

Benefits Of Potty Training Your Dog With A Litter Box

**Super Convenient Indoor
House Training For Puppies**



**By Clint Cora
First Edition 2011**

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*Dedicated to the memories of Pepper and Max,
my first two Lhasa Apsos. I will always love both of
you and never forget the years of joy you gave me.*

*Of course, special thanks to my current bundles
of joy, Chester and Roxie, for being awesome
models in the photos used for this ebook.*

How I Came To Potty Train My Dogs Indoors

One of the main reasons for writing this ebook is to help prevent dog ownership failure. It is a disaster when new dog owners do not educate themselves on the realities of dog ownership. They fail to train their new puppies properly. As a result, the puppies end up chewing everything up in the house and constantly make too much noise which disturbs the neighbors. These puppies of course also use the entire house as their bathroom. These initially adorable puppies might even end up as menaces that bite their owners and other family members.

These dogs unfortunately often end up in animal shelters. The lucky ones will be adopted by new responsible dog owners who do have a good knowledge on dog training or at least are willing to learn. Sadly, many dogs are euthanized because there are not enough responsible dog owners out there to adopt every single animal. In my mind, this is a total disaster.

My own immediate family has been guilty of this. When I was a young boy, my family got a puppy and we had no idea how to train it. It started to pee all over the place. We were at a complete loss and as a result, we gave it up within just two weeks. Another family did adopt it but I'm not sure if they were successful either. I never did hear about the eventual fate of this poor puppy.

Many years later when I reached my late teens, I got my first dog I was to have primary responsibility for. I ended up getting a male Lhasa Apso puppy and I named him Pepper. This time around, I read books on dog training and was committed to be a successful dog owner. I was getting Pepper used to using newspapers since many puppies start out this way.

It wasn't too long before I had moved out on my own to a condominium in downtown Toronto. My new home was an eighth floor suite in the middle of a busy downtown area with no parks nearby. My new neighborhood was now a concrete jungle. It was going to be very inconvenient to take Pepper outside for elimination.

So I continued to train Pepper to use newspapers indoors in a little room that was meant to be where my washer and dryer was. He got used to this location really well and when I got a second Lhasa Apso I named Max, I trained the new puppy to use the newspapers indoors as well.

Over the next several years, I relocated to different cities for work and of course, took Pepper and Max with me. I set up newspapers in specific rooms at my various homes

which were either high-rise or townhouse condominiums. Sometimes the newspapers were set up in laundry rooms and sometimes they were in second bathrooms.

Both Pepper and Max each lived to fifteen years of age. Both were totally potty trained using newspapers indoors all their lives. They would go to their dedicated bathroom whenever they wanted to. The last place we lived in was a condo on the twelfth floor and I had two full bathrooms there. One was ensuite in my master bedroom for me and the second bathroom was allocated just for them. It would have been very inconvenient to wait for the elevators, go down to the ground level and then outside each time Pepper and Max needed to go pee or poo. It was also a long walk up and down the stairs if the elevators stopped working. So indoor training suited us perfectly. We went outside only for fun and exercise.

I was quite proud of what I did with Pepper and Max. I was now a proven successful dog owner which was in total contrast to the experience my immediate family had years ago. I also did it with indoor newspaper trained dogs.

After a five year break from dog ownership after Max passed away, I was ready to be a dog owner again. This time, I got Lhasa Apsos again, two siblings – a brother and sister from the same litter. I named them Chester and Roxie.

Based on my own success with Pepper and Max, it was my intention to paper train Chester and Roxie indoors as well. However, this time around while I did my research to refresh my memory on dog training after the five year hiatus, I stumbled upon Purina's Second Nature dog litter box system. It consisted of a litter box or pan and special litter specifically designed for dogs. There were other litter box systems by other companies as well but Purina had the most widely promoted system for dogs.

It looks like I was on to something all those years with Pepper and Max. My concept of training dogs to eliminate indoors, rather than outdoors, was also utilized by many other successful dog owners as well. This was especially true for owners of smaller breeds living in urban city areas such as Manhattan in New York City where apartments are the usual type of residential dwelling.

There was a big enough market for Purina and others to launch dedicated litter box systems for dogs. As one could guess, I totally welcomed the litter box concept since newspapers, although effective, were quite messy and smelly.

