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Chapter One

In this chapter, you're going to learn exactly what housebroken means so you will know what to expect as an end result for following these steps, and what a perfectly housebroken dog means for you and your life! You'll also learn what causes dogs to go to the bathroom in the house, and other psychological things you need to know about your dog to help you understand the only reliable process for housebreaking a dog. And since chewing is another behavior often associated with a dog who isn't house trained, we're including information on that as well.

What does "housebroken" mean exactly?

There are many varying opinions, not only in dog-owner world but even in dog- professional world, about what exactly constitutes a "housebroken" dog or what "housebreaking" actually means. In a general sense, when people contact us for help with their dogs and they mention housebreaking, they usually just mean that they want their dog to stop peeing and pooping on their floors.

Here is the full story of what "housebroken" actually means. This will help you sift through all of the information you hear on housebreaking and potty training your dog, and what you should actually expect from your dog at the time you declare him "housebroken."

So here's a question... Ready? If your dog won't go to the bathroom in the house as long as you are strictly supervising him and taking him outside often enough, is he housebroken?

Answer: Nope, but you're on the right track if you're preventing accidents. If you stopped your diligence, accidents would start happening probably right away. So, in this case, your dog is house trained, but not housebroken.

Next question... If you are using a good routine of confining your dog when not supervised, your dog does not go to the bathroom in his crate, and won't go to the bathroom in the house when you're supervising him, is he housebroken? Well, sort of. He is housebroken, but again if you let up on your strict routine, the accidents would probably come back.

OK, so what if your dog will **NEVER go to the bathroom in the house**, even if your dog is out and about in the house while you're out for the day, and will always wait to go outside? Then, yes, finally your dog is fully housebroken. This level of reliability takes longer to achieve, obviously, than the definitions above. But your dog may never reach this level of reliability if you don't have the right combination of steps, routine

and processes to go through to effectively teach your dog where and when to 'go'. Every time your dog has an accident in the house, it sets him back from achieving even smaller milestones on the way to this level of housebreaking.

Keep in mind that, while you will be able to have a house trained and somewhat housebroken dog right away, it may take months to get your dog reliably housebroken. That means that you can follow the information in this book to stop accidents immediately, but you will have to keep up the routine until your dog really has it ingrained. If you started the right routine from the second you got a puppy, then it would probably take a few months to reach full reliability, and sometimes longer depending on the individual dog. And it may take longer if your dog has been having accidents in the house for years and years. Even though it may take some time to get your dog to the point that you can turn your back or leave your house for as long as you want and your dog won't go in the house, that doesn't mean that you will still have accidents to clean up during the months you're waiting for your dog to really get it.

Your life WILL be so much easier immediately because you WON'T have to clean up accidents anymore. That's usually the biggest frustration most dog owners have in this area – cleaning up the mess no matter how diligent they are with taking their dogs outside and going for walks.

One more thing, in addition to not having accidents in the house, "housebroken" to us also means they are reliable in other ways. They won't chew up your couch. They won't turn over the garbage can. They will generally stay out of trouble. Keep that in mind as you read the rest of this book, as we'll address your expectations and your training process for these behaviors, too.

Why do dogs "go" in the house anyway?

So you go out to check the mail, or you turn your back for a second, only to step in a wet spot (or worse) as soon as you get back. Why did your dog do that? You JUST took him outside. And now all of a sudden he HAD to go on the carpet? It must be spite, right? After all, your dog loves your attention, and now he's mad that you took it away temporarily so you could check the mail or wash your hands.

Actually, no. Sure it's true dogs will notice when their longed-for attention is gone, and they may still want you there. But dogs actually don't have the desire or reasoning capability to think of getting you back for leaving. They don't plan ways that will get you back or make you upset. After all, how are they supposed to know that you will understand that they left you that present because you left them alone? In fact, dogs

make associations based on things that happen at the same time. So if you had a dog's mind, it would be more likely for you to develop a negative association to coming home, not leaving, because that's when you find the accident and get upset.

So let's think about this "association" thing some more. First, think about where your dog came from. Maybe a pet store? If so, then your dog was used to peeing and pooping right where he was, whenever he decided to. Pet store dogs are usually kept in a cage with a wire bottom and a tray underneath, so they can go right in their cage, stay relatively clean, and the tray just gets removed from underneath the cage to be cleaned. And what if you had your dog from the time he was 8 weeks old? Even if you started taking your puppy outside as soon as you got him, chances are your puppy has been going to the bathroom in a house, on paper or something, since he was born, or at the very least your new puppy may have had an accident here or there in the beginning. You might have even continued the paper training, or Wee-Wee Pad for awhile, since puppies that young have to pee so often. So what association does your dog have?

Every time your dog went to the bathroom inside a house, they made an association that that is where they are supposed to (or are allowed to) go. To them, anywhere is their toilet. You may find that dogs will return to the same areas of the house to go, in spite of your efforts to remove all smells that your dog may return to. That is because it is association based. Not just based on smelling their previous indiscretions. Even if the scenarios above don't apply to you and your dog, you may have gotten your dog home and while he was adjusting to his new life he had an accident or two in the house. Again, he just created an association. Now you have to break that association. Now you have to prevent all accidents in the house, so your dog makes an association to going OUTSIDE only. Then he will wait to get outside to use the bathroom, instead of waiting to get to his favorite spot on your side of the bed. Or in the basement. Or under the kitchen table. Or anywhere inside the house. This is what I'm going to be teaching you how to do.

Yeah, but my dog acts guilty when he has an accident – so he must know it's wrong... Right? One of the most confusing things to dog owners is why their dog will go in the house when "they know they're not supposed to." Your dog may be aware that they are not supposed to pee or poop in the house, as far as you can tell. Some owners tell us that they know when their dog has had an accident based on how their dog is behaving. Acting like they are in trouble already. My mom's Chihuahua used to do that. He would pitifully sulk around, walking quietly and slowly, looking despondent, after he'd had an accident. Then my mom would say, "Bluuuuuuue... What did you dooo? Uh-ohhhh..." and he

would run over, hanging his head, and lean on her as if to beg forgiveness. Then Mom would go looking for the accident. Inevitably, it was there, in one of the usual spots.

