

Barents Sea

Kara Sea

Laptev Sea

THE PUP-PASSPORT



Congratulations

on bringing home your new pup! And welcome to almost everything I know about raising a confident, well-rounded puppy



The first thing I want to say is that this is SUCH an exciting time, and a time you will never get back, so as much work as puppies are try to really enjoy every moment! They really are the cutest little potatoes.



BUT!

Your pup will be a lot of work. I hope you're ready! As you move through this document you will find information on the things I find most important when raising new pups, including:



 **STRUCTURE, MANAGEMENT & ROUTINE AT HOME**

 **EXISTENTIAL FEEDING & ENGAGEMENT**

 **EXPOSURE, HABITUATION & SOCIALISATION**

 **TOILET TRAINING, CRATE TRAINING & BASIC OBEDIENCE**

 **ADVOCATING FOR YOUR PUPPY**

 **PLAYING WITH YOUR PUPPY & UNDERSTANDING THEIR GENETIC NEEDS**

 **HOW TO MANAGE AND INTERRUPT UNDESIRABLE BEHAVIOURS**

 **FEAR PERIODS**

CHECK OUT OUR PASSPORT CHECK LIST AT THE END OF THIS DOC TO MAKE SURE YOU DON'T MISS ANY OF THE IMPORTANT DESTINATIONS!



WAIT!

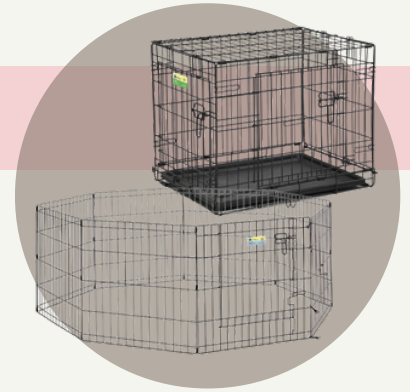


Before we jet off! One more thing...

I know you've probably bought your new puppy alllllll the things. But let's quickly chat about the things you need when bringing them home.

A CRATE AND/OR PUPPY PEN

Your puppy should not be wandering around unsupervised, so these things act as babysitters while you are busy! See more about sizing by reading further.



GOOD QUALITY HARNESS, LEASH, COLLAR & FLEXI LEASH OR LONG LINE

Your puppy will be exuberant about life! Buy good quality leashes and collars, a Y-shaped harness and a long line and/or flexi leash for recalls practice and exploring.



A TREAT POUCH

a good quality treat pouch - I recommend The Trainers Pouch as it is made of silicon, dish-washer safe and super easy to clean!



KONG

A kong will help you with enrichment and crate training! For smaller puppies I would get the 'puppy' kong for softness on their baby teeth..

And of course... go crazy on the toys! I know you already have anyway...



STRUCTURE & MANAGEMENT

just a baby

THE STRUCTURE, ROUTINE AND HEAVY MANAGEMENT OF YOUR NEW PUP IS **HUGELY IMPORTANT**. I KNOW WHAT YOU WANT TO DO IS LET YOUR PUPPY EXPLORE AND HAVE ACCESS TO THE WHOLE HOUSE IF NOT THE YARD TOO, BUT YOU HAVE TO REMEMBER YOUR PUPPY IS A BABY... A BABY WHO DOESN'T MAKE GOOD DECISIONS YET! WHO DOESN'T KNOW WHAT THINGS ARE THEIRS AND WHAT IS NOT THEIRS... WHO DOESN'T KNOW WHAT IS DANGEROUS AND WHAT IS SAFE.



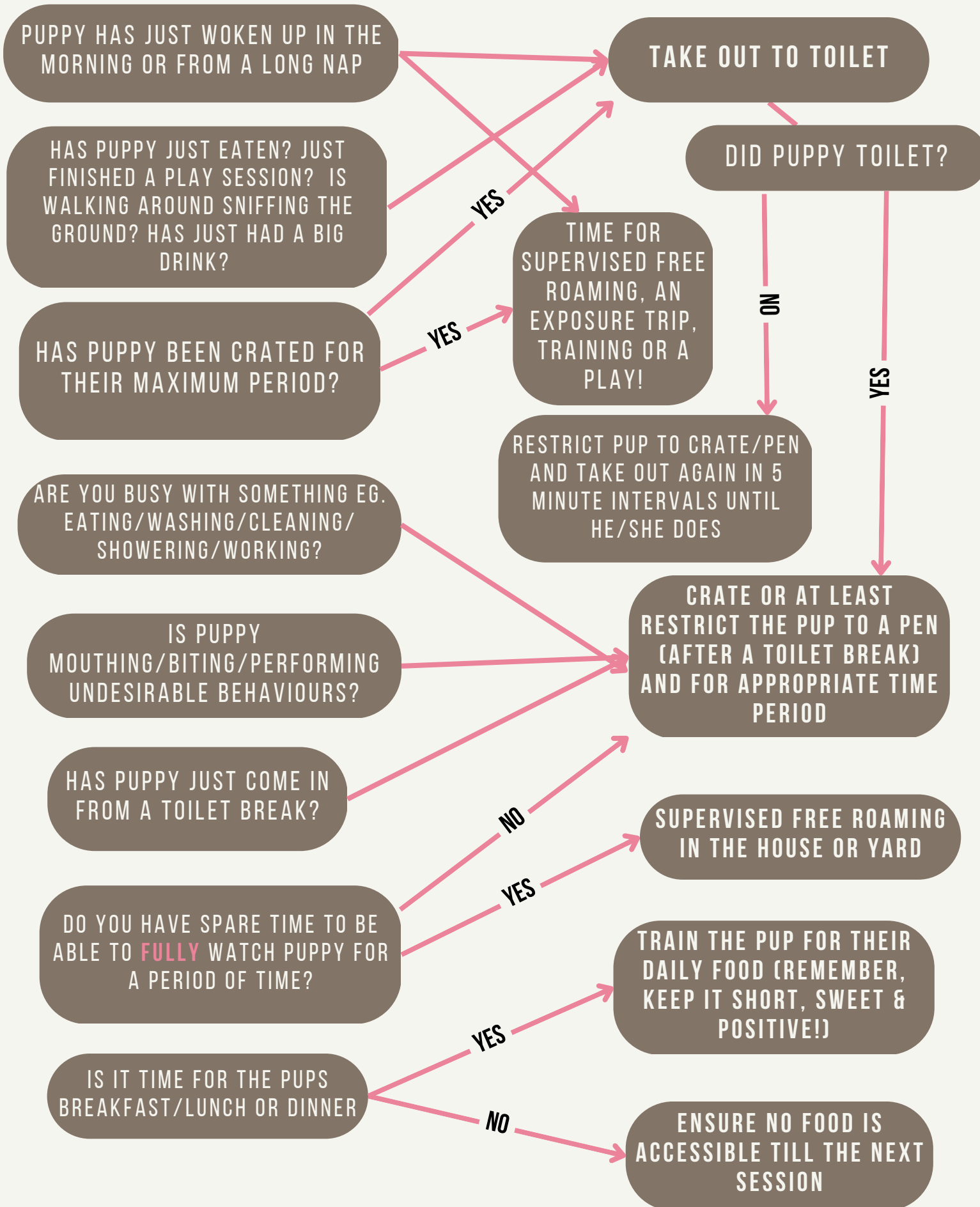
BY "**MANAGEMENT**" I MEAN ENSURING YOUR PUPPY DOESN'T REHEARSE UNDESIRABLE BEHAVIOURS WHILE YOU AREN'T IN A POSITION TO OVERSEE THEIR BOUNDARIES & STRUCTURE. EG. IF YOU ARE TOO BUSY CLEANING THE HOUSE, IT'S NOT THE BEST TIME TO ALLOW YOUR PUP FREE ROAMING AS YOU COULD FIND THEM 10 MINUTES LATER HAVING RIPPED UP YOUR SHOES WHILE YOU WEREN'T LOOKING! **THE PUPPY SHOULD BE RESTRICTED & CONTAINED ANY TIME YOU AREN'T 100% WATCHING THEM.**

