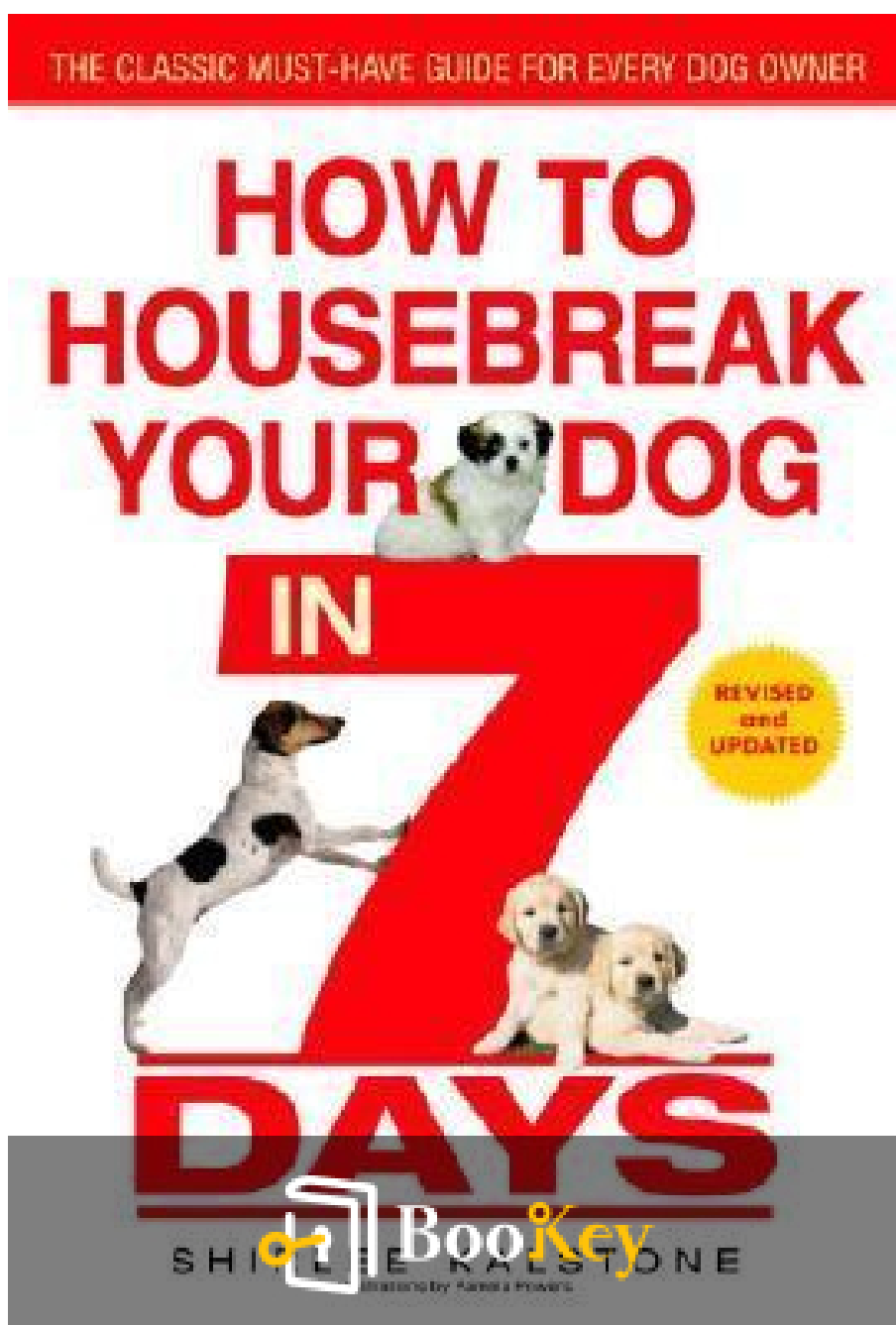


How To Housebreak Your Dog In 7 Days PDF (Limited Copy)

Shirlee Kalstone



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How To Housebreak Your Dog In 7 Days Summary

Transform Your Dog's Behavior in Just One Week!

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About the book

For nearly two decades, dog owners have turned to Shirlee Kalstone's esteemed guide, "How to Housebreak Your Dog in 7 Days," which has become a trusted resource for mastering the art of housebreaking. This revised and updated edition presents an effective, foolproof approach that caters to both puppies and older dogs, making it versatile for any living situation, from apartments to family homes.

Kalstone emphasizes the significance of understanding a dog's natural instincts, laying the groundwork for successful training. The guide offers step-by-step programs that are adaptable based on the specific circumstances of the household, ensuring that all pet owners can find a method that works for them.

Within its pages, readers will discover a wealth of practical techniques designed to make housebreaking, paper training, or litter training straightforward. The book also tackles typical challenges faced by dog owners, such as separation anxiety—a condition where dogs experience stress when left alone—and marking behavior, where dogs urinate to claim territory.

In addition to the training methods, Kalstone includes helpful schedules and timetables to facilitate the training process, as well as strategies for positive

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reinforcement, which encourages desired behaviors through rewards. This comprehensive approach not only makes the training sessions productive but also turns them into rewarding experiences for both the owner and their canine companion.

Overall, this indispensable resource serves as a complete guide that equips readers with the knowledge and tools needed to successfully housebreak their dogs, paving the way for a harmonious and well-trained household.