Why do dogs do that? One funny thing about dogs is that even though they seem to us complicated creatures as calculating and cunning, dogs actually only think about one step ahead. They remember the following: I have to use the bathroom. Where is the nearest spot where I have gone to the bathroom recently, or the spot I most often use? Let me go there. OK done. What usually happens next? I get in trouble/yelled at/scolded/spanked. Your dog knows what to expect from past experience. When you arrive home and your dog has been good, he has no reason to think he'll be in trouble. But he knows that every time he went to the bathroom in the house and you find it, the association to you seeing your dog's mess is always negative... They know what's coming.

Rubbing your nose in it... Why the old advice doesn't work.

One little note on this, if you've had a habit of spanking your dog or rubbing his nose in the mess, especially if you caught him in the act of going, you are actually teaching your dog that it is not ok to use the bathroom where you will see him do it. You will actually be teaching him to sneak off to where you won't see him go. So – don't bother rubbing your dog's nose in his mess! The days of doing that are long gone, along with buying housebreaking books from the 1970's or... uh, buying a CD.

Why does my dog chew everything, except his toys?

One of the common misconceptions about dogs chewing is that they chew only when they are teething. The other common assumption is that the dog has separation anxiety, more on that later.

So we get a lot of clients who tell us that they thought their dog's chewing was a puppy thing, and when they didn't grow out of it, they were surprised. Why did they chew??? And on top of that, why didn't they just chew the fancy and indestructible toys that are OK to chew? Why did they go after the expensive leather slippers, or the chair leg, or the bottom stair, or just choose to destroy the couch, removing all the stuffing?

The main reason is – it's fun! Chewing is like a child's coloring book. They do it to relieve boredom, and it's basically that simple. Of course there are other scientific things, like the chewing movement of their jaw releasing endorphins or something like that. But the main thing is – most of a dog's energy is in their mind. They have to get rid of it. That can display in lots of ways. Anything from mild chewing on his toys, to destroying everything in the house like he is just plain crazy. It can even cause behaviors like obsessive tail chasing, dominance, behavioral separation anxiety, territorial behavior, resource guarding (protecting

items or people from being taken from him), and lots of other things. And as to why your dog chews everything including or except for his appropriate toys... That could be answered in lots of ways. Maybe the toys you gave him look and feel a lot like your kids' toys that are not ok to play with. Most often it's just random. They just choose things they like to chew. Certain smells or textures that they like. And again, there's the association thing. They often will go back to the same things. We've heard funny stories of dogs who will go out of their way to break into the owner's closet to steal a certain brand or color of shoes.

So your job now is to do similar things to stop the chewing that will also help fix the housebreaking problem. Prevent the chewing, and also take care of your dog's need for mental workouts. More on that as we go along... But remember this point. If a dog isn't worked out enough (mentally, that is. All the walks in the world will only do so much.), they have to fill that need and occupy themselves another way. When we have a dog with a chewing problem, it goes away 99% of the time as soon as we start training them because of just that fact – they are mentally tired. They don't need to do it anymore. But, as I said, more on that later!

Chapter Two

Is crate training for me? Is it the only way?

There are several things about dog crates there are vital for dog owners to know. First and foremost, that it is not the same things as, YOU as a human, being locked in cage. One of the biggest mistakes dog owners make, in our opinion, is expecting their dog to view things the way humans view them, or placing human emotions in their dog. You would not expect a lizard to view things the way you do. Why would you expect your dog to? Well, probably because humans tend to relate to dogs in a way that they don't relate with many other animals. Dogs seem to relate to us on a different level. It's unfortunate that this other-level of understanding doesn't go both ways! There are so many things that humans don't naturally understand about dogs, and have to learn about them.

A properly crate trained dog should view his crate the way you view your bedroom. Does anyone think it's cruel for you to sleep safely, securely and comfortably in your own personal bedroom?

So the first thing you need to understand is that crate training is by no means cruel or unnecessary. But you do have to use a crate properly and crate train the right way. The idea that crates are cruel comes from dogs who are not crate trained properly and behave like their being in a crate is about the worst thing in the world short of dying.

The benefits of crate training are so numerous that we couldn't list them all in this book. But they include: - Keeping your dog safe when you can't supervise him. - Help prevent separation anxiety when your dog views the crate as a secure and enjoyable place.

Helping with structure and routine, which dogs thrive on, instead of being given too much freedom and no boundaries or limitations. This often helps prevent some issues related to dominance – which is when a dog thinks that it's their job to control everything and everyone. - Making housebreaking go from nearly impossible for some dogs, to quick and so much easier.

As far as whether or not crate training is the only way to housebreak, it is the only way we've found that works reliably for every dog. Sure, there are some dogs out there who just naturally “get it”, and don't need to be crated. But those dogs are very rare, and the owners usually are the type who have time to take the dog outside every few minutes for several months. You probably don't have that time, or that dog.

The main reason crate training works so well is that the # 1 rule of housebreaking successfully, is being able to prevent accidents in the

house. The ONLY way to do that is to have your dog somewhere where he WON'T go to the bathroom when you can't watch him (like at night or when you're gone from the house). That way the only opportunity he has to go to the bathroom is when you take him outside. So if your dog is properly crate trained, you will have somewhere for your dog to be when you can't make sure he won't sneak off and pee around the corner. This includes when you're feeding the kids, taking a shower, running out to get the mail, or anytime you can't supervise your dog.

Gating off a room or locking your dog in a laundry room will not work as well as a crate. The reason is explained in more detail later in Chapter 3, but it has to do with the size of the area. Your dog will likely still go to the bathroom in there because it's too big of a space.

Will my dog like being crated?

Remember first that being “crate trained” means your dog will not go to the bathroom in his crate, and also that he does not mind being kept in one. As mentioned before, your dog will not dislike being crated IF he is properly crate trained. If he is not, he might hate it. The next section will provide many do's and don'ts for crate training.

