

# Puppy Guide

**Your  
Head Start  
To Success**



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## Steps To Raising A Puppy

### **Never Leave Your Puppy Unsupervised**

Always leave your pup in a crate or confined area where it cannot hurt him/herself when you can not be one on one with your puppy. This will also prevent bad habits from developing.

### **Puppy Proof Your Home**

Puppy proof your home the same way as you would a toddler aged child. An ounce of prevention will go a long way. Provide your pup with safe and appropriate chew toys.

### **Utilize Critical stages**

Week six to week eight of your dog's life is a time when a small amount of exposure to other dogs will have a lasting effect on how he/she relates to other canines throughout the dogs life. Week eight to week ten is the critical stage for socialization to humans. Supervise children and dogs at **ALL** times. Make all socialization's a positive experience for your pup. Bringing your puppy to your vet office is a great way to start a good foundation for future visits, these visits should be short, and fun!

### **Establish Yourself As A Leader**

Your pup is a social pack animal. By establishing yourself as the leader of the pack, your pup will grow up to respect you, respond to you, bond to you and want to please you. Your pup will also become a much more happy and confident dog. Early obedience training is essential.

### **Set Up A Feeding Schedule**

If you know when everything goes in you will be able to predict when it will come out. Feed 3 times a day for up to 5-6 months.

### **Energy Burn Off**

Just about every puppy will have bursts of energy at some point in the day weather you are there or not. Spend plenty of time with your dog. Make all sessions fun for you and your dog and keep their mind moving, it's the fastest way to tire out a puppy.

## Steps To Raising A Puppy

### Touch Conditioning

Touch all areas of your puppy's body so he will become conditioned to your touch and feel comfortable with your hands on him/her. Looking in their ears and playing with their paws are a must! Touch conditioning will come in very handy when you take your puppy to the Vet office to get a check-up or vaccinations.

### Puppy Walks

While your puppy is still growing you have to be careful about their joint growth and mental over stimulation, so age appropriate walks are important. A good measurement for puppy walk is 5 minutes for each month old. That means, if your puppy is 3 months old, limit your walks to 15 minutes at a time, and so on. More frequent (2 - 3 times a day) but shorter walks will give your puppy a safe and fun way to discover the world rather than one long physically and mentally exhausting walk.

### Stair Walking

Stair walking, especially down stairs is very unnatural to a dogs body. The impact that stair walking has on the joints can be harmful and show in later development. Especially large breed dogs are at risk. It is suggested to carry your puppy up and down the stairs as long their weight allows you to up to the age of 1 year. If this is not possible (which in most cases is not), make sure your puppy is taking the stairs slowly.



## The Puppy's Rule Of Twelve

Make sure all experiences are safe and positive for the puppy. Each encounter should include treats and lots of praise. Slow down and add distance if your puppy is scared!

**By the time a puppy is 12 weeks old, it should have:**

(If your puppy is over 12 weeks old, start right away with this socialization guide)

**Experienced 12 different surfaces:** wood, woodchips, carpet, tile, cement, linoleum, grass, wet grass, dirt, mud, puddles, deep pea gravel, grates, uneven surfaces, on a table, on a chair, etc...

**Played with 12 different objects:** fuzzy toys, big & small balls, hard toys, funny sounding toys, wooden items, paper and cardboard items, milk jugs, metal items, car keys, etc...

**Experienced 12 different locations:** front yard (daily), other people's homes, school yard, lake, pond, river, boat, basement, elevator, car moving car, garage, laundry room, kennel, veterinarian (just to say hi & visit, lots of cookies, no vaccinations), grooming saloon (just to say hi), etc...

**Met and played with 12 new people** (outside of family): include children, adults (mostly men), elderly adults, people in wheelchairs, walkers, people with canes, crutches, hats, sunglasses, etc...

**Exposed to 12 different noises** (ALWAYS keep positive and watch puppy's comfort level - we don't want the puppy scared): garage door opening, doorbell, children playing, babies screaming, big trucks, Harley motorcycles, skateboards, washing machine, shopping carts rolling, power boat, clapping, loud singing, pan dropping, horses neighing, vacuums, lawnmowers, birthday party, etc...

## The Puppy's Rule Of Twelve

**Exposed to 12 fast moving objects** (don't allow to chase): skateboards, roller-skates, bicycles, motorcycles, cars, people running, cats running, scooters, vacuums, children running, children playing soccer, squirrels, horses running, cows running, etc...

**Experience 12 different challenges:** climb on, in, off and a round a box, go through a cardboard tunnel, climb up and down steps, climb over obstacles, play hide & seek, go in and out a doorway with a step up or down, exposed to an electric sliding door, umbrella, balloons, walk on a wobbly table (plank of wood with a small rock underneath), jump over a broom, climb over a log, bathtub (and batch) etc...

**Handled by owner (&family) 12 times a week:** hold under arm (like a football), hold to chest, hold on floor near owner, hold in-between owner's legs, hold head, look in ears, mouth, in-between toes, hold and take temperature (ask veterinarian), hold like a baby, trim toe nails, hold in lap, etc...

**Eaten from 12 different shaped containers:** wobbly bowl, metal, card board box, paper, coffee cup, china, pie plate, plastic, frying pan, Kong, Treatball, Bustercube, spoon fed, paper bag, etc...

