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PUPPY SURVIVAL 101

A guide straight from the crazy
masterminds of all things puppy

Written by:

The Dog Training and Learning Center



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ABOUT

The Dog Training And Learning Center

The Dog Training And Learning Center was created to educate and provide online training courses for owners. To positively train and build a wonderful fun filled lifetime relationship with their pups.

Denise Ames, owner and trainer of **Out And About Dog Training** and Michele Terlep, owner and trainer of **Pawsitive Play Dog Training**, have come together to create The Dog Training And Learning Center online training courses.

Denise Ames and Michele Terlep, MEd. are both Certified Professional Dog Trainers (CPDT-KA). Together they have almost two decades of experience in training and educating clients and their dogs for real life skills.

Full training course selection can be viewed at:
thedogtrainingandlearningcenter.com



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Introduction:

Bringing a new puppy into your home can be one of the most rewarding experiences you'll ever have. Puppies are full of love, energy, curiosity and they have a wonderful way of bringing joy into our lives.

However, raising a puppy can be a challenging experience, especially if you are a first time dog owner.

Use this guide to help you through the process of raising a healthy puppy. From preparing your home to training your puppy, this guide covers everything you need to know to ensure your puppy grows to be a well behaved, loyal companion.

Further resources can be found at:
thedogtrainingandlearningcenter.com

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PUPPY *Proofing*

GETTING READY FOR YOUR PUP

Inside

- Remove toxic plants or out of reach
- Make all cleaning supplies inaccessible
- Put away all medications
- Clean off counter tops and dressers
- Prevent access to stairs, heaters and electrical outlets
- Pick up floors- put away chewables
- create a safe area away from everything

Family and Guests

- Give family members achievable chores
- Create a plan for puppy visits
- Respect your pup's comfort zone

Outside

- Check fencing for problems
- Secure the yard
- Prevent access to pools or water features
- Prevent access to plant life- especially toxic landscaping

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Puppy Developmental Stages



Neonatal

This stage pups are totally dependent on the mother. Can only smell and feel touch. Other senses are dormant. (Birth to 2 weeks)



STAGE
01

Transitional

Puppy senses begin to develop- hearing and smell first and eyes open at 6 weeks. Self awareness and interaction with littermates and the mother are also important. (2 weeks to 6 weeks)



STAGE
02

Socialization

Puppies are interacting with littermates and the world. Low volume/no fear exposure to doorbells and vacuums as well as other things in the environment is encouraged. (6- 16 weeks)



STAGE
03

Pre Adolescence

This stage is highlighted by confidence and independence. You pup will be exploring the boundaries here. Developing a great relationship is important. (4 months to 6 months).



STAGE
04

Adolescence

Training and patience are important. Pups will be active, easily bored and test boundaries. Sexual maturity occurs about 6 months of age. Remain consistent and set guidelines. (6 months to 18 months)



STAGE
05



YOUR NEW PUPPY

Your new puppy will need a lot of patience and understanding when first bringing him home. They are experiencing a lot of change. Your puppy may be excited and full of curiosity or they may even be cautious and concerned. Go slow and be patient. Developing your relationship should be just as important as training.

Puppies are learning every second they are with you. Instead of putting all that value in a bowl – use it to build your relationship.

Ditch the Bowl:

Each piece of kibble is currency that you could reward good behaviors.

Find ways to reward throughout the day- tell your pup when he or she is correct in behavioral choices!

Reward your puppy when:

- Lays on their bed
- Goes into their crate
- They choose to sit or lay down
- Keep four feet on the floor
- Reward for any behaviors that you want to see in the future.

Let's Talk Potty Training



Important Information You Need to Know

- Puppies do not come knowing they should not potty in your home.
- They do not know that they should signal you when they need to be let out.
- Accidents will happen. They are learning.
- Crate, or small confinement area can help manage potty training when you cannot watch your puppy 100% of the time.
- Generally, puppies will not go potty where they eat or sleep.

When in Doubt, Take Him Out

Potty training takes time, patience and consistency.

- Did he just wake up? Take him out.
- Did he just eat? Take him out.
- 10 minutes of high energy play? Take him out.
- Crying in the crate? Take him out.
- Is he sniffing around? Take him out.
- Take him out before putting him into his crate.
- Circling or getting the zoomies? Take him out.
- Anytime you are asking yourself, does he need to go out? Take him out.



