

The 5-Minute Potty and Crate Plan



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Read this first

This guide is not a vet. It can teach you how to train your puppy. It can't look at your puppy, and it can't tell you what's wrong when your puppy is sick.

So any time you have a question about your puppy's health, call your own vet. That means shots, something your puppy ate that might be poison, a puppy that seems sick or hurt, or anything that just doesn't look right to you. Don't try to treat a sick puppy at home. Your vet can see your puppy. This guide never will.

One more thing. This guide is full of short stories about owners and their puppies. Those owners and puppies are made up. They are not real people, and they are not real dogs. They are there so you can see what each step looks like in a normal house on a normal day.

The people in the stories are made up. The facts in the stories are not.

What is in this guide

This guide is the potty and crate plan out of the full puppy book. Your puppy needs both of them right away, starting in its first week home.

Part 1 teaches your puppy to like its crate, in ten small steps. Part 2 is potty training, with the schedule by age. Part 2 ends with your week 1 page, which has your day in order and a checklist.

It trains with rewards only. A reward is something your puppy likes, such as a small treat or happy praise. Every lesson is a few numbered steps you can do in about five minutes, even when you're tired.

After you read it, you will be able to pick a crate that is the right size and get your puppy to walk into it on its own. You will be able to run a potty schedule that fits your puppy's age. And you will be able to clean up an accident the right way, with no yelling and no punishing.

PART 1

Crate Training

Buying a crate is the easy part. Getting your puppy to walk into that crate on its own, lie down, and stay calm with the door shut? That part takes a little more work.

The steps are the same for every puppy. They are small. Each one takes about five minutes. And you never have to push, shove, or drag your puppy anywhere.

There are ten crate steps here. Do them in order. Only move to the next step when your puppy is happy with the one you are on.

Get a crate that is just big enough

Here is the point. The crate should be just big enough for your puppy to stand up, turn around, and lie down comfortably. If it is bigger than that, your puppy can pee in one end and sleep in the other.

If your puppy will grow into a big dog, buy a crate that fits its grown-up size and comes with a divider. A divider is a panel that slides inside the crate to make the space smaller. Move it back as your puppy grows.

The first time your puppy walks into the crate for a treat in crate step 2, check three things.

1. Can your puppy stand up inside?

2. Can it turn all the way around?

3. Can it lie down comfortably?

If the answer to all three is yes, and there is still lots of extra room, slide in the divider or block off part of the crate.



Make the crate the best spot in the house

Here is the point. Before the door ever closes, your puppy has to learn that the crate is where good things happen. So you put treats around it, then treats inside it. You feed meals in there.

Meet Nate and his puppy, Peanut. They are made up. On Peanut's first afternoon home, Nate picked her up and set her inside the crate. She scrambled back out so fast you'd think the floor was made of lava.

The next morning, Nate dropped a few small treats on the floor around the outside of the open crate. Then he walked away. By the end of that week, she was eating her breakfast in there.

Crate step 1. Treats around the outside

1. Open the crate door all the way. Make sure it can't swing shut.
2. While your puppy isn't looking, drop a few small treats or a toy on the floor around the outside of the crate.
3. Walk away. Let your puppy find them on its own.
4. Don't push it, carry it in, or call it over. Finding the treats by itself is the whole point.
5. Do this a few times a day.



Crate step 2. Treats tossed inside

1. Once your puppy happily eats the treats around the outside, toss a treat inside the open crate.

2. The moment your puppy steps into the crate, say your marker word, such as "yes."
3. Right away, toss another treat inside.
4. Let your puppy walk back out whenever it wants. The door stays open.
5. Over a few sessions, toss the treats a little farther back each time.

Crate step 3. Meals and special toys inside

1. At meal time, put your puppy's food bowl inside the open crate.
2. Pick up the bowl after 15 minutes, even if food is left.
3. Pick one or two special toys. Your puppy only gets these inside the crate.
4. Keep the door open for now.

Crate steps 1, 2, and 3 are your crate work for week 1 home.

Close the door slowly, then build the time

Here is the point. Don't close the door until your puppy is walking into the crate happily. When you do close it, go extra slowly. A loud bang, or the door bumping your puppy, can wipe out all the good feelings you just built.

Crate step 4. Close the door slowly

1. Wait until your puppy walks into the crate on its own, happily, for a treat.
2. Swing the door partway closed, slowly. Keep your hand on it so it can't bang.
3. Open it again and give a treat.

4. When that is easy, close the door all the way, slowly.
5. Pass a treat through the bars. Then open the door right away.