BY "**STRUCTURE**" I MEAN CONSISTENT RULES, BOUNDARIES & EXPECTATIONS. EG. EVERY TIME THEY SIT AND GIVE YOU ATTENTION, THEY GET PRAISE AND/OR REWARD. EVERY TIME THEY MOUTH ON YOUR ARM OR NIP YOUR HEELS, THEY GET FAIR, APPROPRIATE DISCIPLINE & REDUCED FREEDOM AT THAT TIME

BY "**ROUTINE**" I MEAN A DAILY PLAN, WHICH REVOLVES AROUND GIVING THE PUPPY WHAT THEY NEED AND WHEN! TOILET BREAKS, PLAYTIME, FREE ROAMING & EXPLORATION TIME, TRAINING FOR THEIR FOOD, NAP/DOWN TIME, HABITUATION & EXPOSURE TRIPS. ENSURE YOU ARE AROUND FOR YOUR PUP AT THIS TIME AND HAVE MADE PLANS TO KEEP ON TOP OF THEIR NEEDS. READ ON FOR MORE INFO ON THIS!

STRUCTURE & MANAGEMENT

DON'T STRESS TOO MUCH ABOUT HAVING A PERFECT AND RIGID "ROUTINE" -
INSTEAD THINK OF THE PUPS ROUTINE AS A SERIES OF RULES...





TRANSITION PERIOD

YOUR NEW PUP HAS JUST HAD A BIG CHANGE HAPPEN IN THEIR LIFE.

They have just been separated from their mum and litter mates, been moved to an entirely new home with new people and potentially new animals too.

Please prep yourself for a lot of crying, barking, attention seeking and possibly even general nervousness. It's not the end of the world, it's just a little bump in the road that you need to be able to support them through.

Let your new pup settle in at home and try not to change too much all at once (eg. sleeping quarters/pen placement).



As much as exposure, socialisation and habituation are important, you don't need to rush out straight away. Get to know your pup, allow them to explore their new home (supervised of course!), have some fun with training and play-time and don't put too much pressure on them just yet.

CRATE TRAINING

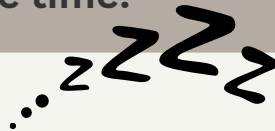
STOP TWO



As I have already mentioned, crate training is a massive help when raising a new puppy.

- They act as your babysitter when you aren't around or aren't able to supervise your pup
- They act as your dogs 'den' or 'safe place'
- They teach your dog how to 'chill'
- They aid in toilet training in a BIG way

Personally, I also like to use a puppy pen to give the pup a little bit more space but still restrict them from things they shouldn't be able to interact with at the same time.



The size of the crate matters. Most crates come with a divider - this allows you to buy a crate for the size of your dog **when fully grown** - but also allows you to make the crate a lot smaller (and increase size over time).

The crate should only be big enough for the dog to stand up, turn around and lay down in. Why? This is not a place for games. It's a place for relaxation and sleep, and so to encourage this, we don't want the crate being so big the dog can do bog laps inside it!

The smaller size will also discourage your dog from toileting in the crate (dogs don't like to toilet where they sleep) in which case it will help you manage accidents between toilet breaks.

Keeping this in mind - the pen is not a replacement for the crate as they do entirely separate things. Even if you have a pen, I would still have a crate too. I normally set up the pen coming off the crate so I can easily crate the pup up when needed, or open the crate door and allow them access to both (after a toilet break of course!). The pen, will not aid in toilet training quite as well though, because it allows too much space; the dog can easily toilet at one end and sleep at the other, so it does not discourage toileting inside the same as a crate does.

Pee Pads? - I don't teach a dog to toilet on a pee pad inside (why? because it teaches the dog that peeing inside is ok, and later you will have to phase that out) but I do use them to assist with clean ups on the occasional accident. Keep in mind some pups like to try to eat them though!

CRATE TRAINING

STOP TWO



WHERE TO START?

Ideally, I love to make the crate awesome!

Use your dogs daily food portion to teach them that going into a crate is super cool.

Don't worry if they are a bit nervous, many puppies/dogs are at first but they can overcome it! Take it slow and NEVER push the dog in the crate, do not force them if they are concerned over it.

Grab your dogs breakfast/lunch/dinner and instead of feeding it from a bowl for free, USE IT to your advantage by offering this food by luring the pup into the crate. You can also toss pieces of food in there and wait for your pup to go in to retrieve it.

Tip! Opening both doors will help your pup get the courage to go in, as they can see another way out :)

Now - as much as we want to take the time to convince the puppy that the crate is awesome, there are times when he will have to be crated before he understands this. Eg. Overnight.

It is OK to lock your puppy in the crate even though they don't love it yet.

I know, you want your pup with you, in your bedroom, in your bed, right?

Well that will end in poopy disasters - I can tell you that right now.



So don't feel bad about crating your dog when you aren't able to supervise them.

THIS is where your kong can come in! I know I told you that using your dogs food for training itself is ideal, but if needed you can always stuff a kong with their daily food, and use it to help you create positive associations to the crate AND keep the dog busy in the crate! **Double win!**





CRATE TRAINING

LOOK THOUGH. IT'S NOT ALL GOING TO BE POSITIVE ASSOCIATIONS AND FUN TIMES.

This is Ferris.

Ferris was the loudest puppy in a crate I have ever experienced :P This guy was NOT easy to deal with, and I needed a LOT of patience.

BUT! I perservered, and guess what? He loves his crate now. He knows it means down-time and we no longer have any issues.

So please, TRUST THE PROCESS. It will get better.

But, you have to be prepared to let your puppy "cry it out" and this could mean 5 minutes or 50 minutes.

