



*Lydia  
& Zep*

# Welcome to The Canine Coven

Hi, I'm Lydia from The Canine Coven, a dog trainer with over a decade of experience working with dogs, helping puppies and their owners build positive, lasting habits.

At The Canine Coven, I focus on building confidence through training with fun, reward-based techniques to make learning easy and enjoyable for both you and your pup.

This free resource is designed to take the stress out of toilet training by focusing on simple routines and positive reinforcement. With the right approach, you can teach your puppy where to go while building their confidence and strengthening your bond. Let's make toilet training a success!



**Want to train with me? Check the website  
and socials for the next available Puppy  
or Middle School course!**

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# Toilet Training Routine



Print this page out and customise this plan to your puppies routine, add in the suggestions at the side into your personalised routine.

- 6.00 AM
- 7.00 AM
- 8.00 AM
- 9.00 AM
- 10.00 AM
- 11.00 AM
- 12.00 PM
- 13.00 PM
- 14.00 PM
- 15.00 PM
- 16.00 PM
- 17.00 PM
- 18.00 PM
- 19.00 PM
- 20.00 PM
- 21.00 PM
- 22.00 PM
- 23.00 PM
- 24.00 AM
- 01.00 AM
- 02.00 AM
- 03.00 AM
- 04.00 AM
- 05.00 AM

## Add To Routine

- First Toilet Break.  
Immediately after waking up
- After Breakfast
- After Play
- After Training Session
- After Naptime
- Before Walk
- After Walk
- After Lunch
- After Dinner
- Final Toilet Break. Before Bed

## Add If Needed

- For Puppies Struggling, Add Extra Breaks Every Hour
- Add Extra Breaks Around Lunchtime To Reinforce Routine
- If Your Puppy Has Accidents At Night, Add Extra Breaks Before Bed
- Set Alarms For Middle-Of-Night Breaks If Your Puppy Struggles At Night
- Every Puppy Is Different! Log Your Puppies Toilet Habits To Identify Their Natural Patterns, And Work With Them.