



Trevor Norman mcfba MGoDT

WildDogz

Specialists in Canine Behaviour and Training



PUPPY FOUNDATION TRAINING COURSE

HOME-TRAINING & REFERENCE MANUAL

FOR:

PLEASE KEEP THIS MANUAL SAFE

WildDogz - Taming the Wolf inside your Dog.

(This manual is the property of WildDogz and is not to be sold, reproduced or altered under any circumstances. If found or is no longer required, please contact us to return)

IMPORTANT INFORMATION

Dear ,

Please be aware that the Puppy Course on which you are about to embark upon with.....is a 6-week course, attended consecutively from your start date. This is in order for both you and your puppy to benefit from the help and attention required in order to ensure continuity of the training program, reducing the risk of bad habits forming.

Being prepared is essential to ensuring you gain the most from the training program and we ask you to consider the importance of the following observations:

1. Please exercise your puppy for approximately 10-minutes prior to commencing the training program, this helps to reduce the puppy's excitement, making it more responsive to the training exercises to be covered.
2. Please avoid feeding your puppy prior to the lesson, instead discuss feeding with us as dependent on the time of your training session, a fed puppy may be less responsive.
3. In readiness for any training exercise, please ensure you have the following: Poop bags, tasty treats (ask for advice) and a toy (one the puppy likes). Please bring a standard fixed length lead, retractable leads are not suitable for most training exercises. You should also have an ID tag on your puppy's collar - ask for advice if you are unsure.
4. In addition to the puppy's requirements, please consider your own - suitable clothing and footwear for the activities to be undertaken (flip-flops are not suitable footwear). Also, please ensure you have adequate time for the whole session as sessions finished early will still be treated as full sessions.

This Puppy Training manual contains both useful and important information regarding your training and how to achieve a happy, healthy and well-balanced relationship between your puppy and yourself.

Please take the time to read this manual carefully as it will help you in your approach and response to the puppy in various situations that may arise.

Always remember, Prevention is better than cure, it is easier to do things right from the beginning rather than to have to correct mistakes and unwelcome behaviour later.

As you progress with your training with **WildDogz**, we will supply you with additional reference pages for your manual, helping you build a complete training manual for future reference.

Once successfully completed, you will be able to move up to the **Bronze** level course for Novice dogs that is again, a 6-week duration course.

The **Bronze** level course will help with additional Recall training and Lead Walking whilst reinforcing your skills from the Foundation Course and providing new learning opportunities for your puppy including the following:

- Loose Lead Walking.
- Door & Gate Control.
- Controlled walk amongst other people & dogs.
- On-Lead Stay for 1-minute.
- General Grooming tolerance.
- General examination of key areas of the dog.
- Recall - increasing distance
- Responsibility and care - your role.

The **Bronze** level leads you into the **Silver** level where you will again build on the skills developed in the **Bronze** and **Foundation** courses. Whilst not a specific time-table, we strongly recommend booking either a 6 or 12-week course in order to guarantee continuity of training and also to save you money - ask for details.

Silver content will include:

- Continuation from the Bronze but with more emphasis.



- Stay, off-lead in one place, rejoining handler on command.
- Road Walking.
- Recall with distractions present.
- Controlled Greeting.
- Food Manners.
- Examination including Lay Down Flat.
- Vehicle Control & Safety

Top of the shop is the **Gold** level – this level really brings together both your dog and yourself, demonstrating the skills you have both learnt throughout your development and being able to practice these skills with effective teamwork and control.

Like the **Silver** level, there is no specific time period advised and again we would suggest making the most of either our 6 or 12-week course packages.

As part of any training program, we will also offer, where appropriate, advice on Dominance Avoidance & Reduction, often associated with the development of behavioural problems generally.

If you wish to progress to the next level(s), please make your intentions known so we can program you in to our busy schedule in order to ensure essential continuity of training for your puppy and yourself.

Good Luck and enjoy training your new friend.

Additional Services Available from **WildDogz**

- **Walk with WildDogz** ~ We will join you on a walk with your dog in order to be able to demonstrate how to deal with any real-life situations and experiences or, problems that you may have with your dog. By providing you this service, not only can we help make your walks safer, they will be more enjoyable also with you feeling more in control of your dog. Minimum duration for this service is 60-minutes.
- **A home visit from WildDogz** – this will enable us to assess your dog and any unwanted or anti-social behaviour around the home.
- **Behaviour Consultations** – in your home with Trevor helping to deal with some of the deeper behaviour issues displayed by your dog including an in-depth analysis, immediate corrective advice, followed up by a full written behaviour report (a copy of which will be made available for your vet if required).
- **MicroChip Implanting** ~ we are qualified and insured to MicroChip Dogs, cats and will happily check your pet to establish whether it is currently “Chipped” or not prior to implanting our Internationally recognised, latest technology “Trovan” Microchip which is accepted for the Pet Passport Scheme. We are registered with PetLog and will also register your pet on their database.
- **Grooming Services** ~ Did you know that we also offer full professional dog grooming services through our associated business, Poppy’s Pals Grooming? Talk to us for advice & bookings or go to www.poppypalsgrooming.co.uk
- **Doggy Day care** ~ we are also able to offer some clients a day care service for your pet should you need to be away for either a whole day or several days. Subject to breed, temperament and availability this valuable service will ensure your pet need not be locked in your house all day with no access to toilet facilities. Call us for more details but please remember, this is a client only service currently and is not available to the general public.



INTRODUCTION AND CONTENTS

Welcome to **WildDogz**.

Our aim is to provide you with the information and confidence, both practical and theoretical, to enable you to gain the most from the course including that gained by your dog.

Please take the time to read through the contents of this manual, it has been developed with considerable thought to help and guide you through to the effective and successful training of your puppy.

Please take special note of the information sheets on Separation Anxiety (p14), Good Routines (p18), Health Checks & Handling (p23) and Children & Puppies (p26)

We would like to make you aware that many problems experienced by clients could be prevented. Not only do these reference sheets follow the training we are about to commence, they also provide additional information of how to develop a balanced, well-behaved dog.

WildDogz ~ Helping *You* to Tame the Wolf Inside your Dog

<u>Page:</u>	<u>Sheet No.</u>	<u>Training Topic:</u>
5	<i>Information Sheet No.1</i>	Name Recognition
6-7	<i>Information Sheet No.2</i>	Food Routines
8-9	<i>Information Sheet No.3</i>	Sit, Down & Stand command
10-11	<i>Information Sheet No.4</i>	Teaching to Stay, Meet & Greet
12-13	<i>Information Sheet No.5</i>	Recalls
14-15	<i>Information Sheet No.6</i>	Separation Anxiety
16-17	<i>Information Sheet No.7</i>	Lead Pulling
18-20	<i>Information Sheet No.8</i>	General Good Routines
21-22	<i>Information Sheet No.9</i>	Toilet Training inc crate training.
23-25	<i>Information Sheet No.10</i>	Health Checks & Handling
26	<i>Information Sheet No.11</i>	Children and Puppies
27	<i>Information Sheet No.12</i>	Car Safety & Travel Problems
28-30	<i>Information Sheet No.13</i>	General Problem Solving
31-32	<i>Information Sheet No.14</i>	Exercise & Mental Stimulation

Note: We are able to source many quality training, handling, grooming, clothing, treats and toy products for your dog, often at discounted prices - please ask.

Information Sheet No.1 ~ Puppy Name Recognition.



Whilst seeming a silly and pointless task, teaching your puppy its name is one of the most important lessons in it's entire education, how would it know who it is otherwise?

Likewise, if the puppy is not aware of who he / she is, how will it know if and when to respond to any command or call given – as the puppy is not born to respond to human names, we need to install an automatic reaction every time the puppy's name is spoken and this will be achieved by following these points:

1. It is always best to start this exercise with a hungry puppy and a pocket-full of tasty treats – a hungry puppy will be more responsive!!
2. With the puppy in front of you, call the puppy's name clearly and if he/she looks at your face, reward and praise it immediately.
3. If the puppy fails to respond straight away, call its name again but slightly louder and in a firmer tone of voice – reward immediately if it looks up at your face.

NOTE: As the puppy learns and begins to respond, only reward the puppy for responding to the first call, this puts emphasis on a quick response by the puppy if it is to earn the reward!

4. Practice the same exercise but vary the reward, sometimes food, other times a toy – this practice should help to improve the response as the puppy is not anticipating your response which in turn may bore the puppy, hence reducing the effectiveness of the response by the puppy.
5. Slowly extend this exercise by calling the puppy's name when it is further away from you, even whilst the puppy is in the garden – this will help when we start working on the Recall exercises. Remember though; always practice this before feeding the puppy, especially in the early stages of development, as a better response will be gained.
6. When preparing the puppy's meal, practice calling its name again, you are likely to gain a response any way and the association between your command and the reward of its dinner will reinforce this training.
7. Please **DO NOT** waste your commands – if the puppy does not respond to a particular tone of voice, change the tone or make a noise to gain the puppy's attention and begin again as with steps 2 & 3. This is Vital; otherwise the puppy gets away with ignoring you, which, in turn, may cause problems later in its development.
8. Not everybody has a big voice which can be a challenge for those puppies with selective hearing and therefore, a dog whistle can be a huge benefit to gain the puppy's initial attention – it will be drawn by curiosity to the noise at which point you can then take over verbally. We advise a whistle with a lanyard so you can keep the whistle to hand, hanging around your neck.
9. As we like to train to gain a successful conclusion, sometimes it pays to wait a few minutes before calling your puppy, particularly if it is engrossed in something new or exciting such as other puppies or new smells. Instead, wait until the puppy has finished exploring this new situation where you set the scene to succeed and not to fail.
10. Finally, and crucially, please keep to the chosen name for your puppy, don't use nicknames or abbreviations and where possible, keep the name as short as possible, dogs don't handle syllables too well and may be easily confused by long or frequently changing names.

