

The gentle potty-training guide

A simple daily rhythm that prevents accidents — plus a log to keep you on track.

House-training comes down to two things: a **predictable rhythm** and **your attention**. Take your puppy out at the right moments, reward them the instant they finish, and accidents stay rare from the very start. Here's the whole method at a glance — and on the next page, a daily log to make it easy.

The simple method

1 Out at the right moments.

First thing in the morning, after every meal and drink, after naps and play, and before bed — plus a trip every hour or two in between.

2 Reward in the yard, right away.

The second they finish, mark it with a calm "yes" and a piece of their kibble — outside, not back indoors. Use the same spot each time.

3 Supervise or contain.

When you can't watch closely, use a right-sized crate or pen. A puppy won't soil where they sleep, so the crate helps them hold it.

4 Watch for the tells.

Sniffing, circling, or wandering off mid-play means "now" — scoop them up and head out before the urge becomes an accident.

5 Clean, don't scold.

Wipe accidents with an enzymatic cleaner; ordinary ones leave a scent that invites a repeat. Never punish — it only teaches a puppy to hide.

HOW LONG CAN THEY HOLD IT?

About one hour per month of age.

A two-month-old can manage roughly two hours; a four-month-old, about four. Treat it as a ceiling, not a schedule — go out sooner, and accidents stay rare.

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THE GOLDEN RULES

Reward outside the instant they finish — never once they're back in. Same door, same spot, every time. And never punish an accident: a puppy who's never been scolded will happily go in front of you, so you're always there to reward the right choice.

Daily potty log

IVORY & PINE GOLDENS

Print one page per day. On each trip outside, tick what happened — and note any indoor accidents so you can start to spot your puppy's patterns.

Date _____ Puppy _____ Age _____

TODAY'S MUST-GO MOMENTS

- ☐ Wake-up
- ☐ After breakfast
- ☐ After lunch
- ☐ After dinner
- ☐ After naps
- ☐ After play
- ☐ Before bed

TIME	PEE	POOP	ACCIDENT	NOTES
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
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Reward outside, the moment they finish · Same spot every time · Clean accidents, never scold