I appreciated the advantages of using dog litter which absorbs urine much better as well as controlling odor. A litter box keeps everything contained much better too. Newspapers especially when wet, made ink stains on my ceramic floors and even plastic sheets underneath were not totally effective in keeping the floors dry. The plastic sheets also became quite stinky.

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I was eager to try the Purina litter box system out with Chester and Roxie. I made sure that I had everything I needed and in place before I brought Chester and Roxie home for the first time from the breeders.

As of the time of writing this ebook, Chester and Roxie are now five years old and both are totally trained using their litter box indoors. As you can tell, I'm a total advocate of litter box training for dogs now. Although I'm not a professional dog trainer, I have been a successful dog owner for many years and since I've been training all of my dogs to eliminate indoors since 1979 when I first got my first dog Pepper, this is my niche expertise in dog training.

I hope that this ebook will make many dog owners realize that there is an alternative to traditional house training outdoors. The benefits of potty training your dog to use a litter box are quite significant as I will describe in the next section.



My Dogs Chester & Roxie With Their Litter Box

The Benefits Of Using A Dog Litter Box System

There are significant benefits with using a dog litter box for puppies. I have already alluded to some of them in the first section but I'll go into more detail here as there are benefits to training your dog to eliminate indoors in general as well as to specifically use a dog litter box.

No More Rushing To Get Home

I've known dog owners who had to rush home after work or excuse themselves early from an evening event so that they could get home in time to let their dogs outside before their poor pets couldn't hold everything in anymore.

Although dogs can be trained to hold things in all day, it still locks the owners up to an inflexible schedule to get home on time. What if rush hour traffic is held up? What if things at work go unexpectedly too long which will delay your return home?

Personally, I just don't think it's fair for pets to have them hold things in for hours at a time while we humans don't have to. As humans, we are often not far from a washroom anywhere. After all, how would you like to hold things in for eight hours at a time?

Using a dedicated place indoors as the dog toilet will give both you and your pet MUCH more freedom from fixed schedules. Your dog could go pee or poo whenever it needs to and as often as needed without messing up your home. You are more free to come home whenever you want. You will no longer be bound to early departures from evening social events anymore.

You also don't have to get up early in the morning to take your dog outside either. You can sleep in all you want without worrying about your dog waking you up to get outside while you are still half asleep.

One of my dogs sometimes goes to the litter box in the middle of the night or very early in the morning. After he's done, Chester would simply come back into the bedroom to resume sleeping with us. Meanwhile, I'm still fast asleep through all this. The only way I know that one of my dogs went to the litter box is when I get up in the morning to check out the litter box and there's either wet litter or poop in there.

I'll give you another example on how an indoor litter box system works so well for my household. During the winter up here in Canada, I snow ski a lot. My usual ski resort

is a two hour drive from home making it a round trip of four hours. When I go to this ski resort, I usually stay there for about five to six hours at a time to make the day worthwhile for me. This means that my time away from home can easily turn out to be a nine to ten hour day. If the roads get bad, this can result in an even longer day.

Since both of my dogs are completely house trained indoors, I don't have to worry about being away for so long. If the roads get back, I don't have to stress myself out by trying to get back home as soon as possible to take my dogs out. Instead, I can take my time and focus on the roads so I can safely get home to my dogs.

My dogs will simply just go to their designated litter box in their dog room as needed rather than hold everything in for hours and wait for me to come home. Now, this ski day routine for me will be two to three days per week all winter long. By potty training my dogs indoors with a litter box, this system allows me to have the freedom to do these long ski days.

On a similar note, I've been delayed during business day trips because of traffic conditions again. I've come home later than expected but again, it's not a problem for my two dogs since each time I return, I already see that they have used their litter box and there has been no accidents left elsewhere in the house.

No More Dealing With Bad Weather

Of course, some of us dog owners live in areas where there could be extreme weather like bad thunderstorms or heavy snowstorms. Neither you nor your dog really wants to go outside. For most traditionally house trained dogs, they will have to step outside even for just one or two minutes to eliminate and then rush right back inside the house no matter how wet or cold they get.

Could you imagine if you were delayed in getting home in bad weather? Even if you got home in time, let's face it, it's no fun for anyone to have to deal with bad weather. Most dogs would rather stay warm and dry just like you. My girl Roxie hates getting wet and prefers to stay inside even if the door is wide open during the rain.