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About the author

In "How To Housebreak Your Dog In 7 Days," Shirlee Kalstone presents a structured and compassionate approach to one of the most challenging aspects of dog ownership: housebreaking. Drawing from her extensive background in psychology and her in-depth understanding of canine behavior, Kalstone lays out a practical framework aimed at fostering positive relationships between pet owners and their dogs.

The initial chapters introduce the concept of housebreaking, highlighting its significance not only for the dog's well-being but also for maintaining a harmonious living environment. Kalstone emphasizes that housebreaking is a crucial aspect of responsible pet ownership, which involves more than just teaching a dog where to relieve itself; it cultivates trust, respect, and communication between the dog and its owner.

Kalstone further explains the psychological underpinnings of canine behavior, illustrating how dogs learn through positive reinforcement and the importance of establishing routines. She offers insights into different types of training methods, advocating for patience and consistency as key components of success. The chapters are interspersed with relatable anecdotes and examples drawn from her years of hands-on experience, which make her advice practical and accessible.

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As Kalstone delves into her seven-day plan, she breaks down the essential steps needed for effective housebreaking. This systematic approach includes various training techniques and tips tailored for different types of dogs, considerations for different living situations, and strategies to address potential setbacks. By blending empathy with a clear methodology, Kalstone ensures that both dogs and owners can navigate the housebreaking process successfully.

Throughout the book, readers are reminded that housebreaking is a journey rather than a race. Kalstone encourages owners to celebrate small victories and to be understanding of accidents, reinforcing the notion that each dog learns at its own pace. By the end of the book, pet owners are equipped not just with the skills to housebreak their dogs, but also with a deeper understanding of their canine companions, ultimately fostering a lasting bond built on trust and empathy.

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Chapter 1 Summary: THE PSYCHOLOGY OF TRAINING

The Psychology of Training

In this chapter, the focus shifts to understanding dogs through the lens of their social nature and pack dynamics. As inherently social animals, dogs thrive in groups, often forming packs that adhere to a strict dominance hierarchy. Within these packs, a strong leader is essential for maintaining order and discipline, directing group activities such as feeding, playing, and mating.

Dogs as Pack Animals

Dogs are instinctive pack animals. Their survival instincts have evolved to rely heavily on group cohesion, where roles are defined through dominance and submission. This structure allows for organization and cooperation, which are crucial for their well-being.

Establishment of Leadership

Central to the functioning of any canine pack is the establishment of leadership. Each pack has a singular leader responsible for enforcing organization and maintaining the group's flow. The leader instills discipline and delineates roles, ensuring that all members understand their places



within the hierarchy.

Dynamics of Hierarchy

Interestingly, the hierarchy within dog packs is not static. It evolves over time as younger or stronger dogs may challenge the status quo, occasionally rising to take on leadership roles. This dynamic structure is vital for growth and adaptation within the pack.

Pack Behavior in Domestic Settings

When dogs enter a household, the family effectively becomes their new pack. Just as in the wild, dogs will look for a leader among their human companions. Therefore, it's essential to establish a clear hierarchy as soon as a dog joins the family, which aids in their adjustment and understanding of their new environment.

Importance of Leadership for Training

For successful training, particularly in housebreaking, a family member must take on the role of pack leader. This responsibility involves setting clear rules and consistently enforcing them to foster respect and obedience from the dog. Without a decisive leader, dogs may struggle in their understanding of boundaries, leading to confusion and potential behavioral issues.

Initial Testing and Behavioral Challenges

Dogs have a natural inclination to test boundaries to ascertain their rank

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within the family's pack structure. If leadership is not firmly established, these tests can manifest as behavioral problems, which tend to exacerbate as the dog matures. By understanding and addressing these dynamics early, families can prevent issues related to spoiled behavior and ensure a harmonious living environment with their canine companions.

Overall, establishing strong leadership is critical not just for training, but also for fostering a secure and predictable environment for dogs, reflecting their natural pack instincts.

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Chapter 2 Summary: THE SECRET OF SUCCESSFUL HOUSEBREAKING

The chapter titled "**The Secret of Successful Housebreaking**" delves into the fundamental principles of housebreaking dogs, emphasizing the significance of their natural instincts as pack animals and den dwellers. In the wild, dogs instinctively keep their dens clean by eliminating outside, a behavior that greatly simplifies the house training process for owners.

The section on **Puppy Development and Training Insights** outlines the various stages of a puppy's growth and how these phases influence housebreaking:

1. **Newborn Stage (0-3 weeks):** During this early stage, puppies are entirely reliant on their mother for care, including elimination, which she encourages through her licking. This instinctual bond is crucial for their survival and hygiene.
2. **Exploration Phase (4-5 weeks):** As puppies grow, they develop sensory and motor skills that motivate them to explore beyond their nest. This time is marked by the establishment of social bonds with littermates and a budding sense of dominance among them.
3. **Hygiene Awareness (5 weeks and older):** By this stage, puppies begin



to recognize and prefer specific areas away from their nest for elimination. This emerging awareness can be harnessed by owners to facilitate a smoother housebreaking process.

Understanding a dog's natural elimination patterns, such as the urge to go after waking up or about 20-30 minutes after eating, is crucial for effective training. By aligning training efforts with these instincts, owners can achieve successful housebreaking in a relatively short time, promoting a harmonious living environment for both pets and their families.

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Chapter 3 Summary: WHEN IS MY DOG READY TO BE HOUSEBROKEN?

When is My Dog Ready to Be Housebroken?

