



Four Paw Sports Center, LLC

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Puppy Start 'Em Right

Puppy Class

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Homework and Other Notes

Use this space to record your assignments, take notes, etc.

Hello and Welcome!

Welcome to class. Our goal is to provide a safe, collegial, fun learning environment that will provide you with the knowledge and skills you need to successfully work with your puppy to get the kind of behavior you like, both at home and out in the world.

What to Bring:

- A plain, flat, nylon collar (no choke or prong/pinch collars), or a harness
- A 5-6 foot leather or nylon lead (please no longer or retractable leashes—these can be great for walks if used correctly but are inconvenient for in-class training)
- A towel or mat for your puppy
- A variety of your puppy's favorite soft treats, cut up into very small pieces, in a treat holder you can hook onto your clothes (*plastic bags tend to difficult to remove treats from – we suggest a Home Depot nail apron for \$0.77 in their tool department!*)
- A hungry puppy – not a starving one
- Poop bags!
- Your clicker!!
- This handbook and a pen or pencil
- A Kong stuffed with food or a sterilized bone
- A stuffed toy

Recommended Readings / DVDs

Your Outta Control Puppy

By Teoti Anderson

Culture Clash

By Jean Donaldson

After You Get Your Puppy

By Ian Dunbar

Reaching the Animal Mind

By Karen Pryor

How To Teach A New Dog Old Tricks

By Ian Dunbar

New Puppy! Now What? DVD

Victoria Schade

Don't Shoot The Dog

Karen Pryor

Clicking With Your Dog: Step By Step

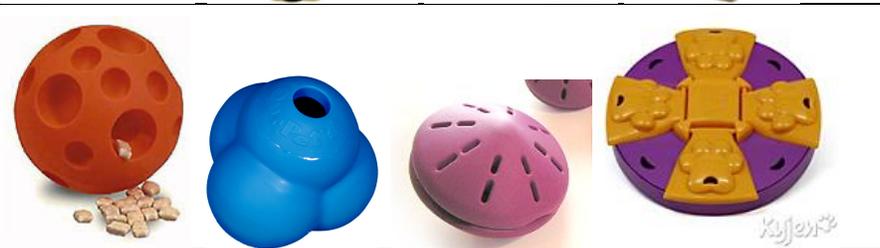
Peggy Tillman

Source for Dog Books & DVDs

Dogwise
1-800-776-2665
www.dogwise.com



Puppy Shopping List

<p>Plush puzzle toys</p> <p>Hide-A-Squirrel Hide-A-Bee Intellibone Dr. Noy's replaceable squeaker toys</p>	
<p>Fill with kibble & work to eat!</p> <p>Tricky Treat Ball, Molecule Ball by Our Pets, Twist n Treat by Premier</p>	
<p>Stuff 'em (<i>google stuffed kong recipes!</i>) Freeze 'em Hide 'em around the house</p> <p>Kong, Groove Thing by Premier</p>	
<p>Pressed Rawhides – take a long time to chew!</p> <p>Bully Sticks Himalayan Dog Chews Antlers</p>	
<p>Treats:</p> <p>Natural Balance Freeze Dried Salmon Freeze Dried Liver</p>	
<p>Gates, X-Pens, Crates</p>	
<p>A cozy place for the pooch in each room</p> <p>Dogs love the snuggle ball</p>	
<p>Get control when walking – use front connection harness</p> <p>Gentle Leader (<i>not my personal choice</i>) Halti Opti-Fit Easy Walk Harness Wonder Walker (<i>my favorite!</i>)</p>	

How Puppies Think and Learn

Written by Veronica Boutelle, June 2001
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Puppies Learn in Two Ways.

Learning by Association

The first way puppies learn is by Association (By Emotional Response)

Human example:

We humans learn by association, too. For example, when you meet someone for the first time you come away with an association—either positive, negative, or neutral. If you really enjoyed your interaction with the person, you are likely to be really happy to see them again. If you found them to be difficult or argumentative and then you see them again, you might get that little pit of dread in your belly—you have formed a negative association with that person.

Human-puppy comparison:

Puppies experience the world this way, too, only they rely on this learning far more than we do. They are constantly forming associations—safe, dangerous, neutral or good for me, bad for me, neutral. These associations inform the decisions they make and the reactions they have to various situations and stimuli.

Puppy example:

A common example of associative learning in dogs is their reaction to a food bowl, even an empty one. Dogs love pottery! Pull out a dog dish and the average pup will jump into paroxysms of joy. This is because they've come to learn that bowls predict food, so they love bowls. In other words, dogs associate bowls with food.

The amazing thing is that we can manipulate dogs' associations to things. For example, most puppies would find a chair to be of no consequence to them; they would form a neutral association to it. But you could teach your pup to LOVE this object.

You could place a screen between Fido and the object. Every time you lift the screen Fido gets treats until the screen goes back down. Pretty soon he figures out that the presence of the object is predicting the arrival of the treats and you have a pup that loves the chair.

We could now reverse this association; we could teach Fido to hate or fear the same chair.

Implications:

The implications of this are enormous. It's important to remember that what we do influences the associations the puppy is making while in our presence. Here's an important example: Say I'm walking Fido and he has a reaction I don't like to seeing another dog. It could be just that he barks in excitement, for example, but I don't like it. I shout, "No!" and give him a leash correction. This happens each time we see a dog. Pretty soon Fido's reaction to other dogs is terrible—he barks and growls and lunges and snaps because I have built a negative association: dogs equal pain. I have taught him to dislike or fear other dogs, just like we did with the chair. I have the potential to take a pup who either likes others or doesn't yet know how he feels about them and make him fear aggressive, aggressive, or fearful around other dogs. **This is the main drawback to using punishment**—it has a lot of side effects due to learning by association or emotion. And don't forget that one of the negative associations is with the punisher, which can affect the bond between person and dog. It's not that punishment doesn't work—It's that learning by association or emotion always comes along for the ride.

What could I do instead if Fido is having a reaction to another dog? Say that every time the dog I'm walking sees another dog it starts growling and lunging? Say Fido has a negative association with other dogs and we have to reverse it. Treats are a good way to do this. But what if Fido is so upset that he won't take the treats? If you're afraid of spiders and I put one right in front of you, or keep you in a room with it for a long period of time, it's going to be hard for you to listen to my instructions to sit down and stop screaming. But if I hold the spider 20 feet away, and only bring it in for short periods of time, and maybe distract you with some conversation or chocolate, things are going to go better for you; you'll be able to hear me when I ask you to take a seat and compose yourself.

We need to do the same things for dogs who are afraid of something or upset by it—we need to desensitize using the Three Ds: distance, duration, and distraction. We move Fido farther away from the upsetting object, try to keep the situation brief, and distract him with our cheerful voices and treats. Remember, we're not rewarding him for his barking or growling—he's too upset to control his behavior. We are trying to affect his emotional state so that we can then ask for different behavior.

Learning by Consequence

The second way that puppies learn is by consequence, or by doing.

Human example:

I can tell a school-age child that I will take him out for ice cream when I see him next week to celebrate his good report card. When he eats the ice cream, he will understand that he is being rewarded for grades he got a week ago, which he got because of work he did over the course of a period of months.

Human-puppy comparison:

A dog could never understand this—it's way beyond their ability to connect events over time like this. Dogs learn by consequence like we do, but for dogs—especially puppies—the consequence has to be immediate; it must occur right on the heels of the action that caused it.

