

The 3/10 Method of Potty Training for Your Dog

START HERE



STRUCTURE

makes it easier to design the training for your household. It also allows you to identify weak spots quickly.



SCHEDULE

makes things predictable for both your dog, and you.



UNDER DIRECT SUPERVISION

Allows you to capture the good stuff, & interrupt the res

These three pillars aren't just for your dog, they're for you and your family, too. With that in mind, it becomes easier to prepare your mind and plan your space for success before you start:

- **Pick One Door:** use the same door every time you take your dog out.
- **Pick One Spot:** go to the same spot every time you go out.
- **Pick one "Door Phrase":** condition it to the One Door and use it every time you cross the threshold.
- **Pick one "Go Phrase":** condition it to initiate going potty on cue.
- **Regular feeding:** control the input/output.
- **Regular trials:** take your dog out at predictable intervals. Engineer smart confinement — reduce mistakes! Let's zoom in on each of these components and get into some granular detail.

STICK TO THE RITUAL

It's important that you and everyone else in the household stick to your Structure, Schedule, and Supervision guidelines:

- Your dog needs to go out at regular intervals, and in reliable contexts.
- When going outside to eliminate, everyone needs to use the One Door along with the Door Phrase consistently.
- Then, everyone needs to run to the One Spot every time and use the Go Phrase.
- Everyone that's responsible for the dog's care and feeding needs to be feeding at consistent times in the same way.
- Everyone needs to understand the dog's confinement schedule and stick to the "Security Clearance" guidelines.

As you do this work—and it is the same every time, you will ritualize this routine. You'll wear a groove in your dog's brain and moving through the routine will be

almost on autopilot.

FOLLOW THE CYCLE!

It's 3 minutes out, and 10 minutes in

Based on your **Structure, Schedule, and Supervision**, you should have a good idea when it's time to take your dog out to potty. Put your puppy dog on a German made flexi lead leash when you take them out.

This is just to keep your dog from bailing out on you. (Structure and Supervision) Go through your **ONE DOOR** and use your **DOOR PHRASE**.

Then run right to your **ONE SPOT** and use your **GO PHRASE**. Only say it once. Then, deactivate while you wait (On-Switch training).

YOU WILL ONLY WAIT 3 MINUTES, TOPS

- People tend to spend too long outside.
- Typically, people walk around and make it a "sniff 'n' stroll" waiting for the dog to go.
- Then the dog potties, and they go inside.
- Thus, pottying means the end of sniff 'n' stroll time. **You want to reverse that paradigm!** Take your dog out to potty ON LEASH right from the crate. Potty training is not a walking exercise, though; the leash is just to keep them from toddling away from the spot.

If they haven't done the whole shebang in 3 minutes, then CYCLE through your 10 minutes inside (we'll get to that in a minute). **ON-SWITCH POP into life when your dog goes! ACTIVATE!** Make that moment really stand out in your dog's mind, we use the phrase "hurry up!" said a few times.

They should feel like they switched you on by going potty. It is therefore vitally important that you reward onsite. Reward your dog **THE INSTANT THEY FINISH POOPING OR PEEING**, not one second later. This will be easy since you're right next to them.

If you reward them when they come in, they will think they're being rewarded for coming in. That makes being inside better than being outside, and then they'll think,

"Why would I go outside?" DON'T MESS AROUND!"

- **Use the best treats you have.**
- **Prolong the reward event.**
- **Follow up with a sniff 'n' stroll.**

Use something fabulous like freeze-dried liver or rotisserie chicken. Give your dog **THREE**, sequential treats and big praise. You need your dog to think:

"WOW! I never get such amazing presents! when I potty inside. I just wanna go to my outdoor spot!"

PRINT THE CHEAT SHEET NOW