Housebreaking a dog is a significant milestone in pet ownership, rooted in the essential bond of attachment and respect established between the dog and its owner. This relationship is most effectively formed during the puppy's critical early life stage, ideally between six to eight weeks of age. At this time, puppies are particularly eager to please their humans, making training sessions more fruitful.

To maximize this bonding experience, it is advisable to separate the puppy from its mother and littermates around seven to eight weeks old. This transition helps to strengthen the dog's connection to its new family. Puppies that are well-socialized—those that have had positive interactions with their mother, siblings, and humans—are typically better equipped to adapt to their new environment. Choosing a puppy from a reputable breeder can enhance these early experiences, setting the stage for a smoother transition into home life.

It's important to understand the developmental timeline of a puppy. The early months of life pass quickly; three to four months of age can be likened



to three to four years in human development. While there is no strict age defining when a puppy should be housebroken, generally, most are capable of achieving this by around four months. However, each puppy is unique, and factors such as temperament and previous experiences can lead to significant individual variability in housebreaking timelines.

Patience is paramount during this training process. While it can be tempting to rush the puppy to achieve housebreaking as quickly as possible, it's vital for owners to adhere to a consistent training program without applying excessive pressure. By understanding the principles of housebreaking and allowing for each puppy's own pace, owners can nurture a positive learning experience that benefits both them and their pets in the long run.

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Chapter 4: THE VERY YOUNG PUPPY

The Very Young Puppy

In the early stages of a puppy's life, specifically before they reach sixteen weeks, they lack full control over their sphincter muscles. This means that young puppies are unable to hold their bladder or bowel movements for extended periods, making it vital for owners to be attentive to their behaviors. Signs like sniffing or circling indicate a need to eliminate, and by recognizing these cues, owners can prevent unwanted accidents indoors.

Housebreaking Preliminaries

To effectively begin housebreaking, it is crucial to establish good habits early on, taking advantage of a puppy's natural den-dwelling instincts. Creating a designated “nursery” space, ideally in a washable area like the kitchen, contributes to this process. This confined area should be no larger than three by five feet and should contain a comfortable bed and space for the puppy to eliminate. Covering the floor with newspapers can help manage messes during this learning phase.

Housebreaking vs. Paper-Training

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When housebreaking, distinguishing between paper-training and outdoor elimination becomes essential. If the goal is to train the puppy to use paper indoors, owners should provide praise when the puppy uses it but must be cautious not to reward indoor elimination if transitioning to outdoor behavior later. Once the puppy is vaccinated, they can begin leash training and exploring the outdoors, which helps develop their muscle control over time.

Socialization and Training

During this critical developmental phase, it is important to avoid being overly strict, as excessive control can lead to fear and anxiety in puppies, resulting in long-term behavioral issues. Gentle handling combined with positive socialization experiences is essential for fostering a strong bond. Avoiding harsh punishments is crucial, as they can hinder the development of trust between the puppy and their owner.

Learning Capacity

Puppies are particularly receptive to learning during the ages of eight to

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twelve weeks. This period is ideal for implementing early training and socialization, as experiences during this time can significantly shape their intelligence and behavior as adult dogs.

Transition to Formal Housebreaking

As puppies reach approximately sixteen weeks, it's time to transition to a more structured housebreaking routine. Utilizing a crate for confinement becomes pivotal in this stage. By introducing the crate early and fostering a positive association with it, puppies can adapt well to crate training as they mature, aiding in their overall housebreaking success.

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Chapter 5 Summary: WHAT ABOUT OLDER DOGS?

WHAT ABOUT OLDER DOGS?

Housebreaking older dogs, regardless of their previous training status or background, is entirely feasible. Whether you are dealing with a dog that has not been disciplined, one taken from a shelter, or an older dog showing signs of regression, it's important to remember that any dog, regardless of age, can learn to master housebreaking.

APPROACH TO HOUSEBREAKING

The process of housebreaking an adult dog is similar to training a puppy, yet it may require more time due to the established habits that older dogs may have developed. The longer a dog has been untrained, the more challenging it may be to tap into their natural instincts and guide them back to appropriate behaviors.

TRAINING STRATEGIES

To effectively housebreak an older dog, consider the following strategies:

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1. **Consistent Monitoring:** Keep a close eye on your dog and confine them to a specific area (often referred to as a "den") when you cannot supervise them directly. This helps them associate this space with appropriate elimination behaviors.
2. **Feeding Schedule:** Establish a fixed feeding routine, ideally once or twice a day, to help regulate your dog's elimination schedule. Consistency in feeding times can greatly assist in predicting when your dog may need to go outside.
3. **Reduced Bathroom Breaks:** Once the adult dog is successfully housebroken, it generally requires fewer outdoor bathroom breaks than puppies, which can ease the owner's routine.

ACCIDENTS AND HEALTH ISSUES

Should an already trained adult dog begin to have accidents indoors, it is crucial to consult a veterinarian to rule out any underlying health issues. If no medical problems are identified, these accidents may be related to hormonal changes or behavioral challenges. For deeper insights into these concerns, further information can be found in the book's section on "Housebreaking and Paper-Training Problems," helping owners address and

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manage these situations effectively.

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Chapter 6 Summary: YOUR CHOICE: HOUSEBREAKING, PAPER-TRAINING, OR LITTER PAN TRAINING

In the introductory chapter on dog training, the focus is on setting the foundation for successful housebreaking, paper-training, or litter pan training as soon as a puppy arrives in its new home. The initial days are pivotal; thus, scheduling a veterinary check-up within 48 hours is critical to assess the puppy's health and ensure its well-being, which directly influences training outcomes.