Please do not hesitate in talking to us if you need further help or advice on the above or any other training exercise. If you wish to use a whistle, we can supply you a quality model at a competitive price.

Information Sheet No.2 ~ Food Routines



Finding enough time every day to dedicate to training your puppy may prove difficult for some owners and therefore, it is very important that our normal daily routines are used to help us control and reinforce our status with the puppy. How we feed the puppy can have a dramatic impact not only on the training and motivation of the puppy, but how it behaves around food and its own feeding habits. The following routines are easy to establish and operate, and will form a good foundation for future training:

1. The puppy must earn its food and to do so, it needs to learn to look at you **before** being allowed to start eating. This can be done by either holding a hand up in front of the puppy or, to restrain the puppy on the lead whilst standing up straight yourself and holding the puppy just far enough away from the food bowl on the floor.
2. Maintain a silence at this stage, make the puppy work for its food and wait until it looks you in the face.
3. As soon as the puppy does look at you, give it a “Release Command” of your choice (remember to be consistent though) such as ok, good dog etc and then allow the puppy to start eating
4. As the puppy begins to learn that he/she has to look you in the face to get the release command to eat, you can start to extend the time period the puppy has to wait before being given this release command. The puppy is likely to become frustrated at having to wait but try and remember, all he/she has to do is look you in the face for permission to start eating – persevere!!
5. Whilst a lead will help to restrain and control the puppy initially, in order to avoid any confusion to the puppy, you will need to gently release the tension on the lead, as much as possible, particularly when giving the puppy your release command.
6. At this stage, if you have managed to get the puppy to wait and look at you for say, 5-seconds or more then you should be able to get the puppy to sit and wait – it is in fact easier for the puppy to sit when looking you in the face so it may in fact, already be doing this, if so – Well Done!!
7. Now is the time for using words or commands – start by getting your puppy to sit by using a hand signal and the command sit, then, place the food bowl on the floor and tell the puppy to **LEAVE** – the puppy should now look at you whilst waiting for your release command.
8. The command word **LEAVE** may used more than once to reinforce the desired action although it should be given firmly and not wasted. Do remember though to clearly give your Release Command.
9. A non-reward alternative to the above is by using the food bowl, placed out of reach should the puppy attempt to reach the food prior to being given the Release Command. Repeat this action until the puppy learns that moving toward the bowl without your permission will result in the food being moved out of reach.

POINTS TO CONSIDER:

- A. Never** leave food down in the bowl for your puppy to access as and when it chooses. Why? – It is a high ranking privilege to be able to eat when you want (creating potential dominance issues), it may develop into a picky eater and also, it will be more difficult to motivate your puppy with food treats during training exercises due to being treated as and when it chooses (plus it may not be hungry at that time).
- B. Always** pick up the puppy’s food bowl immediately your puppy walks away from the bowl, even if the bowl is not empty, as per point A.

- C. **Miss** the occasional meal in order to demonstrate to your puppy that you are the one in control – this will also help you gain more attention from your puppy. In the wild, dogs (and wolves) don't get fed every day, it has simply become a habit of domestication.
- D. **Where possible**, always feed your puppy **after** you yourself have eaten. The most important should always eat first and if it is not possible for you to eat a full meal before the puppy, we recommend you at least eat something in front of the puppy, before feeding him/her.
- E. **Avoid** feeding scraps and titbits – they can upset a puppy's digestive system, encourage scrounging and stealing and potentially overfeed.



Training need not be restricted to feed time only and it is a good idea to practice around the home and garden, even out on walks with the use of a small bowl or container specifically for this exercise.

Information Sheet No.3 ~ Sit, Down & Stand.



These three positions are part of the basics for training your puppy Foundation Training whereby each will be useful to you and will also form the foundations for more advanced training later.

Teaching these three positions is relatively easy although achieving consistency of voice is more difficult and you must try to be consistent in this when training your puppy – try to use the same firm but positive tone each time you want your puppy to do something:

THE SIT:

1. Take a treat, one with a nice smell and show it to your puppy so it knows what is in your hand. As the puppy shows interest, raise your hand up slightly (out of reach but not so high as to encourage jumping) and back behind the puppy's head.
2. The Puppy will try and follow your hand and the treat but to do so, it will need to raise its head. Usually with dogs, as the head goes up, the bottom comes down as to look up is more comfortable this way. Immediately the puppy sits, give the command to sit, firmly and clearly and reward immediately.
3. Do not reward unless the bottom is on the floor, if the bottom is rising and you reward the puppy, you are rewarding him/her for getting up and this is what he/she will do in response to the sit command.
4. Likewise, do not give the command to sit until the puppy is actually sitting. It needs to associate an action with a command that it therefore gets rewarded for.
5. An alternative method is to show the puppy the treat and then stand up straight, waiting for a response from the puppy. It will likely try different ways of getting the food from you before eventually sitting (because it does not know what else to do) – result, give the sit command and reward immediately.
6. Don't just reserve this exercise as a stand-alone training exercise. Training opportunities will present themselves many times during the day and just by observing the puppy, you will be able to give a command and reward for action it is already doing – this will reinforce your dedicated training sessions with the puppy.

THE DOWN POSITION:

1. Get the puppy to sit by practicing what you have achieved above and taking a treat, this time do not reward but slowly take the treat down to floor level, somewhere between the puppy's front legs.
2. His nose should follow the treat and to get low enough to reach the treat comfortably, he should lay down. Once fully down (and not before) give the down command and reward with the treat immediately.
3. Try and be patient, if the puppy does not lie down immediately, try not to move the treat away from him/her, this will cause the puppy to move and you will need to begin again.
4. If the puppy only lowers its chest and lifts its bottom into a crouch position, move the treat toward its chest. The puppy may then settle fully into the down position at which point, give the down command and reward immediately.

5. As with the Sit exercises, you will be presented with many opportunities to reinforce your training by using **Word Association**. When you see your puppy lying down (as with the sit), without fuss or bother, give the down command backed up immediately with the reward (assuming the puppy is still in the full down position)
6. If you have a stubborn puppy that is refusing to cooperate (and some do), an alternative method is to sit on the floor with one leg raised slightly (the one facing the puppy). With the puppy to this side of you, hold a treat (or toy) at floor level under your leg so the puppy can see it. As the puppy responds to take the treat (toy), draw the treat back under your leg leaving only sufficient room for the puppy to lie down. At this point, only when the puppy is down, give the command and reward immediately. Practice this method regularly before progressing on to the method described in point 1.
7. If sitting on the floor is difficult for you, you can also use a family member or a piece of furniture such as a chair or coffee table – it must however be low enough to force the puppy into the down position.
8. Practice makes perfect and practicing this exercise also helps to practice the sit exercise, two commands in one, done regularly throughout the day and at mealtimes – make the puppy work for its food and it will respond much quicker and with more enthusiasm.

THE STAND POSITION:

Why do we need to teach the stand position to our puppy when many trainers focus on sit and down? Simple, it is a control command and an important one that also helps for when grooming, or inspecting your puppy, a time you need him/her to stand still and not be hopping around all-over the place. If you intend to show your puppy, this is also an important part of Ring-Craft training for when presenting your dog to the judge for inspection.

1. Take a treat and put the puppy into a sit showing him/her the treat, do not reward at this time.
2. Move the treat slowly, horizontally from the puppy's nose forward just sufficiently that the puppy needs to stand in order to stay in touch with the treat. When stood, give the stand command and reward immediately.
3. Try and keep your own motions slow and smooth, we want the puppy to stand and not jump up or try and chase the treat.
4. What we are trying to achieve is to get a response from the puppy whereby it stands immediately as opposed to climbing or walking into a stand.
5. It may help to have the puppy on a lead for this exercise in order that you may control any sudden movement toward the treat and to ensure the puppy does not move too far forward.
6. If you have a stubborn puppy, a little helping hand (gentle, no pressure) by using the reverse of your hand under its tummy will normally result in the puppy standing up – immediately it does, give the stand command and an immediate reward.

Please practice the Sit, Down and Stand commands periodically throughout the day, this way you will not need to spend too long on any specific exercise, which in turn, may bore your puppy. Always finish the lessons with your puppy wanting more, this will keep him/her keen for the next session helping to improve responsiveness accordingly.

At this crucial stage of the development program, don't hesitate to ask for extra help if you are struggling with any part of the training plan so far.



When we teach puppies the stay, we need to teach the puppy what we want and the connection between a command by us and an action by them, all reinforced by reward.

With this method, we need not have the shouting and hope from training days of the past and can now keep it more motivational for all concerned:

IMPORTANT NOTE: YOU SHOULD NOT MOVE ON TO THE NEXT TRAINING EXERCISE OR STAGE UNTIL YOUR PUPPY HAS MASTERED THIS EXERCISE AND IS RESPONSIVE 100% OF THE TIME.