Puppy example:

For example, say I lure Fido into a sit with my hand. Then I rummage around for the treat, trying to figure out where I put it. By the time I deliver the treat five seconds later, the impact is lost; Fido may not realize he was rewarded for sitting. In the five seconds between the sit and the treat, he sneezed, sniffed the ground, and looked left. All of a sudden there was a treat. As far as he's concerned, he got it for looking left. You'll eventually teach Fido to sit, but it'll take a while. Or, you might end up with a dog that sits and looks left as a matter of course.

Implications:

This is why we use the clicker or bingo/marker word—it allows us to tell Fido the precise moment he won the treat. Once we've clicked or marked the behavior we buy ourselves a few seconds to get the treat out of our pocket because Fido knows what he's getting his treat for. The clicker or bingo word is a reward marker—it marks the moment the reward was won.

The advantage to a click over a marker word can be summarized as unique, distinct, and constant. Marker words are usually words used elsewhere in everyday conversation, and we are unable to use words without any intonation or “feeling”. A clicker is the same sound every time, and it isn't found elsewhere.

To teach Fido to know that the click means a treat is coming we use learning by association—we pair the clicks with treats. Every time he hears the click he gets a treat. Pretty soon Fido understands that the click means treat, that the click predicts a treat. So even when we're working with learning by consequence associations are constantly being made.

Overall Implications:

There are two main concepts to take from these ideas:

- **One, puppies learn in two ways—by association/emotion and by consequence/doing.**
- **And two, that because of these two ways of learning, puppies see the world in two ways: What's safe/good for me and what's dangerous/bad, and what works and what doesn't.**

The safe/dangerous outlook on life comes from learning by association or emotional response. When a puppy is punished for peeing on the carpet in front of you, they don't learn inside/outside—they learn that it's not safe to pee in front of you, but it is safe to pee when you're not there.

The what works/what doesn't work outlook on life is from learning by consequence or by doing. Every puppy tries staring at the refrigerator. After a while they give up and don't bother trying again because staring at the fridge doesn't seem to work; it never opens. They also try staring at their people at the dinner table. Every once in a while someone gives in and gives them a bite. Staring at people while they eat works, so dogs continue to do it and a table beggar is born.

The important point here is that Fido's world is safe/dangerous and works/doesn't work, NOT right/ wrong. Dogs do not have the capacity for those abstract thoughts. Puppies don't do things we don't like in order to get back at us or be stubborn or naughty. This is a myth. Dogs just do what's safe and what works. That's all. If Fido barks at you to throw the ball and you throw it, rest assured he'll do that again. If you ignore the barking he'll eventually give up and try something else. He's not trying to be obnoxious, he's just doing what works. Similarly, if you ask a puppy to sit and he doesn't sit he's not being stubborn, he's just not trained well enough yet. So be patient with Fido and be careful what you pay attention to and what you ignore, and the ways in which you do so.

REMEMBER

You're always training something.

It may not be what you THINK you're training.

It may not be what you WANT to be training.

But...

You're always training something!

Physical Exercise Plan

A tired puppy is a calmer puppy and a calmer puppy makes for happy puppy parents! Unfortunately, the usual leash walk is seldom enough to have a calming effect. Puppies need some activity that encourages them to run several times a day in order to meet their needs for exercise. Playing fetch or Frisbee, swimming, playing tug, and playing with other puppies are some ways you can meet this need. If time is a factor, consider hiring a dog walker or taking your pup to puppy daycare. Your puppy will have a great time, housetrain faster, and be much less likely to chew on the kitchen table legs from boredom and extra energy. You'll feel better knowing she's not at home by herself all day and enjoy a calmer puppy to return home to in the evening.

Mental Stimulation

Puppies have growing minds as well as growing bodies. But inquiring minds often look for projects and the most obvious choice is sometimes chewing the sofa cushions. Providing your puppy with fun things to do on his own can help prevent behavior problems associated with boredom like barking and chewing the furniture. Along with providing a productive outlet for puppy's problem-solving skills, toys that stimulate puppy's mind can teach him how to settle down and be alone. The following mental exercise games and problem solving activities will help keep your puppy occupied with parent-approved projects.

- Stuffed Kongs, bully sticks, marrow bones, and pressed rawhides are great for puppies who need to chew
- The Tricky Treat Ball works the brain while dispensing puppy's meal
- Plush puzzle toys (ex. Hide-A-Squirrel) are great for puppies who insist on taking the stuffing out of, well, everything
- Wrap treats in old stuffed animals and/or socks to encourage dissection. Throw items in the washer to clean and use again
- All puppies enjoy a good scavenger hunt. Once puppy has gone potty, scatter her kibble around part of the yard and encourage her to "find it."
- See Shopping List for more details.



Mental and Physical Exercise Plan

Caring for a new puppy is a lot of work and you may find you need some help along the way. Creating a plan for your puppy’s exercise and mental stimulation needs can help ensure your puppy gets the exercise he needs. Think about your puppy’s daily routine and choose *what* type of exercise and mental stimulation your puppy will receive, *who* will be in charge of making it happen and *how* long your puppy will play. Here are some examples of people who may be able to help:

- Partner, family members, friends & neighbors
- Dog Walker
- Puppy Daycare

Exercise and Mental Stimulation Activities:

Leash Walks Puppy Play Time Fetch Visits to Puppy Daycare

Toy Dissection Stuffed Kong Tug Chewing bones, bully sticks, etc.

Tricky Treat Ball Training Games Swimming Other: _____

AM	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
What:							
Who:							
For How Long?							
Afternoon							
What:							
Who:							
For How Long?							
PM							
What:							
Who:							
For How Long?							

Training Basics

Training Basics: Reward List

Getting Ready To Train

Before you can begin any kind of training, you must know what your puppy considers a pleasant *association* or *consequence*. The purpose of this assignment is to get to know your puppy's likes and dislikes a little better, so that you will always be prepared with a powerful treat when you need it.

- Using the form included, make a list of at least **20** things your puppy likes in what you think is her usual order of preference (bearing in mind that such preferences change according to circumstances, i.e., the turkey sandwich after Thanksgiving dinner). Some food possibilities are chicken, roast beef, hotdogs, jerky treats, Natural Balance puppy food, string cheese, cheese, fish, and even bagels. And you probably know whether she likes her normal kibble well enough to work for it. In thinking up (and testing on your puppy, of course) various kinds of food, bear in mind that the most efficient ones to deliver are soft foods (so you don't waste time waiting for her to crunch them up) that can be easily cut into tiny pieces. You can also include things other than food on your list, like fuzzy toys, squeaky ball, going out for a walk, chasing the tennis ball, and playing tug if your puppy likes them.
- In your training sessions before our next class, try to vary which of these treats you use, but *don't use her top 2 or 3 at all. Bring a supply of those to class next week.*
- *In order to make sure that these treats will be very potent for your puppy in class where they will have to compete with the intense stimulation of seeing other puppies, do not feed her before class.*

Rewards List

- | | |
|----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |

Nothing For Free List



Make your puppy SIT for his supper!

We spend a lot of time asking our dogs to do certain things—we want them to sit when we say sit, to wait at a door when it opens instead of dashing outside, to be calm and polite when they want something. Dogs want a lot of things, too. They want to go outside, to play with their toys, to have their dinners.

The Nothing For Free system lets us all be happy—we ask them for what we want and then, in return, give them what they want. If you start practicing NFF you can be training all day without having to work at it, and you end up with a well-mannered puppy.