Keep in mind, though, that your dog liking his crate does not necessarily mean that he will not ever whine to come out, or jump around like a silly maniac, or scratch at the bottom or poke at the door with his nose occasionally. All that is normal dog behavior for a dog who wants to be played with. Much like a child who is in his room may want to come out and watch TV or play a game. It doesn't mean he hates his room. However, you WILL be encouraging your dog to dislike his crate if you respond to his cries for attention. We can't even count how many times owners taught their dog, inadvertently, to bark and cry in the crate because the owner assumed that every cry was a request to go outside to pee. So the dog learned quickly “If I cry, I'll be taken out and can have fun!” You have to learn whether your dog has to go to the bathroom or if he just wants attention. Try to take your dog out when he is quiet, if at all possible.

Is it mean to leave my dog in a crate the whole time I'm at work?

This is one of the things most owners worry about the first time they crate train a dog. They assume, again from a human standpoint, that the dog would be a lot happier being left to roam in the house. And maybe in some ways they would – they'd get to chew on whatever they want, do things that you don't know about because no one is looking, and sleep on whatever they want. But the majority of the time when you're not home, they will be doing one of two things: Getting into trouble, or sleeping. They are not running around getting lots of good exercise while you're gone. In the crate, they will be doing two things: NOT getting into

trouble, and sleeping.

One of the joys of owning a dog is having to realize, much like with raising children, sometimes what is best for them is NOT what is the most fun at the time. Again, if your dog is properly crate trained, your dog will not mind being in the crate.

As far as the number of hours that it's ok to leave them in there goes... Well think about this. One of the great things about dogs is that while they have a great sense of routine (what time you're due to be home, for example), they don't have a great sense of how much time is passing in terms of hours. That's why your dog is excited if you go outside for 5 minutes and come back in, and also if you leave for hours and come back. So you don't have to worry about your dog sort of watching the clock, as it were, sighing over the number of hours you've been gone. But then again, you do have to keep in mind your dog's age. If your dog is too young to hold it during the time you're gone, you need to make arrangements for the dog to be taken outside to go to the bathroom, more on this in Chapter 4.

Where should my dog sleep and eat?

Sleeping and eating in his crate, especially when your dog is not fully housebroken, is part of what makes your job of housebreaking so much more successful. It helps dogs develop an aversion to 'going' in the crate if they know they sleep and eat there. Also, at night you will also be sleeping and can't watch your dog to make sure they don't get up and go have an accident in the middle of the night.

Make sure that when you feed your dog in his crate that you actually lock him in there long enough to eat and feel full. Don't worry if your dog doesn't seem to have an aversion to 'going' where he eats – we've heard lots of stories of dogs pooping right in their bowl! But it definitely helps in conjunction with everything else you'll be doing.

Where is the safest place for my dog when I can't watch him?

We'll tell you a story that helps illustrate our point. Once in awhile we'll meet a dog owner who asks whether the crate is REALLY the safest place for their dog. They worry about rare occurrences like a fire or burglary, where the dog being out in the house is the most ideal thing in their minds. But unless your dog will stop a burglar and not give him a guided tour, or unless your doors and windows are also left open in case of fire, then being left out of a crate isn't really going to help at all.

(Note: Some people do get dogs in hopes that they will help protect the house, so they want the dog left out when they're not home. This is a perfectly reasonable goal, and something that can be done, BUT only AFTER the dog is fully and reliably housebroken). Remember what we

said about the meaning of housebreaking. It's not just about not having accidents in the house, it's about keeping the dog (and your stuff) safe.

We have a friend who is a veterinarian nearby. For a while she had 5 dogs of her own. Her clinic is attached to her house, so she often goes to the office to do some work and then goes back to her house between appointments. One of the days that the office was closed, she went over to the office to do some paperwork for about an hour. When she returned, she found that her little Boston Terrier had gotten ahold of a small yogurt container off the trash, was licking the inside of it. Tragically the dog got the container stuck to her face and suffocated. What a terrible thing to return home to! She had told us that story while doing a seminar at her office on the benefits of crate training. She mentioned that if she had kept her dog in a crate when she couldn't watch her, it would not have happened.

Stories like that are not so rare. We hear all kinds of stories of dogs eating toxic things, or objects that you'd never think are dangerous unless they are chewed on or swallowed for no apparent reason. So crate your dog while you're not home, at least for now, until he is trustworthy.

Why not paper training or using pee pads?

Paper training and pee-pads are common methods for many owners, especially for puppies. The problem with them is that the dogs are usually not reliable with going on the paper or pad. The reason for that is that the "line" is blurred for where they are allowed to relieve themselves. It's not clear like inside vs. outside. It's inside on a certain object. That can be a little confusing to most dogs. So often they won't go on the pads, or they'll go next to it, or just think they can go anywhere in the house (especially as they get older). And then, if you try to housebreak later – teaching them to go outside to go to the bathroom, it will be harder because you've already created an association for the dog to go indoors.

What about doggy doors?

Doggy doors should only be used after the dog is completely reliably housebroken. Otherwise you might find that the dog will still return indoors to use the bathroom, if that's the association he still has.

Chapter Three

How to Crate Train

Crate training involves more than simply using a crate for your dog. It is a process of utilizing a crate for specific purposes, for specific times of the day, during specific circumstances in your day-to-day life, and also achieving specific psychological goals with your dog. In other words, not only should your dog be in a crate at certain times, he should also not mind being there. If your dog behaves badly when you crate him, he is not crate trained, even if YOU are trained to put your dog in his crate. So when we say “crate training”, we don't mean 'how do we teach you to properly use your dog's crate'. That is only part of it. Actually, it is 'how do we teach you how to teach your dog to properly use his crate'. As mentioned before, your dog 'properly using his crate' means behaving appropriately in his crate, especially so you can use the crate for housebreaking (as well as many other benefits outlined in this book). That includes your dog not going to the bathroom in his crate, also not destroying it, not trying to break out, and even not vocally demanding to be let out.

So now that you have been reminded what we mean by crate training, how do you do it? First of all, it has to be used during the right times. In the last section we explained when and why you should be putting your dog in his crate. That includes at night, when he eats, and anytime you can't supervise your dog (including when you are so busy with the kids or gardening or cooking or cleaning or reading or surfing the internet or are otherwise so blind to everything going on around you, like when you're watching the last 10 minutes of your favorite show season finale).

As promised, here are some very simple do's and don'ts for crate training your dog.