1. Using the puppy's lead, tie the loose end to an immovable object (not a door or a vehicle) and then back away, three to four feet without saying anything to the puppy at this stage.
2. Ensure you are equipped with a training treat.
3. And wait. Wait for the puppy to do something positive such as sitting.
4. As soon as the puppy does sit, lift your hand (the one with the treat in) holding the treat up high and step back toward your puppy. Holding the treat high will keep the puppy's head high and hence its bottom on the ground) – reward the puppy with the treat. Repeat this exercise 3 or 4 times each session then finish with lots of praise before releasing.
5. It is important to remember to reward your puppy with a treat only at this stage and not physical contact in order to keep the puppy concentrating on what we want it to do. Fussing too much may unsettle the puppy, slowing the learning process.
6. The desired outcome of this lesson is to get your puppy to learn how to get you back with the food – the puppy sitting succeeds in achieving this goal.
7. It is possible that the puppy will in fact stand as soon as you walk away again, don't worry, this is to be expected. Go back to step 3 and wait until the puppy sits down, quietly and patiently again before going back to him/her. It is important to remember that no commands should be given at this point, this is initially a silent exercise and one your puppy will work out the correct actions to.
8. Practiced in short sessions, regularly, your puppy will soon learn what is expected of him/her when tied and will do so automatically. Now is the time when we introduce the command, Stay.
9. As the puppy responds in the correct manner, we need to slowly and gradually extend the distance that we walk away from the puppy – remember though to regularly return to your puppy to praise and reward for good behaviour.
10. Please, **DO NOT** move on to trying this off-lead until you have fully mastered this exercise in a range of differing locations and environments – when you are out on walks is great or if visiting people in their homes.
11. When you are confident your puppy will sit and wait for you without the need for physical restraint from the lead, fasten the lead to your usual tether (so the puppy thinks it has been secured, but without fuss, unclip the lead from the collar. This practice will help establish the puppy's development and depth of learning whilst confirming the trust in the bond between yourselves.
12. Additional benefits are gained from this exercise, it is a good exercise to teach the puppy not to jump up at people and or other dogs. Whilst fastened to the tether, if the puppy attempts to jump up, simply step one pace backward (out of reach) and then wait for the puppy to settle before attempting

the procedure once again. Reward the good behaviour so the puppy learns that jumping results in no gain, sitting and waiting gains it rewards.



As with all the exercises we have covered so far, if you are in any way unsure or experiencing any problems with the program, please let us know so we can help you accordingly.



Information Sheet No.5 - The Recall

A good and immediate Recall is an absolute necessity for those of us who like to exercise their dogs off-lead. However, to achieve a good, consistent Recall no matter what the distraction or where you are takes a great deal of practice and effort.

Regular practice of the following simple training techniques and rules should help create trouble free walks and a puppy that *wants* to return to you when called.

For the best results, it pays to have a handful of tasty treats and a hungry puppy so try and avoid feeding beforehand.

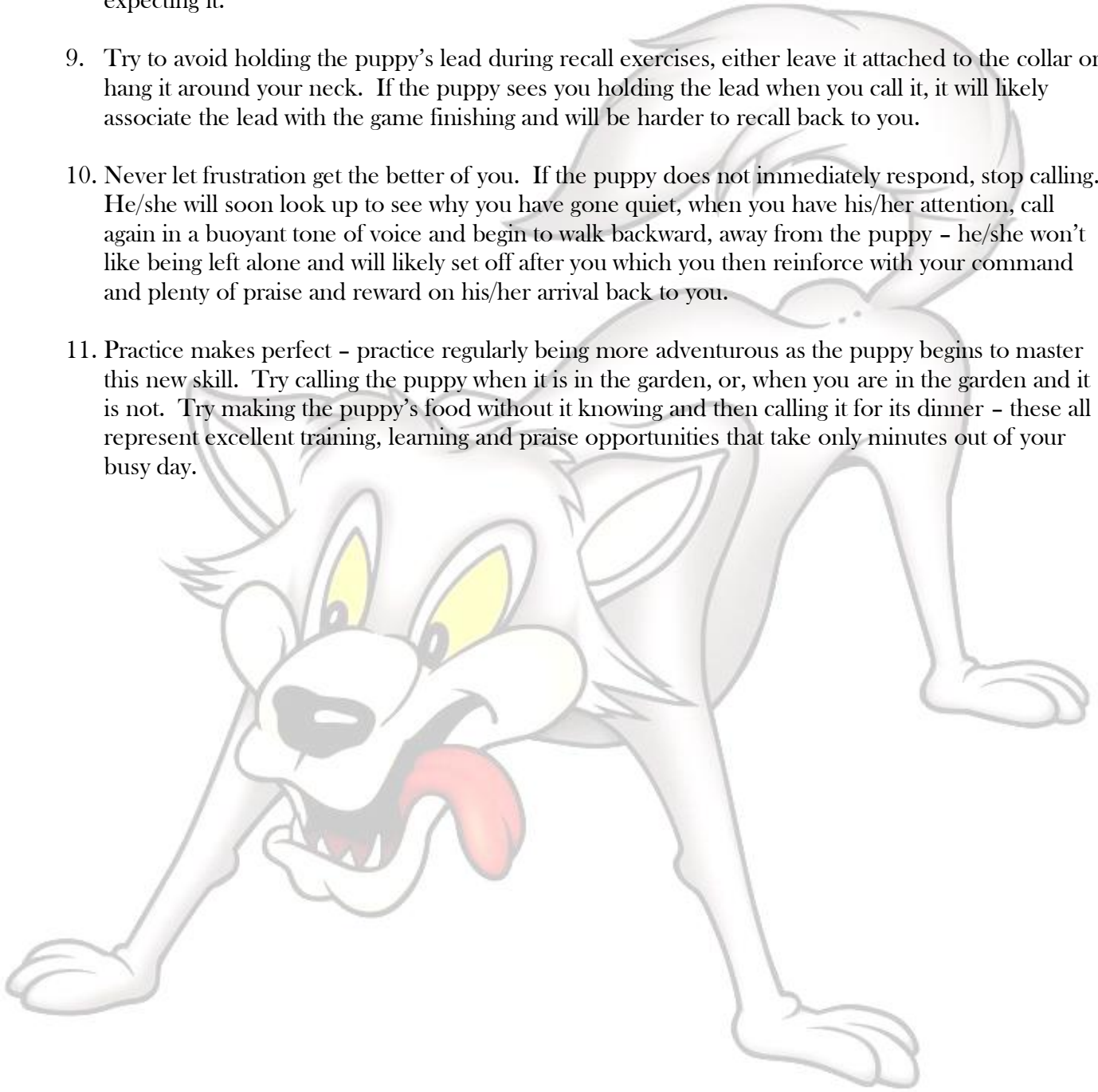
IMPORTANT POINT: Whether you are around the house, in the garden or out on walks, *NEVER* approach the puppy to initiate play or cuddles, always encourage the puppy to come to you first. This in turn teaches your puppy an important lesson – that good things only happen if it comes to you first.

NEVER chase your puppy in play, instead encourage your puppy to chase after you – this helps remove the link between running away and play:

1. To start, the puppy must learn the word “Come”. You need to have 5 or 6 tasty treats and, sitting in front of your puppy, in a pleasant and positive tone, give the puppy’s name to gain its attention and then call “Come”. Reward your puppy for coming to you and then repeat the exercise until all your treats have been used.
2. It is important that your puppy is comfortable with you taking hold of his/her collar - we don’t want to have a successful recall only to be unable to put the lead back on the collar. This exercise also ensures your puppy is happy about having hands coming toward it, preventing a possible negative experience should you have to grab it for any reason. Start with 5 or 6 tasty treats and sitting with the puppy in front of you, the treat in your right hand, touch the collar with the left hand and then reward the puppy. Repeat this exercise until all the treats have been used. When the puppy is relaxed about having his/her collar handled, you may start combining exercises 1 and 2.
3. When teaching you puppy this exercise, try to only use the word “Come” when the puppy is already moving toward you. One method is for a colleague to hold the puppy’s collar whilst you run away from the puppy calling its name. After 20 feet or so, the puppy is released, chasing after you at which point you turn and call the puppy’s name and the command “Come”. Reward and praise with enthusiasm when you have a hand back on the puppy’s collar.
4. When you are out on a walk, randomly run off in the opposite direction calling your puppy as you go. As it responds to chase after you, turn, call its name and give the command to come. Follow up with lots of praise and reward. Send the puppy off to play, repeating this exercise several times during the walk but taking care to observe point 6 below. Practice using differing distances at which point you call the puppy to you.
5. If you are out walking with a colleague then it is a good idea for each of you to be equipped with treats and to split up allowing maybe 20 feet or so between yourselves initially. With this set up, you can play “Puppy Ping Pong” as your puppy runs back and forth each of you in a bid to “Round-Up” his/her pack, a natural instinct to try and keep the pack together. Each time the puppy runs toward one of you, give the Come command and reward if appropriate.
6. Another variation on this theme is where several of you may walk out together. In this case, all need treats and standing in a rough circle, each takes turns to call the puppy for which a reward is given. Please note though, the reward must only be given by the current caller, if the puppy goes to a different person other than the call then they must ignore the puppy totally. This a fun, learning based game where your puppy learns to return, on demand, to other members of your household and where these same people learn to interact with the puppy in the same way you are training it. Finish on a high before the puppy tires or becomes bored.