For those days with heavy rain or when it gets really cold during our sub-freezing winters up here in Canada, my dogs and I don't even venture outside. They do like to get outside during the winter for a bit but it's all for fun romping in the snow when it's not too cold. With indoor potty training, you don't worry about bad weather anymore, at least when it comes to your dog.

Can Stay Inside During Injury Or Illness

Although dogs in general are pretty hardy creatures, just like us humans, they can get injuries or illnesses requiring them to stay inside if at all possible. Having access to a litter box inside just makes things more humane during those times. This is also good for elderly dogs and those with special needs that can really benefit from having a handy indoor toilet that is fully accessible anytime.

As a human, if you get injured or ill, this can also impact your own ability to take your dog outside. I've experienced this first hand when I had a bad flu. It would have been hell for me to walk my dogs outside during that time. My dogs didn't depend on me to take them out for elimination nor did I have to hire a dog walker to do that.

Apartment Dwellers

As mentioned previously, I often lived in high-rise condominium buildings that allowed dogs. The photo in the next page shows one of these condo buildings I lived in with my first two Lhasa Apso dogs Pepper and Max. We were in the corner suite on the twelfth floor shown by the arrow in the photo. Sometimes the elevators were really slow and on occasion, they didn't work at all. To bring them outside, we would have to take the stairs all the way down and then all the way back up twelve floors again. Although this was good exercise for all, it was hardly ideal.

Many of my neighbors who did have dogs did struggle to bring their dogs outside a few times each day. Many condo residents with dogs specifically live on the ground or second floor levels just to have easier outdoor access.

I never had to put up with such hassles as my dogs went out only for exercise and fun. Since I had two full bathrooms, they had their own dedicated washroom in my condo.



High-Rise Condo I Lived In With Two Dogs

As it turns out, when I spoke to a Purina representative, I was told that some of the biggest markets for Purina Second Nature dog litter are Manhattan in New York City and in Miami, Florida where there are lots of dog owners living in apartment buildings. This certainly makes a lot of sense.

Less Odor And Mess

Too bad the commercial litter boxes for dogs were not out in the market yet when I had my first two dogs Pepper and Max. Despite the great benefits of training my dogs to go inside in a dedicated spot, newspapers were quite messy. Once they got wet from the urine, the ink from the newspapers stained my floors. This prompted me to buy sheets of plastic to put underneath. This worked in protecting the floors better but sometimes there were still leaks if urine flowed off the papers and underneath the plastic sheet near the edges.

The plastic sheet itself got stinky over time too even with regular cleaning. So it was not an ideal solution and getting rid of wet newspapers as soon as possible was

certainly required. But when commercial dog litter and litter boxes arrived on the scene by the time I got my second pair of dogs, these issues with the newspapers were totally eliminated.

The litter box kept everything including urine inside the box rather than all over the surrounding floors. The better commercial dog litter products are quite good in absorbing odor as well. So things were definitely less stinky than with just newspapers.

What Type Of Dog Can Be Litter Box Trained?

One question that obviously comes up is what type of dog can be litter box trained? The short answer is any breed dog can be litter box trained but the long answer requires some expansion.

Commercial litter boxes made by Purina and other companies obviously intended to market to the small breed dog owners. One of the reasons for this is due to the fact that many apartment and condominium buildings limit the size of the dogs that are allowed to live in them. For example, I lived in some high rises where there was a twenty to twenty five pound maximum limit for dogs. This effectively restricted the type of dogs living in such dwellings to toy and small breeds such as Chihuahuas, Malteses, Jack Russell terriers, Shih Tzus, Pomerians and the breed that I own, Lhasa Apsos.

Also, city dogs tend to be smaller than say country or suburban dogs, again mainly due to the type of real estate involved. There are less green areas such as parks within a busy downtown city area compared to the suburbs and the countryside. As a result, you will see that even the largest size litter box on the shelves of pet supply stores such as PetSmart or Petco will be for smaller breeds.

I started out with the largest size litter box from Purina's Second Nature line and even though it seemed large when my two Lhasa Apsos were just ten weeks old, this size became just right as they grew into adult size. The blue litter box pictured on the front cover of this book is the largest size from Petco's own brand name and again, it is perfect for my dogs. I wouldn't want a litter box any smaller for them.

