

## Key Tips for Daily Scheduling

- **Crate Time is Essential:** Even if you're home all day, your dog should spend time resting in their crate. This helps prevent separation anxiety, ensures proper rest, and gives you time for tasks without constant supervision.

**Your dog should spend some crate time each day in a space where they cannot see you. This is important because dogs are naturally pack animals, they're not born knowing how to be alone. Crate training helps them learn "the human way" of being comfortable by themselves, which is essential for their well-being.**

**A foster is not truly crate trained until they see the crate as a safe, comfortable place. To achieve this:**

- **Use high-value treats every time they enter the crate and feed them in the crate**
- **Provide engaging chew items, such as:**
  - **Frozen Kongs stuffed with peanut butter and veggies**
  - **Beef knuckles or other long-lasting chews**

**These items are invaluable because licking and chewing naturally relax a dog's brain and reduce stress. This calming effect makes it easier for them to accept the crate as a secure, positive space.**

- **Plan Active Before Rest:** Schedule crate time after mental or physical activity. A tired dog is more likely to relax and sleep.
- **Use Alternatives Wisely:** Depending on age, tethering, an x-pen, or "place" training can supplement crate time. These options provide variety, but crate time should still be part of the routine.

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## Sample Schedules

### Puppies – Work From Home

- **7 AM:** Potty, breakfast used for training, walk/play, short house time (tether or x-pen).
- **8 AM:** Training, potty, practice "place," potty again if needed.
- **9 AM:** Crate while you work or do school drop-off.
- **11 AM:** Optional potty/play break, then crate.
- **1 PM:** Lunch break – potty, short play/walk, house time, then crate.
- **3 PM:** Optional potty/play break, then crate.
- **5 PM:** Potty, dinner used for training, walk or outing.
- **6 PM:** Crate, place, or x-pen during dinner prep.

- **7 PM:** Potty, play, monitored house time, handling drills.
- **9 PM:** Potty and crate.
- **11 PM:** Final potty if needed.

### **Older Dogs – Work From Home**

- **7 AM:** Potty, walk/play, breakfast used for training.
- **9 AM:** Crate while you work.
- **11 AM:** House time.
- **1 PM:** Lunch break – potty, short play/walk, then crate.
- **3 PM:** House time.
- **5 PM:** Potty, dinner used for training, walk or outing.
- **6 PM:** Crate or place during dinner.
- **7 PM:** Potty, play, house time, handling drills.
- **10 PM:** Potty and crate.

### **Puppies – Work Outside Home**

- **7 AM:** Potty, breakfast training, short house time, potty again.
- **8:30 AM:** Crate while you're at work.
- **12:30 PM:** Lunch break – potty, play/walk, house time, then crate.
- **5:30 PM:** Potty, dinner training, walk or outing.
- **6 PM:** Crate, place, or x-pen during dinner.
- **7 PM:** Potty, play, monitored house time, handling drills.
- **9 PM:** Potty and crate.
- **11 PM:** Final potty if needed.

### **Older Dogs – Work Outside Home**

- **7 AM:** Potty, breakfast training, practice “place,” potty again.
- **8:30 AM:** Crate while you're at work.
- **12:30 PM:** Lunch break – potty, play/walk, then crate.
- **5:30 PM:** Potty, dinner training, walk or outing.
- **6 PM:** Crate or place during dinner.
- **7 PM:** Potty, play, house time, handling drills.
- **10 PM:** Potty and crate.