7. Try to avoid calling your puppy if it is clearly immersed in something of interest. Stand quietly and wait for it to stop what it is doing to check on your whereabouts at which point you will have an opportunity to call it. This will help to prevent your puppy learning to ignore you and the recall command.
8. Take a favourite toy out on your walk, a noisy one is good and every now and again, take the toy out and play with your puppy, stopping the exercise whilst the puppy is still interested in the toy (never finish on a low). Try this 3 or 4 times during the walk, initiated by you but when the puppy is not expecting it.
9. Try to avoid holding the puppy's lead during recall exercises, either leave it attached to the collar or, hang it around your neck. If the puppy sees you holding the lead when you call it, it will likely associate the lead with the game finishing and will be harder to recall back to you.
10. Never let frustration get the better of you. If the puppy does not immediately respond, stop calling. He/she will soon look up to see why you have gone quiet, when you have his/her attention, call again in a buoyant tone of voice and begin to walk backward, away from the puppy - he/she won't like being left alone and will likely set off after you which you then reinforce with your command and plenty of praise and reward on his/her arrival back to you.
11. Practice makes perfect - practice regularly being more adventurous as the puppy begins to master this new skill. Try calling the puppy when it is in the garden, or, when you are in the garden and it is not. Try making the puppy's food without it knowing and then calling it for its dinner - these all represent excellent training, learning and praise opportunities that take only minutes out of your busy day.



Information Sheet No.6 ~ Separation Anxiety

Separation Anxiety is a common problem and affects over 15% of all dogs in the UK today.

Separation Anxiety is a stress condition and the symptoms can vary greatly from one dog to another.

Symptoms of Separation Anxiety are usually displayed when the owner(s) are away from the house, or, when the dog is left alone or isolated for any length of time.

The symptoms displayed can be any one or more of the following:

- Destructive Behaviour.
- Howling, barking and or whining.
- Toileting in the house.
- Hyperactive Behaviour.
- In extreme cases, Self-Mutilation.

Our Puppy Training Course is not just about socialisation or teaching your puppy right from wrong, it is also about showing you what to do to avoid such developing issues like Separation Anxiety.

The main reason for this problem developing in the first place is one of over-attachment by the puppy, to you and your family members and hence when left, become anxious, agitated and over reactive when separated from yourselves.

Certain breeds have been observed to more susceptible to Separation Anxiety and you will need to be more aware of this should this be your chosen breed or even a cross breed involving one of the breeds listed below:

- Border Collies.
- Springer Spaniels.
- German Shepherd Dogs.
- German Short Haired Pointers
- Lurchers & Greyhounds.
- Many of the Toy / small breeds.

Whilst these breeds are more susceptible to Separation Anxiety, this list is not conclusive and almost any breed can suffer from this condition if the circumstances allow.

Puppy's developing Separation Anxiety are likely to do some or all of the following points:

1. Want to be where you are, constantly.
2. Will follow you around everywhere, if allowed.
3. When resting, needs to be in physical contact with you.
4. Whines, barks and scratches at the door if unable to get to you inside the house.
5. Chronic Attention Seeking.
6. Maybe nervous or anxious and has a noise phobia.
7. May need to sleep in the bedroom with you or as close as they can get – point 4 may become an issue with this point.
8. Unable to settle and be fidgety unless you yourself are calm and settled.

To help avoid the risk of Separation Anxiety in your puppy, taking the following points into consideration will assist you in living with your puppy through the key, vulnerable stages of its development:

- **Stair-Gates** – these will help prevent your puppy from following you everywhere in and around the home and can be placed on the stairs or, restricting access across any door downstairs. Using a Stair-Gate also helps prevent damage to your property by the puppy through scratching at the door in protest.

- Your puppy is likely to become vocal during this separation from you and you are advised not to respond at this time, try and wait until the puppy has settled before allowing access to you again – this rewards the puppy for being calm and quiet and not for the noise and bother.



- **Take Time-Outs** - regularly put the puppy away from you at intervals during the day whilst you are in the house, using an indoor playpen or covered crate is an ideal solution.
- How you leave and arrive back home is important. Where possible, always try to put the puppy into the room/area he/she is to be left in for at least 20-minutes before you actually leave. This practice will help condition the puppy to being left alone, don't make undue fuss when leaving, just get ready and go. When arriving back home, do not greet the puppy immediately, ignore if possible and if not, take yourself out of reach through the control of your stair-gate(s). After a few minutes, it is ok to go to your puppy.
- If on arriving back home, you are greeted with mess, damage / destruction and or concerned neighbours, try to avoid an over-reaction, which although understandable, is actually counter-productive and can make the problem worse. Instead, without fuss, let the puppy into the garden and deal with the mess quietly.
- As neither puppies nor dogs have emotions of guilt, you getting annoyed when walking through the door may cause them to react in a submissive manner, which you may misinterpret as the puppy showing guilt. Please remember to try and maintain a neutral response whilst training the pup.

Your Notes:



Information Sheet No.7 ~ Pulling on the Lead



One of the most common and socially annoying problems for dog owners is the one of Lead Pulling. This can badly affect your relationship with your dog resulting in less social activity whilst increasing the risk of injury to either your dog or yourself.

Puppies are not born to naturally walk on a lead and as puppies in particular have a very short attention span, it will be difficult for you to walk your puppy and for it not to pull as it has not yet been trained and will need to explore and enjoy walks and new experiences.

Some of the main reasons for puppies pulling on the lead include:

1. **Sniffing & smelling** at the ground where as their head drops, tension on the lead may increase.
2. **Excitement** - most puppies will naturally want to greet other puppies and people it meets which may also extend to other animals, cats especially. This early excitement, often un-checked, may lead to more developed issues later.
3. **Yourself!** - If when starting lead training with your puppy, you keep the lead tight, then the puppy will learn that this is how to walk when on the lead. Do you know of Newton's 3rd Law? - **It states: To every action there is always an equal and opposite reaction: or the forces of two bodies on each other are always equal and are directed in opposite directions** - Sound Familiar? - the harder the puppy pulls, the harder you pull, the harder the puppy.....and on and on!!
4. The puppy has learnt your exercise routine and has been allowed to learn that pulling can produce rewards, especially when you arrive at the park etc or they get to where they wanted to go.
5. An anxious or nervous puppy, or one that has been frightened or spooked by something may also pull on the lead.

You may wish to prevent this pulling by using a head collar such as a Gentle-Leader, or, Halti (we can help with the supply of these) but if you do choose this route, you need to bear in mind that the puppy will need to get used to wearing it prior to being used - it is advisable to fit the collar several times daily (5-10 minutes duration) for the first 3-4 days until the puppy becomes accustomed to its fitment and stops trying to remove it.

Using a Head Collar needs a few considerations with regard to its use. The Head Collar has been specifically designed to prevent pulling and therefore you need to allow the collar to do its job - walk with the lead **across** your body and do not hold the lead in the same hand that the puppy walks on, the collar will not work correctly at this angle. The Head Collar controls the direction of the head and with a dog, where the head points, the body usually follows. Therefore, if the puppy should pull, simply stop and stand still, the puppy's head will then come around due to the tension on the lead and be looking back toward you. At this point, call your puppy back to your side, praise and reward accordingly.

Remember: Prevention is better than cure and it is better to train the dog to walk correctly than to need to continually use behaviour correction equipment!

Introducing a verbal command such as heel or close is a good start but be careful not to use the word whilst training if the puppy is already pulling - as puppies learn by association, we don't want to encourage the puppy to pull and therefore only give the command, when the puppy is in the correct zone (the zone being determined by yourself) at which point it should be praised and rewarded. Give this command often when the puppy is in this zone and reward and praise to reinforce this zone and the link with reward.

Try and keep your treat in the hand nearest the puppy (usually the left) as this is a more natural body position for you to pass the treat and it may be helpful to have a treat bag (we can supply) or a waist (bum) bag to contain your treats (and poop bags).



The Training Plan:

Plan 1.

1. Take a nice tasty (and smelly) treat in your hand, show it to the puppy but do not give it at this stage.
2. Hold the treat in your hand (left) and hold your hand against your leg so the puppy cannot actually get to the treat.
3. The puppy is likely to sniff at your hand / treat and as it does, turn your shoulders away and turn on the spot to your right.
4. Whilst doing this, give the verbal command (heel or close), and when you have successfully completed a full circle, praise and reward the puppy with the treat.
5. Practice makes perfect and as the puppy responds in the correct manner, slowly start to increase the size of your circle, again doing the full circle followed by praise and the treat. Give the heel / close command as you turn but do not over-use.

Plan 2.

1. Once you have successfully mastered Plan 1, we can step up the training and once again we start with the treat in the hand, shown to the puppy.
2. Push your hand out behind you, keeping it as low as you comfortably can.
3. Whilst the puppy is sniffing at the treat in your hand, step across the front of the puppy, turning in a circle, giving the heel/close command as you go.
4. As before, once you have successfully completed a full circle, praise and reward the puppy accordingly.
5. Practice both plans several times daily, in a range of differing environments inside and outside the home – always do this on the lead at this stage.
6. As the puppy training develops and responds, with practice you will be able to perform figure of eight exercises with the puppy following to heel.