Write down all the things that your puppy loves. From now on, have him practice a behavior (sit, down, etc.) to get them or do them, EVERY TIME. (If your puppy hasn't learned Sit yet, just wait for him to be calm and polite before setting down his bowl, Kong, or treat ball. You can add the behavior requests after you've learned them in class.)

My Puppy Loves to....

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Preventing Aggression

AVSAB Position Statement On Puppy Socialization

American Veterinary Society of Animal Behavior
www.AVSABonline.org

The primary and most important time for puppy socialization is the first three months of life. During this time puppies should be exposed to as many new people, animals, stimuli and environments as can be achieved safely and without causing overstimulation manifested as excessive fear, withdrawal or avoidance behavior. For this reason, the American Veterinary Society of Animal Behavior believes that it should be the standard of care for puppies to receive such socialization before they are fully vaccinated.

Because the first three months are the period when sociability outweighs fear, this is the primary window of opportunity for puppies to adapt to new people, animals, and experiences. Incomplete or improper socialization during this important time can increase the risk of behavioral problems later in life including fear, avoidance, and/or aggression. Behavioral problems are the greatest threat to the owner-dog bond. In fact, behavioral problems are the number one cause of relinquishment to shelters. Behavioral issues, not infectious diseases, are the number one cause of death for dogs under three years of age.

While puppies' immune systems are still developing during these early months, the combination of maternal immunity, primary vaccination, and appropriate care makes the risk of infection relatively small compared to the chance of death from a behavior problem.

Veterinarians specializing in behavior recommend that owners take advantage of every safe opportunity to expose young puppies to the great variety of stimuli that they will experience in their lives. Enrolling in puppy classes prior to three months of age can be an excellent means of improving training, strengthening the human-animal bond, and socializing puppies in an environment where risk of illness can be minimized.

For this reason, the American Veterinary Society of Animal Behavior believes that it should be the standard of care for puppies to receive such socialization before they are fully vaccinated.

In general, puppies can start puppy socialization classes as early as 7-8 weeks of age. Puppies should receive a minimum of one set of vaccines at least 7 days prior to the first class and a first de-worming. They should be kept up-to-date on vaccines throughout the class.

To view the statement in its entirety, go to [www. http://www.avsabonline.org/](http://www.avsabonline.org/) then click on Position Statements.

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Puppy Vaccination and Socialization Should Go Together

TO: My Colleagues in Veterinary Medicine:

Common questions I receive from puppy owners, dog trainers and veterinarians concern: 1) what is the most favorable age or period of time when puppies learn best? 2) what are the health implications of my advice that veterinarians and trainers should offer socialization programs for puppies starting at 8 to 9 weeks of age.

Puppies begin learning at birth and their brains appear to be particularly responsive to learning and retaining experiences that are encountered during the first 13 to 16 weeks after birth. This means that breeders, new puppy owners, veterinarians, trainers and behaviorists have a responsibility to assist in providing these learning/socialization experiences with other puppies/dogs, with children/adults and with various environmental situations during this optimal period from birth to 16 weeks. *Experience and epidemiologic data support the relative safety and lack of transmission of disease in these puppy socialization classes over the past 10 years in many parts of the United States.*

Many veterinarians are making this early socialization and learning program part of a total wellness plan for breeders and new owners of puppies during the first 16 weeks of a puppy's life -- the first 7-8 weeks with the breeder and the next 8 weeks with the new owners. This socialization program should enroll puppies from 8 to 12 weeks of age as a key part of any preventive medicine program to improve the bond between pets and their people and keep dogs as valued members of the family for 12 to 18 years.

To take full advantage of this early special learning period, many veterinarians recommend that new owners take their puppies to puppy socialization classes, beginning at 8 to 9 weeks of age. At this age they should have (and can be required to have) received a minimum of their first series of vaccines for protection against infectious diseases. This provides the basis for increasing immunity by further repeated exposure to these antigens either through natural exposure in small doses or artificial exposure with vaccines during the next 8 to 12 weeks. In addition the owner and people offering puppy socialization should take precautions to have the environment and the participating puppies as free of natural exposure as possible by good hygiene and caring by careful instructors and owners.

Experience and epidemiologic data support the relative safety and lack of transmission of disease in these puppy socialization classes over the past 10 years in many parts of the United States. In fact; the risk of a dog dying because of infection with distemper or parvo disease is far less than the much higher risk of a dog dying (euthanasia) because of a behavior problem. Many veterinarians are now offering new puppy owners puppy socialization classes in their hospitals or nearby training facilities in conjunction with trainers and behaviorists because they want socialization and training to be very important parts of a wellness plan for every puppy. We need to recognize that this special sensitive period for learning is the best opportunity we have to influence behavior for dogs and the most important and longest lasting part of a total wellness plan.

Are there risks? Yes. But 10 years of good experience and data, with few exceptions, offers veterinarians the opportunity to generally recommend early socialization and training classes, beginning when puppies are 8 to 9 weeks of age. However, we always follow a veterinarian's professional judgment, in individual cases or situations, where special circumstances warrant further immunization for a special puppy before starting such classes. During any period of delay for puppy classes, owners should begin a program of socialization with children and adults, outside their family, to take advantage of this special period in a puppy's life.

If there are further questions, veterinarians may call me at 651-644-7400 for discussion and clarification.
**Robert K. Anderson DVM, Diplomat, American College of Veterinary Preventive Medicine and
Diplomat of American College of Veterinary Behaviorists**

Puppy Socialization

In technical terms, socialization is the developmental process whereby puppies and adolescent dogs familiarize themselves with their constantly changing surroundings. Essentially it means that puppies have to encounter and be comfortable with all of the things you want them to accept gracefully as adults. That means all kinds of people, other dogs, other animals, noises and sights, etc. Once they reach a certain age—around 4 to 6 months—their ability to easily accept new experiences begins to wane. If they have not been well socialized by that time there is a much greater risk of developing all sorts of behavioral problems stemming from fear—aggression, agoraphobia, reactivity towards certain people, animals, or situations, etc.

It’s our job to help our puppies make positive associations with the things in their environment. Teaching your puppy that the world is safe will help prevent behavior problems in the future. Remember, while now is a crucial time to socialize your puppy, the need to see and experience new things will continue throughout your puppy’s life.

Think about the things your puppy will see every week as an adult and make sure you visit those places, see those people, or experience those things now. Help him form positive associations by cheering and praising him when he encounters something new and when possible offer a treat, too. If he seems even a little bit nervous move a little distance away, give him treats, and then move on—anything he’s unsure about should be encountered in short bursts. Walk away from whatever it is and then walk back. As he sees or hears the “scary thing” start your cheerful happy talk praise and break out the treats. When you move away from it, go quiet and stop the treats. We want your puppy to learn that the presence of the scary thing is what makes you give him the food. He begins to associate the food with the new experience and realizes that “Hey, that new thing really isn’t so bad after all.”

Puppy Socialization Checklist

Record your puppy’s reaction to the new things he sees on your checklist. Using the chart and scoring system below, focus first on any areas where your puppy receives a one. Then work on the two’s until your socialization checklist is full of 3’s—he’s seen it all and he loves it all.