The chapter outlines a recommended 7-day training formula tailored for puppies aged 16 weeks or older, while younger puppies can benefit from pre-training practices that help shape their behavior in anticipation of formal housebreaking.

Choosing the right training method is emphasized, allowing owners to tailor their approach to their lifestyle. Housebreaking is ideal for those with outdoor space, teaching dogs to relieve themselves outside. In contrast, paper-training involves using newspapers indoors and may be beneficial for small dogs living in apartments, for elderly owners, or for dogs with medical conditions, although it should not be mistaken for a stepping stone to outdoor training.

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Regardless of the method selected, the key to success is a consistent and dedicated approach, ensuring that good habits are instilled from day one.

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Chapter 7 Summary: ESTABLISHING REGULAR EATING HABITS

Establishing Regular Eating Habits

Importance of Regularity and Consistency

Establishing regular eating habits is essential for the successful housetraining of dogs. By maintaining a consistent feeding schedule, a dog's digestive system becomes regulated, leading to predictable elimination patterns. This predictability not only facilitates housebreaking but also enhances the overall health of the pet.

Well-Balanced Diet

To support a dog's health throughout various life stages, veterinarians and trainers advocate for a balanced diet tailored to the specific needs of the dog. There are numerous types of commercial dog foods available, ranging from general-purpose formulas to specialized diets addressing health concerns, activity levels, and age.

Feeding Guidelines

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When feeding your dog, it is important to provide an appropriate quantity based on factors such as breed, size, age, and activity level. The packaging of dog food typically offers general recommendations, but individual needs may vary. Consulting with a veterinarian can provide tailored advice to ensure that your dog receives the right diet.

Maintaining a Routine

A consistent feeding routine is key to a dog's comfort and training success. Dogs thrive on predictability and prefer to eat at the same time and in the same place each day. It is advised to give your dog 15-20 minutes to eat before removing any remaining food; this encourages prompt eating and further aids in housetraining.

Limiting Food Access

To prevent constant elimination and promote good habits, avoid leaving food out at all times. During the training phase, refrain from offering treats or table scraps. These can lead to picky eating behaviors and digestive issues, which can complicate the training process.

Water Requirements

Water is vital for a dog's well-being and should be made available during

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specific intervals within the training period. Provide fresh water for about 10 minutes at designated times, then remove the bowl. After successfully housetraining, dogs can have unlimited access to fresh water to support their overall health.

Summary of Feeding Schedule

To ensure successful eating habits, maintain a regular feeding schedule, keep your dog's diet consistent, allow 15-20 minutes for food and water before removal, and withhold treats and table scraps until good habits are formed. By adhering to these guidelines, you'll help establish a routine that benefits both the dog and the owner, facilitating a smoother path to successful housetraining.

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Chapter 8: CONFINING YOUR DOG TO A “DEN”

CONFINING YOUR DOG TO A “DEN”

To successfully housebreak your dog, leverage their innate instinct to seek out a den-like environment by creating a designated "den" space and occasionally confining them there. This approach plays on a dog's natural behavior, as they instinctively prefer to keep their living areas clean, thus helping them learn to control their bodily functions.

Creating a Timetable

Establish a humane and realistic schedule for the dog's confinement that teaches them when it is appropriate to go outside or to their designated potty area. As the dog becomes more accustomed to eliminating in the correct spots, you can gradually increase their freedom, allowing them to explore more of your home.

Using a Crate as a Den

A crate serves as an effective tool for confinement, simulating a secure den

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for your dog. While there are misconceptions about crating being cruel, it is actually a humane practice widely endorsed by professionals. The crate provides a safe space when you are away or while the dog sleeps, and it helps curb destructive behaviors.

- **Crate Specifications:** When selecting a crate, ensure it is spacious enough for the dog to stand and turn around comfortably, but not so large that they feel the need to soil one end. Quality crates vary in size and price, typically ranging from \$55 to \$120 or more, depending on the brand and materials.

Acclimating the Dog to the Crate

Introduce the crate to your dog gradually, allowing them to explore it under your supervision. The initial nights may require patience, as a puppy might whimper. It is important to refrain from responding to their cries, as doing so can reinforce the idea that vocalizing will lead to attention.

Importance of Cleanliness

If your dog soils the crate, promptly remove them and take them outside to their designated area. Praise them when they eliminate in the correct place.

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Avoid reprimanding the dog for soiling their crate and ensure they are not confined in a dirty environment, as this can damage their trust and hinder training.

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Chapter 9 Summary: HOUSEBREAKING

Housebreaking

Housebreaking is a crucial process for integrating a dog into the home, focusing on establishing a consistent schedule for bathroom habits. Like humans, dogs thrive on regularity, making a structured routine for urination and defecation essential. A nutritious diet and regular feeding—ideally between one to three times a day—coupled with frequent outdoor outings can instill good habits.

Leash-Training Importance

For dog owners without fenced yards, leash training is vital. Begin by helping your puppy become familiar with a collar, gradually introducing a leash. Offering praise and gentle guidance during walks fosters a positive experience and teaches your dog to remain by your side.

City Dog Guidelines

City living imposes additional responsibilities. Urban dogs must be leashed and well-controlled in adherence to local regulations. Start by taking your dog out primarily for bathroom breaks, encouraging him to relieve himself

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close to home. Show respect for public spaces by avoiding areas such as lawns or recreational zones for bathroom use, and always clean up after your pet.