- Don't EVER use the crate as a punishment. Don't yell at your dog while going into, or already in the crate. If you've done this in the past (i.e. “Bad dog!!! Get in there!”), you can undo it, but it's a lot easier to crate train a dog that hasn't made a negative association to it already.
- To help your dog make a positive association to his crate, you should feed him ONLY inside his crate. If possible, all treats and all food should be given while he is locked in the crate. What we recommend is that you give his meals inside his crate by having him go into the crate, giving him his food bowl, locking the door, and allowing him to stay in there long enough to eat and rest for awhile to feel full. Then you can let him back out if you want to.
- You may also give water inside the crate, especially if your dog is the type that loves water almost as much as food. The only exceptions to this have to do with scheduling... You do not want to provide too much water

too close to when your dog will be in his crate for a long period of time. You'll just make it more likely that he'll have to pee before you get back. But more on that later, as a lot of that has to do with your dog's age, too.

- Make sure the crate is not too big. A lot of times, to help ease their own conscience, owners will give a dog a giant palace of a crate. That will only encourage your dog to go to the bathroom in the crate. Your dog can go to the bathroom on one side and lay down on the other. Your dog's crate should only be big enough to stand up, turn around and lay down. No bigger. Remember that your dog's crate should be like a "den" to your dog, which is like a small cave. If it's too big, it doesn't have the secure feeling it should. It's more like a room with bars instead of a den. Your dog should just be able to fully stand up and turn around in the crate.
- In the very beginning of crate training, it's a bad idea to put a fancy expensive dog bed in there. Sure, it might be comfortable, but you'll likely have to wash it often if your dog is still being crate trained. No use messing up a wonderful dog bed. Save that for later. For now, you have two choices based on a couple of criteria.
- If you've already found that your dog is going to the bathroom in the crate and does not seem to mind laying right down in it, then go ahead and put some old towels in the crate. That will help keep your dog from needing a bath every time he pees in there, and will make cleanup easier for you. BUT, if you've found that your dog occasionally has an accident in his crate but tries really hard not to touch it, then DON'T put towels in there. Otherwise your dog may figure out that he can 'go' in his crate since he can just pee on the towel, push it out of the way and lay down. You DO want your dog to develop an aversion to making a mess in his own special eating/sleeping/secure area.
- Don't only put your dog in his crate when you are leaving. Also put him in the crate when you're home, even for a few minutes at a time, so he doesn't think he's only in there when he's alllll aloooone.
- Remember, as mentioned in the last section, you should not teach your dog to whine and cry for attention by responding often to whines and cries. Don't always assume that a cry or bark is an indication of having to go to the bathroom. Sometimes it is, sometimes it's just them wanting attention. If possible, try to only take your dog out of the crate after he has been quiet.

Crate training problem #1: "My dog hates his crate."

If you get the impression, for some reason, that your dog just does not tolerate being crated at all, don't think that your dog cannot be crate trained, and therefore cannot be housebroken. If we could talk to you personally, our first question would be "Why do you think your dog hates his crate?" The answer can vary greatly. Sometimes it's as simple as "Well he seems really sad when he's in there." More often it's something like "He tries to escape", "He poops in it", "He barks constantly", or something like that. Sometimes it's even as severe as a dog who tries to

escape to the point of hurting himself.

For the owners who are worried so much about their dog's happiness that their answer is just that the dog seems sad or subdued or depressed inside his crate, then the main thing we try to help owners to understand is that while there may be things that the owner can do to improve the dog's enjoyment of a crate, it is unlikely that the crate actually depresses them. We can't even attempt to explain how many times owners have thought that their dogs were sad, depressed, scared, annoyed, tired, angry, upset, confused, aggressive, etc., and they were simply misunderstanding their dog's body language.

If your dog doesn't seem to be developing some sort of other behavior that is in line with severe unhappiness, then it is highly unlikely that your dog actually does hate his crate. You are probably simply worrying too much, and quite possibly are not convinced that the crate is not cruel for your dog.

If, however, your dog is the type with the more severe crate behaviors, then there are things you need to make sure you're doing.

If your dog barks or whines a lot in his crate, chances are he has gotten the impression that this behavior gets him some benefit, even if it's just the frequent attention of someone coming in the room and telling him to cut it out.

So you have two choices – One: Un-teaching your dog that barking or whining has a benefit – by ignoring it and only letting your dog out when he is quiet. Or Two (which we would recommend in cases where your dog never gives up and it's driving you crazy): Find a trainer who can guarantee that they can stop the barking and whining immediately. Not all training methods work for getting a dog to be quiet on command, so make sure it is something that the trainer definitely knows how to do and will guarantee results. Otherwise you'll be wasting your money. See the Additional Tips and Resources Section under “Getting Professional Assistance” for more information.

Buyer Beware: Some trainers will tell you that your dog is barking or whining in the crate because of being bored, and in some cases that can be true. But don't let them talk you into doing their training program to do drills of teaching your dog sit and down and stay in order to stop the barking. That, by itself, is unlikely to work. Wearing your dog out will make them more tired, and it is best to wear out your dog physically and mentally, but most training will not work to fulfill your dog's need for boredom relief (especially not quickly!). Research carefully if you decide to hire a trainer for behaviors like this.

Crate training problem #2: “My dog tries to escape from his crate.”

This problem should actually be “Problem 1B” as it is an extension of what an owner would call their dog “hating his crate”. But since “hating his crate” can include very mild behaviors, we'll list this one separately. If your dog tries to escape from his crate, it is because of one of three reasons (and sometimes a combination of these three).

One: *Your dog has escaped from his crate before and now remembers that it is possible.* If your dog has made an association to a crate that escape can be performed, then they are likely to try it again, Sometimes for no discernible reason. For example: Once we worked with a 4 year old Pit Bull who had a crate-escaping problem. The reason he escaped from his crate often is because once, when he was a year old, he broke out of his crate (with great effort) because he was sick with a stomach bug and had diarrhea. He so much did NOT want to soil his crate that he broke out and pooped on the floor. After that, he remembered that he could escape, and would randomly decide to break out. Even if it was just to lie on the laundry pile that looked more comfortable than his bed. Or because he spilled his water and didn't want to lie in there. Or just for fun. In fact, for a while, his escapes were prevented by leaving his crate door unlocked. He would poke the door with his nose to begin breaking out, realize that it wasn't even locked, got confused and laid back down. He wasn't interested because there was no challenge.