- 1 – Hates It** (fearful, avoids it, backs-away, growls)
- 2 – Deals With It** (ignores it or walks away)
- 3 – Two Paws Up - Loves It!** (approaches it willingly, wags tail, wiggles)

PEOPLE	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Seniors						
Adults						
Teens						
Children						
Pre-schoolers						
Toddlers						
Babies						
Adult Males						
Adult Females						
Different Ethnicities						

PEOPLE WEARING...	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Hats						
Sunglasses						
Beards						
Helmets						
Gloves						
Medical Uniform						
Mail Uniforms						
Meter Readers in Uniform						

PEOPLE WITH...	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Canes						
Crutches						
Walkers						
Wheelchair						
Scooter						
Baby Stroller						
Backpack						
Grocery Bags						
Shopping Cart						
Luggage						

Gardening Equipment						
Brooms						
Umbrella						

ANIMALS	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Adult Dogs						
Puppies						
Cats						
Livestock (cows, etc.)						
Horses						
Birds						
Small Pets						

THINGS THAT MOVE	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Joggers						
Bicycles						
Skateboards						
Roller Blades / Skates						
Scooters						
Motorcycles						
Trucks						
Buses						
Boats						

NEW PLACES	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Riding in the Car						
Hiking Trails						
Beach						
Pet Supply Store						
The Office						
Downtown						
Outdoor Café						
Vet's Office						
Friends' Homes						
Grooming Salon						
Park						
School Yard						
Party						

NOISES	8-10 Wks	10-12 Wks	12-16 Wks	6 Months	9 Months	1 Year
Hair Dryer						
Vacuum						
Kitchen Appliances						
Loud Music						
Loud TV						
Doorbell						
Truck Backing Up						
Garbage Truck						
Flags flapping in breeze						

Puppy Play Biting/Bite Inhibition

It's normal for puppies to bite when playing. They do it when they play with each other and you've probably discovered they do it to you too. While this can be an uncomfortable activity for you, it's an important part of your puppy's development.

When puppies play with each other, if one bites too hard his playmate may yelp or stop playing all together. Over time, puppy learns to use his mouth more gently, to inhibit his bite, in order to keep play going. If a puppy is not given plenty of opportunities to learn about controlling his jaw pressure, normal day-to-day scuffles with other dogs can turn into fights resulting in injury.

It's especially important that puppies learn to inhibit their bite with humans. While you may not want your adult dog to put his mouth on you, it's still important your puppy learn that human skin is fragile. Puppies 6-18 weeks old should be allowed to bite when playing as long as it's not too hard. If you don't allow your puppy to bite at all, you can't give her feedback about what is too hard. Hard bites should result in a time-out. Stop play, and leave your puppy alone or put her in a time-out area for one minute. Each week ask your puppy to bite a little softer by timing her out for her hardest bites. Don't phase out play biting all together until she is reliably biting softly. At this point you can re-direct her to toys or time her out for all bites.

Rate how hard your puppy bites:

- 1 – You can feel it, but barely
- 2 – There's some pressure, but you barely flinch
- 3 – Wow, those little teeth are sharp, but it's tolerable
- 4 – Ok, that hurts a bit. It might even leave a mark.
- 5 – Ack! That hurts and your hand is now bleeding.

Each week, think about when your puppy is most likely to play bite and be ready to deliver a time-out if necessary. In week one, time your puppy out if he gives you a level 5 bite, in week two time-out anything that is a four or above. Continue this process until your puppy consistently delivers only level 1 bites.

We recommend a 3-step process:

- 1) "Squeal" like a littermate – gauge the puppy's reaction and change your tone/pitch to not excite him/her more. Stop play for 3-5 seconds. Then give puppy another chance to play. Repeat this 2 or 3 times before moving on to the next step.
- 2) "Exchange" a toy/bully stick for your hand – keep playing with your puppy with the toy. You can hold it, but continue to play with him. If he bites again, drop the toy/stick and say "Ow" again. Stop play for 3-5 seconds again. You can repeat this 2 or 3 times as well.
- 3) The last resort is a time-out, which is total separation from you. Place your puppy over a gate, in a bathroom – anywhere that is separate from you. He/She stays there for 20-30 seconds, and then you bring him out. You should change your method of play after a time-out, and switch to a calmer interaction.

The message you are sending your puppy at each step is "If you bite me, you lose the fun of playing with me."

Remember that puppies get over-stimulated like toddlers, so it is your responsibility to gauge his stimulation level. A puppy that is over-stimulated is not able to learn.

PUPPIES GIVE WHAT THEY GET!! Consider if you need to adjust your method of play!

Food Bowl Bonuses (Teaching Puppy to Share)



"Some dogs prefer not to share their stuff"

Background Info

Resource guarding is a term used to describe situations in which dogs are in possession of an item and want to retain possession of it. In the wild, this tends to be a life or death situation in that if the dog let another animal take possession of his food he would ultimately die of starvation. He is naturally highly motivated to retain possession of the resource so that he survives. While this survival instinct served dogs well in the wild, it's not one we appreciate in our pet dogs so we need to teach our puppies to like being approached when they have a favorite chew, and to not even mind it being taken away. Our job is to change the pup's thinking from "Oh, no! They're going to take my stuff!" to "Yeah! I love when they take my stuff!" The trick to this is to teach them that good things happen when humans take your things. If we use the fact that we're bigger and stronger to just make them give it over, we deepen their misgivings and set ourselves up for confrontation down the line. Your puppy is not being dominant by not sharing—remember, it's hardwired instinct for animals to guard their stuff.

Food Bowl Bonuses Exercises

Step One: Ask your puppy to sit. (If you haven't learned Sit yet, just wait for her to be calm and polite.) Once your puppy sits (or is being calm), place the empty food bowl on the floor and walk a couple steps away.

Step Two: As your puppy eats, walk up and toss a treat into her bowl. Walk a couple steps away, pause for a few seconds, and repeat until the puppy is finished.

Step Three: When the bowl is empty, ask your puppy to sit. Pick up the empty bowl and give her a small treat.

Next Steps

When your puppy shows clear signs of enjoying your approach (wagging tail, looking up expectantly to see what kind of bonus is coming his way), add in a bowl touch. Walk up to him as you've been doing, but now reach down and touch the rim of his bowl with your right hand and then immediately add the bonus with your left. (Reverse this if you're left handed.)

After a few days of bowl touches (or however long it takes to get tail wags and expectant looks up) graduate to picking up the bowl. Approach, pick up your puppy's bowl with your right hand, add a delectable bonus and quickly put the bowl back down. The message? It's great to have people bug you when you're eating!

Important Things To Remember

If your puppy grabs something you do not want him to have, don't quickly take it away. Instead, ask him to 'drop it' and then offer to trade a better treat for the forbidden item. This will teach puppy that having things taken from him predicts yummy treats. If your puppy is not interested in trading and the forbidden item is not harmful to her let her keep it. It is better for her to sneak an unintended snack or chew than for you to get hurt trying to take something away from her, or to teach her not to trust you approaching her when she has possession of something.

