

# How to Potty Train a Puppy in 7 Days

Irith Bloom, CPDT-KSA

## **Q: Why is my dog regressing with potty training?**

A: If your puppy is regressing with potty training, the first thing to do is review your house training chart. Have you started giving your puppy fewer potty breaks? Has the feeding schedule changed? Has anything else changed that might affect the puppy's house training?

Make sure to pay attention to when and where the accidents are happening. If you notice accidents are always happening in the same room, limit your puppy's access to that room for a while. If the accidents are always happening at the same time, make sure to add a potty break at that time.

By the way, if the puppy keeps peeing when you come home from work, your puppy may be peeing out of excitement—in which case, the puppy probably has no idea they are peeing! Some puppies lose control of their bladder when they are excited (just like some people leak a little urine when they laugh).

To reduce the likelihood of these unconscious peeing incidents, avoid bending over or petting your puppy as you enter. You may even need to ignore the puppy for a minute or two after you get home. You can also try greeting your puppy outdoors or in an area that is easy to clean up. The good news is that most dogs will grow out of this problem.

***Important Note:** Even if the excited peeing keeps happening, don't let the puppy know you are annoyed! If you start punishing your puppy for these accidents, your puppy will be even more anxious, which will make it even harder for them to keep control of their bladder. Ignoring the pottying and keeping your behavior calm and low-key is the best solution.*

## **Q: Do puppy potty training sprays work?**

A: Potty training sprays, which are sprays that help a puppy learn where to potty, can be quite helpful in some cases. As mentioned earlier, the smell of urine or feces can be like a restroom sign. Potty training sprays let you set up restroom signs in designated potty areas.

## **Q: At what age should my dog be potty trained?**

A: The age when a dog should be potty trained varies by breed and size, but most dogs can be fully potty trained by the time they are about nine months to 1 year old.

Note that “fully potty trained” means no accidents *at all* unless the dog is sick or asked to hold it for too long. A dog who is still having occasional accidents is not fully potty trained yet!

Most puppies can make a lot of progress in potty training before they are nine months old, but a variety of factors can make it hard for them to avoid an accident here and there. If you manage your puppy very well and follow all the guidelines above, though, you can get your puppy to the point where there are almost no accidents very quickly!

## **Q: Can dogs potty train themselves?**

A: It would be nice if dogs could potty train themselves, but I have never seen this happen. Sometimes young

puppies living with older house-trained dogs do learn to potty outdoors with their older “sibling,” but that doesn’t prevent them from potty indoors too. No matter what, you will need to manage the puppy and follow a regular potty break schedule to get your puppy 100 percent potty trained.

House training is simple, but it isn’t necessarily easy. House training a puppy can be hard work at first, but the more consistent you are, the better. A little work up front will pay dividends for years to come, and the sooner you start, the sooner your [puppy will learn](#) — so get started right away!

---

*If you suspect your pet is sick, please call your vet immediately. For health-related questions, always consult your regular veterinarian when possible as they can make the best recommendations for your pet. (If you need help connecting with a vet, try [Connect With a Vet](#).)*