

Rescue & adult potty reset

A familiar spot, a calm routine and a fresh start at home.

Dog: _____ Date: _____ Helper: _____

01 Start with a fresh introduction - Even a previously trained dog needs to learn your home, door and schedule. Rescue status does not tell you what a dog has learned. Show the toilet spot on arrival and keep the first days calm.

02 Build a predictable routine - Begin with outdoor trips about every 1-2 hours while awake, plus waking, meals and drinks, play, and bedtime. Adjust sooner for your dog's signals or medical needs; do not assume an adult can wait all day.

03 Stay close and reward - Go together to a quiet, consistent spot. Give time to sniff without pressure. Praise and reward immediately after toileting outdoors, before returning inside. A nervous dog may need more space or a quieter route.

04 Keep indoor freedom manageable - Use gates and direct supervision. Choose a dog-proof rest area; use a crate only if the dog is comfortable in it. Do not force confinement when the dog panics. Arrange help for breaks when you are away.

05 Reset without punishment - For an accident in progress, calmly guide your dog outside when practical. Reward any finish there. Clean old spots with enzymatic cleaner. Scolding can make dogs hide toileting and does not explain where to go.

06 Track patterns, then expand - Write down trips, results and accidents. Increase time between breaks and room access gradually after reliable success. There is no fixed adjustment deadline. If fear or persistent setbacks interfere, ask your vet or a qualified reward-based trainer for help.

Remember: Keep water available. No punishment. For new, persistent or painful accidents, leaking during sleep, or increased thirst, contact your vet. Straining with little or no urine needs immediate veterinary care.

Today's potty log | Copy this page to spot patterns.

Time	Pee / poop / neither	Reward given	Accident / trigger / notes

Sources: [SF SPCA - Adult dog housetraining](#) | [Wisconsin Humane Society - Adult housetraining](#) | [AVSAB - Humane training guidance](#)
General guidance; your vet can individualize the plan. More resources: [Dog Days Training & Printouts](#).