pan or tray filled with a grass-like material, to mimic and acclimate them to the environment outside.

### **Busy Toys**

While you're busy working away, your dog will need some entertainment of their own to keep them busy. We recommend investing in a variety of toys, and giving one to your pup each time you put them in their crate to keep them occupied during house training confinement. Make sure your pup isn't able to rip the toy apart before you leave them unsupervised with it; treat-dispensing dog chew toys are great if this is an issue, and will help teach your dog to love their crate!

### **Treats**

When potty training, a yummy little treat goes a long way! Reward your pup with a treat each time they successfully use the bathroom outside, and be sure to bring the treats with you everywhere you go to reinforce this good behavior while you are still potty training.

### **Cleanser**

When house training your dog, accidents will inevitably happen. To prepare, stock up on an enzymatic cleanser that treats the stain and the odor your pup's accident leaves behind. It is vital you clean the area thoroughly, as this will prevent your pup from going back to the area and marking it again.

## **Establish a Schedule**



[Puppy on the move](#)

It is recommended that you begin potty training your puppy when they are between 12 to 16 weeks old. At that age, they have enough control over their bladder and bowel movements to learn to hold it.

Depending upon the size of your dog, house training typically takes between 4 to 6 months, though some puppies can take up to a year. Smaller dog breeds have smaller bladders and higher metabolisms, and therefore require more frequent trips outside.

Below, we have outlined a rough [schedule](#) to follow when potty training your pup. It is important to stick to a routine to help your dog learn the correct behaviors and ensure success, but always adjust the schedule and routine to fit the unique individual needs of your own dog! Every pup is different and some will need to go more or less frequently.

- 6:00 am: first thing in the morning, first pee is an urgent one!
- 9:00 am: mid-morning/ after breakfast
- 12:00 pm: after lunch, second meal of the day
- 3:00 pm: mid-afternoon
- 6:00 pm: after supper, final meal of the day
- 9:00 pm: older puppies may be more wakeful in the evenings now
- 11:00 pm: last trip outside before bed

If you cannot stick to this schedule due to work, [arrange for someone](#), such as a neighbor or a professional pet sitter, to take your pup for bathroom breaks. Otherwise, you will



have to train them to use the bathroom in a specific place indoors, which will significantly prolong the potty training process.

## Do's and Don'ts When Potty Training your Puppy



[Guide to potty training](#)

### **DO:**

#### **DO calculate your dog's "hold time"**

Puppies have a limited bladder capacity, and therefore can only hold their waste for a short amount of time. To roughly [calculate your pup's "hold time,"](#) translate their age in months into hours. This means that a three month old puppy will have a three hour hold time, though of course this is a rough estimate and you may need to give your pup more opportunities to use the bathroom if they need.

#### **DO acclimate your pup to their crate**

Allow your dog ample time to enjoy being inside their new crate so that they don't think of it as a punishment in the future. To do this, leave the crate door open and throw treats and toys inside for them to fetch and play with. However, it is important to remember that crating a dog for too long is cruel, so try to limit their crate time to only during the day.

#### **DO supervise your pup at all times**

This is where those pet gates really come in handy! Set the gates up throughout your home to prevent your pup from relieving themselves on any of your carpets or off-limit areas. These are especially useful for owners that work from home.

#### **DO use a long-term confinement area**

If you are away at work for several hours of the day, you need to set your puppy up in a gated space that has a spot for exercising and playing, as well as a designated bathroom. To create this confinement space, place your puppy's crate inside the area with the door open, set up an exercise pen, and install a pan or tray with an artificial "potty lawn" similar to the environment outside. And be sure to keep their toys inside! Your dog will need at least one real

walk throughout the day, but if you are unable to do this due to work consider either hiring a dog-walking service or asking a friend or family member to help out. Leaving a new puppy alone in the house for a full eight-hour workday can lead to issues like separation anxiety and delay the potty-training process.

### **DO learn to read potty language**

As you are supervising your pup throughout the house training process, you will likely begin to notice their pre-potty body language. Every pup has behaviors that indicate they need to use the bathroom, so be sure to pay attention to these and take note of them!

### **DO teach your puppy a potty phrase**

Use a consistent phrase such as “hurry up” or “go potty” to encourage your pup to go to the bathroom quicker. Calmly repeat the phrase as your puppy goes, then follow up with praise when they are done. In time, the phrase will tell your pup what to do when outside.

## **DONT**



[Do not punish your pup for accidents](#)

### **DON'T punish your pup for having an accident!**

This is a huge no-no! Punishing your pup for accidents [teaches them to fear you](#), and does not discourage the behavior that caused the accident. If you catch your pup in the act, make a loud noise to alert that this is unacceptable, and then gently take your pup outside to finish. If you didn't see the act, don't react angrily by yelling or rubbing his nose in it! Puppies

aren't intellectually capable of connecting your anger with their accident and this can be traumatizing.

**DON'T forget to reward your pup with treats!**

Be sure to fill your pockets with treats every time you head outside for a potty trip with your pup! Rewarding your pup with a treat immediately after they've finished not only teaches them what's expected of them, but also teaches them that they "get paid" when they eliminate outside. Be sure to verbally and affectionately praise your pup for a job well done, too!