My general rule is that, as long as the pup is not spiralling in anxiety (eg. trying to get out of the crate and potentially could hurt themselves) you leave them to cry.

Tip! A blanket over the top of the crate often helps pups to settle. This also doesn't allow them to demand eye contact from you if you are in the same room! (Yes, most dogs will see even eye contact as reinforcement!)

Do not EVER

- ▶ Go back into the room to give the dog attention (even 'discipline' or eye contact can teach a dog that their whining and barking will get them something)
- ▶ Let them out when they are complaining - all this will do is teach them that barking/whining from the crate will get them freedom and attention, and the issue will continue
- ▶ Use the crate for punishment (i.e. lose your temper at your pup, drag/shove them in there and slam the door) - the crate is ok to be used in the event that your pup is making silly choices when out free roaming, but **you must be neutral or positive in your crating up manner.**



CRATE TRAINING

STOP TWO



INSTEAD

Put them on a schedule (I often set alarms on my phone to time toilet breaks) and ensure you are fulfilling the pup in the way that they need.

TIP! It's ok to cheat. Crate your pup up after training/play and a toilet break ;)

Do not expect the pup to stay in the crate longer than is expected (the main thing here is toilet training, and a general rule for how long a puppy can hold their bladder is their age in months + 1 - in hours.

Ensure they are getting enough play, training & mental stimulation, toilet breaks AND down-time in the crate.



PUPPIES NEED DOWNTIME. IT'S A COMMON MISCONCEPTION THAT PUPPIES NEED TO BE CONSTANTLY KEPT BUSY, BUT THIS WILL ACTUALLY WORK AGAINST YOU, IT WILL TEACH A PUP THAT THEY ALWAYS HAVE TO BE DOING SOMETHING, AND DOESN'T ALLOW THEM TO LEARN HOW TO DO NOTHING.

THE ART OF "DOING NOTHING" IS AN IMPORTANT ONE TO MASTER.

If you need to correct the excessive whining or barking from the crate, this is what I recommend:

1. Have the crate covered with a blanket first
2. If the dog is getting worse and worse in the crate, even after trying to allow them to cry it out, and is at the point of trying to paw at the doors, you can walk in silently, mark "NO" assertively, thump with your hand on the top of the crate, and immediately walk away and say nothing else. This should snap the dog out of their episode, and allow them to self settle again whilst giving them a consequence for attention seeking barking. Then, wait for a short period of quiet (even if it's only 10 seconds!) to walk back in, uncover them and let them out if needed for training, toilet break etc.
3. **DO NOT, I repeat, DO NOT** let the puppy out of the crate when they are whining/barking! All it will teach them is to bark and whine MORE.

Q - Won't this make my puppy hate the crate? A - Only if you do it with unnecessary aggression, otherwise if you keep a level-head it's perfectly ok to do and won't have any fallout on your crate training.



TOILET TRAINING

As I have already talked about. Crate training and management are the big ones here.

Toilet training is all about having a schedule and sticking to it. As I have already stated, a general rule for how long a puppy can hold their bladder is their age in months + 1 - in hours, but for a new pup that comes home, if possible, I like to set my alarm for once every hour, and when it goes off, that is toilet time for your puppy! ***Overnight you can go longer and I normally recommend waking up twice overnight in early months, then transitioning to once.*

When the alarm goes off - take your puppy outside (have some of their daily food portion with you!)

TIP: Leash them or carry them from their crate/pen to the toilet area to ensure there are no accidents on the way!

Wait for at least 5 minutes each time and allow your puppy to sniff around. If they attempt to engage with you here, simply ignore them; this is toilet time not play time!



When your puppy goes toilet outside, do NOT interrupt them to celebrate. Instead, wait (hold your celebration inside!) until they are done, THEN mark "yes!" and feed/praise.

Directly after they have gone toilet, restrict them again inside (unless giving them a short, free-roaming time with full supervision).

If they don't go - put them back in the **crate**, and set your alarm for 2 more 5 minute intervals. Take them out twice more, and this gives them 2 more opportunities to toilet before being confined again. That is why the CRATE vs a pen/room is so important as it will help encourage the dog to go outside, so they don't have to wee in their bed.

DO NOT PUNISH A DOG FOR HAVING AN ACCIDENT INSIDE OR IN THEIR CRATE. If this happened, it's your fault, not theirs. This **MUST** be expected.

If you see it happen in action, simply interrupt it (clapping and grabbing the dog quickly tends to work) take them straight outside, wait for the rest of their toilet and then celebrate.

If you find it **AFTER THE FACT** - do not ever punish or discipline the pup for this. The puppy will not associate the punishment to the act, so it is unfair and pointless. Even if they did associate the punishment to the act, all this teaches them is not to wee inside **IN FRONT OF YOU** and therefore they will sneak off to do so in other rooms. It could even teach your dog to be nervous of your approach into a room, so please do not punish a dog for their accidents in the house.

Its your job to ensure they go out often, and are managed enough to minimize mistakes.

TIP: Stop water intake 2 hours before bed.



EXISTENTIAL FEEDING



FEEDING VIA TRAINING IS THE BEST THING YOU CAN DO FOR YOUR PUPPY.

I REPEAT. SAY IT WITH ME.

FEEDING VIA TRAINING IS THE BEST THING YOU CAN DO FOR YOUR PUPPY.

(NOTICE THAT "FOOD BOWL" WASN'T IN MY LIST OF REQUIREMENTS AT THE BEGINNING OF THIS DOC?)

What do I mean by this?

It's easy - all I mean is that instead of using treats for training, and then also feeding breakfast, lunch and dinner from a bowl - you USE that breakfast, lunch and dinner FOR training. Put it in your treat pouch and when you are training your puppy (let's be real there is SO much you need and want to teach!) you pay them with their food.

You can offer 3 times a day (same as breakfast, lunch and dinner! or more if you would like/your schedule allows! You can even offer some treats mixed in too if you want!

TIP: Do not mess with your dogs food while they eat. By feeding through training you can avoid this, but it's a common misconception that I want to touch on. Messing with your dog more often than not causes resource guarding and conflict around food. The best way forward is hand feeding via training, otherwise, just leave them to eat in peace.

Not only will this help to build the mentality that your dog should 'work' for their food (this comes in handy later... TRUST me...) but it also makes you as important as the food bowl.

Let that sink in for a moment ;)

Yum!

Don't stress if your puppy isn't super food driven, keep ONLY offering food from your hand, many times a day, and they will pick it up soon :)

If you want to learn more about food drive, how a dogs brain works and how to use your food drive for the best engagement possible, head to my Hoover Hounds Online Course & use code **YUMYUM for 10% off.**



CREATING ENGAGEMENT

Yes, we want to introduce our puppies to all these new things, and it's important we do!

But what is more important is that our puppy sees US as the most important thing in the world despite all that.

Feeding via training is the best and easiest way to do this - because the dog knows instinctually that he/she requires food to live. So, as I have already mentioned, if you become "the food bowl," that makes you VERY important.

