



THE DOGGY DIGEST

TRAINING TIPS BROUGHT TO YOU BY MUTTS WITH MANNERS

Two-Week Potty Training Plan for Newly Adopted & Foster Dogs
For adult dogs and older puppies transitioning into a home environment
By Trelle Dandridge - Mutts with Manners

Key Mindset

For the first two weeks, assume your dog is not house-trained yet—even if they were in a previous home. This plan prioritizes management, routine, and clarity while your dog decompresses and learns where the bathroom is now. Accidents are not failure. They are information.

Supplies to Have Ready

- Leash (even if you have a fenced yard)
- High-value soft treats
- Crate, puppy pen, or baby gates
- Enzymatic cleaner
- Optional: potty log or schedule checklist

WEEK 1: Structure, Supervision & Learning the Routine

Goals for Week 1

- Prevent accidents through management
- Establish a consistent potty location (scent post)
- Build a predictable daily rhythm
- Reinforce outdoor elimination heavily

Daily Potty Schedule (Week 1)

Take your dog out:

- First thing in the morning
- After every meal
- After drinking water
- After play, walks, or training
- After naps
- Before bedtime

👉 Expect 8-12+ potty breaks per day in Week 1.

More frequent trips = faster learning.

How to Take Your Dog Out

1. Put the leash on-You can do it without a leash, but using a leash helps you help your dog create a scent post in the area of the yard you prefer them to potty in.
 2. Walk calmly to the same potty spot every time-if you are not using a leash, do not play or engage with your dog until they eliminate and you reward them. Then you can play.
 3. Stand still and give the dog time (10-20 minutes if needed)
 4. When your dog eliminates:
 - o Calm verbal praise
 - o Jackpot with multiple treats, one after the other
- Optional: while your dog is eliminating, softly say a cue like “go potty”, then reward immediately after.



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Inside the House (Week 1 Rules)

Your dog should be in one of three places only:

1. Actively supervised
2. Safely confined (crate, pen, or gated area)
3. Outside with you on a potty break or playing

If you cannot supervise, confine.

Tethering your dog to you with a leash indoors is highly encouraged during Week 1.

If an Accident Happens

- Quietly clean with an enzymatic cleaner
- Do not scold, punish, or react emotionally
- Ask yourself: Was supervision or timing missed?
- Adjust the schedule and move on

WEEK 2: Reinforcing Patterns & Gradual Freedom

Goals for Week 2

- Strengthen the potty routine
- Reduce accidents through pattern recognition
- Begin slowly increasing freedom
- Maintain consistency

Potty Schedule (Week 2)

Continue taking your dog out:

- First thing in the morning
- After meals
- After play or walks
- After naps
- Before bedtime

👉 You may notice your dog beginning to:

- Go faster at the potty spot
- Signal when they need to go out
- Have fewer accidents

Still err on the side of too many potty breaks.

Increasing Freedom (Slowly!)

If your dog has been accident-free for several days:

- Allow brief, supervised access to one additional room
- Keep doors closed or use gates elsewhere
- Continue tethering during higher-risk times (evenings, playtime)

Freedom should be earned, not assumed.



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Crates & Potty Training

- Crates are management tools, not shortcuts
 - A properly sized crate helps prevent accidents
 - If accidents occur in the crate:
 - o The crate may be too large
 - o The dog may need more frequent breaks
- Always pair crating with regular potty opportunities.

Common Foster & Adoption Pitfalls

- Giving too much freedom too soon
 - Assuming adult dogs "should know better"
 - Inconsistent schedules between caregivers
 - Skipping rewards once progress begins
- Consistency across all humans in the home is critical.

When to Reassess

- Contact a trainer or veterinarian if:
- Accidents increase after two consistent weeks
 - The dog seems unable to hold urine at all
 - You notice signs of pain, straining, or frequent urgency
 - Marking behavior persists beyond decompression

One Question That Prevents Most Accidents

"Where is the dog?"

If you can always answer that question, you are actively preventing accidents.

Final Reminder

The first two weeks are about teaching predictability, not perfection. Potty training during transition builds trust, communication, and confidence—skills your dog will carry for life.
Thank you for fostering. Thank you for adopting.

Rescue is our passion, positive reinforcement is our promise! www.MuttsWithManners.com