Some more important points to consider:

- How you walk your puppy will have a huge impact on whether your puppy will learn to walk effectively on the lead. As most puppies naturally walk around 1/3rd faster than our walking pace, walking slower is likely to induce pulling on the lead by the puppy, purely by virtue of the two differing paces.
- Try to avoid allowing your puppy to stop and sniff at the ground etc. When this happens, simply call the puppy back to heel and continue walking. Failure to apply this could in fact create a situation where the puppy trains you to stop on command!!
- Break routine when walking, be unpredictable and suddenly change direction at intervals whilst lead walking. It is also a good idea to speed up, slow down, do a u-turn and even walk backwards at intervals (when safe to do so). This practice teaches the puppy that you are in control of the exercise session and not him/her.



Many new owners of a puppy are not fully prepared for the amount of time and work that is required to adequately and successfully socialise and train a new puppy to become a balanced and well behaved member of the family household.

Taking into account modern social and professional time pressures, finding time specifically for training a new puppy can be quite challenging for many of these puppy owners.

The following outlines some basic routines that will be both important and useful to you in your daily interactions with your new family member, some of which will not only train, but also provide safety for the puppy under certain circumstances. Should you not have the opportunity to set time aside for a specific training exercise, don't worry as your routine interactions will in fact be teaching or, reinforcing good behaviour from your puppy.

PLEASE DO ATTEMPT TO COVER THE FOLLOWING TRAINING EXERCISES EVERY DAY BY INCORPORATING THEM INTO YOUR DAILY PUPPY ROUTINES. THIS WILL GIVE YOUR PUPPY A DAILY REMINDER OF WHAT IS EXPECTED, THAT YOU ARE IN CONTROL AND THAT YOU REWARD THE PUPPY FOR GOOD BEHAVIOUR:

Recommended Daily Routines:

1. Try not to allow your puppy to eat without you eating something, in front of it, first. A biscuit or piece of cake, something enough to interest your puppy so he/she watches you eating whilst waiting for its own meal. Always try to feed your puppy following the guidelines on Food Routines (Information Sheet No.2) but if you do typically feed the puppy before yourself, then follow the guidelines in the above paragraph – the reason for this is that the most important eat first and by you doing so, will find it easier to train and control your puppy in other training exercises.
2. When preparing to fit or remove your puppy's lead, always practice the sit as part of this exercise – the puppy must be sat patiently for the lead to be fitted or removed, whether for walks or general control and or training around the home. This works well also with point 1 above for feeding routines, which can incorporate the lead also. It is extremely important to practice this for entry and exit of the car. If you have an excitable puppy, simply put the lead down and walk away for a few minutes, time enough for the puppy to settle at which point, resume what you were intending to do initially. Keep repeating this until the puppy bores and sits as required, praise, reward and fit / remove the lead – persevere to create the habit!
3. Ensuring that you control when the puppy is allowed freedom will help you to have a better-behaved puppy. Each time you let the puppy off the lead, start by getting the puppy to sit first, using the hand signal and then, taking one hand on the collar with the other removing the lead, send the puppy away from you with a clear voice command such as "Go Play". As you release the puppy from your control, turn and walk away from him/her.
4. When being greeted by visitors to the home, people in the street, especially children, always try to ensure the puppy is put into the sit position before being greeted and touched. Try this using a small food treat in the hand and using your hand signal for sit, at which point when this is accomplished, the treat can be given plus praise and a welcome from the visitors. However, should the puppy start jumping up, immediately fold your hands (to avoid accidentally touching and hence rewarding the puppy), stand up straight and completely ignore the puppy. Once the jumping has subsided, the greeting can be resumed but remember the procedure should the puppy jump up yet again. Meeting and greeting people is an important part of the puppy's socialisation but the jumping, which will continue if not stopped, will become worse and more of an issue as the puppy grows into a larger, heavier, adult dog. It is important that you advise houseguests, visitors and admirers in the street of the procedure to follow in order to ensure consistency in the training and correction of this issue.

Should other people take no notice, it is best for all concerned if you take the puppy away from this situation. If the problem persists, use the lead to control the jumping, even within and around the home.



5. On your arrival home, always try and greet human members of the family before greeting the puppy, even if the puppy is waiting for you as you walk through the door. If the house is empty bar the puppy, ignore the puppy for the first few minutes on arriving home – take your coat off first, visit the bathroom etc. Whilst seeming harsh, it is in fact being very caring and by doing so, you will teach your puppy his/her place within the family hierarchy – puppies dominate each other on a social level using similar means, the first to be greeted is usually the more important within the family pack. This is an important, evolutionary habit and your puppy will understand the meaning of your actions.
6. Within your home, try and create “Human Only Zones” whereby your puppy is only allowed access if and when you invite them into that zone – bedrooms and upstairs rooms especially. The same should apply to furniture or anything similar that is likely to give the puppy an elevated position. If allowing the puppy access to these rooms or, to the furniture, then insist this only happens on your say so and not of the puppy’s own deciding – always send the puppy off or back out of your zone at your deciding and before the puppy chooses to do so for itself. This will help to educate the puppy that because you control access to certain zones, that you must be more important than the puppy. Creating these “Zones” is relatively simple, baby / child stair gates are widely available, suit a range of differing doorways, and restrict access to parts of the home but without the total isolation of shutting a permanent door.
7. Any puppy can develop bad habits as well as good habits – how many bad habits your puppy has by the time it is 12-months old can depend on a number of influencing factors such as the breed of the puppy and how you interact with it during its crucial learning development stage. As Prevention *is* Better than Cure, removal of the temptation is sometimes required such as not using open bin bags but a proper kitchen bin or cupboard based bin instead, keep all food out of reach and let the puppy out to toilet before being left alone – simple suggestions but ones often so easily overlooked, especially when you are short for time. Rather than trying to cure the symptoms later, try and prevent the habit from developing now.
8. Chase is an important part of a developing puppy’s attitude toward others and when playing with your puppy, always try and have your puppy chase you as opposed to you chasing him/her. The one being chased is usually the one controlling the game and therefore the one who believes he/she is more important.
9. Kerbs and road crossings provide an excellent opportunity to train your puppy to sit and wait in a wide variety of differing environments whilst ensuring the safety of the puppy and yourself.
10. Whenever your puppy picks up an object you do not want him/her to have, do not chase the puppy to retrieve it, as this becomes part of the game (consider point 8 above). Instead, call the puppy and encourage him/her to bring the item to you for which you can reward with the puppy’s favourite treat (if an object of no harm or value) – a puppy used to being rewarded for this will be easier to retrieve an undesirable object from. Should the object be valuable or potentially dangerous, then simply take away when the puppy brings it to you and place out of reach.
11. If your puppy becomes defensive over a bone or chew, then it is likely best to stop giving these treats to the puppy until it is a little older and has learnt some manners and restraint. If you feel the need to give these, always have a spare in order to tempt the puppy away from one which it can then see you picking up and removing to a safe place, out of reach (it must see you do this). Many owners have been bitten and are hence concerned of their puppy’s future response because of this and, at the same time, the puppy learns that you may be frightened or wary of it making the puppy anxious itself or, leading to a puppy that may be inclined to take advantage of the situation making it less responsive and more difficult to handle moving forward.

12. Good Dog Ownership means you have a moral and legal responsibility to care for and to control your dog / puppy and establishing good routines as laid out in this information sheet will help you to have a happy, balanced and well behaved puppy.



Your Notes:



Information Sheet No.9 ~ Toilet Training.

Also Includes advice on Crate Training.



Toilet Training is an essential part of training any puppy and hopefully, your breeder will already have started this process although, you are likely to have to do the majority of this training yourself. By the very nature of the training, it is not the nicest to have to conduct but it can be done reasonably quickly although this time period will depend on a number of factors - your commitment to the training, how you respond to mistakes, consistency of other family members and the breed of dog itself.

Time and patience are the key in any training, especially toilet training and often the best place to start, is by using a puppy-pen or crate as the puppy's "Personal Zone".

If you are not or cannot use a pen or crate, don't worry, we have help for you toward the latter part of this information sheet but please read all the notes carefully anyway.

So why use a puppy-pen or crate?

Natural Instinct where the puppy will not want to soil in its nest (in the wild the mother usually removes the waste whilst teaching the puppy to toilet away from the nest to avoid detection from predators) and will therefore try and get as far as possible from their bed. Due to this self-discipline, puppy's that are in a pen, will develop better muscle control and will be able to hold on longer, the time period increasing as the puppy grows in size and age.