Be sure to gently interrupt your puppy from anything they find too distracting and bring their attention straight back to you. Once they give you this attention, simply mark "yes!" and feed. **If you continue to mark "yes" and feed directly after, consistently, you create an association with the word yes and the puppy's all important daily meal!** This means in the future, when your puppy does something you like, you can mark it exactly as your puppy performs the task, and then the pup will know that they have done the right thing and to run to you for food.

You should work at a distance away from distractions and only come closer if your puppy is winning. **Ensure your puppy is hungry before working them in a situation that is challenging**, and be sure to mark "yes" in the same way each and every time as best you can. This will make it super clear to your puppy that looking at you = dinner!



When beginning to work your puppy out and about, be sure to mark "yes" and feed ANY attention your puppy gives you, even for a split second!

YOU
SHOULD BE THE CENTRE
OF YOUR DOGS UNIVERSE

EXPOSURE: YOUR TOP PRIORITY

Exposure & Habituation, along with Socialisation is by FAR the MOST important thing you can do for your puppy. Puppies have a critical period up until about 16-17 weeks of age where they take in the world and start to make sense of it. **You cannot get this time back. Do not waste it.**

To ensure you are giving your puppy the best chance at being able to cope with everything they will have to experience in life, it's important to get them out seeing, hearing and experiencing things as soon as you possibly can, and work at this as MUCH as you can up until the 16-17 week mark.

Personally, I keep up exposure long after this period, but this period is **THE MOST IMPORTANT.**

I go into more detail on exactly what your dog should be seeing towards the end of this document, but essentially, they should be passively taking in the world, safely, and positively.



Use your dogs daily food portion to show them that these new places, noises, sights and smells are not scary. Pay them heavily for showing curiosity and conquering fears. Use this food to lure them onto surfaces, and to keep them busy while you desensitise them to anything that is a little scary for them.

Use their food to pay them for looking at YOU instead of these other distractions, to ensure they know that you are the most important thing in their life.

DO NOT let strangers approach and pat your puppy. DO NOT let strange dogs approach and meet your puppy. Things should be on your puppy's terms to ensure they aren't placed in a situation that is too hard or scary for them, and then is seen as a traumatic experience going forward.

SKIP TO THE END OF THIS DOCUMENT FOR A CHECK-LIST OF EVERYTHING YOU WANT TO HAVE YOUR PUPPY EXPERIENCE DURING THE CRITICAL PERIOD

EXPOSURE: YOUR TOP PRIORITY

By all means, you need your puppy to interact with humans and dogs, but **ONLY** humans and dogs you know and trust, and only on your pups terms.

It is so important at this time that you stand up for your puppy and protect them from anything potentially dangerous or damaging coming their way - this will instill in them from an early age that you are their protector and that as long as you are around, they don't need to worry about anything.

"But my vet told me I can't take the puppy out until their last vaccinations are done" - wrong.

In my experience, there is much more risk in missing critical period exposure and socialisation than there is in taking your puppy out before vaccinations are done - **BUT YOU HAVE TO BE SMART**. For example, don't take your puppy to highly trafficked dog areas (eg. dog parks, dog beaches) - and at pet shops, carry them until they are done with their vaccinations. At the dog beach, go at low tide, and carry them all the way down to the water edge where it is safe from disease.



Do some research and make sure there aren't any outbreaks of disease nearby and if there are, avoid those areas entirely. Opt for walking on concrete (especially that in the sun) vs grass, and avoid sniffing areas like bins, bushes, poles, mailboxes etc where many dogs have likely marked.

As long as you are smart and careful, you can avoid dangerous diseases AND make the most out of your exposure period.

Otherwise, you risk missing out on many important life events during the critical period that you will not be able to get back. Be smart, be careful, but please don't bubble-boy your puppy until the vaccinations are done.

SKIP TO THE END OF THIS DOCUMENT FOR A CHECK-LIST OF EVERYTHING YOU WANT TO HAVE YOUR PUPPY EXPERIENCE DURING THE CRITICAL PERIOD

GROWTH & EXPOSURE/EXERCISE

Exercise and exposure (confidence building on surfaces especially) are so important, BUT, so is the growth of your pup.

Keep in mind that you only get a chance to grow them once. You cannot go back and re-do this.

A young pup's joints are not fully formed yet, which is why they walk around so cute and clumsily.

Allowing them to jump off high surfaces, slip around too much without traction, run too much/often or walk them for too long will cause issues with the normal growth of their joints.

Nothing is secure yet, their bones are not grown and locked in place, their joints are only made up of muscle, ligaments, tendons and skin covering. Don't overwork them at this tender age, try to stick to **this general rule:**

**FOR EVERY MONTH OF AGE,
YOUR PUPPY CAN EXERCISE FOR
5 MINUTES, TWICE A DAY.**

**EG. AN 8 WEEK OLD PUPPY
SHOULD ONLY EXERCISE UP TO
10 MINS, TWICE A DAY.**

**A 4 MONTH OLD PUPPY CAN
EXERCISE FOR UP TO 20
MINUTES, TWICE A DAY.**





PROPER SOCIALISATION

PROPER SOCIALISATION IS NOT MEETING AS MANY DOGS AS POSSIBLE. BOOM, THERE IT IS.

Most people think that they have to take their dog out to meet as many other dogs as possible. **This is wrong.**

Most people think that you cannot say no to meeting a dog on the street when socialising your puppy. **This is wrong.**

Most people think that taking your puppy to the dog park to meet other dogs is proper socialising. **This is so very wrong.**

You'd be forgiven for thinking these things, and back in the day I thought them too.

Do you know what the above examples do? They open up the door for your puppy to be bullied and have bad experiences.

Going to the dog park or meeting with dogs you don't know could result in injury or incident causing a traumatic experience for your pup and behavioural issues further down the track.

You should be doing everything in your power to keep your puppy safe and **ONLY** allow them to interact with dogs you know and trust to be safe.

Even if that means they only meet 2 or 3 dogs. **THAT'S OK.**

2 or 3 balanced, safe dogs is better than 100 unbalanced dogs for your puppy to learn from.

**YOUR DOG SHOULD NOT
BE MEETING EVERY
OTHER PERSON/DOG
THEY SEE**





PROPER SOCIALISATION

Puppies will learn a lot from their littermates and mother, but all you need to do to continue their understanding of canine interaction is keeping them safe with a few balanced dogs.

On top of that, remember what I said about passive learning - your dog should be seeing other dogs and being neutral towards them. How do you get that? You keep MOST of their focus when around other dogs on you, and only give them a small amount of interaction with these balanced helper dogs.

That means, 80% of the time you have your puppy around dogs, your puppy is learning to ignore those dogs and to focus on you instead. **"Yeah, there's a dog there, who cares?"** is the attitude you're after. Then - 20% of the time they are practicing play and social interaction with other known, safe dogs.