Usually what is necessary in order to stop a dog from escaping is to make sure it is impossible. That way the association is broken, and the dog gives up. Most often, all that is necessary for this is to temporarily rig the crate so that it can't be compromised in the spots of weakness. For a wire crate, use clips from the hardware store (like the kind that are at the end of a leash) to clip areas around the crate door. Usually dogs escape by kicking the door hard enough that the latches open. The clips will prevent that. Any other areas where your dog escapes can usually be reinforced with these clips, cable ties, a thin chain (like a chain leash) wrapped around areas that are bent, or other pieces you see at the hardware store that you think will work. Your dog will crash around in there a couple times, eventually give up, and realize that escape is no longer possible.

If you are using a plastic airline crate and your dog is escaping, the only thing that we have found that works to keep a strong dog from kicking open the door is C- clamps. You'll have to hook one or two on each side of the door so that if the dog kicks it, it still doesn't go anywhere.

Two: *Behavioral separation anxiety.* This kind of separation anxiety is when the dog prefers to be with his owners or occupied in some way, and escapes in hopes of looking for something to do (relieving boredom) or

looking for people. **More on this in the “Additional Tips and Resources” section.**

Three: *Chemical separation anxiety.* This is different than behavioral separation anxiety. This is caused by a legitimate mental problem (chemical imbalance). These cases are pretty rare, and are often misdiagnosed behavioral separation anxiety. The primary way to tell if your dog has chemical separation anxiety or behavioral, is the lengths your dog will go to in order to get out of a crate or get to people. Is he destructive, or self-destructive? Will he tear out his teeth trying to get out of a crate? Will he jump through a glass window to get to his owners? Or does he just escape from his crate and tear up a pillow or chew paper or cause other kind of mischief? If he is destructive, he is likely only displaying behavioral separation anxiety. If he is SELF destructive, it is more likely mental. In this case, there are sometimes things that an experienced trainer or behaviorist can do to help. But in most cases, the dog needs medical intervention with a medication that will restore the chemical imbalance in the dog's brain. But, like I said, this kind of separation anxiety is rare.

(Note: An exception to self-destructiveness being a diagnostic tool to determine if your dog has chemical separation anxiety is if your dog has a very high pain tolerance. We have seen dogs that are escaping their crate because of Reason #1 above, but will hurt themselves trying to escape a crate that has been thoroughly reinforced. They are already attempting to escape and don't know that they can't anymore, and if their pain tolerance is high enough, they might try for awhile and in the process scratch their face, nose, or even make their face swell up, from trying to push it through a space they used to be able to escape through.)

Crate training problem #3: “My dog goes to the bathroom in his crate.”

If this is the problem, chances are you are not doing one or more of the things in the Do's and Don'ts list properly. Most often, feeding your dog in the crate, making sure the crate is small enough, and taking your dog out often enough for his age and size, will fix this problem. If you've done all of these things consistently, look in the Chapter 6 for more ideas on stopping crate messing.

Chapter Four

The Housebreaking Process...

Now, without further adieu, here is what you wanted to know all along. At this point, your dog should be properly crate trained. That is the first requirement, so that you will have somewhere to keep your dog when you can't watch him. Somewhere that he will do his best to hold it until he gets outside!

The housebreaking process basically consists of three parts.

Supervision, Scheduling and Confinement.

Supervision is pretty obvious, especially if you recall everything you read before. It means that you are watching your dog carefully the entire time he is not confined. Anytime you cannot supervise carefully, your dog can sneak off and go to the bathroom the second you're not looking. So if you're busy or distracted, you need to put your dog away. So often we've heard from owners that they turned their back for a second and the dog peed on the floor. If that is going to happen (where you won't catch your dog in the act of going), then you weren't watching carefully enough. The dog should have been put in his crate.

If you're properly supervising your dog, you will notice, at the very least, when your dog starts to go to the bathroom on the floor. When this happens, try to stop the incident without totally terrifying your dog. Tell him "no" loud enough just to get his attention, get to him quickly and take him outside. Hopefully you did not startle him enough to keep him from finishing the job outside.

For very small puppies, accidents often only last a second. They will be in the middle of playing, suddenly squat and pee a puddle the size of a small coin. Still do the same thing – say "no", and take him outside right away.

When you take him out, give him only a couple of minutes. Don't spend forever out there. If he has to go, he'll go. If he doesn't, bring him back inside and watch him VERY closely, or put him in his crate.

Confinement, again, means keeping your dog in a properly sized crate. Review the crate training do's and don't's for tips and how to choose the right crate for your dog, as well as reasons why other types of confinement won't work as effectively.

Scheduling involves making sure you're taking your dog out often enough for his age and size, and feeding the right amount at a consistent

time each day. For very young dogs, or dogs who tend to have accidents at night, it is a good idea to schedule evening food early enough, so that your dog is cut off of food and water by a certain time. Usually about 4-5 hours before bedtime will be enough.

Another option, especially for adult dogs, is to feed him the very last thing at night. Take him out one last time before bed, and put him in his crate to sleep for the night, along with his dinner. Then he will eat, go to sleep, and go to the bathroom the next morning. This is a good thing to try if you get home late enough at night that there isn't sufficient time for your dog to eat, digest, and poop before bed.

The same goes for water. If your dog often pees in the crate at night, limit water intake before bed. More food and water suggestions are in Chapter 5 under "Food". The information listed there will help you a lot with scheduling food and water, and preventing crate accidents.

To know how often to take out your dog, there are a couple of rules of thumb out there. One is for puppies. If your puppy is 2 months old, the max he can probably hold it is 3 hours. If he is 3 months old, the max is probably about 4 hours. Take the number of months and add one, and that is usually the max. That doesn't mean that they won't go more often, but they are unlikely to be able hold it much longer than that.