Crate step 5. Build the time, a few seconds at a time

1. Your puppy is inside, the door is closed, and your puppy is calm.
2. Wait a few seconds. Pass a treat through the bars.
3. Open the door.
4. Next time, wait a few more seconds before you open it.
5. Keep adding a little time on each try.
6. If your puppy starts to whine, don't open the door yet. Wait for a few seconds of quiet first. Crate step 9 shows why.

Step away, one step at a time

Here is the point. Your puppy has to learn that you leaving the crate is no big deal. So you start with one step back for one second. Then you go a little farther, one step at a time.

Crate step 6. Step away, one step at a time

1. Your puppy is calm in its closed crate.
2. Take one step back. Count one second.
3. Step back to the crate. Pass a treat through the bars. Open the door.
4. If your puppy stayed calm, next time take two steps back.
5. Keep adding one step at a time over many sessions, until you can walk out of the room and come back.



Crate step 7. Add your crate word

1. Just before your puppy steps into the crate on its own, say your crate word one time. Pick a word such as "crate" or "bed."
2. Give a treat, just like always.
3. Everyone in your house uses the same word.

A frozen chew toy and water, every time

Here is the point. Every time your puppy goes into its crate, give it a chew toy stuffed with food. Freeze the stuffed toy first, so it lasts even longer. Put water in the crate, too.

Crate step 8. A frozen chew toy and water

1. Stuff a chew toy with food.
2. Freeze it. Keep a few in the freezer so one is always ready.
3. Hand it to your puppy every time it goes into the crate.

4. Put water in the crate too.



Wait for quiet before you open the door

Here is the point. In the daytime, never open the door while your puppy is whining. Opening it teaches your puppy that crying gets it out. Night is different. A puppy that whines in its crate at night most likely has to go potty.

Crate step 9. Wait for quiet

In the daytime:

1. If your puppy whines, don't open the door.
2. Don't talk to it and don't scold it.
3. Wait for a few seconds of quiet.
4. During the quiet, say your marker word and give a treat inside the crate.

5. Then open the door.

At night:

1. Quietly carry your puppy to the potty spot for a quick, boring trip, the way Part 2 of this guide shows.
2. Give calm praise or a small treat. Skip the play.
3. Put it right back in the crate.

Never use the crate as punishment

Here is the point. The crate is your puppy's happy place. Never use it to punish your puppy.

Crate step 10. Breaks, never punishment

1. Never send your puppy to its crate in an angry voice. Never yell it in.
2. If your puppy needs a break, use a calm voice and toss a treat into the crate.
3. When it walks in, reward it.
4. Hand it a frozen chew toy and close the door slowly.
5. Think of it as nap time, because that's what it is.

How long your puppy can stay in the crate

Here is the point. Your puppy should never stay in its crate longer than it can hold its bladder. The potty schedule by age, in Part 2 of this guide, shows how long that is. If you will be gone longer than that, have a dog sitter or dog walker come let your puppy out, or set up a safe, puppy-proofed playpen or gated area with a spot to sleep and a spot to potty.

When it is not working

1. If your puppy seems to panic in its crate, or will not stop crying no matter what, stop crate training. Get help from a professional dog trainer, or from a behavior consultant, which is a person who helps owners with dog behavior problems.
2. If your puppy keeps having accidents in its crate, take it to the vet for a checkup. An illness can make it hard for a puppy to hold its bladder. Don't try to treat a sick puppy at home.

If your puppy is older or came from a shelter

Start at crate step 1, even if your puppy is big. If it already walks into its crate happily, test each step and start at the first one it can't do yet. A puppy from a rescue or a shelter should see the vet right away, because its past is unknown.

The big idea

Crate training was never about the door. It was about everything you put on the other side of it. Put enough good stuff in there, slowly enough, and your puppy walks in all by itself.

Your week 1 page is at the end of Part 2.

PART 2

Potty Training, With the Schedule by Age

Let's get one thing out of the way first. You are going to clean up pee this month.

Not once. A bunch of times. That is not a warning. That is just what owning an 8-week-old puppy looks like.

If you were hoping for a trick that stops every accident starting tonight, this guide does not have one. Nobody does. A puppy's bladder is the little bag inside its body that holds pee. Puppies can't really control that bag until they are about 16 weeks old. Your puppy came home at about 8 weeks. You can do the math.

So here is the honest truth. Getting a puppy outside is not the hard part. Anybody can open a door.

The hard part is opening that door at the right times. Before the puppy has to go, not after. That is what this whole part is about.