What will this avoid? Do you see those dogs who go absolutely bananas with excitement when they see other dogs on walks? One of the main reasons for that is that the dog has been over-socialised (which means, they have been allowed to meet most dogs they have encountered) and now there is an expectation there of meeting. This shoots their arousal up every time they see a dog and the owner struggles to control them.

FYI, we don't want that... we want a dog who is social when interacting, but mainly just doesn't really care that much about seeing other dogs, and cares more about you.

Following my instructions above gives you the absolute BEST chance of that.

When it comes to socialisation, less is more. Yes, your dog needs to learn social interaction from some social dogs, but mainly they are learning to ignore them!





◀◀ REWIND ▶▶

Let's re-cap on engagement real quick!

Yes, your dog needs to meet at least some other safe, balanced dogs to learn appropriate social interaction.

But, throughout all of your habituation, exposure and socialisation, you should ALWAYS be the most important thing to your puppy. You should be the protector, the one who guides them, and the one who brings their daily food.

Your dog should be experiencing different types of people and dogs, but, you should be able to easily redirect them back to you when needed. An inability to do this, and when your dog values other dogs and people over you, is where you see problems occur where your dog will fail their recall and run at other things instead. Why do they do this? Because they don't value you or what you have to offer.

Keep their food drive high, **keep your value high.**



Use your leash to add gentle leash pressure and walk away from things your puppy finds too distracting. As soon as they look at you instead, mark "yes!" and feed! Anytime they offer to look at you instead of other things, mark "yes!" and feed.

If your pup doesn't want your food - consider that you may be too close to the distraction at this stage so next time, work further away. Also consider whether your pup has already eaten a lot today and may be full. If you already are working at a distance and the pup has not eaten, but they are being fussy, try to be strict. Put the food away, and don't offer it again until you are doing something of similar distraction level - it will teach them that they must take food when it is offered or they won't get it, and this is **VERY powerful.**

REMEMBER:
SOCIALISATION IS
MOSTLY PASSIVELY
SEEING OTHER DOGS, BUT
IGNORING THEM IN
FAVOUR OF LOOKING AT
YOU





ADVOCATING FOR YOUR PUP

YOU MUST BE YOUR PUPS PROTECTOR.

Some behavioural issues arise later on, because the dog doesn't feel like they have an owner who is willing to (and capable of) protecting them from things they find concerning.

- **You must not allow strangers to approach or pat your pup without asking.**
-
- **You must not allow strange dogs to approach or meet your pup without asking.**
-
- **If your puppy is playing with another dog and all of a sudden it becomes too much, you must step in and stop the play to show your pup you will help them in their time of need.**

By showing them from a young age that they have nothing to worry about - in times of fear or panic they will be able to look to you for help, you show them there is no reason for them to react. Instead, they can just run to you for help.





OTHER ANIMALS IN THE HOME

Similarly to what I have explained on the last page, if you want multiple dogs or multiple animals to live harmoniously in the home, you must advocate for everyone to ensure that grudges and fights don't occur.

You do this by keeping up **management, structure and supervision**.

For example - you don't just allow a puppy to spend all day everyday with another dog of the household, no matter how friendly they are.

Puppies are annoying. Your other dog needs a break too! Failure to do this could lead to your other dog giving an excessive correction to the pup (particularly if they are not well versed in giving corrections). An older dog (or dog who is in pain) is more likely to give an excessive correction too, and sometimes this can result in injury to the puppy.

So, keep things safe and supervised, if you notice your other dog getting antsy, simply separate them. Having dogs crate trained is GREAT for this because you can put the other dog in their crate (i.e. their 'safe place') to relax, or the puppy in their crate/pen for the other dog to relax without the pup's pestering.

Again, with other animals, not only do you not want puppy rehearsing bad manners (like chasing the cats or chickens) but you also want the other animals to feel safe and secure in their own home, so be sure to supervise your pup and manage them so that everyone is comfortable. here is NO reason to have everyone interacting together immediately and all at once. The slower you can take things, the better.

TIP: With multi-dog or animal households, I recommend NOT leaving out toys or feeding together, as this could open the door for resource guarding/an incident.

IF YOU WANT
HARMONY IN THE
HOME, YOU MUST
ADVOCATE FOR ALL
ANIMALS WHO LIVE
THERE





OBEDIENCE

Honestly. Obedience is the least of your worries and should only make up 5-10% of what you are actually doing with your puppy within the first few months.

Of course, it can be helpful though to use a sit or a down when out and about, especially when working your puppy for their food around distractions, so feel free to teach your puppy luring & shape some simple behaviours.

When Luring, ensure your lure is SLOW - many people make the mistake of moving their hand too fast, and this causes their puppy to "lose" the lure and give up. Keep your puppy gnawing at the lure and slowly help them into position, this will work much better.

For the Sit: Lure upwards and slightly back. Mark "yes" when the puppy has placed their butt on the floor and give them the food.

For the Down: Lure into the puppy and down (this should help them "fall" back into a down and is by far the easiest way to teach it). Some puppies would prefer to stand up, in which case you can back them up against furniture to avoid standing and backing up, and/or put slight, gentle pressure on their back AS you lure them.

To ensure your puppy picks up the verbal cue quickly, ensure you are saying it FIRST, not AS or AFTER you lure.

Keeping in mind, the verbal is not that important at early stages, so don't waste your breath until the behaviour itself looks pretty good!



EXPOSURE, HABITUATION AND SOCIALISATION SHOULD TAKE THE FRONT SEAT, OBEDIENCE CAN BE DONE ANY TIME, BUT YOU CAN USE IT AS A WAY OF GETTING YOUR DOG TO ENGAGE WITH YOU WHILE ON EXPOSURE TRIPS!

THE RECALL

STOP ELEVEN



The ONE obedience exercise I find really important is the recall. Firstly, because it keeps your dog safe when off leash and secondly, because my main goal with my dogs is always to get them off leash reliable. Personally, I want a dog to be a dog and enjoy their off leash time. Not only is it good for sniffing and fulfilling their scent and exploration needs but also, it's good for their body! It allows them to use their full gate and have a great work out, while being safe at the same time.

I personally start recall with a puppy at 8 weeks old when I get them. First, I start to reward engagement when outside, then I start to layer over what I will use as their formal recall command for the rest of their life.

For me, I use the dogs name, and then "come" but you can use whatever you want AS LONG AS ITS CONSISTENT. A few tips for recall below:

- Use a long line or your flexi leash, attached to your puppy's harness.
- As they get a little bit distracted, add leash pressure on the leash (or lock your flexi leash) and give your recall command. Eg. "Ferris, Come!"
- Walk backwards in this moment and do not stop until puppy is back with you.
- As SOON as they turn to you, mark "yes!" and celebrate them all the way in (continuing to walk backwards helps!)



THE RECALL IS ONE OF THE MOST IMPORTANT THINGS YOU CAN TEACH YOUR DOG, SO START THIS EARLY!