Now, does this eliminate the possibility of litter box training for medium to large size breeds of dogs? I would say no.

Having said that, I can certainly understand if many dog owners of medium to large size breeds will choose to use the traditional method of house training outdoors. This

is fine but if one wishes to litter box train a medium to large breed, I don't see why this can't be done.

Dogs are smart and many dog experts claim that the larger breeds might even be slightly more intelligent than the small breeds. If this is the case, then this implies that all breeds large and small can be litter box trained. For example. I know that greyhounds have been successfully litter box trained.

The limiting factor of course would be the size of the actual litter box. Obviously, the largest size litter boxes out in the market are not feasible for the medium to large breeds. So one would have to go out and acquire some type of pan that would be big enough to fit an adult dog for a specific breed. The box would have to be large enough for the dog to completely step in. As I will expand later, you can use sections of large kennels or crates as litter boxes. I have seen large storage boxes available from hardware type of stores that would also fit the bill.

You would also have to find space indoors that would accommodate a larger litter box so a spare bathroom might not be feasible. Just find a bigger room to fit a box or even a balcony or patio area if there's free open access for the dog via a doggie door.

So the limiting factors for larger breeds would not actually be the dogs themselves but rather the size of the litter box and a location for it. The dogs themselves are certainly capable of being litter box trained if so desired by the owners.

As you can tell, I'm totally sold on the concept of indoor house training for dogs. Even if dedicated litter box systems for dogs were not available, I would still prefer indoor house training with newspapers than the traditional way of having to take dogs outside. The benefits are just too great for both dogs and their owners. The availability of dog litter box systems just makes these benefits that much stronger.

Commercial Dog Litter And Litter Box Systems

When I got my current Lhasa Apso dogs Chester and Roxie, they were both initially paper trained as puppies at the breeders. As I first mentioned, I chose to continue this indoor dog house training method for them as I did with my first two dogs. Indoor newspapers worked quite well for my first two dogs as they were able to go to the bathroom whenever they needed to.

Again, the only problem is that the papers tended to get rather messy and smelly. If plastic liners were not placed underneath the papers, newsprint ink would be imprinted on the ceramic tiles of my spare bathroom floors. On some occasions, urine puddles would flow off the papers as well as the liner resulting in situations which required immediate cleaning since urine became trapped between the plastic liner and the floor.

This time, it turned out that Purina had come out with a new litter box system called Second Nature designed specifically for dogs. It was basically modeled after similar setups for cats but the dog litter consists of large pellets made up of recycled newsprint. Purina also introduced a litter box that has one side cut away lower to facilitate easy entry for dogs.

I'm not totally convinced on the advantage of this particular feature since my Lhasa Apsos have no problems stepping into the box from the side. But for Purina to introduce such a system to the market, I must not have been the only dog owner who considered indoor elimination a better alternative to outdoors for smaller breeds. This product is now very popular especially among small dog owners living in apartments and high-rise condominiums without easy access to outdoors.

In my mind, the dog litter box system is less messy since all dog urine and feces stay inside the box. Actually the Second Nature pellets absorb urine much better than normal newspapers. The only complication I observed with the pellets is that both puppies liked to chew and eat them at times. Purina claims that ingestion of the pellets itself is not harmful to the dogs since they are just compressed papers. This will result in more feces production until the dogs can stop this habit.

The dog litter is non-clumping so it will not get stuck inside the canine digestive system unlike normal clumping cat litter. It is considered unsafe to use clumping cat litter as a substitute for the Purina dog litter. Eventually, both of my dogs grew out of this habit anyway. Today, neither Chester nor Roxie chew on the pellets at all.

How I Use Dog Litter

Purina Second Nature was launched only in the United States so as a Canadian resident, I had to go down to the U.S. to purchase the system. I started out with Purina's cat and small animal litter called Yesterday's News which is basically the same as Second Nature except the pellets are much smaller. But at least the Yesterday's News pellets are non-clumping and therefore safe to use for dogs.

I tried other brands of dog litter but never thought any of them were as good as Second Nature, especially in terms of absorption ability and odor control. However, Petco has since come out with their own store brand of dog litter that resembles Purina Second Nature. I've tried this brand out and it's pretty good. I'll use Yesterdays News and buy Second Nature or the Petco brand whenever I have a road trip to the U.S.