What you will be able to do after this part

- Run a potty schedule that fits your puppy's age.
- Reward your puppy the second it goes outside.
- Clean up an accident the right way, with no yelling and no punishing.
- Know when it's time to call the vet.

Part 1. One spot, one word, and pay right away

Here is the point. Puppies do more of whatever gets them a reward. So pick one potty spot outside, say one potty word every time, and pay your puppy with a treat and praise the moment it finishes.

Meet Jenna and her puppy, Waffles. They are made up, but you will know them the second you meet them.

On Waffles' first morning home, Jenna opened the back door and let him wander the yard. She watched from the kitchen window. He peed somewhere near the fence. When he trotted back inside, she gave him a treat and told him he was a good boy.

Here is what Waffles learned that morning. Coming back inside gets a treat. That's it. A puppy learns whatever it is doing at the moment the treat shows up. Waffles was walking through the kitchen when the treat showed up, so that is what got paid.

The next morning Jenna changed one thing. She carried Waffles to the same corner of the yard and waited with him there. While he peed, she said "go potty" one time, nice and calm. The second he finished, she said "yes!" and handed him a treat right there on the grass. Before long, Waffles was pulling toward that corner the second they stepped outside.

Think about tipping a waiter. If you hand him the tip at the table, right after he brings your food, he knows exactly what it was for. Now picture mailing him five dollars next Thursday, with no note. He opens the envelope and has no idea why. He might not even

remember you. A treat in the kitchen for a pee in the yard is that envelope in the mail. The tip has to land at the table, which for your puppy means right at the potty spot, right when it finishes.

The steps

1. Pick one potty spot outside. Use the same spot on every trip.
2. Pick one potty word, such as "go potty." Everyone in your house uses the same word.
3. Put a few small treats in your pocket before every trip.
4. Carry your puppy, or walk it on its leash, straight to the spot. Wait there with it.
5. While it goes, say your potty word one time, calmly.
6. The second it finishes, say your marker word, such as "yes," and give the treat right there at the spot. Add some happy praise.

That whole thing takes about five minutes, most of it standing in the yard.



If your puppy is older or came from a shelter

An older puppy learns the spot and the word the exact same way. Start at step 1 today. It is never too late for this one.

Part 2. Take your puppy out before it has to go

Here is the point. A young puppy needs to go a lot. Most young puppies need to go at least every 45 minutes while they are awake. They also need to go soon after they eat, drink, wake up, or play. If you take your puppy out at those times, most of the pee lands outside, where you want it.

On Waffles' third day home, Jenna set a timer on her phone for 45 minutes. Every time it buzzed, out they went. She also took him out after breakfast, after every nap, and after every game of tug.

Then one afternoon Waffles drank a big bowl of water. Jenna looked at the timer. It still had 20 minutes on it, so she figured she'd wait. Ten minutes later there was a puddle by the fridge.

Waffles did nothing wrong. A drink of water counts just like a meal. Jenna just didn't know that yet. Now she does, and so do you.

Picture your puppy's bladder as a small paper cup sitting under a dripping faucet. Every meal turns the faucet up a little. So does every drink, every nap, and every wild game. The cup is tiny, and it fills up fast. You can't make the cup bigger. Not yet, anyway. All you can do is go empty it before it spills over the top. As your puppy grows, the cup grows with it. A bigger cup takes longer to fill, so the trips get farther apart.

The steps: the trips that happen every day, at every age

1. First thing in the morning. Carry your puppy from the crate straight to the potty spot. Do this before you make coffee, check your phone, or brush your teeth.
2. After every meal. Go out between 5 and 30 minutes after it eats. The younger the puppy, the sooner. For an 8-week-old, lean toward the short end.
3. Soon after it drinks water. Treat a drink just like a meal.
4. The moment it wakes up from a nap. Not five minutes later. Right when its eyes open.
5. After it plays.
6. Any time it starts sniffing around the room.

7. About every 45 minutes while it is awake, even if none of the things above happened. Do this until your puppy is about 16 weeks old.
8. One last time, right before bed.

You might read somewhere else that very young puppies and tiny breeds should go out every hour. This guide says every 45 minutes, because more often is safer.

The steps: the night trips

A sleeping puppy can usually hold it longer than an awake one. That is why your puppy may make it longer at night than it can during the day. But a very young puppy still may not make it all the way to morning.