1. When introducing the puppy to a pen or crate, care and common sense should be employed to avoid frightening the puppy or making it think it has done something wrong - this will make the training more difficult and much slower than it could be.
2. It is best to start by encouraging the puppy into the pen, this is easily achieved by dropping some treats into the pen and placing some of the puppy's favourite toys in there also.
3. Never leave the puppy in the pen longer than is necessary, start short and gradually build up the time period in order to avoid distress to the puppy. It can be stressful to the puppy if they have to relieve themselves inside their pen.
4. Place the puppy's bed or sleeping blanket inside the pen and we recommend covering the pen with a sheet (if you are using a crate) but leaving the front clear. This will help the puppy feel more secure and hence more inclined to use the pen.
5. Once accustomed and comfortable with the pen, and with its bed inside, the puppy will likely start taking naps inside the pen. At this point, you can start closing the door of the pen until the puppy awakes at which point, leave the door closed for a few minutes before taking the puppy outside. It is likely at this point the puppy will need to toilet and when it does, give it a toilet command (it may sound silly but wee-wee does work) and reward appropriately. Please note, for this to work, you must stay with the puppy, it will not work if you simply shut the puppy outside, alone as this will be deemed by the puppy as being punishment.
6. Once the puppy is comfortable with taking daytime naps in the pen, you can start using the pen at night. Let your puppy out as late as possible in the evening and again, as early as possible in the morning - lay-ins may have to be foregone whilst conducting this training!! As with Point 5, take your puppy outside to toilet, staying with him/her until the deed is done (regardless of the weather) and reward appropriately for the correct action.
7. Success will come quicker with consistent use of the pen. Use the pen regularly throughout the day if possible, especially when the puppy is likely to nap following Points 5 & 6 above for when the puppy awakes.

This covers the benefits of crate training your puppy but you may decide that this is not a suitable option for your domestic arrangement. As our lives are as different as each of our puppies, the following may help those of you looking for an alternative to crate training:



1. Puppies need to relieve themselves regularly as like babies, they have not got the muscle control required to hold on for long periods. With this in mind, it is best in the first few weeks to limit the puppy to certain areas of the house, especially those with hard floors which are easier to clean and do not hold scent easily. There will still be accidents in the other parts of the home, but these will be fewer especially if you observe a time routine with the puppy - play a while and then take outside to toilet observing Points 5 & 6 in the previous section.
2. Puppies will want to toilet very soon after waking, after play and especially, after meals - usually within 30 minutes of eating so be time aware!!
3. Whilst you may not be fussed where the puppy toilets in the garden, it may be easier for the puppy if he/she knows where it is to "Go" and this can be achieved with a piece of rope or hosepipe etc laid on the ground. Place the puppy inside the Toilet Zone and when in toilets in this Zone, reward with a treat and lots of praise. If the puppy inclines to defecate outside the Zone, pick it up and place it inside the Zone as puppy's tend to toilet where they been before and this will help remind them of where to go each time.
4. It is helpful to have a special treat, reserved solely for toilet training and given only when toileting in your chosen Zone.
5. Should your puppy have a toileting accident, calmly put the puppy away from you and clear up with a product designed specifically for this purpose - pine disinfectant and some other cleaning chemicals contain ammonia which in turn, may actually encourage continuation of the toileting problems. A puppy's sense of smell is so good that they can actually smell through products like disinfectant anyway. Most pet stores sell good products for this purpose.
6. If you opt for the paper training method instead, remember to move the paper closer to the door and outside as soon as possible - if need be, weigh the paper down with a brick or similar.

Tip:- When paper training, it helps to dab some urine from the soiled paper onto the clean replacement paper so the puppy knows where to toilet next time.

7. It is vitally important in toilet training not to reprimand your puppy if you find it has toileted in an undesirable place - if you actually catch your puppy in the act, make a loud noise or, clap your hands to distract the puppy and then immediately take him/her to their toilet zone.
8. Under no circumstances should you rub your puppy's nose in any accident, this is an old wives tale and is counter-productive whereby you may simply make the puppy frightened of you whilst driving the problem underground - the puppy will learn to toilet where you cannot see him/her making it difficult to stop and to clean up.

Information Sheet No.10 ~ Health Checks & Handling



It is important that your puppy should be able to be handled and examined either by your Vet or yourself, and for the puppy to be happy with this attention. If your puppy grows up unaccustomed to and unhappy about being handled, then treating him/her will be that much more difficult and not without likely conflict leading to potentially more serious health issues moving forward.

The primary aim of this information sheet is to help you and your family look upon and include grooming and health check as important daily routines that your puppy comes to enjoy. It is important to keep the sessions short and that they should not include an in depth examination of every part of your puppy's body, instead, alternate with a different examination in each session – take your time but don't drag the sessions out, keep them short and enjoyable with rewards to help prevent the puppy from becoming bored.

Tip: Start the sessions with a treat in front of the puppy's nose, this will help to keep the puppy's mouth away from your hand and keep him/her otherwise occupied.

HEAD CHECKS

EARS: Certain breeds have more problems than others with their ears, for example Spaniels and others with long, hairy ears although all breeds can suffer from ear problems particularly when grass seeds are prevalent.

With your puppy interested in a treat held in one hand, gently massage the ears with the other hand taking the opportunity to look in each ear before rewarding the puppy with the treat. The more you practice, the longer you will be able to extend the examination before giving the reward.

Should you need to use eardrops for any reason, then two people may make the job easier. Whilst one holds a treat in front of the puppy and keeps the ear open, the other can administer the drops without complication.

Tip: Warm the drops prior to applying – warm drops will come as less of a shock to the puppy and will be less irritating.

Watch out for excessive scratching, redness and for any obvious bad odour which may indicate an infection.

EYES: Any dog can suffer from all manner of problems with its eyes from infection, disease or contamination from foreign bodies.

Using a treat once again as a distraction, gently place your hand on the puppy's head just above the eyes and then stroke back toward the ears. This action should open the puppy's eyes, showing the whites of the eye allowing you to check for any potential problems. Repeat this 2 or 3 times, on each occasion, gradually increasing the time spent checking – reward with a treat.

Any obvious discolouration, redness, discharge or swelling will need to be checked out by your Vet.

Treat a puppy's eyes as if they were your own and only use remedies recommended by your Vet.

To clean the eyes, moisten a clean piece of cotton wool (preferably using cooled boiled water) remembering to use a clean piece for each eye to avoid the risk of any cross infection.

TEETH & MOUTH: Like our own teeth, keeping your puppy's teeth clean will help reduce future dental problems - regular brushing with a toothpaste designed specifically for dogs (never use human toothpaste) will help control any such problem.

Getting your puppy used to having his/her teeth cleaned can be a challenge, especially when teething but regular, short sessions are crucial to familiarising the puppy to dental care.

There are many dental products specifically for dogs but a good type for puppies is the micro-fibre, fingertip brush which can be quicker and easier to use than a conventional toothbrush, especially on puppies.

Cleaning the teeth is about more than just the teeth, it teaches and acclimatizes the puppy to having its face and mouth touched and inspected, without objection – this is essential if you wish to show your puppy where a puppy must accept being inspected without compromise.



It may be hard work to have a puppy that will allow you and or others to do what is necessary around the mouth and teeth, this is the easy way to teach your puppy:

Always start with a treat in one hand held in front of the puppy's nose and then, with your spare hand, gently lift the puppy's lips to show the teeth – reward the puppy. Practice regularly as part of your daily routines until the puppy tolerates longer sessions but ensure these sessions are kept short and rewarding for the puppy.

As your puppy allows your inspections without fuss, insert a finger (clean) between the cheek (jowl) and the teeth and pull the cheek gently away from the teeth – reward as before.

The idea is to have your puppy used to and comfortable with external and internal inspections of its mouth and teeth.

The more you practice, the happier your puppy will be with this action and should you need to recover or, remove a foreign object from the puppy's mouth, it will allow you to without confrontation or the need for a trip to the Vet.

Tip: When checking ears, eyes and mouth, look at the colour as this is often a good guide to potential problems.

Is the inside of the ears pink, the eyes white, gums and tongue pink or grey (depending on breed)?

Often, even before the obvious signs of illness or of the puppy not feeling right, the colouration of the ears, eyes and mouth will change. Any such information will usually be helpful to the Vet if required.

FEET CHECKS:

A puppy's feet, especially the pads are a vulnerable place for cuts and penetration from foreign objects such as grass seeds and the nails will usually need regular trimming.

The front feet particularly can be a sensitive area on the puppy and therefore the following exercises need to be practiced regularly as it can be difficult once a puppy decides its feet are out of bounds to all including the Vet or Groomer.

Practice the following exercises to ensure that your puppy is comfortable with regular examination of the feet and clipping of nails:

- Put your puppy into the sit position and holding a treat in one hand, whilst allowing the puppy to nibble at the treat, massage one paw at a time for a minute or so, starting with the front and then reward the puppy with the rest of the treat.
- Extend this massage in order to gain a thorough examination of the paw including the pads, skin and webbing (if appropriate to breed).
- You need to run a finger between the pads, checking for foreign objects such as grit and grass seeds, plus checking hairy feet for any knots between the toes – any flinching or apparent soreness should at this point be checked further.
- Checking regularly, especially after a walk which is the most likely time to develop a problem and the best time to check as the puppy will be tired, will help prevent problems developing.
- Although best left to a groomer, if you choose to clip the nails yourself, ensure you have the correct equipment for a dogs nails and start with just one nail on one paw in the first session before extending to an entire paw and eventually onto all four paws as the puppy gets used to this attention – often it is the sound of the nail cutting that causes stress in the puppy so talk to the puppy or create some background noise whilst clipping the nail(s).
- Little and often, built up over time, will help adjust your puppy and prepare him/her for a full session without undue stress and agitation.

BACK END & GROIN CHECKS:

At some stage, it is likely that your puppy will need to have his / her temperature taken and although many Vets now use the modern ear thermometers, some will still insert a glass tube style into the puppy's backside. It is helpful to prepare your puppy to be used to having someone touching the dogs rear end in general and is easy achieved by following these points:



- As always, start with a treat held just in front of the puppy whilst it is in the Stand position.
- With the puppy standing, use your spare hand to hold the tail up slightly and to the side giving access to the back passage.
- Reward your puppy for standing patiently and for not attempting to spin around to confront the attention.
- Practice regularly, rewarding each time and by the time the vet needs to conduct this, he/she will be presented with a willing and happy dog.