- Feed them some of their daily food portion, give them a little cuddle and send them on their way again.
- I find that short bursts of a few recalls at a time, followed by 5 or so minutes of sniffing and free time get the best results. Don't overwork their little brains!
- If the puppy doesn't recall immediately, **DO NOT** continue to repeat their recall command. Instead, move backwards and away from the distraction, mark "nope" and then repeat the recall command ONCE "Ferris, Come!" - chatting to your pup to entice them in can help here!
- **DO NOT** let your puppy off leash at any point until they are ready and have practiced recall around distractions, and **DO NOT** use this formal recall command when the puppy is off leash - why? Because it opens the door for the puppy to ignore your command and therefore poison their recall command. Avoid this at all costs and if you need to call your puppy over when off leash, opt for chatting and enticing rather than using a command.



TANTRUMS

Tantrums will happen. I promise you that.

What do they look like? Well - when you ask a pup to do something... maybe sit, or down, or simply follow you on the leash, sometimes, **they don't want to...**

And remember, they are babies. So they will thrash, throw themselves around, onto the ground, roll around, bite the leash, bite your hands, etc, anything to avoid doing the thing!!!

So how do you deal with this?

Most people inadvertently let the puppy win by giving in (releasing leash pressure, not following through with the command, giving the puppy food for something 'easier') but this will only cause more tantrums.

Dogs throw tantrums BECAUSE they work.



So in order to make them NOT work, all you have to do is stick to your guns, take a deep breath and ride it out.

For example: this tends to happen with the leash because puppies don't understand the leash yet, and the leash is stopping them from getting to all the fun things!!

**DON'T LET THE
TANTRUM "WORK"**

All you need to do is stay put and keep that leash pressure on. The puppy will throw a big tantrum and it will be very dramatic, sometimes if you're really lucky you'll hear squealing too!

Trust me when I say it WILL stop. And when it does, you simply release pressure and celebrate that the puppy overcame it.

TIP: If it helps, speak to your puppy to entice him to come with you!

**IF YOU FEEL YOURSELF GETTING FRUSTRATED,
STOP THE SESSION AND JUST REMOVE
YOURSELF/YOURSELVES. YOU ARE NO HELP TO
ANYONE WHEN YOU ARE ANGRY.**





UNWANTED BEHAVIOURS

For the most part, we manage unwanted behaviours like jumping up, nipping and mouthing by giving the dog structure (scroll back to read about this if you haven't already!). However, sometimes it happens, and you CAN correct you puppy in a gentle, fair but effective manner.

The first thing I will mention is that **"NO" means nothing to a dog unless you have conditioned it to mean something.**

The way to condition the "No" to mean something is the same as we condition the "yes" to mean something. Over time, if you say the word "yes" and then follow up with food, the dog will understand that "yes" = food. Similarly, if you consistently mark "no" and then follow up with something that is aversive to the pup, they will know it means there is a consequence.

Before you try to tell me correcting a puppy is "mean" or "bad" - please watch any video of a mumma dog correcting her puppy. Quite often it is intense, but it gets the message across, and this is how dogs learn.

Normally the only things I will "correct" or give a consequence for, are mouthing too intensely or nipping.

I tend to mark "no" assertively and follow up with grabbing the snout of the pup firmly, and holding it until they recoil (this means they have found it uncomfortable). This must be done with assertiveness or else it will be seen as play.

An alternative would be to roll the pups lip under their tooth so that the next time they bite, they bite down on their own lip - and they will be less likely to do it again. Don't stress too much though, these things can be corrected later on!



MANAGEMENT IS KEY, BUT **IT'S OK TO SAY "NO"**



GROOMING & VET VISITS

Prepping the puppy for grooming and vet visits is important with all breeds. Obviously, with breeds who REQUIRE regular grooming for the rest of their life, needs to get on top of grooming desensitisation asap, but all other dogs should accept brushing, ear cleaning and bathing at the very least.

Ensure you spend the time early on and within the pups critical period to get them used to being handled, as well as taking them to the groomer for positive exposure BEFORE any pressure is placed upon them.

Any vet visit you have planned you should be taking your pups daily food portion and using it to make that experience as comfortable and positive as possible!

For a list of what things you should be doing with your puppy, scroll to the end of this document where you will find the grooming and handling desensitisation list.



For dogs who require more regular grooming and clipping, be sure to include clippers (the noise AND the vibration) to your check list and make the blow dryer a necessary requirement.

MOST GROOMERS OFFER "PUPPY GROOMS" SO GET IN TOUCH WITH YOUR GROOMER EARLY TO MAKE THE PUPS ENTRY INTO GROOMING AS SMOOTH AS POSSIBLE



PLAY TIME & FULFILMENT

Play is SO important with your pup. Not only is it fun (dur), it helps us build confidence and resilience with a pup, and helps to fulfil their needs.

Many puppies have different preferences though, for example, a dog who is genetically bred to chase a ball may be more inclined to chase toys or play fetch, while other dogs who are bred to use their teeth may prefer to play tug.

Also ensure you genetically fulfill your puppy - think about (or research!) what they were bred for and consider what you can add into each day that might help to fulfill their genetic needs. **All dogs love to learn, and using mental stimulation through training will be important with all breeds.**

Example: The Springer Spaniel loves to run. The Terrier loves to hunt and explore. The Staffy loves to tug or pull. The Border Collie like to herd or fetch. The Beagle likes to track. The individual dog will tell you what their jam is.

Find out what your dog likes and make sure you fulfill that need!

TIP: Let your puppy win. I know we as humans have the desire to win and dominate... but this will not build confidence in your pup and can actually cause conflict. Let them win! Act as if they are too strong/fast/clever for you! They love it.



LACK OF
FULFILMENT
LEADS TO
BEHAVIOURAL
PROBLEMS





FEAR PERIODS

The fear period is something that worries many dog owners. But it's not something to stress about as it's an entirely normal part of growing up for dogs!

The first fear period generally coincides with bringing the puppy home (about 8-11 weeks), and so it's not so obvious because there is SO much going on. The transition of moving to a new home can overwhelm a pup, they are very impressionable at this time so you want to make everything as smooth as possible for them. Keep it light, easy and fun, and continue to gently build their resilience with safe, easy exposure that is made positive with food, play and praise.

DON'T STRESS!
PLAN FOR IT, KNOW
ITS COMING AND
RIDE IT OUT, YOU
WILL BE OK :)



The second fear period generally happens around 6-14 months old and is more of a shock. Your normally happy go lucky pup may all of a sudden show a sudden fear of many different things all at once. They may show random nervousness, reactivity, and you may think they're broken, but they're not! The most important thing in this moment is to keep up their exposure as often as possible, again, keeping it easy and positive, and keep them safe away from random people/animals/events that could cause a shock/traumatic memory.