Starting the 7-Day Program

Commence the housebreaking program once your puppy has thoroughly relieved himself. Using a crate or a confined space overnight can promote discipline, allowing you to take him outside immediately after waking. Consistency is key; establish regular intervals for bathroom breaks, offering praise when he succeeds. Pay attention to his internal clock, adjusting timings as necessary.

Routine Adjustments for Working Owners

For those who work during the day, it's important to tailor your dog's routine to accommodate your schedule. Ensure your dog is properly confined during your absence, with opportunities for breaks and check-ins when possible. Maintain a steady feeding and bathroom schedule, even on weekends, to reinforce behavior.

Cleanliness and Grooming

Maintaining good hygiene and grooming supports effective housebreaking.

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A clean dog is less prone to accidents indoors, and grooming not only fosters bonding but also allows owners to detect potential health issues early.

Final Advice

By around 16 weeks old, most puppies should be able to sleep through the night without needing a bathroom break. If your puppy struggles to hold his bladder overnight, consider delaying formal training, adjusting bedtime to later hours, or allowing for nighttime bathroom breaks until he can manage better.

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Chapter 10 Summary: PAPER-TRAINING AND LITTER PAN TRAINING

Paper-Training and Litter Pan Training: A Guide to Indoor Elimination Techniques

Purpose and Context of Paper-Training

Paper-training is a crucial indoor toilet training method specifically designed for small dogs, older dogs with mobility challenges, young puppies lacking muscle control, and pets left alone for extended periods. While it serves important purposes under these conditions, it's imperative to recognize that paper-training should not be considered a precursor to outdoor housebreaking. Instead, it is intended to address specific situations where outdoor relief is not feasible.

Key Points on Paper-Training

This technique should be employed temporarily for young puppies or dogs that cannot easily go outside. It's vital to note that mixing indoor paper-training with outdoor training can confuse puppies and hinder their learning process. For optimal results, young puppies should be confined to a designated "nursery" area layered with newspapers, without being

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encouraged to use it as a permanent solution. When they are ready to transition, it is essential to move them directly from paper to outdoor relief.

How to Paper-Train

1. **Designate the Area:** Create a specific indoor toilet zone using a 3-by-4-foot area covered in newspapers.
2. **Establish a Schedule:** Take the dog to this area after meals, naps, and playtime to reinforce the behavior.
3. **Positive Reinforcement:** Praise the dog when they use the newspaper, and avoid scolding for accidents to foster a positive association.
4. **Guidance:** Use a soiled piece of paper to lure them back to the toilet area if they forget.
5. **Gradual Reduction:** As the dog learns, gradually shrink the size of the newspapered area to encourage outdoor relief.

Alternative: Puppy “Piddle Pads”

For convenience, absorbent "piddle pads" can be utilized instead of newspapers. These pads offer an alternative option that may be easier to manage.

Litter Pan Training

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This method is particularly suited for small or medium-sized dogs, especially older dogs or those with specific health-related issues.

Important Considerations for Litter Pan Training

- **Selecting the Box:** Choose a litter box that is appropriately sized to ensure the dog's comfort.
- **Consistent Routine:** Just like with housebreaking, maintain a regular schedule where the dog is guided to the litter pan.
- **Scent Strategy:** Place soiled items in the pan to help the dog recognize the area by scent.
- **Maintaining Cleanliness:** Regularly clean the litter box by promptly removing waste and performing a thorough cleaning on a weekly basis.

Conclusion

Both paper-training and litter pan training demand consistency, patience, and diligent cleaning to foster successful elimination habits in dogs. Each method addresses specific needs arising from the dog's circumstances and the owner's lifestyle, emphasizing the need to adapt training techniques to fit particular situations accurately.

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Chapter 11 Summary: CHOOSING THE SCHEDULE THAT'S RIGHT FOR YOU

Choosing the Schedule That's Right for You

Establishing a suitable schedule for housebreaking your puppy is essential, as it varies depending on your dog's age and your availability. This chapter provides sample schedules tailored to different scenarios:

1. **Schedule No. 1** is designed for owners who are home all day with 4- to 6-month-old puppies. It allows for frequent potty breaks, accommodating their developing bladder control.
2. **Schedule No. 2** is meant for those who work full-time and own 4- to 6-month-old puppies. It requires careful planning to manage the longer intervals between potty breaks while still promoting effective housebreaking.
3. **Schedule No. 3** caters to owners at home all day with puppies aged 6 to 12 months, allowing for increased independence as their bladder capacity develops further.
4. **Schedule No. 4** targets owners who work outside the home with 6- to

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12-month-old puppies. This schedule balances work responsibilities while ensuring the puppy's needs are met.

5. Schedules Nos. 5 and 6 provide general guidelines for dogs that are already housebroken, focusing on maintenance and ensuring the dog continues to thrive without accidents.

To maximize the effectiveness of these schedules, it is important to **adapt them** based on your individual puppy's habits and needs. Each dog is unique, so keep an eye on how soon they relieve themselves after eating or drinking, and adjust accordingly.

Consistency is crucial in housebreaking. Maintain a strict adherence to your chosen schedule, treating it like a daily routine. Puppies aged 4 to 6 months may enjoy 30 minutes of free time, while those aged 6 to 12 months can have up to 45 minutes. As your puppy matures and demonstrates reliability, gradually increase their freedom, allowing them to roam more freely when you are home.

