



House & Sleep Training Schedule

Just like kids, puppies will learn to regulate their bladders at different ages; some are quick to pick it up, others take a while. The process of house training a dog or puppy is just that: you're teaching them to leave their living space — whether on papers or outside — to eliminate.

Your new dog or puppy will pick potty training up faster if you consistently take them out after meals, play, vigorous chewing, rest, or long periods of isolation. Be consistent with your routine, using one route to the door or pads. Consider using a bell to teach your dog to signal at the door.

Ignore your puppy until they go potty. Label peeing or pooping with a cue like "Get Busy." When they finish, reward them with loving attention. Avoid food rewards, as this will cause some dogs to pee more frequently and never fully empty their bladder.

Don't be discouraged if your puppy forgets their manners or your rescue dog isn't house trained. As puppies mature and dogs bond to new homes, they prefer to leave their den, aka, your home, to potty in an organized place — like us!

Many adolescent puppies and rescue dogs have accidents for different reasons, from marking to confusion. Explore using the [Tether and Train](#) when you're home and use a [crate or gates](#) to block off areas when you can't watch them.

The Age-to-Outing Ratio Chart

Age	Number of Outings Per Day
7 to 14 weeks	8 to 10 potty breaks
14 to 20 weeks	6 to 8 potty breaks
20 to 30 weeks	4 to 6 potty breaks
30 weeks to adult	3 to 4 potty breaks

House Training For At Home Parents

Routines are key to house training your dog or puppy quickly. Remember, dogs rest 75% of the day and are most awake at dawn and dusk. Allow for two naps and play periods, at dawn and dusk.

Time of Day	Activity	Tips
6 AM - 7AM	Early morning wake-up	Bring your dog outside/papers and offer self-soothing toys and activities
7:30AM	Breakfast	Create a feeding routine, feeding by hand, in a toy, treat cup or bowl.
7:45AM	Potty and Play Time	Use play as reward after going potty
8AM - 8:30AM	Quiet self-soothing play or interaction	Give your dog puppy pacifiers, chews, and blankets.
8:30AM - 9AM	Last outing, then mid-morning nap	Give attention after your dog or puppy goes potty; next, put them down for a nap with a pacifier or chew.
11 - 11:30AM	Potty run after nap	Go to your spot outside/ on papers.
11:30A	Mid-lunch for puppies under 6 weeks	Feed or portion out food and use for play or training.
11:45AM	Potty and Play Time	Take to potty areas after meal, then play with multiple toys!
12:15PM - 1 PM	Self-soothing play with chew toys, other dogs, or an adventure	Assign words to everyday routines like Car, Walk, or Bone.
1 PM - 3PM	Outing, then nap	Take your dog out before crating them for their afternoon nap.
3PM - 4PM	Outing, then games and fun	Go outside/papers, then reward with play.
4:15 - 4:30PM	Dinner	Early is better; let 15 minutes pass before rough play.
4:30PM	Outing	Go outside/papers.
4:30 - 6PM	Self-soothing play, exploration, or interaction	Reward your puppy with play or a self-soothing activity.
6PM	Out and attention	Go on a potty run and give loving attention.
8PM - 9PM	Last out, then to bed	Last outing, then go to bed.
10 - 11PM	Final out	Take your dog to their area to go then back to bed. Don't give them any attention.

Drop a walk as your puppy or dog develops understanding and bladder control. Young pups between 8-11 weeks take longer naps. Adolescent and early teen puppies, especially before being neutered or spayed, take three shorter naps as a general rule. They have more energy mid-day. This goal is always to reflect your schedule and adjust your dog or puppy's sleep schedule to your lifestyle. Mature dogs often sleep from 9-4 PM if they're exercised sufficiently morning and late afternoon.

House & Sleep Training for the Home-Along Dog or Puppy

Dogs can make great pets for working parents, provided they are committed to playing with their dog morning and night and can afford someone to come in once to break up their dog's day. Use a puppy playpen to allow your dog the freedom to stretch and potty when you're away. See this modified schedule!

Exact Time	Time of Day	Potty Time
6-7 AM	Early morning wake-up	Go outside/papers
7:30 AM	Breakfast	Go outside/papers after eating
7:45 AM	Play and interaction	Go outside/papers*
8 AM - 11:30 AM	Mid-morning isolation	Go outside/papers when you get back
11:30 AM - 12 PM	Afternoon feeding*	Go outside/papers after eating
12 PM - 1 PM	Play and interaction*	Go outside/papers after play*
1 PM - 4 PM	Mid-afternoon isolation	Go outside/papers after rest period
4 PM - 5 PM	Late afternoon outing and feeding	Go outside/papers after eating
5 PM - 6PM	Play and interaction	Go outside/papers after play
6 PM - 7 PM	Early evening (6-7PM)	Remove water, take quick potty run. Ice cubes are best source of water after 6-7PM
8 PM - 9 PM	Before Bed (8-9PM)	Go outside
10 PM - 11 PM	Late evening or mid-night potty or paper run	Only go outside if necessary

***Hire a pet sitter if you cannot come home midday.**