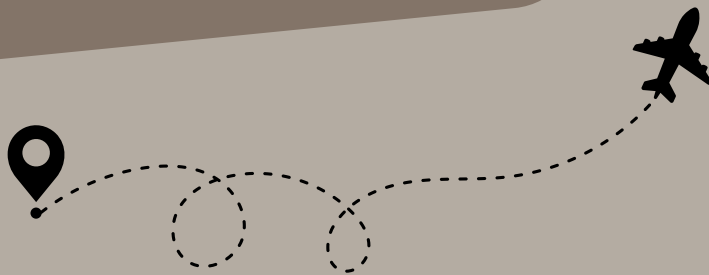
The worst thing you could do here is wrap your pup up in bubble-wrap and keep them away from the world - so be sure to schedule in some time to help rebuild that confidence again.

YOU MADE IT!



WELL DONE ON GETTING THIS FAR AND TAKING THE TIME TO RESEARCH HOW TO BEST RAISE YOUR LITTLE CUTIE PATOOTIE!

WE AREN'T QUITE DONE YET THOUGH... CONTINUE ONTO YOUR DESTINATION NOW AND CHECK OFF ALL THE EXPOSURE, SOCIALISATION & OTHER TRAINING ACTIVITIES YOU WANT TO ENSURE YOU GET DONE. YOU DON'T WANT TO MISS ANYTHING WHILE YOU'RE HERE!



THANKS FOR FLYING WITH



THERE'S MORE ON THE NEXT PAGE! >>>

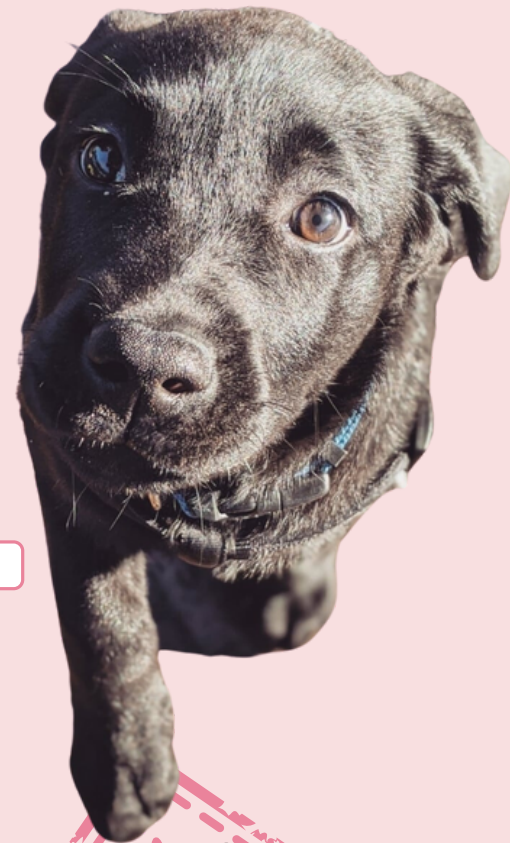
AT HOME



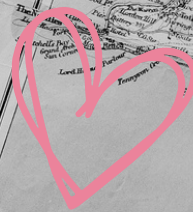
While it's important to get your pup out and about as soon as possible, there is a lot to do at home too!

Make sure you work your way through the check list below using your pups daily food portion to create a safe, structured home environment to set the base foundation of your puppies life.

- **EXPLORING THE HOUSE AND YARD**
- **SETTLING IN**
- **CRATE TRAINING**
- **FEEDING VIA TRAINING**
- **DAILY ROUTINE**
- **FIND OUT YOUR PUPS FAVOURITE TYPE OF PLAY**
- **BASIC OBEDIENCE**
- **NAP TIMES**
- **INTRODUCTIONS TO OTHER ANIMALS IN HOUSE (IF APPLICABLE, AND THIS DOESN'T ALWAYS MEAN INTERACTING, JUST SEEING THEM IS FINE!)**
- **HAVING NEW PEOPLE WALK INTO THE HOUSE**
- **THE POSTIE**



PEOPLE



Your puppy needs to SEE, HEAR and MEET as many new people as possible.

Make sure your puppy gets to experience as many different types of people that they are likely to see in the future when they are out on daily errands with you.

Do NOT let random strangers approach your puppy - if they ask to pet your pup, your answer should be **"he/she is in training at the moment but if he/she wants to they can come to you!"** or **"sorry he/she is in training, but can you offer him/her a piece of their food?"** - if you allow strangers to constantly invade your puppies space, this can sometimes create traumatic experience that leads to a fear of humans/strangers in the future, so you want to keep things on your puppies terms only, not anyone elses.

If your puppy is TOO interested in other people, have them interact with others less and place more focus on yourself instead. If they are nervous of new people, have as many new people feed them as possible.

- **INFANTS/TODDLERS**
- **TEENAGERS (INCLUDING BACKPACKS)**
- **ADULTS OF ALL SHAPES AND SIZES**
- **ELDERLY PEOPLE**
- **DIFFERENT ETHNICITIES/RACES**
- **BIG AND SMALL, MEN AND WOMEN**
- **PEOPLE WEARING HATS, SUNGLASSES, BACKPACKS, BAGS, UMBRELLAS, BEARDS, ETC.**
- **PEOPLE IN UNIFORMS/WITH BOOTS OR HELMETS**
- **PEOPLE WITH WALKING STICKS, CRUTCHES, WHEELCHAIRS ETC.**
- **PEOPLE WITH A DIFFERENT GAIT**
- **KIDS RUNNING AND SCREAMING**
- **PEOPLE THROWING BALLS ETC.**
- **PEOPLE USING TOOLS**
- **PEOPLE BENDING OVER/SQUATTING DOWN**
- **PEOPLE CARRYING BOXES**



NEVER FORCE YOUR DOG TO MEET ANYONE THEY DON'T WANT TO. YOU CAN CONVINCE THEM AT THEIR OWN PACE WITH THEIR TOYS OR FOOD!

ANIMALS



Show your puppy as many different types of other animals (and MANY different types of dogs) as you can.

This includes other dogs of many shapes and sizes - but don't get this mixed up with actually socialising with these dogs, proper socialisation only means your puppy has to passively SEE and EXPERIENCE these other dogs, not actually interact with all of them.

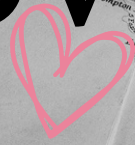
Do not allow a dog or other animal to come into the puppies space without the pup being ok with it. Avoid socialising your puppy with other dogs unless you know the other dogs well, and you know they are safe and balanced.

Ensure your puppy is experiencing these animals, but also ensure YOU are the most important thing in your dogs life, eg. use your pups daily food portion to show them how to be neutral to other animals and look to you instead.