Lastly, **family involvement** in the process is vital. Every member of the household should adhere to the same schedule to promote a cohesive training environment. This collective effort accelerates your puppy's adaptation, ensuring they become a well-adjusted and happy member of the family.



Chapter 12: THE POWER OF PRAISE

The Power of Praise

In dog training, praise serves as a vital tool for motivation. Dogs, particularly puppies, respond exceptionally well to positive reinforcement. When your dog exhibits desired behavior, shower them with enthusiastic praise using phrases like “Good dog,” delivered with varied tone and expression to convey genuine approval. Such encouragement can include physical affection, like gentle strokes, which further reinforces their achievements and strengthens the bond between you and your pet.

Dogs also crave attention and thrive on compliments about their intelligence or appearance. This positive feedback enhances their desire to please you, which is crucial for effective training. While some trainers recommend the use of food treats as a reward system, it is suggested to refrain from this during the first week of training. This initial period focuses on instilling proper bathroom habits without the distraction of treats. After this foundational training phase, however, treats can be reintroduced as additional rewards for good behavior.

Establishing a consistent pattern of praise, coupled with gentle corrections for any missteps, builds a trusting relationship with your dog. This nurturing

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approach promotes a harmonious environment, resulting in a happy, obedient dog who remains eager to please—without the need for intimidation or fear during the training process.

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Chapter 13 Summary: CORRECTIVE TRAINING IS EASY... WITH A LITTLE PATIENCE AND LOVE

Corrective Training is Easy...with a Little Patience and Love

In this chapter, we delve into the integral role of discipline in dog training, emphasizing that it is fundamentally about teaching correct behavior rather than inflicting pain as a form of punishment. Discipline is portrayed as a learned behavior crucial for housebreaking; it is not instinctual but rather developed through consistent training.

Importance of Discipline

Discipline is essential for instilling proper behavior in dogs. It requires a clear and consistent approach to corrections whenever misbehavior occurs. The text stresses that effective discipline fosters understanding rather than fear, highlighting that housebreaking demands patience and correct guidance.

Negative Effects of Physical Punishment

Using physical punishment with dogs is counterproductive and can lead to detrimental consequences. When dogs associate training with fear and

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anxiety, it compromises their willingness to learn and erodes the trust in the owner-pet relationship. As a result, the dog may become fearful, cringing away from touch, which undermines the bond that should be built on affection and trust.

How to Discipline Effectively

The chapter underscores that errors are a normal part of the training process. The most effective moment to implement discipline is when the owner catches the dog in the act of misbehavior. A firm "NO!" followed by distraction techniques, such as shaking a can filled with pennies, can redirect the dog's attention. If the dog has an accident indoors, promptly taking it outside to finish its business rewards appropriate behavior, reinforcing the lesson that outdoor relief earns praise while indoor mistakes incur discipline.

Proper Correction Methods

The text advocates for straightforward corrective phrases like "No" or "Bad dog," while discouraging any form of physical punishment. It stresses that a dog should not associate its name or commands, such as "Come," with negativity. When trained effectively, these commands should invoke positive experiences and responses.

Adjusting Training Methods

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If a dog continues to have accidents despite training efforts, it may be necessary to reassess and adjust its schedule for outdoor relief or paper use. Limiting the dog's freedom can also help minimize opportunities for misbehavior, ensuring that the owner continues to foster a learning environment that supports progress rather than frustration.

In sum, discipline in dog training should be approached with patience and love, focusing on encouragement and correction rather than fear, leading to a well-adjusted and obedient pet.

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Chapter 14 Summary: DOGS CAN SMELL ODORS EVEN WHEN YOU CAN'T

Summary of Chapter 14: Cleaning Up After Your Dog

In this chapter, we delve into the essential responsibilities of dog owners concerning cleanliness and hygiene, particularly focusing on effective methods for cleaning up after their pets. Understanding the nuanced capabilities of dogs, especially their extraordinary sense of smell, is crucial. Unlike humans, dogs have an acute olfactory ability that enables them to detect specific scents, such as urine and feces, which often go unnoticed by us. This keen sense can sometimes lead to dogs returning to previously soiled areas if not addressed promptly, especially during the critical training phase.

Understanding Urine Decay

A key concept introduced is the process of urine decay. Initially, fresh urine emits little odor, but it quickly breaks down into compounds like ammonia and mercaptans, producing a much harsher smell over time. Swift and thorough cleanup is paramount to avoid establishing a habit of soiling the same spot.

Cleaning Methods

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The chapter outlines effective cleaning strategies tailored to different surfaces. For hard floors, the recommended approach involves soaking up any liquid with paper towels, followed by a thorough wash with a sudsy solution, rinsing, and applying a nontoxic deodorizer. Carpets require a slightly different method: absorb excess moisture first, then douse the area with water or club soda, carefully blot it dry, and finish up with a specialized enzymatic cleaner. It's important to avoid ammonia-based products, as they can inadvertently lure dogs back to previously marked spots.

Recommended Products

The chapter emphasizes the importance of using effective cleaning products. Rather than just masking odors, enzymatic cleaners like Nilodor, Nature's Miracle, and Simple Solution Stain and Odor Remover are specifically designed to break down the underlying substances responsible for odors, ensuring lasting cleanliness.

Using Tools for Detection

When dealing with stains that are not easily visible, tools such as black lights are recommended to reveal hidden urine spots, making thorough cleaning possible.

