

Toilet Training Journey

By Agnes of PawsAgnes – Build the
Bond with the Dog®

Introduction

Welcome — I'm so glad you're here.

Truly, I'm thrilled you've taken this first step towards building healthy, stress-free toilet habits with your puppy.

This freebie will guide you through everything you need to know about toilet training — in a way that's realistic, effective, and rooted in understanding your puppy's needs and development.

You'll learn what really works, how to set up your routine, what to expect at different stages, and how to confidently respond to those little accidents (they will happen, and that's okay).

Take your time as you go through it. Make notes, reflect on what's working, and most importantly — notice the small wins. You're laying the foundations for a calmer, cleaner, happier home life with your puppy.

Toilet training isn't just about getting your pup to 'go' outside. It's about building trust, routine and communication that lasts a lifetime. With a bit of patience and consistency, you'll both come out of this with confidence.

By the end of this freebie, you'll feel far more in control, have a clear plan that suits your household, and most importantly — understand your puppy better.

Let's get started.



What you'll learn in this guide:

By working through this guide, you'll gain the confidence and knowledge to support your puppy's toilet training journey with patience and clarity. Here's what you'll learn:

Why early toilet training matters – and how it should begin with the breeder, setting your puppy up for success from the start.

When and how often to take your puppy out – including key timings like after meals, naps, and play.

How to recognise the signs your puppy needs to go – such as circling, sniffing, disappearing or seeming suddenly frantic.

The importance of rewarding your puppy – rewarding the behaviour you want, and never punishing accidents.

Why routine and consistency are key – helping your puppy feel safe and learn more quickly.

How to handle accidents calmly – understanding they're part of the learning process, not signs of failure.

Helpful tips when using puppy pads - helping your puppy understand where to toilet, and what to do if they aren't toileting on the puppy pads

When should we start toilet training?

Toilet training should start with the breeder right away.

Puppies begin to learn from their mum that there's a place to go to the toilet, and a separate place to sleep. This helps them understand how to keep their den clean from an early age.

When should you take puppy outside?

After each wake-up

20 minutes after eating

20 minutes after drinking

After any type of interactions

When introducing to new environments

Every hour (if they're awake)

Consistently doing this will learn your puppy a routine, and help them understand that they go to the toilet outside.

Why do we take them outside so regularly, instead of using just puppy pads?

You should take puppies out regularly for the toilet — especially after eating, drinking, sleeping, or playing — because just like human babies, their bladders and bowels are still developing and they can't hold it for long. These activities stimulate their digestive and urinary systems, meaning a toilet trip is likely to follow shortly after.

By giving them regular, well-timed opportunities to go outside:

- You reduce accidents indoors.
- You help them learn where the right toilet spot is.
- You build a routine that creates quicker, more reliable toilet habits.
- You set them up for long-term success and confidence with house training.

Consistency is key — and every successful trip outside reinforces the behaviour you want.



How to know when your puppy needs to go the toilet

When a puppy needs the toilet, they often show subtle signs before having an accident. Being able to spot these early helps you act quickly and guide them to the right spot. Common signs include:

- **Circling** – they may pace in small circles, trying to find the right place.
- **Sniffing the floor** – especially in areas they've previously toileted or that smell familiar.
- **Wandering off or disappearing** – they might leave the room quietly to find a hidden spot.
- **Becoming restless, frantic, or frustrated** – some puppies whine, bark, or seem agitated when they feel the urge but don't know where to go.

When you see these signs, either take your puppy outside or encourage them to follow you outside

Tip

Use an **enzyme spray** when cleaning up puppy accidents, this breaks down the components of the urine and reduces the puppy toileting in the same spot.

Each dog has their own timing to learn. Some pick it up quickly, while others take a little longer. Please be patient with your puppy.

Important things to remember when toilet training your puppy

- **Never punish your puppy for toileting indoors** – remember, they're just learning. They're not being naughty or doing it on purpose. Punishment can cause your puppy to become anxious about toileting in front of you, which may lead to them hiding and continuing to toilet inside the home.
- **Always reward toileting outside** – this helps them understand that this is the behaviour you want.
- **Stick to a routine** – dogs thrive on consistency. Regular mealtimes, water breaks, and toilet trips help your puppy learn what to expect and when.
- **Be patient** – toilet training takes time. Practice, consistency, and positive reinforcement are key to success.



Helpful tips for toilet training with puppy pads

Tip 1: Keep Pads Simple & Safe

If you're using puppy training pads, don't be tempted to cover the whole floor. Just place one or two pads in each room. When the entire floor is covered, your puppy may think it's okay to wee anywhere. By keeping it simple, you're helping them learn to use a specific spot instead.