VACCINATIONS:

Vaccinations are an important part of your puppy's welfare protecting against diseases such as Parvo-Virus, Distemper and Kennel Cough but having these vaccinations as a puppy and booster vaccinations in the future are equally as important. By visiting the Vet for these vaccinations, it also gives the vet the chance to "MOT" your dog and to ensure there is nothing untoward developing as well as providing Flea and Worming Treatments as required.

The loose skin on the back of the neck and between the shoulder blades is where most injections including Microchips are given - it is a fatty area and one that is better placed than others although it can be a very sensitive area, especially in males that have not been neutered who may become agitated with attention in this area if not familiarised to it. Therefore, we need to de-sensitise your puppy to this handling and the following points will help with this task:

- Again, start with the training treat by now familiar to your puppy.
- Handle the dog by the scruff of the neck, massaging and gathering up the loose skin so that it is reasonable taut before rewarding with the treat. Do this regularly, especially when interacting with your puppy through play or when petting, rewarding each time. This action will help prepare the puppy for similar handling by your vet when it is time for those yearly vaccinations.
- This exercise is also a good exercise to familiarise the puppy with actions that may be expected by children, young children especially. If the puppy is usually rewarded for having its fur or neck pulled, it will help reduce the likelihood of a bad reaction from the puppy when it happens.

We do recommend Pet Insurance as you never know, especially with puppies, what is likely to happen and it helps remove concern from both yourselves and your Vet as to the cost of any required treatment.

Tip: Try and have all the exercises conducted by as many people as possible such as family & friends, visitors and even the groomer.

This familiarisation will ensure you have a puppy, more comfortable about being physically handled which in turn, will result in less confrontation when being handled by the vet or the groomer.

Information Sheet No.11 ~ Children & Puppies



Children and puppies can gain great pleasure and learning through interaction with one another but, as both can be somewhat unpredictable at times, we as the responsible dog owners need to supervise this interaction in order to prevent potentially difficult situations.

Always supervise children and puppies when together, especially children under around 10 years old and those with learning difficulties, particularly at play times and feeding times.

As puppies can tire very quickly, they need to have somewhere where they can retreat, away from children and where they can rest in safety – this is where the puppy pen or crate as discussed in Information Sheet No.9 shows its worth.

Puppies can start to see children as other puppies if these children are allowed to do certain things when interacting with the puppy, such as, rolling around on the floor. Puppies are excitable and play may quickly become boisterous, especially if the puppy is going through the play-biting stage, which can be stressful to young children not used to being bitten, even in play.

Instead, teach the child(ren) not to roll on the floor but to play with a toy – this way the puppy focuses on the toy and will start to learn to fetch and to come on command (Recall).

If the child wants to make a fuss of the puppy, teaching the child to always call the puppy to them helps prevent later problems. Approaching the puppy places you in a lower ranking position (as per Information Sheet No.8 point 8 – Chase).

Also, if the puppy happens to have a toy or treat, they may see an approaching child as a threat and this is the most vulnerable time between puppies and children, the time when children are usually most likely to get bitten!!

It is advisable to teach all children to respect the puppy as a living creature with feelings and not a toy to be poked and prodded relentlessly.

If it is not possible to supervise their interactions, it is advisable to keep them separated – unintentionally, accidents and mistakes can happen, using a little self-discipline will ensure these are kept to a minimum.

Feeding routines are vital (see Information Sheet No.8 point 1) and once the puppy has been taught and is familiar with this routine, children can be taught how to do this, even if they are grandchildren on the occasional visit – it all helps to keep the puppy in its respective position within the family hierarchy.

Getting the child or children involved in training and helping with the daily routines and exercise will help with the puppy/child relationship – the puppy learns its place and children learn how to care for and respect a living animal.

Using the toy technique, show your children how to play with the puppy and how to use the **STOP** command, especially when excitement levels become too much and jumping, barking or rough play need to be brought back under control.

When in the garden, try and remember the advice in Information Sheet No.8 point 8 regarding chasing – rather than have the children chasing around after the puppy, set up games whereby the puppy has to chase the children and how to use toys and play to reinforce the recall by getting the puppy to come to them – have the children reward the dog which at the same time will help teach food manners without having the snatching seen with puppies not trained with children in mind.

Whilst this information sheet may appear to be complicated and difficult to follow, do try and install as much of the advice as possible into yours and your family's daily routines when dealing with and or interacting with the puppy – it will all be worthwhile at the end.

Tip: just remember to always supervise children and the puppy and the way in which they interact with each other and in most cases, you will have a well working and respectful relationship that all can enjoy and benefit from.

Information Sheet No.12 ~ Car Safety



This information sheet is for those dog owners likely to travel with their puppy at any stage in a motor vehicle – a loose puppy in the vehicle is obviously much more likely to be seriously injured in an accident whilst posing a significant potential danger to others in the vehicle at the same time.

Many people travel with puppies unsafely, especially those with smaller breeds who like to hold the puppy on their lap which although may be perceived as being safe due to being firmly held, does leave the puppy vulnerable in an accident, especially with vehicles fitted with airbags – and this is assuming you actually hold on to the puppy at the point of accident. Having attended many such accidents during my career in the Fire-Service, I can only advise this is far from the safest way of travelling with a puppy and for your own safety and that of your puppy, urge you to consider the following points carefully:

1. If travelling with the puppy on the back seat of the car, use the rear seat belt fitted to a car seat belt harness, correctly fitted to your puppy. Once restrained, the puppy will still be able to sit up and look out of the window, albeit in safety.
2. Try to avoid having the puppy sat on anyone's lap, anywhere in the car as this is unsafe for both puppy and passenger.
3. Fit a travel cage in the boot of the vehicle (if possible & practical) as this is one of the safest methods of transporting dogs – the police use this system! It need not be huge, just large enough for the puppy to be able to turn and spread out comfortably.
4. If using the boot area without the benefit of a travel crate, the next best thing is a dog-guard. This device will help prevent the puppy being thrown over the seats, possibly causing injury to both itself and other car passengers in the event of an accident.
5. For smaller breeds, there is the option of a dog booster seat, fastened to the seat with the car seatbelt into which, the puppy is fastened by means of a safety harness. A great way for smaller dogs to travel safely whilst being able to see out of the windows also.
6. Never, Never use the puppy's walking lead & collar attached to the vehicle – the lead is far too long and the collar could serious injury to the neck and back or even death.

As with inside the house and when out walking, the puppy must learn manners whilst entering and exiting from a vehicle – this is for both its and your own safety. Instead, teach your puppy the wait command and then teach it another command for either “In” or “Out” which it does only on this command. Using the techniques gained from the prior exercises, combined with reward this should not be too difficult to achieve.

REMEMBER- At all times, put safety first when travelling in a car!



JUMPING-UP:

For every action a dog makes, there usually has to be a reason and, especially with Jumping-Up issues, we must first ask, Why does the puppy Jump-Up?

Generally, in one way or another, it is because the puppy is trying to gain your attention, either to play or to greet you.

Whilst this show of affection may appear pleasant, it is important to remember that puppies grow fast and may well not stay small for long. Even small breeds may make themselves unwelcome when jumping up at people, children particularly, especially when they are wearing muddy paws!!

It is important to remember that the puppy does not care too much if the attention he/she gets for Jumping-Up is positive or negative. Negative attention could be where you tell the puppy "No" or "Get Down" and push the puppy down from you – a puppy sees attention as a look, being spoken to or touched which means, potentially, three rewards for a negative behaviour which, actively reinforces the negative behaviour of Jumping-Up and will encourage continued Jumping-Up by the puppy.

Puppies learn quickly and can suss out what works and what does not. If the puppy were to get no attention at all for Jumping-Up in the first place, there would be no reward and the puppy would likely try something else in order to gain your attention – maybe sitting patiently if this is what you have been teaching him/her. Now, when the puppy is stable and calm, is the time to reward and make a controlled fuss of him/her.

Inconsistency does not work and you, your immediate family and visiting guests must all follow the correct procedure, consistently. If the puppy is allowed to Jump-Up one day and not the next, we cannot blame the puppy for becoming confused as to what is acceptable behaviour.

Other Dog Lovers can be a frustration when meeting them whilst out on a walk as it is likely, some will want to stop and admire your puppy of which many, will be more than happy for your puppy to Jump-Up in order to be greeted and petted. Remembering the need for consistency, we suggest one of the two following courses of action in order to maintain consistency:

1. Pretend their course of action (although innocent) is not important to you, even though you are aware of the wrong messages being given to your puppy in the process.
2. Actually explain to the person greeting your puppy that you are teaching it good manners and that they need to avoid any attention until your puppy sits – the person can then greet and reward the puppy for the correct response. This may actually help the person doing the greeting as they may extend this process to their own dog(s) if appropriate.

Without guidance from you, your puppy will not learn what is expected of him/her in any given situation and instead, will make his/her own decisions which is highly unlikely to be the correct decision. To train the puppy, we must teach it, so don't forget to tell the puppy what he/she should do.