The following is a list of items many dogs consider to be valuable

Food bowls (empty and full)

Chew bones of all kinds – (especially pig ears & greenies)

Tennis balls

Their person

Squeaky toys

Dog beds

Their favorite napping spot on the couch

Crates

Kongs

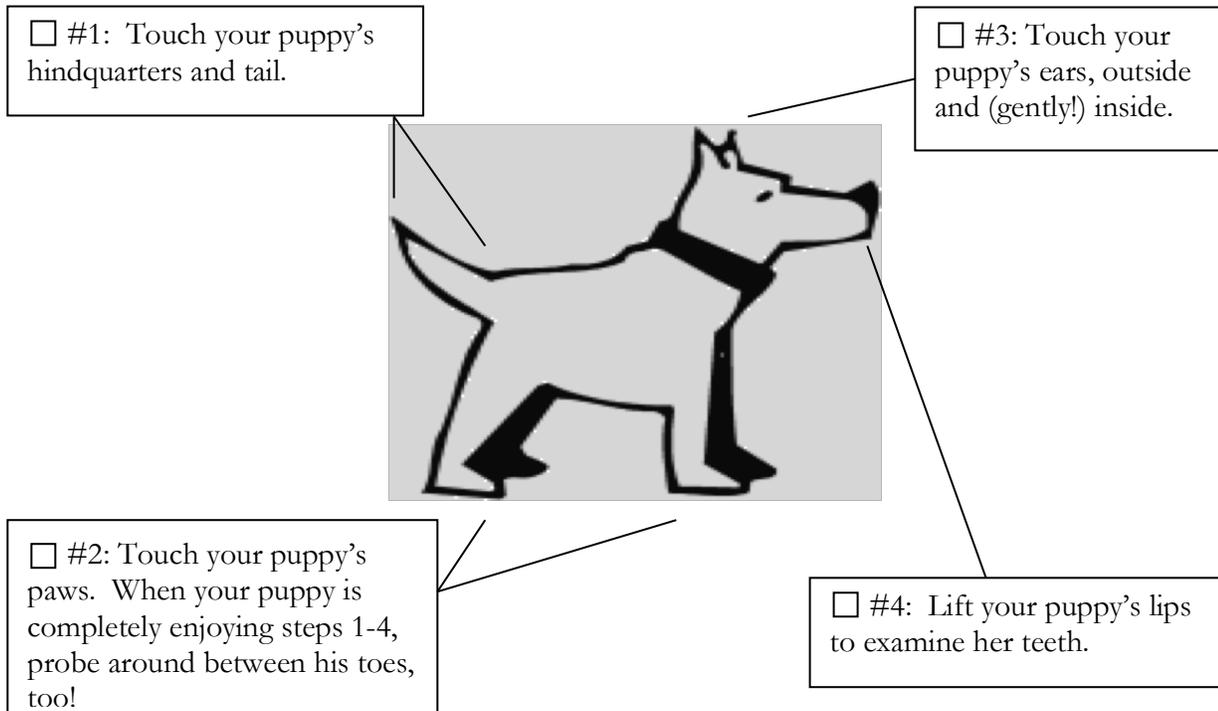
Handling Practice

Directions:

- Check off each assignment as you complete it
- For all exercises, remember to touch first and then treat. Don't do both at the same time.
- For each of the assignments, use the following order:
 1. Start off touching lightly
 2. Then hold on longer
 3. Then apply more pressure
 4. Finally, apply gentle restraint

Be sure to move to the next level only when your puppy is obviously comfortable (wagging, wanting more) with the one you're on!

Pet all over your puppy's body. Look for any trouble spots as evidenced by your puppy seeming uncomfortable or upset (pulling away, freezing). Concentrate on these areas, but go slowly.



#5: Get family and friends in on the fun: Have them Touch and Treat your puppy. Once they've gotten her warmed up by doing Touch and Treat all over, have them work on any tough spots. Teach them to go slowly at your puppy's comfort level.

#6: You keep at it, too!

Housetraining

Housetraining Checklist

Your house-training program will require setting up both long and short-term confinement areas. The short-term area, usually a crate, is for short absences and building up your puppy's ability to hold their urine and feces. When you will be gone for longer periods of time, such as going to work, you'll need a longer-term confinement area where your puppy has a legal place to relieve herself.

Short Term Confinement

Crate training your puppy has many benefits including strengthening your puppy's bladder muscles, creating a place for puppy to practice chewing only appropriate items, and providing a safe place for your puppy to relax.

- Use the crate for short absences. General guidelines for crating puppies:

8-10 weeks	up to 1 hour
11-12 weeks	up to 2 hours
13-16 weeks	up to 3 hours
Over 4 months	up to 4 hours
- Don't leave your puppy in the crate for too long or he will be forced to soil the crate, ruining his tendency to keep his sleeping area clean
- Give your puppy something to chew while in her crate
- Take your puppy outside immediately after letting him out of his crate
- If you take your puppy outside and she doesn't potty, put her in her crate for 10-20 minutes and then try again

Long Term Confinement

Use a long-term confinement area if you will be gone longer than your puppy can hold it.

- Use an easy to clean, puppy-proof room such as the kitchen or bathroom
- Use puppy gates to confine your puppy in the room
- Put a potty area (puppy potty pad or litter box) at one end of the room and your puppy's crate (with the door open) a little bit of water, and a chew toy or Kong at the other end

The Keys To Housetraining

1. Prevent Accidents

- Supervise your puppy in the house and use a crate when you're not sure if your puppy is empty

2. Reward Your Puppy For Going Outside

- In order to teach your puppy where to potty, you must accompany him outside
- Take him on-leash to the same place every time
- When he goes, praise and offer him a treat when he's finished
- Then if you're in a puppy-safe place, let him off-leash for a little playtime

Housetraining Schedule

	Where Will Puppy Be	Who's Responsible for Puppy
6am		
7am		
8am		
9am		
10am		
11am		
Noon		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		

Houstraining Accident Log

Week One

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Two

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Three

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Four

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Five

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Six

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Training Puppy Manners

Sits

Step One: Say It

Tell your puppy “Sit” in a cheerful tone of voice.

Step Two: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your puppy into a sit by putting the treat up to their snout and slowly moving it backwards and up. Be sure to keep the treat lure near your puppy’s nose—if you move your hand up too quickly and too far away from their mouth they may give up and lose interest.

Step Three: Pay It

As soon as your puppy’s rump hits the ground praise and treat.

- Repeat as many times as you can so long as you and your puppy are still enjoying yourselves. Praise and treat every sit.
- Try hard to remember not to repeat the command. Just say it once, pause, and lure. When possible, take the food out of your hand and “show” your puppy with an empty hand signal.
- Fill out your Nothing For Free List and practice your sits for everything on the list. This means you’ll need to either carry treats around in your pocket or bait bag, or leave small stashes of treats around the house near doors, in the kitchen, etc.

Practice sits on your puppy’s mat or bed in the living room whenever you are watching TV, reading, relaxing, etc., and practice sits everywhere and throughout the day. Work always at your pup’s level, fading out the Show It step where you can and using it when needed.



Sit-Stay

Getting puppies to hold still can be a real challenge. Their energy seems to have no boundaries. Still we need them to greet nicely, wait at the door – to just hold still, but sitting still takes practice for a puppy.

The key to building a rock-solid stay is to practice small, incremental steps. Here we will focus on duration, teaching our puppy to hold a sit for longer periods of time. Going too fast causes your puppy to fail and is the best way to build a spotty command. Instead, we always want to work at our puppy's level. If your puppy is making frequent mistakes, it's too hard. Back up and ask for a shorter stay.

Step One: Say It

Stand in front of the puppy, and in a cheerful voice tell him “Stay.”

Step Two: Show It

Give the hand signal.

Step Three: Pay It

If the dog is still sitting, treat immediately.

- The first ten trials or so should be just 1- second stays then build slowly from there. If the puppy breaks the stay use a “Too bad” or something similar and reset with an easier stay.
- It's very important that if you make a mistake and your puppy breaks his stay that you reset and do a few easier ones to reestablish success and keep the puppy in the game. The best way to train an unreliable command is to constantly work at the outer edges of the dog's ability so that he is getting it wrong often. You want at least 90% success—9 of every 10 tries work-- and if you aren't getting that, you have to scale back and work at the puppy's level to create success.
- One key to success in duration stays is to vary the amount of time you make your puppy stay. Don't always make it harder and harder— remember to throw easier stays in now and then to mix it up and make it fun for your puppies.