Notice if your puppy chooses one area over and over again — that's their way of telling you where they feel safe and comfortable. Placing a pad there shows your pup you understand them, and it gives them confidence in their toilet training.

Tip 2: Use Scent to Guide Your Puppy

If your puppy is missing the training pad and weeing elsewhere, don't worry — this is all part of the learning process. You can gently guide them by taking a little of the wee and dabbing it onto a clean pad. Then place that pad close to where your puppy went, ideally moving it towards a corner or quieter spot.

Your puppy will naturally be drawn back to the familiar scent, helping them make the connection: this is the right place to wee. Over time, as that association gets stronger, it becomes much easier to move from pads to going outside with confidence.

Remember — your puppy is learning, and each small step builds their understanding. Patience and gentle guidance go a long way. This guide isn't just about convenience — it's about following your puppy's lead and supporting them to build safe, secure habits right from the start.

A note about the teenage phase...

Around six months of age, it's not uncommon for puppies to have a little setback with toilet training. This stage is often referred to as the “teenage phase”. It is full of big hormonal changes, growth spurts, and shifts in brain development.

Your puppy isn't being naughty or stubborn. They're not doing it on purpose. Their little world is changing inside and out, and just like any teenager, things can get a bit confusing. This is where your patience matters more than ever.

Take a deep breath, go back to basics, and support your puppy with calm consistency. Reintroduce your toilet training routine, step-by-step. Celebrate the wins. And remind yourself: this is only a phase.

What your puppy needs most during this time is your understanding and reassurance. These wobbles are normal — and with the right support, they will pass.

You've got this. And if you ever feel unsure or need a helping hand, I'm always here to guide you and your puppy through it.

A Note From Me and Lexi

I know you've come a long way through this freebie, and I want to thank you deeply — not just for your time, but for your commitment to your puppy. That alone is a beautiful success.

Please remember this:

Be patient. Be consistent. Trust the process.

Your puppy is learning something completely new, and just like us, they need time, repetition and encouragement. When we create a safe space for them to get it right, they'll grow in confidence and understanding every day.

If you ever feel stuck, unsure, or just need reassurance — I'm here for you. Truly.

Whether you need support with house training, managing the stress of constant accidents, or figuring out what's normal and what's not, don't hesitate to reach out.

The gentle, energy-based support I offer can work beautifully alongside training — helping your puppy feel calmer, more balanced, and ready to learn. You don't have to do this alone.

You can explore more 1-2-1 puppy support and courses on my website [here](#), or email me directly. I'm always happy to help, whether online or in person.

Thank you for allowing me to be a part of your journey.
It means the world.

With love,
Agnes & Lexi 🐾

PawsAgnes Build the Bond with the Dog®
info@PawsAgnes.co.uk



What do other puppy owners have to say?

“Working with Agnes has been, without a doubt, one of the most rewarding and transformative experiences of our lives. We enrolled our now 5-month-old maltipoo girl, Tia, in her 8-week training program, and what we gained was so much more than obedience training – it was a deep, beautiful bond with our puppy and an education in compassionate, intuitive dog parenting.

From day one, Agnes made it her mission to understand Tia on a personal level. Her approach is not one-size-fits-all – she truly tailors every aspect of her program to the dog’s personality, energy, and needs. She got to know Tia as if she were her own, and designed a plan that nurtured her confidence while gently guiding her behavior.

But what truly sets Agnes apart is that she doesn’t just train dogs – she trains people. As first-time dog owners, my husband and I were overwhelmed, but Agnes patiently guided us, answering every question, calming every worry, and helping us understand Tia in a way that changed everything. We are different people because of her – more confident, more connected, and so much more in tune with our dog. The relationship we now share with Tia is one we wouldn’t have known how to build without Agnes.

On top of all this, Agnes brings a holistic touch to her work that is rare and powerful. She incorporated Bach flower remedies to help with Tia’s anxiety and restlessness, and the improvement has been both visible and heartwarming. Her knowledge, dedication, and care go beyond the surface – she addresses the emotional and energetic well-being of your pup in a way that feels deeply healing.

Agnes is not just a dog trainer. She is a true healer, teacher, friend and a guide – someone who has forever changed our lives and helped us give Tia the best, most loving start in life. We are endlessly grateful and cannot recommend her highly enough to anyone who wants to not just “train” their dog, but to truly understand and connect with them.

Thank you, Agnes. You are magic. We love you!”

Suba S.

[Retrieved from Google Reviews, you can check out more of my 5* reviews here](#)