

Bringing a new foster or rescue dog into your home is exciting—but it's also a major transition for the dog. Even if they're listed as "house-trained," assume they need structure and guidance from day one. A clear schedule and proper supervision (including leash use indoors) are key to preventing potty accidents and helping them feel safe.

A foster or rescue dog may be:

- Overstimulated by new smells, sounds, and people
- Unsure where they're allowed to go
- Unsure where they're supposed to eliminate
- Experiencing stress-related digestive changes
- Not yet bonded to you

Even adult dogs who were previously house-trained can regress temporarily. Structure reduces anxiety and builds clarity.

Consistency is everything. Dogs thrive on predictability.

Below is a detailed guide you can follow:

-Establish a Strict Potty Routine

Take the dog outside:

- Immediately upon waking
- After eating (10–20 minutes after meals)
- After drinking a large amount of water
- After play sessions
- After naps
- Before bedtime
- Every 1–2 hours during the first few days (more frequently for puppies)

Tip: In the beginning, assume they need to go—even if you're unsure.

-Feed on a Schedule (Not Free-Feeding)

Set meal times help regulate bowel movements.

Example:

- Breakfast: 7:00 AM
- Dinner: 6:00 PM

Avoid leaving food out all day. Predictable intake = predictable output.

To help the crate be a good area feed meals and give all frozen longs, bones and lick mates in the crate.

-Supervision Is Non-Negotiable Indoors

If you cannot actively supervise, the dog should be:

- In a crate
- In a small, puppy-proofed area
- Or tethered to you with a leash

This prevents wandering off to eliminate unseen.

Why Using a Leash Inside the House Is So Important (Under Supervision)

Many people are surprised by this, but indoor leash use is one of the most effective house-training tools.

Prevents Sneaky Accidents/markings

Dogs often give subtle signs before eliminating:

- Sniffing
- Circling
- Suddenly leaving the room
- Freezing briefly

If a dog has free roam, they can quietly slip into a corner and potty.

A leash keeps them within sight so you can catch early signals.

What To Do If There Is an Accident

- Do not punish.
- Clean thoroughly with enzymatic cleaner.
- Increase supervision.
- Shorten time between potty breaks.

Accidents are information—not defiance.

Why Structure Reduces Anxiety

Many rescue dogs follow what trainers call the “3-3-3 Rule”:

- 3 days to decompress
- 3 weeks to learn routine
- 3 months to feel fully at home

A consistent potty and supervision plan:

- Builds security
- Prevents confusion
- Speeds up adjustment
- Protects your home
- Sets the dog up for long-term success at a foster or adoptive house.

Most importantly the crate schedule will teach the dog when to go to the bathroom and where is appropriate to do so. If you cannot watch the dog please put him in the crate.