

PUPPIES 101!



CREATING SAFE SPACES

**LIMITS CHOICE, PROVIDES REST, AND
SETS YOU BOTH UP FOR SUCCESS!**

One of the most important things you can do for your pup is have safe places for them to be when they need rest **or** you cannot watch and train them. This should include a crate, as well as a small area such as an exercise pen or gated room separate from the rest of your household.





EXPLORE THE WORLD IN SAFE, FUN WAYS

Exploration games allow you to introduce your dog to new things and situations without ever having to leave home. This builds confidence for the real world for the rest of their lives.

EXPLORATION

- Scatter food and allow your dog to explore the area
- Add higher value food or make the game easier before assisting
- Allow them to explore on their terms
- **Know your pup**, don't pick items they will chew or ingest
- Never leave them unattended with foreign objects

GROUND

STARTING LEVEL, NO ADDITIONAL ITEMS: GRASS, DIRT, CARPET, OR TILE

BOX

CARDBOARD OR A PLASTIC BIN, START EMPTY, ADD IN QUIET, THEN LOUDER ITEMS

SURFACES

FLAT OR RAISED ITEMS, MAY INVOLVE BALANCING AND DIFFERENT TEXTURES SUCH AS A TARP OR MAT

TOWER

STACKED ITEMS SUCH AS PLASTIC CUPS OR BOTTLES, THINGS THAT CAN SAFELY FALL OVER

FORTRESS

BUILD A FORT! THINK BOXES AND RECYCLABLES, ITEMS YOUR DOG CAN CLIMB IN, OVER, AND UNDER

PARTY!

EVERYDAY OBJECTS, HOLIDAY ITEMS, ANYTHING NOVEL, CAN BE A SMALL OR LARGE AREA



REST

**ONE OF THE MOST
IMPORTANT KEYS TO
PUPPY SUCCESS!**

Just like human babies, puppies need **lots** of rest. We want to proactively provide them opportunities to nap and as the saying goes - let sleeping dogs lie. When your pup starts to make poor choices or is overexcited that means they likely need some rest.

Remember their safe space? This is where they will nap and sleep at night. Do your best not to let them "cry it out". Crying continually is a sign of distress and makes the space no longer safe.

THREE WAYS TO USE YOUR DOG'S FOOD

ENRICHMENT

REWARDING GOOD CHOICES

PLAYING GAMES!

ENRICHMENT



CHEWING & LICKING

KONGS
BONES
CHEWS
LICK MATS
ICE BLOCKS

HUNTING & SNIFFING

SCENTING
HIDDEN FOOD
FOOD PUZZLES
SNUFFLE MATS
EXPLORATION GAMES

CHOICES

LIMIT WHAT YOU DON'T WANT AND REWARD WHAT YOU DO

We often get asked how to stop dogs from chewing on our things, digging in the backyard, or counter surfing. The easy answer is to don't give them the option. Use their safe space when you can't keep an eye on them and when you can, reward great choices! Ask yourself what you **do** want and reward those behaviors when you see them. These are just a few of the things we love to reinforce.

FOUR PAWS ON THE FLOOR

GOING POTTY OUTSIDE

POLITELY GREETING GUESTS

NOT BARKING AT NOISES

RESTING QUIETLY

EXPLORING SOMETHING NEW

PLAY GAMES!



**WE TRAIN
TO CREATE
GREAT
CHOICES
THROUGH
PLAYING
GAMES**

**THIS IS A JOURNEY THAT LASTS
THE LIFETIME OF YOUR DOG**

KNOWING WHEN TO GO

We all want our dog to tell us when they need to go out, but this is an easy trap to fall into with puppies. Set your pup up for success and be aware of how long it has been since they have gone out.

Remember - you decide when they go out, and it is ultimately your responsibility to meet this need.

PUPPIES NEED TO GO OUT:

- When they wake up (at any time)
- Right before bed
- After playing or eating
- Throughout the night
- Approximately every 30 to 60 minutes when first brought home; then every hour plus however many months they are (every pup is different)

THINGS TO LOOK FOR:

- Distracted or wandering off
- Whimpering & whining
- Sniffing
- Circling
- Pacing

POTTY TRAINING TOP TIPS

ACCIDENTS HAPPEN...

When accidents occur take your pup outside and don't make a fuss about it. Any type of punishment can lead to your dog attempting to hide when they need to go and can make potty training more difficult.

AND WHEN THEY DO

Make sure to clean the area thoroughly with an enzyme cleaner. This will help prevent accidents in the future. If your dog has developed a habit of going to the bathroom in the same place in your house, limit access to that space.

ACCOMPANY YOUR DOG

If your dog goes outside alone you won't know if they have gone to the bathroom or not. This happens often with adolescent dogs who revert back to eliminating indoors.

REWARD, REWARD, REWARD

As with training any other behavior, mark and reward when your dog does the right thing. This can be as simple as eliminating on the grass or eventually learning to use a specific spot in the yard.

CUE IT!

As your dog learns you will be able to reliably recognize when they are about to eliminate. Just before they do, add a cue. This will allow them to learn to go in unfamiliar places or when time is limited.

DON'T RUSH BACK IN

If you hurry back inside as soon as your dog is done they will start to equate going to the bathroom with leaving the yard. Play with them, allow some sniffing, etc, before you head back inside.

BREAK THE ROUTINE

Make sure your dog can go on cue in different environments, at different times, and during different weather. When dogs have a reliable routine, training fails when that routine is broken.



HANDLING & CARE

PREPARE YOUR PUP TO CARE FOR THEIR NEEDS AT ANY TIME

Make sure you can touch and handle your dog's entire body; ears, mouth, feet, and tail! This helps them become more comfortable when going to the vet or groomer, and for similar needs at home. Soft, calm strokes can also be soothing and help your dog relax and unwind.

MOUTHING & NIPPING

Make sure you have seen to your pup's needs to reduce these behaviors. Balancing enrichment, calmness, and rest, is key.

Redirect nipping to an approved item, such as a toy or frozen treat to soothe their gums. You can also scatter food to give them a more relaxing activity.

A good tip for dogs that are nipping is to review how you are delivering their rewards. Slow delivery can help them learn to take food gently.

Ask yourself what you want your puppy to be doing and reward when you see it. The more you reward for what you want, the more often it will happen.

SOCIALIZATION

IS ABOUT CREATING A CONFIDENT DOG. IT'S NOT ABOUT INTRODUCING THEM TO EVERYTHING.

DO: EXPLORE!

PLAY EXPLORATION GAMES

These games allow your pup to explore on their own terms. They build confidence and create new environments at home.

DO: REWARD FOR NOVELTY

EVERYTHING IS NOVEL

When they encounter a new item or hear something strange reward the interaction - even if they didn't react.

DON'T: FORCE INTERACTIONS

IT'S ABOUT CHOICE

Allow your dog to approach and interact with other dogs and people on their own terms. Reward for appropriate interest.

DON'T: GO TO OVERWHELMING ENVIRONMENTS

ARE THEY READY?

Before going to a class, store, or even the park ask yourself if your dog is ready to experience the new environment.

ASK YOURSELF:

- **IS MY DOG READY FOR THIS ENVIRONMENT?**
- **IS THIS GOING TO HELP ME REACH MY TRAINING GOALS?**
- **IS THIS WHAT IS BEST FOR MY DOG?**



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