By the time they are about 6 months old, they can hold it all day or all night (8-10 hours) and by the time they are fully grown (about a year old to 14 months), they can hold it even longer. If they are going in their crate more often than that, chances are they are not properly crate trained. Of course if it seems excessive, you will want to consider a possible physical reason, such as bladder or kidney problems, or simply that you're feeding the wrong food, too much food, or too much water. More on that, again, in Chapter 5.

Keep in mind that these time guidelines are only for when the dog is crated. If they are active (outside their crate, moving, walking, playing, etc.) they will have to go more often. A very young puppy (up to 12 weeks) should be taken out at least every hour when they are not confined, for example. Puppies should also be taken out right after a lot of playing, after sleeping, and a little while after eating. Older dogs can hold it for a few hours, even if they are not confined. It's a good idea to take your adult dog out every couple of hours when they are not confined, if they are not fully housebroken yet.

How long will it take?

In Chapter 1, we mentioned that if you start following the routine of housebreaking properly, you will be able to prevent accidents in the

house right away. But to get your dog to the fully reliable completely housebroken point, it could take months. Of course a lot depends on your dog's age, since an 8 week old puppy obviously will take months to be fully reliable, and since a dog who has not been housebroken for years will take awhile to undo all of their associations to "going" in the house.

Remember what we said before: Your life will be so much easier as soon as you start the housebreaking process, because you'll be able to keep your floors clean! So don't feel that you have months ahead of you of being unsuccessful, simply because your dog is not completely 100% trustworthy immediately.

As a general rule, just be patient, diligent and gradually (after a few months of being strict) start giving your dog more freedom around the house. More information on this in Chapter 7.

The importance of exercise

Dogs are more likely to "empty" themselves while they are on a long walk than at almost any other time. Physical movement like running, walking and playing will get things moving *inside* their body too! Exercise is very important for dogs physically and behaviorally, and also assists in housebreaking. If you find that your dog does not quickly go to the bathroom outside, taking them for walks will help this association. If you go for a one-mile walk, for example, it is unlikely that a dog will not poop, even if they recently went. The more exercise they get, the more they will go, and the less likely they'll go when they're confined or any other time inside the house.

For behavioral reasons (preventing chewing, separation anxiety, and crate escaping), exercise helps keep a dog from becoming easily bored. Everyone feels better when they get physical exercise, even mentally. So it will also help with these other areas of crate training and housebreaking.

Chapter Five

Additional Tips and Resources

Over the years we've worked with a few dogs whose owners reported that their dogs did not want to go outside to pee in certain circumstances. Some didn't want to go out in the rain. Some didn't want to walk on grass unless it's dry. Some didn't want to pee on gravel or on concrete (in the case of city dogs where the dog must go on the sidewalk where there isn't grass available. In other cases, dogs simply got into a habit of going in a certain area, and the owners want the dog to learn to go somewhere else. Maybe they were always going on the deck instead of in the yard. Maybe they were going on the grass and killing the grass instead of going on the mulch.

Here are a couple of ideas that we've found success with:

First, you have to teach your dog associations to going in certain areas or in certain conditions. If they aren't used to it, they may not want to go. If your dog is crate trained, it's not that difficult to get a dog used to new situations or areas. But you must take him outside on a leash to that area (so he can't really refuse to walk to that area), try to get him to go to the bathroom there, and if he does not go you would bring him back inside to watch carefully or put back inside his crate. That way he learns that his only opportunity to go is under the circumstances or in the spot where he doesn't prefer to go.

Another option for some people is to set up an outdoor kennel that is only used for bathroom breaks. That way our dog's messes stay all in one spot, and there are less messes all over the yard to find. You could use an 8x8 chain link fence square (about 4 feet tall – but if your dog is a jumper, climber, or otherwise able to clear a 4 foot fence, get a taller one) with a gate, and they know to go in there when they go outside to use the bathroom. Just put them in there several times when you take them out, and eventually they'll get used to running straight to it. Make sure you latch the gate and leave them there for a few minutes, and then let them out. This is something that works well for many owners who want their dogs to only go in a certain area and don't want to always hang out outside for several minutes with their dog on the leash.

Here are some answers to other miscellaneous questions about housebreaking...

Should I spay or neuter my dog?

Many of our clients ask this question, wondering if it is possible that their dog is peeing in the house because of hormonal reasons. In other cases, clients wonder if they should spay or neuter because of other

behaviors like destructiveness in the house, and they figure spaying or neutering will calm the dog down.

The first thing: A male dog that is peeing in small amounts on various objects in the house is *marking*, not just plain peeing, especially if the dog is not neutered. If this is the case, neutering will help over time. But the biggest issue is that the dog thinks that everything belongs to him, which is more of a behavioral problem than a hormonal problem.

Marking the neighborhood is one thing. Marking your couch and your leg and the table and your bed – that's different. He is marking over YOUR scents, quite possibly, taking territory away from YOU. If that's the case, this is more of a dominance related issue. If you recall, we mentioned before that dominance is a dog feeling that they should be in control of everything and everyone around them. Dominance can be very mild or extremely severe. But it should not be left alone. If you think this might be the cause of your dog's peeing issues in the house, it's a good idea to contact a dog trainer for help. ***See the section below on Getting Professional Assistance.***

The second thing: If you're considering spaying or neutering your dog to calm them down... Calming a dog down is a rare and long term side effect of spaying and neutering. It depends on the individual dog whether or not this will have any effect at all. Either way, it could take months to have an effect. Some animals calm down immediately upon being neutered. But most dogs usually do not. I once had two dogs – one neutered hyper, energetic, playful maniac, and one intact calm, submissive and happy to lay around. So neutering really usually does not make any difference.

The reason is that their behaviors are usually not due to hormones. They are social, or behavioral. That is even the case with dogs who mount other dogs or people, or even objects. It is not usually hormones, unless the dog is actually mating at the time. Or unless you or the object they are mounting smells like a dog in heat, which is unlikely, we hope. With all that said, spaying and neutering is a personal preference. It is a good idea if you do not plan to breed your dog, as you will not be accidentally adding to the overpopulation of dogs that need homes.

Teaching your dog to eliminate on command

It is a good idea to assign a particular phrase or word to the act of taking your dog outside to go. Most people use something like “go potty”. Others that we've heard are “hurry up,” “do your business,” and even our favorite funny ones: “go make wet” and “go make dirty.” It's best if you choose words that you don't use often in other situations. “Hurry up” might not be a good one, for example, if you often say that to the kids inside the house.