Post-Training Responsibilities

Training is only part of the equation; post-training responsibilities are equally important. Dog owners must remain vigilant when cleaning up



outdoors, as prompt removal of feces is necessary to uphold health standards and adhere to local regulations, often referred to as scoop laws. Utilizing appropriate tools, such as pooper-scoopers or bags, assists in responsible waste disposal.

Health Implications

Lastly, the chapter highlights the health implications of neglecting pet waste. Unattended feces can become breeding grounds for diseases and parasites, posing risks not only to the dog but to the wider community. Therefore, maintaining a clean environment is essential for both the health of pets and public welfare.

In essence, Chapter 14 provides invaluable insights into the responsibilities that come with dog ownership, emphasizing cleanliness, proper training, and the significance of caring for the environment shared with our canine companions.

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Chapter 15 Summary: HOUSEBREAKING AND PAPER-TRAINING PROBLEMS

Housebreaking and Paper-Training Problems: A Summary

Introduction

Housebreaking can be a challenging endeavor influenced by various factors, including health issues, emotional stressors, and behavioral patterns. Addressing these concerns quickly and positively is key to preventing entrenched habits.

Health Problems

Training a dog should only commence when it is healthy. Health complications like kidney or bladder infections can severely hinder progress. Therefore, if a dog exhibits symptoms such as vomiting or unusual elimination patterns, it's critical to consult a veterinarian. Healthy urine should appear clear, while stools should be firm and well-formed to indicate a dog's good health.

Emotional Problems

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A dog may experience housebreaking difficulties due to emotional factors such as boredom, stress, or changes in the home environment, such as the arrival of a new pet or a baby. Providing emotional support and fostering a sense of security helps reduce these challenges.

- **Canine/Feline Rivalry:** Introducing a new pet requires careful attention to both animals to ensure they can establish their own territories peacefully. This includes managing feeding schedules and interactions.

- **A New Baby in the Family:** Gradually introducing the dog to a newborn is important. Emphasizing attention on the dog during this transition and maintaining routine obedience training can prepare both the dog and family for the changes in dynamics.

- **Separation Anxiety:** Dogs diagnosed with separation anxiety may urinate indoors when left alone. Managing this behavior involves proper confinement and a gradual process of desensitization to being alone.

Habitual Spot Staining

If a dog consistently urinates in specific areas, implementing a spot-feeding program can be effective. By placing food where the dog has soiled, it encourages them to avoid eliminating in those spots in the future.

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Dribbling or Submissive Urination

Some dogs may dribble urine when feeling submissive. To counteract this reflex, it's beneficial to focus on building the dog's confidence through gentle interactions and positive reinforcement training methods.

Indoor Urine Marking

Urine marking behaviors in male dogs are often a result of territorial instincts or stress. Solutions include neutering the dog, supervising their movements closely, and employing both distraction techniques and consistent obedience training to curb this behavior.

Country Dog/City Dog

Moving to a new environment, whether from city to country or vice versa, can trigger housebreaking relapses. To ease this transition, establishing a regular walking schedule and utilizing proper training techniques can help both urban and rural dogs adapt to new surfaces and stimuli.

Conclusion

Ultimately, success in housebreaking hinges on consistency, patience, and understanding. By implementing effective strategies and recognizing when

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to seek professional assistance, pet owners can ensure their dogs become well-trained companions.

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Chapter 16: IN CONCLUSION...

IN CONCLUSION

In this concluding chapter, the key takeaways of the housebreaking training program are highlighted to reinforce its critical role in developing well-adjusted dogs. It emphasizes the efficacy of methods like confinement, which not only encourage proper bathroom habits but also contribute to a dog's overall happiness. The program is designed to span seven days, adaptable for dogs of various ages, ultimately establishing a reliable elimination routine.

Basic Rules for Housebreaking

To effectively train your dog, it's essential to grasp several foundational principles:

- 1. Understand Dog Instincts:** Recognizing that dogs are inherently social pack animals helps trainers align their approach with the dog's natural behaviors, fostering a harmonious relationship.
- 2. Age Consideration:** It's important to note that puppies younger than



sixteen weeks lack the muscle control necessary for full housebreaking, requiring a patient approach.

3. Choose Your Training Method Decide whether outdoor elimination or indoor paper/litter training is more suitable for your living situation, ensuring that everyone in the household maintains a consistent approach.

4. Feeding Schedule: Providing a nutritious diet at regular intervals establishes predictable elimination patterns, aiding in the training process.

5. Avoid Treats Limiting treats and food outside scheduled meal times helps your dog remain focused on learning proper behaviors.

6. Create a Den: Confining your dog to a designated area until it's time for bathroom breaks is crucial, with close supervision required when they're outside of that space.

7. Designate Toilet Area: Consistently taking your dog to the same spot for elimination simplifies cleanup and reinforces the desired behavior.

8. Regular Bathroom Breaks: Make it a routine to take your dog out at key times—morning, post-meals, after naps, before playtime, and before bed—to encourage compliance.