Night Time Note: You may need to take your puppy outside 1-2 times in the middle of the night. Outside time should be boring, no playing, praise and treat for going potty outside and then back into the crate

Management

Management will help ensure you and your puppy's success. This comes from controlling the environment so that your puppy is successful in the choices they are making through out the day.

Having management in place is having a plan and being proactive. Setting yourself up for success as well as your pup.

- Gate off areas so that your pup does not have full run of the house. You can not watch your puppy if they are in another area of the home.
- Perhaps you are having guests over. You may want to manage the jumping by having a leash on, rewarding for calm behavior, then releasing to visit with your guest.
- Have plenty of chews or a Kong available so that your puppy will be less likely to chew on your furniture.

Set your puppy up for success. This means practicing and reinforcing behaviors that you like and want your dog to continue. This way, the pup only practices what you like and does not choose the other behaviors because they have not been reinforced. If your dog is always reinforced for 4 feet on the ground around guests, your dog won't jump up.

- Rewarding behaviors that are important to you makes them more likely to happen again- dogs are creatures of habit.
- Put food in small containers around house or treat bag, baggies in pocket so you can reward easily.
- Things that are rewarded are practiced and what is practiced tends to get repeated.



Management Checklist

- | | | | |
|--------------------------|---------------|--------------------------|-----------------|
| <input type="checkbox"/> | Crate | <input type="checkbox"/> | Dog Bed |
| <input type="checkbox"/> | Exercise Pen | <input type="checkbox"/> | Raised Bed |
| <input type="checkbox"/> | Baby Gates | <input type="checkbox"/> | Chews |
| <input type="checkbox"/> | Flat Collar | <input type="checkbox"/> | Treat Pouch |
| <input type="checkbox"/> | Harness | <input type="checkbox"/> | Soft Treats |
| <input type="checkbox"/> | Leash | <input type="checkbox"/> | Dog Food |
| <input type="checkbox"/> | Stuffed Kongs | <input type="checkbox"/> | Distraction Box |
| <input type="checkbox"/> | Tug Toys | <input type="checkbox"/> | Soft Toys |





YOUR PUPPY'S PLAY PEN

Confinement Area

A place for your dog to stay when you cannot supervise 100% of the time. It prevents destructive chewing, potty accidents and teaches your pup to be ok alone.

The Setting Up

The ideal confinement area is easy to clean and easy to close off with a door or baby gate.

1. Bed or crate with something soft to sleep on
2. Water bowl
3. Snuggle Pup
4. Toys including an appropriate bone, chew toy or stuffed Kong

Confinement Steps

Step 1. Make sure to potty your puppy before going into the pen.

Step 2. Provide your pup with an appropriate chew bone or stuffed kong and go about your normal business

Step 3. After 5 minutes or before he finishes his chew, let him out but don't make a big deal about it.

Step 4. Repeat steps 1-3 and increase gradually the amount of time you leave the dog in his confinement area without you leaving the house.

Step 5. Vary the length of your absences from 30 seconds to 20 minutes multiple times through the day.

Crate Training

Once properly trained, crates can become a safe place that your puppy can go to and relax. Think of the crate as their bedroom.

In turn, having a crate allows you to have a safe place to leave your pup when you are not able to supervise them. Crating your pup can prevent unwanted behaviors, such as chewing on furniture and eliminating in the house.

Crate Training Game

Build a calm, positive association with your puppy's crate.

- Step One: Focus on your puppy entering and exiting the crate by tossing a treat in the crate.
- Step Two: Toss several more treats in the crate to show your puppy that the value is inside the crate.
- Step Three: Release your puppy by throwing a lower value food away from the crate to encourage your puppy to come out.
- Step Four: Repeat steps 1-3 gradually building up the amount of time your puppy stays in the crate.
- Step Five: Work towards being able to close the crate door. Closing the crate and feeding from the top or sides can help to encourage calm when the door is closed. Feed both when you close the door and when you open it again.



PUPPY MOUTHING



Puppy mouthing and biting is a natural and normal behavior. They bite to explore the world around them and use it as a form of communication. This can become a frustrating process for us. We can help understand their emotional needs and what they are communicating to us.