1. Take your puppy out one last time right before bed.
2. If it whines in the night, quietly carry it outside to the potty spot.
3. Keep the trip quick and boring. Give calm praise or a small treat when it goes.
4. Skip the play. A wild game wakes your puppy all the way up, and then neither of you is going back to sleep.
5. Put it right back in its crate.

Some puppies sleep through the night from the very first night. Others cry for a few nights. Some can't hold it until morning yet and need that night trip. The night trip usually goes away by the time the puppy is 4 to 5 months old.

The potty schedule by age

Your puppy's age picks the row. The weeks home only line up if your puppy came home at 8 weeks.

The "longest it can hold it" column is also the longest your puppy should stay in its crate while you are awake. A puppy should never stay in its crate longer than it can hold its bladder. This is the same table as the crate hours in Part 1 of this guide.

Puppy's age	Weeks home	Longest it can hold it	How often to go out while awake	Night trips
8 to 9 weeks	Weeks 1 and 2	About 1 hour	About every 45 minutes	If it whines, one quiet, boring trip
10 to 12 weeks	Weeks 3 to 5	About 2 hours	About every 45 minutes	If it whines, one quiet, boring trip
13 to 16 weeks, about 3 months	Weeks 6 to 9	About 3 hours	About every 45 minutes	If it whines, one quiet, boring trip
17 weeks	Week 10	About 3 hours	The gap can start to grow, up to about 3 hours	If it whines, one quiet, boring trip
18 to 21 weeks, about 4 months	Weeks 11 to 14	About 4 hours	The gap can grow, up to about 4 hours	If it whines, one quiet, boring trip. Night trips usually end by 4 to 5 months old.
22 to 23 weeks, about 5 months	Weeks 15 and 16	About 5 hours	The gap can grow, up to about 5 hours	Night trips usually end by 4 to 5 months old.
6 months and older	Week 17 home and after	Up to about 6 hours	The gap can grow, up to about 6 hours	Usually none

At every age, keep every trip from the first list. That means first thing in the morning, after meals, after drinks, after naps, after play, and right before bed.

No dog of any age, even a grown dog, should be home alone much longer than 6 to 8 hours without a chance to go potty.

You might read somewhere else that a puppy can hold it one hour longer than this table says. This guide uses the shorter times, because shorter is safer.

If your puppy is older or came from a shelter

Find the row in the table for your puppy's real age. Then start with the week 1 daily schedule at the end of this part, and stretch the gaps between trips to fit that row.

Part 3. Watch your puppy every second, because every accident pays

Here is the point. Never let a puppy that isn't potty trained yet wander around the house alone. Every accident feels good to your puppy, because it empties a full bladder. That good feeling is a reward. Your puppy gets it whether it goes on the grass or on your rug. So stopping accidents before they happen is the whole game.

One evening Jenna's mom called. Waffles was chewing a toy on the living room rug, so Jenna wandered into the hallway to talk. Twelve minutes later she came back. Waffles was still chewing his toy. There was also a fresh puddle behind the armchair.

Waffles wasn't being bad. He was a puppy with a full bladder and nobody watching him.

The next time Jenna's phone rang, she clipped on his leash and kept him right beside her in the kitchen while she talked. No puddle.

You know that feeling after a long car ride, when you finally make it to a bathroom? That big wave of relief? Your puppy gets that same feeling every time it pees. And here is the catch. The puppy doesn't care where it happens. The relief shows up on the grass, and it shows up just the same behind the armchair. Your job is to make sure that relief happens at the potty spot, with a treat on top, as many times as you possibly can.

The steps: what to do any time you can't watch

Some moments you can't keep your eyes on your puppy. You might be cooking dinner, using the bathroom, taking a nap, or doing anything else that needs your full attention. In those moments, pick one of these.

1. Put your puppy in its crate with a tasty treat or chew toy. Use the table in Part 2 for how long it can stay in there.
2. Put its leash on and keep it right next to you in the kitchen.
3. Take it with you, to a spot where you can see it the whole time.

When you can watch, really watch. Stay in the same room with your eyes on your puppy. If it starts sniffing around the room, that is your cue to head outside.

The steps: if you work away from home

1. Look at the table in Part 2 and find how long your puppy can hold it.

2. If you will be gone longer than that, have a dog sitter or dog walker come let your puppy out to potty.
3. Or set up a safe, puppy-proofed space, such as a playpen or a gated part of your kitchen. Give it a spot to sleep and a spot to potty.

If your puppy is older or came from a shelter

Watch an older puppy the exact same way until it goes outside every time. Its size doesn't tell you anything here. Only its track record in your house does.

