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Excerpts adapted from
How to Housebreak Your Dog in 7 Days

Here are some sample housebreaking schedules to follow if you want to housebreak your dog in seven days [*Doctors Note: two weeks may be a more realistic goal*]. Schedule Number one is for owners who are home all day with 3-6 month old puppies. Schedule Number two is for owners who work all day and have 3-6 month old puppies. Schedule Number three is for owners who are home all day with 6-12 month old puppies. Schedule Number four is for owners who work all day and have 6-12 month old puppies. Schedules five and six are for housebroken adult dogs.

Schedules one through four are general housebreaking timetables. Not everyone will be able to follow them, because each dog has his own particular habits, as does his owner. For instance, some dogs urinate and defecate right after they have been fed, while others wait one-half hour or longer after eating to relieve themselves. Choose the most appropriate schedule: however, use it as a model, and once you learn how long nature needs to take its course, adapt the schedule to fit your individual needs. Just be sure you are consistent. And I mean *consistent*, like clockwork. [*Doctor's note: even on the weekends*].

Notice that 3-6 month old puppies are given 30 minutes of free time in any given period, while those from 6-12 months are allowed 45 minutes of free time. A 5 month old puppy may be so dependable that you can give him 45 minutes of freedom, or a 9 month old puppy may be worthy of an hour of free time.

[*Doctor's note: Perhaps more important than the length of free time is the quality of free time. "Quality time" means your entire attention is focused on the puppy. He gets all of your attention for as much time as you can spare, be five minutes or an hour. He doesn't have to compete with TV, other pets, or other family members. Ten to fifteen minutes of this kind of quality time spent with your puppy is better than him spending 30 minutes free but alone.*]

As your puppy matures and the training progresses give him longer and longer periods of freedom until he no longer needs confinement when you leave. [*Doctor's Note: Crate confined dogs should be kept crated indoors so that they are protected from environmental extremes, fire ants, and other outdoor perils.*]

Schedule No. 1

General Timetable for 3-6 month old puppies eating three meals a day; owner at home all day.

7:00 am	Wake up. Go out
7:10-7:30 am	Free time in kitchen
7:30 am	Food and water
8:00 am	Go out
8:15 am	Free time in kitchen
8:45 am	Crate Confinement
12:00 pm	Food and water
12:30 pm	Go out
12:45 pm	Free time in kitchen
1:15 pm	Crate confinement
5:00 pm	Food and water
5:30 pm	Go out
6:15 pm	Crate confinement
8:00 pm	Water
8:15 pm	Go out
8:30 pm	Free time in kitchen
9:00 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

Schedule No. 2

General Timetable for 3-6 month old puppies eating three meals a day; owner working during the day.

7:00 am	Wake up. Go out
7:10-7:30 pm	Free time in kitchen
7:30 am	Food and water
8:00 am	Go out. Crate confinement when owner leaves for the day. Leave safe toys and chewies [<i>but not food or water</i>] in the crate for dog's entertainment.
6:00 pm	Owner comes home. Dog goes out.
6:15-6:30 pm	Free time in kitchen
6:30 pm	Food and water
7:00 pm	Go out
7:15 pm	Crate confinement
9:00 pm	Food and water
9:30 pm	Go out
9:40 pm	Free time in kitchen
10:10 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

Schedule No. 3

General Timetable for 6-12 month old puppies eating two meals a day; owner at home all day.

7:00 am	Wake up. Go out.
7:10-8:00 am	Free time in kitchen
8:00 am	Food and water
8:30 am	Go out
8:45 am	Free time in kitchen
9:30 am	Crate confinement
12:30 pm	Water
12:45 pm	Go out
1:00 pm	Free time in kitchen
1:45 pm	Crate confinement
6:00 pm	Food and water
6:30 pm	Go out
6:45 pm	Free time in kitchen
7:30 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

Schedule No. 5

General Timetable for a housebroken adult dog eating one Meal a day; owner at home all day.

7:00 am	Wake up. Go out.
8:00 am	Food. Maintain unlimited access to fresh water during the day.
12:30 pm	Go out.
5:30 pm	Food (if dog is continuing to eat two meals a day).
6:00 pm	Go out.
11:00 pm	Go out. Then bedtime. Remove water during the night.

Schedule No. 4

General Timetable for 6-12 month old puppies eating two meals a day; owner working during the day.

7:00 am	Wake up. Go out
7:10-8:00 am	Free time in kitchen
8:00 am	Food and water
8:30 am	Go out
8:45 am	Free time in kitchen
9:30 am	Crate confinement
12:30 pm	Water
12:45 pm	Go out
1:00 pm	Free time in kitchen
1:45 pm	Crate confinement
6:00 pm	Food and water
6:30 pm	Go out
6:45 pm	Free time in kitchen
7:30 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

Schedule No. 6

General Timetable for a housebroken adult dog eating one meal a day; owner works during the day.

7:00 am	Wake up. Go out.
8:00 am	Food. Maintain unlimited access to fresh water during the day.
8:00 am	Go out. Crate confinement when owner leaves for the day.
6:00 pm	Go out.
7:00 pm	Food (if dog is continuing to eat two meals a day).
7:45 pm	Evening walk.
11:00 pm	Go out. Then bedtime. Remove water during the night.

Some Thoughts on Praise and Discipline

Praise is the single most effective way to show your puppy that you are pleased with him. Praise for a job well done is much more important than discipline for an error. It is a crucial element in any type of canine training program, and it should be administered in generous doses. Every time your dog does something right, especially if he's a puppy, flatter his ego with plenty of praise. Let him know that what he has done has pleased you tremendously. Make a huge fuss as you say your praise words; for example, "GOOOOD DOGGG!", or, "GOOOOD BOYYYY." Remember, it's not so much what praise word you use, it's your approval, you will be positively reinforcing the behavior you praise. Dogs are show offs. They love being the center of attention. They want to hear how wonderful and smart they are.

[Doctor's Note: When discipline is needed – and there will be times when it is needed – keep in mind that a puppy has a short term memory of 30-90 seconds. This means that when disciplining your puppy for an elimination error you must, essentially, catch him in the act. If you can't discipline him within about a minute of the act, then you might as well forget it.]

Once you understand the power of praise and use it consistently, [along with] with humane correction for mistakes, you are making progress toward sharing your life with a happy dog...