The current litter box we use at home is a Petco store brand and as you can see from the photo below, it also has a cutaway in the front. Again, I'm not convinced that this is an absolute necessity but at least the litter box works well for my two Lhasa Apso dogs.



Petco Dog Litter Box

There are other similar systems that do not use dog litter but instead have a grid or even fake grass as the surface material. They are usually more expensive but work nicely as well. No matter what surface material is used, the actual concept and training system is the same. Dogs are house trained to use a specific location indoors.

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The photos below show both of my dogs Chester and Roxie using the litter box in their respective positions while urinating. You can also watch a short video of them at my dog website's homepage at www.PottyTrainPuppyDog.com as they show you how it's done at the litter box.



Male Dog Lifting Leg In Litter Box



Female Dog Using Litter Box

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Some Videos On Potty Training Dogs Indoors

Here are some videos online with accompanying text that cover different aspects of potty training dogs indoors that you might want to check out.

How I Ended Up Potty Training Dogs Indoors

<http://www.pottytrainpuppydog.com/dogpottytraining.html>

Dog House Training In Apartments

<http://www.pottytrainpuppydog.com/doghousetraining.html>

Freedom With Puppy Housebreaking Indoors

<http://www.pottytrainpuppydog.com/puppyhousebreakingdogs.html>

No More Bad Weather Dog Walks

<http://www.pottytrainpuppydog.com/puppypottytraining.html>

The Right Choice

When you talk to other dog owners, even those who have had dogs for many years as well as your veterinarian, the concept of house training your dog to use a litter box may seem quite odd to them. Indeed, litter box usage is still not the norm for small to medium sized breeds yet but the concept is definitely gaining fans among dog owners. As an advocate of indoor litter box training for dogs, you will be among a minority for sure. But don't let that discourage you from choosing to train your puppy using this method.

Although dog owners who have chosen to utilize litter boxes are still a niche group, it is a growing market. More pet retailers are starting to stock dog litter and litter box products. The fact that a big name like Purina got into this market with their Second Nature product should be a sure sign of the direction that this niche is heading towards. Another signal that this concept is growing is the fact that a major retail chain like Petco decided to come out with their own store brand dog litter and litter box just for dogs. They must have done their market research before making such a big business commitment.

Multiple litter box products available out there are also growing with some using dog litter, some using a form of grass turf and some using other materials. But the overall concept is still the same, i.e., teaching your dog to eliminate in a specific place indoors. This growing trend especially in winter and high-rise dwelling markets suggest that the litter box method is finally becoming accepted in the dog world. The many benefits as described early in this book are real.

I have no regrets training my dogs to use an indoor method ever since my first two Lhasa Apsos Pepper and Max. Again, this was before the availability of commercial dog litter and litter boxes. Each time bad weather strikes or I'm delayed from returning home or if I feel like sleeping in one morning, I'm always glad that my dogs are litter box trained.

I'm sure that they are also glad that they don't have to wait for Daddy to take them outside in order to eliminate either as they always have access to their personal washroom facility right at home. I know I made the right choice and it's refreshing that many other dog owners have also decided to take this route.

To learn more about the actual training progression to teach your dog or puppy to use a litter box or similar system indoors at home for you dog, see my dog website at <http://www.PottyTrainPuppyDog.com>.

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About The Author

Clint Cora has been a dedicated dog owner since 1979 and has always successfully house trained all of his dogs indoors. This makes him an expert in a niche area of dog training even though he is not a professional dog trainer.

Clint Cora is more widely known as a motivational speaker, author of personal development books and a Karate World Champion. As a dynamic speaker and author, Clint is compelled to help others achieve life success.

Born in Toronto, Clint has lived in Vancouver, Winnipeg and Montreal. He is currently based near Toronto and lives with his Lhasa Apso dogs.

Clint's dog website is at <http://www.PottyTrainPuppyDog.com> where you will find articles and videos on dog related topics including potty training dogs with indoor dog litter box systems.

For information on Clint's speaking programs, books/CDs and other educational resources on personal development and achieving life success, go to his official website at <http://www.clintcora.com>



**Author Clint Cora With His
Lhasa Apsos Roxie & Chester**

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