Part 4. When an accident happens: clean it up the right way

Here is the point. When there is an accident, don't make a fuss. Just clean it really well with a cleaner made for pet messes, the kind that breaks down the smell. Dogs smell things people can't. Dogs also go back to spots that still smell like old accidents.

When Waffles had his first accident, Jenna wiped it up with paper towels. To her nose, the spot was clean.

Two days later, Waffles walked straight to that exact spot and peed again. Then he did it a third time.

Jenna wasn't doing anything wrong. She just couldn't smell what Waffles could smell. She picked up a cleaner made for pet messes, the kind called an enzyme cleaner, and cleaned the spot again. After that, Waffles stopped going back to it.

Think of every old accident spot as having a sign hanging over it. It says "BATHROOM" in big glowing letters. You can't see the sign. To you, it's just a clean floor. But your puppy sees that sign plain as day, every time it walks past. Wiping up the puddle doesn't take the sign down. A pet-mess cleaner does.

The steps

1. Stay calm. Don't make a fuss.
2. Put your puppy in its crate, or somewhere safe, while you clean.
3. Soak up the mess with paper towels.
4. Spray the spot well with an enzyme cleaner made for pet messes. Follow the directions on the bottle.
5. Clean any other old accident spots you know about, the same way.



If your puppy is older or came from a shelter

Go through your whole house and clean every old accident spot you can find with the pet-mess cleaner. Old smells pull a puppy back to the same spot, even smells that were there before you got it.

Part 5. Never punish an accident

Here is the point. Never punish your puppy for an accident. Punishing confuses your puppy and hurts its trust in you. It can also teach your puppy to hide when it needs to go. Rewarding the right thing and stopping mistakes before they happen works better than punishing ever will.

One Saturday, Jenna stepped into the garage to grab the laundry. She was gone two minutes, tops. When she came back, there was a puddle on the kitchen floor.

Waffles was across the room. He gave her the look. You know the one. Head down. Not looking at her. He looked so guilty.

Jenna's first thought was, "He knows he did something wrong." She opened her mouth to scold him.

Then she stopped. That look isn't guilt. It is fear. Puppies can read an angry face, and Waffles could tell something bad was about to happen. But he had no idea the puddle was the reason. It happened minutes ago, and a puppy doesn't connect a scolding to something it did earlier.

So Jenna put Waffles in his crate with a treat and cleaned up the spot. On the next trip outside, when he went at the potty spot, she paid him like he had just won the lottery.

Imagine somebody walks up and starts yelling at you in a language you don't speak. They're yelling about something you did an hour ago, and you don't even remember doing it. Would you learn what you did wrong? No. You'd learn exactly one thing. That person is scary. And the next time you had to do that thing, whatever it was, you'd make sure to do it somewhere they couldn't see you.

That is exactly what happens to puppies who get punished for accidents. They learn to go out of sight, like behind the couch or down in the basement. The yelling doesn't stop the peeing. It just moves it somewhere you won't find it until later.

The vets who study animal behavior say that only reward training should be used for all dog training, and that includes fixing problems. Shouting is on their list of harsh methods. So no yelling, no swatting, and no rubbing its nose in it.

The steps

1. Take a breath. Say nothing.
2. Calmly put your puppy in its crate with a treat, or somewhere else safe.
3. Clean the spot the way Part 4 shows, with the pet-mess cleaner.
4. Ask yourself one question. When was the last trip outside, and was I watching? This is not about blame. It is just information.
5. Fix that gap. Take the next trips a little sooner, and watch a little closer.

6. On the next trip where your puppy goes outside, pay big with treats and praise.



This is not a guilty look. It is a scared look.

If your puppy is older or came from a shelter

A puppy that was punished for accidents before may already hide to go, like behind a couch. Don't take it personally, and don't scold. Reward every single trip outside, big. Give it time to learn that going in front of you is safe.

Part 6. How long this takes, and when to call the vet

Here is the point. Most puppies make big progress in a few weeks. But being fully potty trained often takes several months. If training starts early, a 6-month-old puppy can usually be trusted to go outside most of the time.

About three weeks in, Waffles went a whole day with no accidents. Jenna was thrilled. The next day he had two.

She felt like she was back at square one. She wasn't. That up-and-down feeling is just what "big progress in a few weeks, done in several months" looks like from the inside.

Think about a kid learning to ride a bike. The training wheels might come off in a few weeks. But the wobble? That takes a lot longer to go away. Some days the kid rides all the way down the block. Some days the kid tips over in the driveway. Nobody calls that kid a failure. Everybody knows the wobble is part of learning to ride. Your puppy's accidents in these first months are the wobble.