Practice your sit stays whenever you are watching TV, reading, relaxing, working on easy tasks in the kitchen, etc. Work always at your puppy's level. The more you practice, the stronger your puppy's stay will be. Only work when you can focus enough to work at your pup's level.

Downs

Step One: Say It

With a treat in your hand, tell your puppy “Down” in a cheerful tone of voice.

Step Two: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your puppy into a down by putting the treat up to their snout and slowly moving it down to the ground. Be sure to keep the treat lure near your puppy’s nose—if you move your hand down too quickly and too far away from their mouth they may give up and lose interest.

Step Three: Pay It

As soon as your puppy’s knees and elbows hit the ground praise and treat. Continue to treat as long as the puppy remains in the down. Stop treating when she gets up.

- Repeat as many times as you can so long as you and your puppy are still enjoying yourselves. Praise and treat every down.
- Try hard to remember not to repeat the command. Say it only once, pause, and lure.
- It will also help to treat your puppy whenever you just happen to find him lying down. This will help with learning down because he’ll be more likely to try this position. It will also help with general behavior at home. If you reward your puppy often for lying quietly around the house he’ll lie quietly around the house more often!
- Take a look at your Nothing For Free List and choose a few things on the list that you’ll ask your puppy for a down for.



Go To Your Mat and Lie Down

Step One: Say It

With a treat in your hand, tell your puppy “Go To Mat” in a cheerful tone of voice.

Step Two: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your puppy onto his mat by putting the treat up to his nose and slowly moving it over the mat. If you move your hand too quickly or too far away from his mouth he may give up and lose interest.

Step Three: Pay It

As soon as your puppy has four feet on the mat, treat.

Step Four: Say It

With a treat in your hand, quickly, before your puppy can move off her mat, tell your puppy “Down” in a cheerful tone of voice.

Step Five: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your puppy into a down by putting the treat up to their snout and slowly moving it down to the ground.

Step Six: Pay It

As soon as your puppy’s knees and elbows hit the ground praise and treat. Continue to treat as long as the puppy remains in the down. If she starts to get up, tell her “Ah-ah!” and then praise her if she stays in her down. If she gets up, lure her back into position. When you’re finished, release your puppy with an “Okay” so she knows she can get up.

Remember to work at your puppy’s level—don’t ask her to stay in the down so long that she’ll make a mistake and start to get up.

- Repeat as many times as you can so long as you and your puppy are still enjoying yourselves.
- Try hard to remember not to repeat the commands. Say them only once, pause, and lure. To fade the lure, simply pause longer between the command and the lure.
- Continue to reward the puppy for holding the down. If there’s a distraction, treat the puppy immediately before she has a chance to make the wrong decision. If she starts to get up, give the No Reward Mark, ah-ah. When you’re done, release with “Okay!”
- It will also help to treat your puppy whenever you just happen to find him lying down on his mat. The more frequently he is rewarded for doing something, the more he’ll do it.

Leave It



On Surfaces

- Place treats on a table, coffee table, or counter where you are close enough to cover them up or remove them if needed. You can place them on a plate to imitate real life.
- When your puppy shows interest tell him “Leave it.” If he looks away, click or use your marker word and reward him. If he goes for the food, give him a No Reward Mark (NRM) such as “Ah-ah” and cover the food up. When he stops trying to get at it, mark and reward. Your reward should come from your pocket or somewhere else and be of higher value than the food on the plate, or the same thing that’s on the plate.
- When you have a 100% success rate with the first exercise, try it with distance between yourself and the table. Ask someone to help protect the food if needed or have your puppy on a leash to avoid any grabbing. Increase your own distance from the food as your puppy is ready.

On the Floor or Ground

- Repeat the first exercise above, but with food on the ground instead. Or you can use trash with a food smell, etc.
- Put food or trash on the ground and practice leave it while you and your puppy are walking by the item. Begin further away and practice getting closer as your puppy is ready.
- You can also do this with anything you see on the ground. When your puppy notices the item tell him “Leave it” and reward any response of looking toward you.

Tip: The sooner you give the command, the better. If your puppy is already highly interested in an item it will be more difficult for him to leave it alone.

Puppies love dinnertime, but don’t give that dinner away for free. Make him come for his dinner and, if he’s been learning sit, he can do that, too.

Anti- Jumping Part I

The goal in part 1 is to teach your puppy not to jump on you and other family members.

- When your puppy jumps on you, turn your back to him. You can tell him “Too bad” as you turn away—it will help you to remember not to yell “No!” When he stops jumping, turn around to face him. If he jumps again, turn your back to him again, saying “Too bad” as you do. Repeat these actions until you turn around to face him and he doesn’t jump up. When he doesn’t jump, pet and praise him. If you have treats, give him one. If he gets too excited and jumps up again, turn your back again and start over.
- Do this exercise when you get home, when you have something in your hands that he wants, or any other time that he jumps on you.
- You must be absolutely consistent. You can completely wipe out being jumped on if you turn away every time. Don’t accidentally teach him that sometimes you can jump and sometimes you can’t, or he’ll always be looking for the times that it’s okay.
- ** If you turn your back and your puppy just keeps jumping on your back, try walking away. It’s important that you completely ignore the puppy—don’t talk to him or chide him. Pretend like he is not there. If walking away doesn’t work (he follows and jumps or tugs on your pants), you’ll have to give him a time out by either closing a door between you or quickly putting him behind a baby gate or in his crate. Be careful not to act angry—just tell him “Too bad” and do it. The point to get across is not “You’re a bad puppy” but “When you act like that I won’t play with you.”

Anti-Jumping Part II

Part 2 is to teach your puppy not to jump on other people.

1. Wherever possible, teach family and friends the Phase I exercise and have them practice it with your puppy. When encountering people who you don't know or people unwilling to do the Phase I exercise you can do the following:
2. You can begin this training by having your puppy sit for you when he wants you to say hi and pet him. Have family members and friends do the same.
3. Then take it on the road. As a stranger is approaching your puppy (or you are approaching a stranger with your puppy after having ascertained that they wish to be approached), ask for a sit about a foot or two away. **Block your puppy with your body if you need to buy time or focus your puppy.** Use the Say It/ Show It system to help if you need to. Do not allow the person to say hi to your puppy until he is sitting. If he doesn't sit, tell him "Too bad" and walk him away. Go back to try again. You might make it a little easier by having him sit a little farther away from the person.
4. Use the redirect technique if your puppy is particularly interested in meeting another person or puppy; especially if she has raced out ahead on the leash. Use an excited voice and move briskly backwards. When your puppy turns back to you, praise and ask for a sit. Reward the sit with a treat. Now you are ready to try the previous step.
5. If he starts to get back up, tell him "Ah-ah" and ask for a sit. He must stay in the sit position as the person comes to pet him.
6. When either someone approaches your puppy to meet her (or you let your puppy approach someone after having first ascertained that they are willing to be approached), keep a close eye on your puppy's body. As soon as she begins to jump up walk her away briskly, telling her "Too bad." This is not intended as a punishment, so don't jerk the collar or use an angry voice. The intention is simply to keep her from jumping up (before she can scare someone or dirty their clothes) and to communicate that she lost her opportunity to say hi. Say "Too bad" the same way you'd say "Bummer."
7. As you do this, you can turn around to explain to the stranger that you're teaching your puppy not to jump. If they seem interested in the training or your puppy, you can ask them if they wouldn't mind you trying again. If so, repeat the above procedure until your puppy doesn't try to jump. At that point allow the person to pet your puppy.
8. If you find you are not making good progress—after practicing this on a dozen people your puppy still gets the first try with each person wrong—you can get a little tougher by only giving your puppy one chance with each person. If they blow the first chance they get walked away and don't get to go back to try again.