- **FLAT FACED DOGS**
- **BIG DOGS (INC. GIANT BREED)**
- **SMALL DOGS**
- **FLUFFY DOGS**
- **SKINNY/LEAN DOGS**
- **OLDER DOGS**
- **OTHER PUPPIES**
- **DOGS WITH A DIFFERENT GAIT**
- **LARGER ANIMALS (EG. FARM ANIMALS, HORSES, COWS, GOATS, SHEEP, AND ROO'S IF YOU'RE IN AN AREA WHERE YOU SEE THEM OFTEN)**
- **SMALLER PREY ANIMALS (EG. RABBITS, BIRDS, LIZARDS, ETC.)**



THINGS THAT MOVE



Show your puppy many different things that move - whether they are inanimate or not, your puppy needs to be able to experience how different things move around them, what noises they make, and that they are nothing to worry about.

If your pup attempts to chase these things, use your leash to block and redirect them back to you and then give lots of celebration for looking at you instead.

Use your dogs daily food portion for this!

- **CARS/TRUCKS/BUSES/TRAINS**
- **SKATEBOARDS**
- **BIKES/MOTORBIKES**
- **TROLLEYS**
- **WHEELY BINS**
- **LAWN MOWER/GARDEN TOOLS**
- **RUNNING KIDS/PEOPLE**
- **RUNNING ANIMALS**
- **UMBRELLAS (OPEN/CLOSE)**



LOCATIONS



It's ideal to show your puppy as MANY different locations as possible within their critical period, especially ones that will be particularly important in your life and your puppies life going forward.

Be safe, and keep in mind you want to avoid highly trafficked dog areas before your pup has had all their vaccinations (or at least carry them/put them in a trolley).

Have your pup experiences these places in a safe and positive way - never force them to do anything, ensure you aren't letting random people and dogs approach them and use their daily food portion to praise their engagement while out and about!

- **THE CAR**
- **THE VET**
- **PARKS AND OPEN SPACES**
- **BUSY STREET/CAFE**
- **BUSY TRAFFIC LOCATIONS**
- **WAREHOUSES AND ENCLOSED AREAS**
- **THE BEACH/A LAKE/A RIVER**
- **HIKING AREAS**
- **OTHER PEOPLES HOUSES**
- **PET SHOPS**
- **THE GROOMER (IF APPLICABLE)**





NOISES

Your puppy needs to experience lots of different types of sounds to ensure they are well prepared for all the things they will hear and have to deal with in the real world (particularly anything that is specific to your life or where the dog will be living!).

Ensure you take these in baby steps and that you are kind with your puppy with these new noises, as always, use your dogs daily food portion to show them these weird noises aren't anything to worry about.

- **CLANGING ITEMS**
- **BLOW DRYER**
- **KITCHEN APPLIANCES**
- **VACUUM**
- **DOORBELL/KNOCKING**
- **TRAFFIC (INCLUDING LOUDER TRAFFIC LIKE BUSES, TRUCKS, TRAINS)**
- **LOUD CHILDREN PLAYING AND SCREAMING**
- **CONSTRUCTION NOISES**
- **ANIMAL NOISES**
- **THUNDER/HEAVY RAIN (OR AT LEAST PLAY THESE NOISES VIA YOUTUBE FOR YOUR PUP)**
- **FIREWORKS (AS ABOVE)**
- **SIRENS**



HANDLING



Your puppy needs to experience all the sorts of things that you, groomers and vets will need to do to keep them comfortable, healthy and clean in the future. It's your job to get them ready for that now.

Ensure you are gentle, take things slow and at their pace and make it all super positive with your dogs daily food portion!

- BATHS
- BLOW DRYER
- BRUSHING
- HOLDING/HUGGING
- CHECKING THE GUMS/TEETH
- GRABBING THE COLLAR
- CHECKING THE EARS & CLEANING OUT
- TOUCHING THE PAWS, MASSAGING PAWS, NAIL CUTTING
- STANDING ON A TABLE FOR GROOMS (MOVING SURFACE)
- TOUCHING ALL OVER (THINK VET VISITS) - GENTLY MANIPULATING LEGS, JOINTS ETC.
- PINCHING THE SKIN (THINK INJECTIONS)
- FOR DOGS WHO REQUIRE REGULAR GROOMING, DON'T FORGET TO INTRODUCE YOUR PUPPY TO THE CLIPPERS (THE NOISE AND VIBRATION) AND MAKE THE BLOW-DRYER A NECESSITY)



ENVIRONMENTAL



Having your puppy experience many different surfaces, having them jump up onto platforms, run through things, under things, walk over things... this is all what we call environmental confidence building and it creates a strong, resilient pup that is able to deal with new things in the environment with ease. EG. ever seen a dog scared of a drain pipe? Or scared to walk through a puddle? That is what you're trying to avoid here!
Plus, it's a great confidence builder for a young dog in general. Use a food lure (with your dogs daily food portion) to convince them to try new things, and remember to go at their pace and never force them!

Don't forget that puppies joints aren't fully developed yet, so don't do too much strenuous activity while they are very young!

- **WALKING ON GRASS (INC. WET GRASS)**
- **WALKING OVER GRAVEL**
- **WALKING OVER PAVEMENT**
- **WALKING OVER CARPET**
- **WALKING OVER SLIPPERY SURFACES**
- **WALKING THROUGH MULCH/LEAVES**
- **WALKING ON SAND**
- **WALKING IN PUDDLES/LOW LEVEL WATER**
- **WALKING IN RAIN**
- **EXPERIENCING A STORM FROM A SAFE PLACE OUTSIDE**
- **JUMPING UP ON NEW PLATFORMS (THINK AT A KIDS PLAYGROUND, BENCHES, CONCRETE WALLS ETC.)**
- **WALKING OVER DRAINS (IF SAFE)**
- **WALKING ON UNEVEN SURFACES AND SURFACES THAT MOVE**
- **WALKING ON THINGS THAT MAKE NOISE**
- **JUMPING OVER THINGS**
- **CRAWLING UNDER/THROUGH THINGS**



IT'S TIME FOR ME TO LOVE & LEAVE YA

I HOPE YOU GOT TO
CHECK OFF ALL THE
ACTIVITIES WITH
YOUR POTATO, AND
GOOD LUCK IN THE
BIG WIDE WORLD!

DON'T FORGET YOU
CAN HIT ME UP IF
YOU NEED A LITTLE
BIT OF EXTRA HELP

GOOD LUCK!

Love, Lorri xx



Lorri

The Holistic Hound Dog Training

Roleystone, Perth WA

0400 064 191

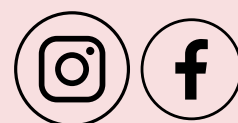
holistichounddogtraining@gmail.com

www.holistichounddogtraining.com



HAS THIS DOCUMENT HELPED YOU WITH RAISING YOUR NEW PUPPY?

Please consider leaving a review on my facebook page (follow the link by clicking on the facebook logo below!).



I WANNA SEE THE PUPPIES!

Do you have a cute lil potato to show me? Tag me on instagram so I can see your pups journey!

And don't forget to give them a big smooch on the snoot from me :)