When it is not working

Two things mean it's time to call the vet.

1. If you feel like your puppy isn't making any progress, have the vet check it. A health problem can slow down potty training. One example is an infection in the parts of the body that make and hold pee. Vets call that a urinary tract infection.
2. If your puppy keeps having accidents in its crate, take it to the vet for a checkup. An illness can make it hard for a puppy to hold its bladder.

Don't try to treat a sick puppy at home. Let the vet find out what's going on.

If your puppy is older or came from a shelter

That 6-month number is for puppies whose training started early. If your puppy is starting later, don't hold it to that number. Watch for progress from week to week instead.

The big idea

Potty training was never about catching your puppy doing it wrong.

It was about catching it doing it right. Over and over, at the same spot, with a treat every time, until going outside is just what your puppy does.

Your week 1 page

Week 1 home. Your puppy is about 8 weeks old.

What to get done this week

1. Teach your marker word in two or three five-minute lessons a day. Stop while your puppy is still having fun.
2. Do crate steps 1, 2, and 3 from Part 1 of this guide.
3. Use the same potty spot and potty word on every trip, with a treat the second it finishes.
4. Feed four meals a day. Pick up the bowl after 15 minutes. Keep fresh water out all the time.
5. Go to the first vet visit, and write the shot dates on this page.
6. Touch your puppy's paws, ears, and mouth once a day, with a treat each time.

Your day, in order

1. Wake up. Carry your puppy straight from the crate to the potty spot, before coffee.
2. Meal 1 of 4, inside the open crate. Then potty.
3. Play where you can see it every second. Then potty.
4. A five-minute marker word lesson.
5. Potty, then quiet time in the crate or pen with a frozen food-stuffed chew toy and water. Potty the moment it wakes up.
6. Calm time near you, with paw, ear, and mouth touches. Potty soon after any drink of water.
7. Meal 2 of 4, then potty.

8. A five-minute crate lesson. Toss treats in so your puppy walks in to get them.
9. Potty, quiet time in the crate or pen, then potty the moment it wakes.
10. Play time. Someone who lives in your house says hi with a treat. Then potty.
1. Meal 3 of 4, then potty, quiet time, and potty when it wakes.
2. Meal 4 of 4, then potty.
3. Evening play, since many puppies get wild in the evening. Then potty.
4. Calm time, one last potty right before bed, then into the crate next to your bed at the same time every night. If it whines in the night, carry it to the potty spot, keep it quick and boring, and put it right back.

Your puppy also goes out any time it starts sniffing around the room.

On a work day

1. Before you leave, do steps 1 to 3 above, then potty one more time.
2. Your puppy goes in its crate with a frozen food-stuffed chew toy. It stays no longer than it can hold it for its age, which the age table in Part 2 above shows.
3. If you will be gone longer than that, use a dog sitter or dog walker, doggy daycare, or a puppy-proofed playpen or gated area with a spot to sleep and a spot to potty.
4. The moment you get home, go straight to the potty spot.
5. In the evening, do steps 11 to 14 above.

Shot dates from the vet: _____

This week's checklist

- ☐ You taught your marker word by saying it and then giving a treat, about 10 to 20 times.
- ☐ You scattered treats around the open crate, tossed treats inside it, and fed meals inside it. Those are crate steps 1, 2, and 3 in Part 1 of this guide.
- ☐ You said your potty word on every trip, and every potty outside got a treat.
- ☐ You cleaned every accident with the pet-mess cleaner, and you didn't scold your puppy once.
- ☐ Your puppy was never loose in the house without someone watching it.
- ☐ Your puppy had its first vet visit, and you wrote the shot dates on this page.
- ☐ Your puppy met the people who live in your house first, with treats, before any strangers or any big crowd.
- ☐ Someone gently touched your puppy's paws, ears, and mouth once a day, with a treat each time.

This week's new skills are taught in Part 1 of this guide for the crate and Part 2 for potty training. The first days and nights are taught in chapter 4 of the full book.

Where to go from here

This guide covers the first week of potty and crate training. Your puppy keeps growing after that, and so does the work.

The full book is called "[the book's title]". It walks you through every week, from the day before your puppy comes home through the teenage months. Every week has its own daily schedule and its own checklist.

It also covers puppy biting, sit and stay, walking on a loose leash, and coming when you call. And it covers the teenage months, when a good puppy suddenly stops listening.

For now, keep doing the steps in this guide. One week at a time is plenty.