Loose Leash Walking

- Fill your bait bag, and put your puppy on leash. You'll want to practice at first in a non-distracting environment.
- Walk briskly with your puppy on leash. If she goes to the end of the leash, change directions and keep walking at a brisk pace. When she comes near you on the side that you want her to walk on, use a cheerful voice to praise her. Whenever she gets into heel position or puts slack in the leash, treat. You can also treat for any eye contact.
- If after a couple minutes you do not find your puppy spending more time at your side or with a slack leash, either move to an even less distracting space or reward your puppy for being near you, even if she isn't in exactly the right spot. The point is to reward more often so that she stays interested and doesn't wander to the end of the leash looking for something else to do.
- When you do not have time to practice loose leash walking, be sure to have your puppy wear her anti pull harness so that her training is not undermined by being allowed to pull again.



Coming When Called (Recall)

Recall Rules

1. Never call your puppy for anything your puppy won't like
 2. Never call your puppy if you don't think your puppy will come
 3. If you make a mistake on that last rule, go save the recall
 4. Never repeat the command—say it only once and then make yourself interesting with a high voice, clapping, squatting, etc.
 5. Always give your puppy a HUGE payoff—lots of treats and/or something novel and special
- Start by practicing simple recalls around the house. When your puppy is not highly engaged in anything, get some good treats in your hand and call him cheerfully once: “Fido, Come!” Make yourself interesting using a high voice, clapping, etc. When he gets to you, grab his collar (if you've been working on sits you can ask for a sit, too) then spill the treats all over the floor. Praise him profusely.
 - When you get to the point where he's running to you, excitedly, every time, try making the recall a little harder. You could call him from another room or when he's looking out the window, or when he's sitting with another family member, etc. Remember to go save the recall if you accidentally ask for one that's beyond your puppy's level. To save the recall, run up to your puppy, wiggle a treat in his face to get his focus, and move backwards so that he comes toward you. After you save the recall, try a couple easier ones at his level and work back up to the one you had to save. This will help him move to higher level recalls.
 - If all of your indoor recalls are going great, you can try moving outside to your fenced yard. If you do this, be sure to make the recall really easy by removing all distractions, allowing him to be out in the yard for a while so that he's bored of it, and reducing the distance he must come. Then, just like inside, you can begin to make the recalls a little harder by adding a little distance, or another family member for distraction, etc.
 - You can use a long line for the first session in this new space, particularly if the space is large enough to make “saving” the recall difficult.
 - The main trick is to keep it at the puppy's level so that they're successful every time. Don't try a harder one until the one you're doing is a piece of cake for your puppy. And don't jump too fast—take baby steps as you make things more difficult.

Real Life Challenges

Living Room Challenge: Having Guests Over

Preparing for guests when you have a puppy takes a little planning. Take into consideration your puppy, the layout of your home, your visitors' comfort with dogs, and your own comfort and stress levels around entertaining, then think about what approach or mix of approaches might be best for handling visitors.

- Where will your puppy be when guests knock or ring the doorbell?
 - How will you introduce your puppy to guests?
 - How will you reward your puppy for greeting guests politely?
 - What behaviors does your puppy know that might be helpful?
-
- Whichever approaches you choose, be sure to practice these regularly without guests around so that your puppy has a lot of practice with them.
 - Practice while it's just you and your puppy at home, then begin to practice when anyone you live with comes home. Once this is going well, invite a friend or family member over who is willing to come over so you can practice with a guest. Start small—one person first, then a couple people once that's going well.
 - When you invite people over, get any materials you are going to use ready—mat, treats, etc. Also warm your puppy up before guests arrive with several practice sessions.
 - Of course, once you add a new situation such a guest, you've made things harder and your puppy may have less success with the behaviors you've been practicing. So be ready to reinforce often, use your Show It step, and work at your pup's level.
 - If you're going to have guests over before your puppy is ready, consider setting your puppy up comfortably in a crate or other room with some things to chew on. If you don't have time to train, you don't want him to have an opportunity to practice bad habits.

Kitchen Challenge: Dinner Prep & Mealtime

While Cooking

When you have a puppy, preparing for mealtime and handling some of the normal day-to-day happenings in the kitchen can be challenging. But you can turn these challenges into opportunities to improve your puppy's manners.

- Before you prepare your next meal, take some time to plan. Take into consideration whether you have the time and energy to multi-task-- preparing your meal while managing and training your puppy.
- If you're in a rush or preparing a complicated meal you might to give your puppy a chew or Kong and put her in her crate or long term confinement area.
- If you're ready to work on your puppy becoming a well mannered dog around the kitchen, get some treats ready and on hand and place your puppy's mat at a distance from you which will allow her to be successful.
- Lure your puppy onto her mat and then reinforce her often enough to keep her there. You can give her a chew or stuffed Kong to help, using the treats as extra reinforcement.
- If you've been in class long enough to learn sits or downs you can work on those on her mat, too.

During Dinner

If you want a dog who rests politely on his bed while you eat dinner, start training for that now. Look at each mealtime as an opportunity to train toward a calm, well mannered companion.

- Before you sit down to each meal, decide whether or not it will be a training opportunity. Do you have the energy to focus on your puppy, is the atmosphere calm enough to multi task?
- If you're having a dinner party or it's time to talk report cards with the kids it might be best to have your pup rest in her crate or confinement area with a chew, particularly if your pup hasn't yet had a lot of practice.
- If it's a good meal for practicing, place your puppy's bed at a distance from the table that will help her to be successful.
- You can start with the dog bed right next to your chair and slowly, as your pup is ready, move it farther from the table as the days progress until it's where you'd like it to reside permanently. (Don't do this too fast or you'll have a dog constantly jumping up from her mat to sneak back to the table.)
- Have treats on hand at the table then lure your puppy onto her mat and reinforce her with treats as often as is needed to keep her there. If you've been in class long enough you can incorporate a down or a sit as well.
- Practice at as many meals as you can. Consistent repetition will build good manners and make meals more enjoyable for everyone.

Afterwards

After each meal prep and dinner time, assess how your puppy did and decide what adjustments you will make next time to work at her level. Do things need to be easier? How will you make them so? Is your puppy ready to take it to a new level? What will you do to increase the difficulty just a bit, to help keep her successful?

Grooming and Vet Visit Challenge



Preparing for vet visits at home

Once you've completed your Handling Practice Homework, begin to practice "vet exams" at home. Put your puppy on the table and look in your puppy's ears and mouth, gently pull their tail and practice "pilling" with a treat. When possible, have friends practice this too but be sure they offer plenty of treats and monitor your puppy's comfort level. If at any point she does not seem completely comfortable (wagging, looking for the treat), go back a step to build up her comfort level. Don't move forward to the next step until

you're sure she's enjoying the one she was having trouble with. If you don't see improvement call a trainer for help.