House Visitors & Guests:

Many dog owners struggle to control their dogs when visitors arrive at the door, Jumping-Up at your guests rather than being calm and well behaved.

How you greet the puppy on arrival home will have a huge impact on this behaviour – do you let the puppy jump up at you?

We have a choice of options to help deal with this embarrassing behaviour:

- Teach your puppy to sit when greeting visitors at the door. To do this, leave a treat pot at the doorway from which a treat is taken as either yourself or a guest comes through the door, tell the puppy to sit or wait for the puppy to stop jumping (turn your back to him/her) and then give the reward to the puppy. If all visitors to the house operate the same procedure, the puppy will quickly

learn that to be rewarded, it must sit calmly without Jumping-Up and that people visiting will likely result in a reward, helping with positive socialisation skills, essential for a shy or nervous puppy.



- Keep a spare lead, a slip lead style is good as they are quick to fit, which when combined with good verbal commands and the treat pot as above, can be an effective way to control a Jumping puppy – the lead could also be used with the previous point above.
- Alternatively, and if practical, keep your puppy behind a baby-gate when visitors arrive or, send your puppy on to his bed following the advice in good routines. When the puppy is calm, it can then be greeted and rewarded as appropriate.

Conclusions & Guidelines to developing a well-mannered puppy:

1. If the puppy Jumps-Up, fold your arms (to avoid accidentally touching and hence rewarding the puppy) and turn away from him/her. Do not give any attention (touch, looked at or spoken to) until the puppy has all four paws on the ground, or, is sitting calmly.
2. Do not be over-enthusiastic when greeting the puppy, instead, do so in a calm manner yourself and again, only do so if all paws are on the ground or, if he/she is sitting calmly.
3. Do instruct your puppy of what is needed when meeting or greeting people, either out on a walk or, visitors to the house.
Consistency and repetition of the same procedure will give the best results.
4. Try to avoid waiting for your puppy to make a mistake, instead, ensure you notice your puppy's behaviour before a mistake is likely and give praise and reward for doing the right thing instead of having to correct the wrong behaviour later.
5. Consistency is king but it needs the cooperation of all who may come into contact with your puppy to follow the same routines as yourself – this will reduce any conflict of what is right or wrong resulting in a less-confused puppy.
6. Practice the points provided in Teaching to Stay & Present (p13 & p14).

After following this advice, should you still have a problem with Jumping-Up issues, please do not hesitate to ask for assistance.

Play Biting:


Puppies learn about their new environment through smell, taste and texture, the two latter methods requiring the use of the mouth. Puppies also learn how to use their mouths by playing with littermates where they learn Bite Inhibition – basically how hard they can bite without actually hurting or harming another and through this, they learn how to control their bite force.

However, your puppy now needs to learn that when it comes to people, teeth and skin are not an acceptable combination and by allowing your puppy to Play Bite now, you are setting the scene for a much more serious and difficult situation somewhere in the future.

Also, as some people are thicker skinned than others, what might be acceptable to you may cause serious damage to an older person or, a child!!

Please follow these guidelines to ensure the problems of Play Biting are minimised:

1. Don't play chase games with just your hands, instead, teach the puppy to play more suitable games with an appropriate toy.
2. If when play with a toy and the puppy mistakenly makes contact with your skin, let him/her know it hurts (even if only slight pain) and without holding back, say Ouch but loud enough for the puppy to take notice and then halt the game for a while – the game can be resumed after a period at which time, you may find the puppy starting to be more careful where its teeth and your hands are concerned.

- 
3. Avoid wrestling or playing rough games with the puppy on the floor, this just teaches the puppy bad manners where it will learn to nip at you and your clothing whilst teaching your puppy that it is ok to interact with you in this way – this kind of play results in the puppy seeing you as another puppy or worse, that it is equal to, or, more important than you.
 4. Teaching the puppy a “Leave It” and “Stop” command is very useful, and will help turn off the excitement should things get a little too boisterous. These commands we have already covered off in this manual and as before, regular use as part of your Good Routines will help make your puppy to be more responsive to them.
 5. Once the puppy has responded to your given command, ensure you redirect the puppy’s focus onto a more suited activity – maybe a food reward such as a chew stick that will keep the puppy stimulated.
 6. It is always better if you control playtime, when it finishes but also when it starts. Whilst the puppy is awake, call it to you and then initiate a favourite game. This helps control the puppy’s developing dominance whilst reinforcing the Recall where the puppy learns that coming to you immediate on demand usually results in a reward or play session.
 7. You end the game, before the puppy tires or becomes bored – always leave the puppy wanting more.
 8. Keep the puppy’s favourite toys out of reach, saved for those special interactive training session whereby, the puppy will in fact value them more when being given them for good work. Always keep available though the toys necessary for helping with teething, plaque control etc.
 9. For persistent biters that still insist on the touch of skin against their teeth, use a deterrent spray such as Bitter Apple or Citronella sprayed on your hands, body and clothing – the puppy won’t bite now!!
 10. Some puppies are worse than others at play biting, especially those that bore easily so always ensure you provide adequate mental and physical stimulation on a daily basis.
 11. Use the crate / play pen. When the puppy gets too excited, or, when you decide enough is enough, give the puppy a Time-Out in his crate, or, behind a baby-gate. Once the puppy has calmed sufficiently, he/she can come out.
 12. Sometimes, even following the guidelines above, a persistent Play Biter develops. The use of a “Pet Corrector” may be employed to interrupt the unwanted behaviour – discuss this option with us first though as this only works if used correctly and can be counter-productive if not used correctly

If you have any questions or require further advice or assistance regarding Play Biting, please do not hesitate to ask.

Information Sheet No.14 ~ Exercise and Mental Stimulation



Both Physical and Mental stimulation are important for the puppy's general well-being and both must be provided in adequate proportions as when lacking in these areas, we often see puppies and dogs that have difficulty in concentrating or show Hyperactivity, Depression and other behaviour problems.

Your Vet may well have already given you some advice on exercise restriction and would likely only have recommended approximately 30-minutes of exercise daily due to the puppy's bones still being soft and their joints etc still developing.

With younger puppies, care must be taken to avoid letting the puppy go up and down stairs, jumping out of the car and off of furniture and, uncontrolled exercise - for example, to take the puppy for quick walks around the block on weekdays and then to expect it to cope with a 2 or 3 hour marathon at the weekend can seriously damage the puppy's physiology as the puppy is simply not physically used to or capable of such exercise. Instead, regular and equal amounts of exercise, gradually increased as the puppy's fitness and strength increases is the best solution.

Short, 30-minute exercise sessions may be important for its physical development but this can create other problems:

1. A lack of adequate socialisation as the puppy will be spending a limited amount of time away from the home environment.
2. 30-minutes represents only a very small part of an entire day. If a puppy is only exercised for 30-minutes, what does it spend the remainder of the day doing other than annoying you with mischief, barking, chewing what should not be chewed, stealing etc.

Although care should be taken to avoid your puppy running around, uncontrolled for considerable periods of time, you could still take the puppy out for longer time periods without the need to cover huge distances for example, walk into and around the town to expose him/her to the sights, sounds & smells, part of your training in the park - in general, a wide variety of differing experiences that will help desensitise the puppy to new experiences in the future

Not only will your puppy learn from these experiences, it also provides mental stimulation too - your puppy may end up tired, but he/she will be a happy one.

If you are going to want to take your puppy out when you yourself socialise, you will need to introduce your puppy to as wide a range of environments and experiences now and by doing so, your puppy will grow up to be a well-adjusted, balanced and outgoing dog, able to cope with differing environments and situations as they arise.

There are many ways of providing opportunity and or increasing your puppy's mental stimulation, the following is some of our suggestions to help create a satisfied puppy:

- Training activities - 15-20 minutes daily of varying puppy-training activities will help keep your puppy focused and mentally challenged as he/she learns the new skills required of it. The more you teach the puppy, the easier the puppy will be able to learn new and additional skills.
- Play with your puppy - this helps to create a strong bond between you both which also teaches the puppy how to interact with you and to see you as someone who is fun and not just a food counter!!
- Play Food Games - a dogs food was never provided naturally in a bowl. Scatter portions (kibble or chopped into small pieces) of his/her daily food ration on the patio or lawn and stand back and see how much he/she will enjoy foraging for the rewards. Likewise, fill a large cardboard box (big enough for the puppy to fit in) with shredded paper, throw some of his/her daily meal into the shredded paper and watch the fun (bit messy though). You can also consider the use of toys which make the puppy work at releasing the food - self rewarding stimulation toys are good, cheap and work very well in helping to deal with some behavioural problems.
- Vary your walks - not only does this help prevent your puppy falling into a routine (which can contribute to lead pulling problems), but exploring new walks with your puppy makes it more

interesting to you and certainly more exciting and stimulating for your puppy as it will provide new experiences and new opportunities to learn and develop.



Please do not hesitate to ask for additional help and support if you are unsure about your puppies mental development.

We hope you have enjoyed your time working with us at WildDogz and we look forward to seeing you back on one of our other training programs.

Trevor Norman mgodt, mcfba

WildDogz Training & Behaviour Correction
Honiton
East Devon

www.wilddogz.co.uk

training@wilddogz.co.uk

01404 45035 / 07887 998788

Facebook - connect with wilddogzuk



WildDogz

*Honiton
East Devon*