There is an interesting book called *You Can Teach Your Dog to Eliminate on Command* by M. L. Smith. It is dedicated to this subject, for the purposes of getting your dog to go to the bathroom at times where he might not really need to. We have read it and found it to be helpful in certain situations with housebreaking where a dog was really a tough case. We recommend it now if you're interested in looking into this subject further, as we couldn't write the subject better than Mr. Smith has.

Food

What you feed your dog, in our experience, is one of the biggest factors in whether or not a dog is easy to crate train and housebreak or not. We could go on all day, and write an entire book, on why dog food ingredients affect housebreaking. Here are the biggest reasons though... Most dog foods on the market contain ingredients that are difficult to digest and often upset stomachs. These include cereals (fillers) like corn and wheat. If the food you feed your dog swells up a lot when you soak it in water, it is mostly cereal, which is completely eliminated from your dog. Quite often a dog will eat three cups of food, for example, and also poop three cups of poop. That is why. They are not actually USING much of the ingredients inside their body. That also means that you will need to feed more cups per day for your dog to maintain his weight, than you would if the food did not have these ingredients. If the food had higher quality ingredients, you might pay more per pound for the food, but you'd feed half the amount, in some cases. Your dog would use most of it inside their bodies, and would go to the bathroom less often and smaller amounts. And, believe it or not, it will stink less. And mean less gas! In addition to that, many foods have other indigestible ingredients, or otherwise disgusting ingredients, such as what are called the 5 D's. Dead, Dying, Diseased, Disabled and Drugged animals, whose parts ("by-products" or "animal digest") are put into dog food, and do not have to actually contain meat. That includes hair, nails, feathers, beaks, heads, intestines, and other body parts that are only there for sources of protein but have no digestible or nutritional value. Plus a lot of foods have ingredients that make dogs thirsty, which means they'll drink more water and will be harder to prevent pee accidents in the crate and in the house.

The food that we require all of our dog training clients to use, especially if the dog will be staying with us in our house for training for a few days, is called Life's Abundance. It's an example of a high quality food that will make your dog's housebreaking SO much easier. Besides the reasons above, this food has probiotics (friendly bacteria, like what is in yogurt) that assists with digestion, which means the dogs do not have stomach problems from the food. They digest all the ingredients easily, and the probiotics make the food so easy on their stomachs that they don't get diarrhea and other issues. In fact, since we started using this food for

dogs we train, the only time we ever have to clean up a crate mess is when we have a dog visiting whose owner insists on using another brand of food. For example, we recently had three dogs stay with us, who we trained a couple of years ago before we started requiring this dog food for all new clients. The owners were out of town for two weeks and we babysat their dogs for them. When they visited, all three dogs got stress colitis (upset stomach from the change of environment) and pooped in their crate, one of them with diarrhea, almost every day. All three dogs were housebroken and crate trained usually. But the food just wasn't good enough to keep them from getting stress caused upset stomachs. They also drink a lot of water, and even as adult dogs they have to go outside often to pee, and they poop huge amounts every time.

We actually mixed in a little of the Life's Abundance food with their food to help calm down their stomachs and help stop the diarrhea. One of the great things about this food is we can give it to dogs without weaning them off of another food first, and it never upsets their stomachs. During this visit, one of my dogs happened to get into their food bag and eat some of their brand of food. He drank massive amounts of water for two days, and as you might expect – got diarrhea.

One last thing about it: it also has beneficial behavioral side effects. Common dog food ingredients often cause dogs to be more hyper and edgy. Since this food does not have those ingredients (the cereals and sugars and processing ingredients), many dogs are calmer and happier on this food.

We highly recommend trying it out and seeing what you think. Keep in mind that not all “All-Natural” or high quality foods are equal. Many foods do not have corn and wheat in them, and are therefore viewed by dog owners as “high-quality”, but are still missing vital ingredients that will have the effect we're talking about here. Or they still have other ingredients that will not be good for your dog, like meat by-products or preservatives. Do your research, and learn to read labels.

Another note: You should never feed your dog people food, especially if there is any trouble with housebreaking at all. It usually is not proper for them digestively, and usually will upset the balance that a good dog food will provide. Additionally, you might cause other problems like begging for food. It's best to just not do it. Give your dog healthy dog treats when you want to, within reasonable quantities. Life's Abundance also makes dog treats – antioxidant bars, dental treats, and heart healthy treats.

Separation Anxiety

As we talked about in Chapter 3, there are two different kinds of separation anxiety. Behavioral and Chemical. (For more information on the difference, go back and read that section).

Behavioral separation anxiety, again, is when a dog prefers to be occupied and when he is not, will often develop behavior problems as a result of boredom or being left alone. These problems usually involve chewing or even severe destructiveness. It can even be that the dog develops severe symptoms of stress, like drooling or obsessively licking himself to the point of causing raw spots on the skin. It can often include a dog frequently going to the bathroom in his crate or in the house.

Sometimes people consider accidents as a sign of separation anxiety. It can be, if the accidents are caused by the boredom turning into stress, and the stress causing the accidents. If this is the case, switching your dog's food (as outlined above) will fix the stressed stomach problem. But the main issue is in your dog's mind. They are not being mentally worn out often enough to keep from entertaining themselves improperly when you are not around. We trained a dog a while ago who had severe separation anxiety. He did all of the things we mentioned above, drooling, chewing, destructiveness, crate escaping, diarrhea (all over him!), etc. After two days with us at our house for training, he stopped all of these things. But if the owners become too busy, or stop implementing the routine of keeping their dog mentally active, then the behaviors come back. It is not difficult to do, and not time consuming, if you're working with a dog trainer/behaviorist who really knows the easiest and best ways to fulfill this need to be mentally worn out. If you're spending a long time every day trying to mentally wear out your dog, you are likely not using the training methods that are best for this purpose. Do some research and review the subject.