Preparing for comfort with grooming tasks

Brushing, cleaning ears, brushing teeth, and trimming nails are important tasks in taking care of dogs. Our job is to make our puppy's first experiences with these tasks as pleasant as possible so we don't spend the next ten to fifteen years chasing her down to clip her nails or brush her. Start by letting your puppy check out the grooming tools, and then slowly begin gentle grooming followed by a few good things like treats. The goal is to teach your pup that grooming is great. All along, monitor your puppy to make sure she's comfortable. If at any point she does not seem completely comfortable (wagging, looking for the treat), go back a step to build up her comfort level. Don't move forward to the next step until you're sure she's enjoying the one she was having trouble with. If you don't see improvement call a trainer for help.

Brushing

1. Show your puppy the brush, allow her to investigate the brush, then offer a treat.
2. Brush your puppy 2-3 times, treating after each stroke.

Ear Cleaning

1. Show your puppy the cotton ball, allow her to investigate, give her a treat.
2. Lift the ear and treat.
3. Lift the ear, do a quick, light swab with the cotton ball, treat.
4. Repeat sequence with the other ear.

Nail Trimming

Trimming a dog's nails can be a traumatic experience, for them and for us, if we aren't prepared. So start just by getting your puppy comfortable with having her paw held with a little pressure applied to the nail.

1. Pick up the puppy's paw and treat.
2. Pick up the puppy's paw and squeeze lightly, treat.
3. Pick up the puppy's paw, squeeze lightly, and briefly hold a nail with the thumb and forefinger of the other hand, treat.
4. Show your puppy the clippers and allow her to investigate and repeat the previous three steps, then touch the clipper to the nail in the last step—no clipping.



Dog nails are different from human nails. Cutting them too short causes great pain and quite a bit of bleeding. Since a mistake in nail trimming can cause understandable fear in a dog and make it very difficult to do regular nail trims, **check with your veterinarian or groomer and ask them to show you exactly how to trim your puppy's nails.** Once you've done this, get in the habit of trimming one nail

before you give your dog his meal each day. Eventually you can work up to a whole paw before feeding him. With this plan your puppy will be looking forward to manicures in no time!

Teeth Cleaning

Not long ago a dog's life span was less than 10 years, now it's more than 10 for most breeds. That means our dogs' teeth need to last longer than they were built for. The best way to prevent dogs from needing expensive dental procedures later is to brush their teeth now. And that starts with getting your puppy comfortable with having her mouth opened.

1. Show the puppy the toothbrush, allow the pup to investigate, then treat.
2. Gently grab the puppy's snout and treat.
3. Grab the snout and lift one lip with the other, treat.
4. Lift the lip again and touch the puppy's toothbrush to the teeth, treat.
5. Lift the lip and do one quick, light stroke with the toothbrush, treat.

After your grooming practice ask yourself the following questions and use your answers to plan for Puppy's next grooming session:

- Did your puppy show any discomfort with any of the handling?
- What behavior did you see that told you Puppy was uncomfortable?
- What did you do to help your puppy relax?
- What did you learn, and what do you think you'll do differently next time?

Make your puppy's grooming experience as positive as possible. Don't wait until your puppy has rolled in goo and needs a bath to practice general grooming procedures. Help! make grooming a good thing by associating it with all the best things in life. Give them a quick brush and a towel off before taking a walk. Once you've received instruction how, clip a nail before giving them dinner or a chew. Massage and lift their ears while relaxing and watching TV. Incorporating grooming into your puppy's day will help make it a routine for both of you.

Taking it on the road

Making a trip to the vet office or the groomer is not usually good news for puppies. In fact, repeated trips for shots or while they are in pain can lead to fear of the vet and the vet office, or nervousness about being handled and washed and trimmed. To prevent this, practice trips while your puppy is healthy and clean, and make the visits fun. And what better way to prepare for long waits in the waiting room than to start with some short visits first?

- Pack your bait bag with extraordinarily yummy treats, but don't give your puppy any. Stop at your vet's office or groomer, take your puppy into the lobby and immediately start feeding him the special treats.
- Approach the receptionist and ask if she or other staff will give your puppy a treat.
- Next, practice having your puppy wait calmly on his mat while you read a magazine.
- After 5 -10 minutes, leave the office and as you exit close your bait bag and stop treating.
- After your visit, ask yourself the following questions and use them to plan your next trip:
 - What was the most challenging part of this visit for you or your puppy?
 - What did you do to help your puppy be successful, to work at her level?
 - Is there anything you think you'll try differently next time?

Try to visit these offices as often as you can. If your vet or groomer is on the way to something else, get in the habit of bringing your puppy so that you can stop for a quick visit to give treats and practice settling in the lobby.

Outside Stroll Challenge

Choose a place to walk according to your pup's level and your comfort.

Answer the following questions before you go, thinking about what you learned from your class challenge experience:

- What strategies will you employ to help your puppy to walk nicely on leash?
- What strategies will you use when passing a stranger?
- What strategies will you use when passing other dogs?
- What will you do if your dog sees something yummy on the ground?
- How will you handle it if someone wants to meet your puppy?

After your walk, ask yourself the following questions:

- How many people did your puppy meet? Did he greet them politely?
- Was your puppy comfortable with everything she saw and everyone she met? Did anything seem to startle her?
- How well did your puppy walk on leash?
- What did you learn, and what do you think you'll do differently next time?

Go do it again—Every day if you can. It's great for both of you and consistent repetition will build good manners and a great relationship.

Café (AKA Starbucks) Challenge

Choose a place to take your puppy out for an extended outing this week and practice your down stays. It could be an outdoor café or restaurant, a friend's BBQ, a picnic in the park, etc. Remember to help your puppy out by treating sooner and more frequently as distractions go by.

Answer the following questions before you go, thinking about what you learned from your class challenge experience:

- What strategies will you employ to help your puppy relax in a new environment?
- What strategies will you use when strangers pass by?
- What strategies will you use when dogs pass by?
- What will you do if your dog sees something yummy on the ground?
- How will you handle it if someone wants to meet your puppy?

After your trip, ask yourself the following questions:

- How many people did your puppy meet? Did he greet them politely?
- Was your puppy comfortable with everything she saw and everyone she met? Did anything seem to startle her?
- How well was puppy able to settle?
- What did you learn, and what do you think you'll do differently next time?

Go do it again, trying out new strategies for handling distractions. More practice means more opportunity for socialization and practicing good puppy manners.

Appendix

Charging the Clicker or Marker Word*

The purpose of this exercise is to teach your puppy (*by association*) that the sound of the click means something wonderful is coming. The most important thing to remember is not to give your puppy any signal other than the click that a treat is coming. (For example, be careful not to reach for a treat, point the clicker toward her, or reach toward her with the treats.)

- Prepare a total of about 25-40 small, high value treats (for a medium to large puppy, a regular size hotdog should yield 60-100 pieces)
- Settle yourself comfortably with your puppy near you
- Load one hand with about 10 treats
- With your clicker in the other hand, click and give a treat (C/T) from your hand 10 times--be sure to click *before* giving the treat.
- If your puppy shies away from the click or leaves the area, stop the session. Muffle the clicker (by wrapping it in a towel or similar soft, thick cloth until you can barely hear it) and begin again. As your puppy begins to respond to the muffled sound by looking for the treat, gradually unwrap the clicker.
- Reload one hand with about 15 more treats
- Click and deliver the treats by dropping them on the floor
- Repeat this process (both delivering from your hand and onto the floor), while walking around. Vary the number of treats in your hand each time.
- You will know you have completed this process when your puppy startles slightly and looks for the treat when she hears the click.

** If you prefer not to use a clicker, choose a marker word (such as "yes") to tell your puppy a treat is coming. Perform the above exercise using your marker word wherever you see "click".*

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