**Eaten in 12 different locations:** back yard, front yard, crate, kitchen, basement, laundry room, bathroom, friend's house, car, shool yard, bathtub, up high (on work bench), under umbrella, etc...

**Played with 12 different puppies (or safe adult dogs) as much as possible.**

**Left alone safely, away from family & other animals (5-45 minutes) 12 times a week.**

**Experienced a leash and a collar 12 different times in 12 different locations.**

Positive Paws Dog Training 2002 - Margaret Hughes Adpated with permission from Pat Shaap's "Rule of 7's"  
for 7 week old puppies

## Potty Training

### Stay Home

Stay Home as much as possible until the puppy is completely housebroken. Keep the pup in an area where you can see it all the time. If he tries to "go" inside give him a firm "NO" and take him outside.

### Bathroom Brakes

Take him outside whenever he seems restless, right after sleeping, playing and before & after eating; and right before you go to bed. Often it is good to carry him outside. If walking, even a short stop along the way could lead to an accident.

Between those actions of playing sleeping etc. even if your puppy does not seem restless (some show it more than others) try to take the puppy out every two hours and stay outside for a while or have a short walk to encourage the puppy to "go" with a command like "go pee". Note: take him outside to the same area every time on a leash. Do never leave or tie him outside.

### Praise

Immediately praise the puppy when he "goes" outside. Then take it back indoors right away so he'll know that outside is where you prefer it to "go".

### Night Time Accidents

Accidents can be prevented by keeping your bed within earshot of its bed so you will hear when it needs to go out. The puppy will be reluctant to soil his own bedding and attempt to get your attention if it needs to go out. Crate training can be an even better solution. The puppy has to get used to the crate and might not like in the beginning but will enjoy it after a while when they realize that they have their own safe quite place.

### Meals

Should be on a regular time table. A puppy younger than 6 months of age should eat three times daily. Water should always be available during the day. DO NOT offer your puppy water or food after 8pm.

## Potty Training

### While You Are Away

If you do not choose to crate train your puppy (which is recommended), confine your puppy to one or two rooms without carpeting. Spread several layers of newspaper over the entire floor. Only leave the papers down when you are out. Remove them as soon as you return, and do not replace them until you leave the house again. In the meantime, continue to train him outdoors. Gradually remove the amount of paper you lay down until it is only covering a small area.

Once the puppy is old enough to "hold it" while you are gone, try permitting him in a larger area of your home.

### Be Patient

Be patient\_and stay calm when he makes a mistake. Rubbing the puppy's nose in it will only confuse it. Your puppy cannot do this all himself. He needs your help. You have to be there morning and night!





## Tips To Train Your Dog

### Training Time Is All The Time

Training your dog is work, but it doesn't have to be difficult. Just integrate in daily life and unknowingly you already do it. Whether it is good training, is on you. All it requires is your awareness. Your dog receives information from you all of the time in terms of your body language, pheromones and the things that you say that you may not even know that you said!

Little actions, like moving calmly "through" your dog's space without speaking will teach him that, as team leader, you own that space, and he will respectfully step out of your way. Passing through the door before your dog, every time, tells your dog that you take control which will automatically help the dog staying in calmer state of mind knowing, that you take charge. By performing these two simple tasks every day, all day, you will be building a solid foundation for all other important activities, like walking your dog nicely on a leash and coming to you when called. Your dog is learning to naturally accept your role as the team leader. Providing information to your dog is equivalent to training your dog. By being aware of this, you'll be accomplishing two things: you are a trustworthy leader for your dog, and you will be establishing consistent daily habits effective for creating the ideal companion.

### Focus on Desired behaviours

Be aware of the times your dog does something correctly. For example, coming to you when he hasn't been called, or sitting quietly without you telling him to; walking nicely beside on a loose leash. Affirm this positive behaviour! Your dog wants to feel your positive energy. You'll find that when you focus on what your dog does right, your dog will continue this behaviour. Undesirable or bad behaviour will decrease and you'll be happy with your dog.



## Tips To Train Your Dog

### Control Of Resources

Being good team leader means teaching your dog that you control access to food on a schedule that works for YOU, as opposed to leaving food in a bowl on the floor for your dog to eat when it chooses. The message that your dog receives is that YOU are the sole provider of good things, and that good things can be earned through work, not when your dog decides or demands it. Does your dog drop a ball in your lap and whine until you throw it, or bump your arm and demand your attention when you're on the couch? These are both examples of your dog controlling the resources of 'play' and 'affection.' So, what's the solution to this problem? Keep toys in a toy box until YOU decide when play time starts, and put the ball away before your dog gets bored and quits chasing it. Managing important resources, like food, space, affection, and play will maintain peaceful balance of trust and respect within your pack.

### Always Have A Plan

Be prepared! ALWAYS!

Whether you are walking with your dog on leash, hiking off leash area, or are waiting for the delivery guy to arrive at your door, you MUST ALWAYS BE PREPARED for the next thing with your dog, BEFORE IT HAPPENS!

When walking on leash with your dog and you see squirrel, cat, person or another dog, you MUST know what action you will take BEFORE you need to take it! Do NOT wait until your dog reacts inappropriately before you act! When hiking in an off leash area and you meet another person with a dog, your PLAN will be to get your dog under control and at your side immediately! DO NOT let the other dog owner take the lead on what happens next - that is YOUR job!

Training Takes  
Time & Patience



It is a journey,  
not a destination