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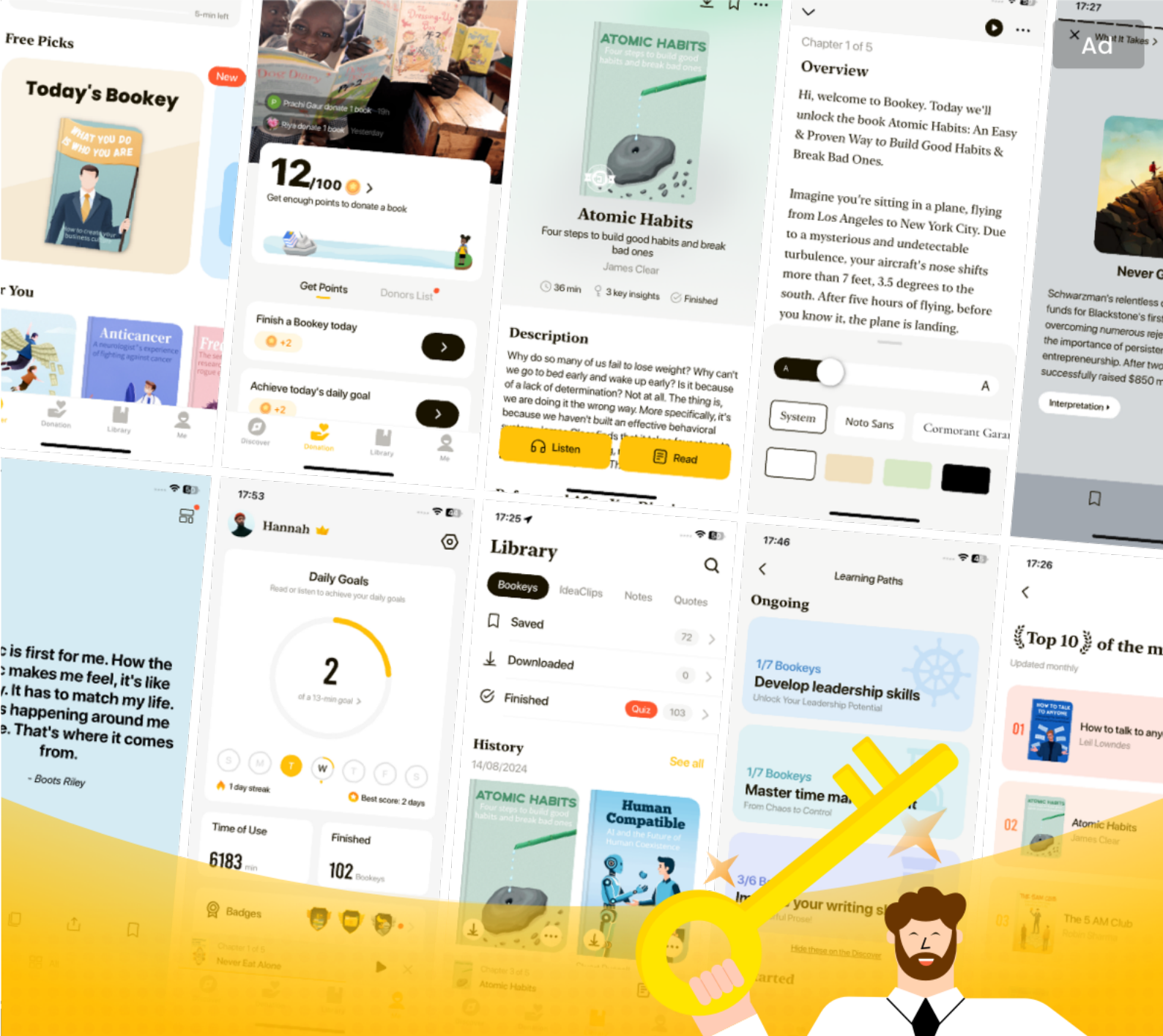
9. **Watch for Signs:** Being observant for behaviors such as whining or sniffing will allow you to respond swiftly when your dog needs to go outside.

10. **Praise for Success:** Reinforcing positive behavior through verbal

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Chapter 17 Summary: RECOMMENDED READING AND VIEWING

In **How to Housebreak Your Dog in 7 Days**, Shirlee Kalstone provides a comprehensive guide aimed at dog owners seeking to effectively train their pets in housebreaking. Drawing on her extensive experience as a pet care expert, the author outlines a structured, step-by-step approach designed to streamline the training process, making it accessible for both new and seasoned dog owners.

Kalstone emphasizes the importance of understanding canine behavior, making clear that a successful housebreaking regimen is rooted in the owner's ability to recognize their dog's natural instincts and needs. She initiates the training program with a focus on establishing a consistent routine, which includes regular feeding schedules, frequent bathroom breaks, and a clear understanding of the dog's cues indicating the need to relieve itself.

Throughout the book, Kalstone introduces various strategies and techniques derived from well-respected practices in dog training. She recommends utilizing positive reinforcement, such as praise and treats, to encourage desirable behavior while discouraging accidents through gentle correction methods. This aligns with the philosophy expressed by several authors in her recommended reading list, such as Nicholas Dodman and William

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Campbell, who also advocate for understanding behavioral problems from a compassionate perspective.

In addition to exploring practical training tips, the book covers common challenges that owners may face during the housebreaking process. Kalstone provides solutions for issues such as marking territory and submissive urination, ensuring readers are well-prepared to tackle any setbacks that may arise.

The inclusion of supplemental resources, including a curated selection of books and reliable websites, enhances the learning experience for readers, guiding them towards further information on canine behavior, health, and training. This holistic approach underlines Kalstone's commitment to not only housebreaking but also promoting a healthy and nurturing environment for dogs.

In summary, **How to Housebreak Your Dog in 7 Days** combines practical training methods with an understanding of canine behavior, creating an invaluable resource for dog owners eager to foster a positive relationship with their pets. Through a clear, logical structure and accessible language, Kalstone empowers readers to achieve successful and lasting housebreaking results, laying the groundwork for a harmonious life with their furry companions.

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