Getting Professional Assistance

In Chapter 3, under “Crate Training Problem #1” we talked about getting professional help to stop barking and whining in the crate. We talked about how a trainer should be able to guarantee results for teaching a dog to be quiet on command, and other types of guarantees, before you sign up with them. We mentioned how you should not let them talk you into doing their training program to do drills of teaching your dog sit and down and stay in order to stop certain behaviors, because that by itself is unlikely to work. It is best to wear out your dog physically and mentally, but most training will not work to fulfill your dog's need for boredom relief. So you need to research carefully for the right assistance. Most dog trainers use methods that only involve teaching dogs commands, but give you very little reliability with those commands. Especially around distractions or off-leash. Training with treats is very common. When you train with treats, the dogs know that they do not HAVE to do the commands. They learn what the words mean, but that's all. That means that since the dog knows that the commands are optional, it does not require the amount of THINKING that your dog needs to be doing. In addition to that, physical exercise – like going for a

walk – is going to be only physical and very little mental work if the dog is not taught to do something mentally challenging, such as stay in a certain spot right by your leg the whole time (Duration Training). These are examples of things to look for in a training program. Someone who can resolve your dog's particular behavior problems - quickly, who can train a dog to be reliable around distractions, who uses methods that teach the dog that commands are not optional, and also does not require hours of work from you per day. It should be something that you can work into your routine with your dog, in day to day life, without having to spend extra “training” time.

If you need a professionals' assistance, we can help you with any, or all of these things. Our website is www.kninesolutions.com. Feel free to contact us anytime to talk about your dog. Otherwise, do a Google search for dog trainers in your area, and look for trainers who specialize in the resolution of unwanted behaviors and reliability of commands.

Chapter Six

Troubleshooting

This section is dedicated to the owners who have dogs who are exceptionally difficult to housebreak or crate train. We've included some extra ideas that are typically not necessary for most dogs.

My dog won't stop “going” in his crate.

Since having a dog properly crate trained is vital to housebreaking, that has to be done first. If you've tried everything in our “How to Crate Train” section, have implemented all the do's and don'ts, and your dog STILL won't stop having accidents, this is a section to use as a last resort, and should only be done TEMPORARILY.

Step 1: Take away your dog's crate completely. Usually about three weeks is sufficient. Keep your dog in a larger area, preferably an area he will not have access to later on when he is allowed to be out in the house. A basement area with a pen set up, or a laundry room, or a bathroom might be good. Put down newspaper or something similar on the floor for your dog to eliminate on.

Step 2: Clean your dog's crate thoroughly with either Simple Green (automotive section at WalMart) or a half and half mixture of water and vinegar.

Step 3: Maintain your schedule of feeding and taking your dog outside, and exercising your dog outside.

Step 4: After three weeks, begin reintroducing the crate (in its permanent location), for a few minutes at a time, when you are home. You want your dog to know and enjoy what it feels like to be in a clean crate.

Step 5: Feed him only in his crate at this point.

Step 6: Do your best to prevent accidents inside the crate by being diligent with gradually increasing the time he spends in there, maintaining your schedule for feeding and taking him outside.

Tips on tough-to-housebreak dogs

Review the last chapter, particularly about food, if you're having exceptional trouble with your dog, in spite of everything you've already implemented.

As an extra tip, which we learned from a fellow dog trainer: If your dog will not go #2 outside, or takes forever no matter what you do, try this trick. Take a paper match and cut off the head. Dip the match in Vaseline or something similar. Insert it carefully in the dog's rear end right before you go outside. It should make your dog posture in order to

get it out, and will usually poop at the same time. This is called “Matching” the dog. This trick is often used for show-dogs before they enter the competition ring, to make sure they are empty before going in for the competition. But, above all, always make sure you remember the other tips outlined in this book. Make sure your dog is getting enough exercise. Check out your dog food's ingredients. If you need to, seek help from a local professional.

Chapter Seven

Maintenance

Maintaining your dog's housebreaking and crate training routine is crucial, or your dog will simply go back to bad habits of going where he shouldn't. Maintaining it simply involves keeping up with your routine, as if your dog is not reliably housebroken, for quite a while to make sure that he doesn't have an accident somewhere and set him back.

How long should I continue confining my dog while I'm not around, and why?

You should continue the entire routine you have set in place, including confining your dog anytime you can't watch him (at night, when you're gone from the house, when you're too busy to supervise him, and when he is eating his food), until there has been enough time for your dog to really make a complete association to everything you've been doing. Your dog should think that outside is the only area he goes, and not ever inside or in the crate. If your dog will go to the bathroom occasionally in his crate, it's safe to assume he will also go in the house, in most cases. If he ever has any accidents in the house because you gave him too much freedom too soon, you are almost starting over. You need to prevent the accidents so your dog FORGETS that he's ever gone in the house. Remember it's all about the associations your dog makes.

We recommend very slowly and gradually giving your dog more freedom around the house, when you are home. If your goal is to be able to leave your dog loose in the house when you are not home (review the safety information listed in Chapter 2 under **Where is the safest place for my dog when I can't watch him?**), then you can begin leaving your dog loose in the house when you will be gone for very short periods of time (a few minutes, to start with).

But remember – if your dog has an accident, you started giving freedom too soon and you just set yourself back significantly. Do not rush it. Continue crating your dog if you are not certain that he will not go in the house when you're not watching him.

After your dog is completely reliably housebroken, it's still a good idea to keep using the crate so your dog remains familiar with it, even if your dog has gotten completely reliable in the house and you rarely need the crate. Continue feeding your dog in the crate if you use the crate at all.

Conclusion

We hope that you were able to learn a lot from this book and that you will use what you've learned with your dog. Remember if you have trouble in spite of implementing everything you've read here, you should

contact a professional in your area. In almost all cases, applying this information will work well and will cover every scenario and every dog. Be sure to review all of the information, since the help you're looking for might be in a section you didn't read, if you did not read it all. If you're still having problems, chances are there is a behavior or medical problem that is not typical for dogs. Don't give up. Many dogs are given to shelters because the owners can't housebreak them properly. Every dog can be housebroken, and we've never met one who couldn't. Diligently apply this information. It is not very time consuming, but requires thought and planning.

Most of all, we hope that we have helped you more fully enjoy your life with your dog.

Eric and Justin
K Nine Solutions
www.kninesolutions.com

“Any Dog, Any Age, Any Problem”