POSSIBLE REASONS FOR MOUTHING

- Too little sleep - Pups need on average 18-20 hours of sleep
- Need toileting- bowel movement/ urinate
- Too much freedom and decision making
- Self-comfort- teething, over arousal
- Attention
- They are done with social interaction. (touch, petting)
- Excitement-play



PREVENTION OF MOUTHING

- Make sure your puppy has had a toilet break, has access to water and food and is not in PAIN.
- Preparation... set yourself up for success with stuffed Kongs and plenty of chews.
- Avoid putting your puppy in situations where over arousal can occur.
- Management helps to reduce biting, or prevent biting from becoming a habit.

Socialization

Slowly Exposing your Puppy To Our World

Socialization is the developmental process where puppies familiarize themselves with their constantly changing surroundings.

It is how they learn and discover what is safe and good as opposed to what is dangerous and not-so-good

Think about the things your puppy will see and experience throughout their everyday life. Slowly expose your puppy to these new places from a distance. Let your puppy watch and experience their surroundings slowly and successfully. Go at your puppy's pace. Never force your puppy if they are hesitant and worried.



Socialization Slowly Exposing your Puppy to Our World
Help your puppy form positive associations

American Veterinary Society of Animal Behavior Position Statement On Puppy Socialization

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

Puppy Socialization Checklist



The first 3 months of a puppy's life is when pups are the most accepting of new experiences. This is the perfect time to be proactive in slowly introducing your pup to new environments. Never forcing your pup to engage. Listen to your puppy and go at their pace. *They don't need to interact. Socialization is about creating positive experiences.*

To create a positive experience for your puppy, pair something in the environment (example: children) with something your puppy enjoys. (food/treat). In the example above: children plus food soon equals children predict good things for your puppy.

People

Men/Women
Teenagers/Children
People with hats
Runners
People on bikes
Men with beards
People with hats/hoodies

Various Sounds

Vacuum cleaner
Dropped objects
Door bell
Hair dryer
Blender
Ice machine
Door closing/slamming

Surfaces

Grass
Artificial turf
Asphalt/cement
Slippery floors
Mulch/sand
Gravel
Trails

The list of things to socialize your puppy is endless. Create as many positive experiences for your puppy's well being.

Note: It is important not to force your puppy to meet and greet people or other dogs especially if they are not comfortable in the situation.

- Loud sounds like the vacuum cleaner, etc. should be introduced from a distance with lots of treats!

Watching the World Go By



Training and introducing your puppy properly to the world around him or her are essential for raising a well socialized and confident puppy.



The Watching the World Go By

This game allow puppies to view new and novel distractions in the environment at a distance while creating a positive association.

Goal: Grow your puppy's confidence with various distractions in the environment.

Directions:

Step 1 Go to a park or place where you can be far enough away from people that your puppy doesn't react either with excitement, frustration, or fear.

Step 2 Sit and feed HIGH VALUE treats as you and your pup see people, dogs, cars, bikes, kids playing, etc.

Step 3- After a while, pack up and go home. Try this again many times to get your puppy used to things happening around him or her and making them non-events.

Step 5- If your pup reacts at all, move further away from the events.

Step 6- If you have tried this several times and your puppy is relaxed, try moving *a little bit* closer. Continue this progression getting closer and watch as your pups confidence grows.

The Importance of Calmness

Calmness is a life skill for all pups to have as a default behavior.

High levels of arousal can lead to poor behavioral choices like jumping, biting and the inability to settle to name a few. A calm puppy can choose to relax rather than engage in unwanted behaviors.

Make a habit of acknowledging and rewarding this great behavior. Behavior that is rewarded is repeated!

Calm behaviors, like naps and settling with a chew, help lower arousal levels which helps your puppy to make good choices throughout the day.



Reward Your Puppy for Doing Nothing

The Set Up: Prepare 10 treats and sit down in front of your puppy. Reward when you see your puppy pause, relax or take a breath. Repeating every time you see your puppy pause.

- Calmly reward delivery using a calm voice.
- Wait for the dog to stop and calmly mark and reward
- Add in distraction by stroking and reward for remaining calm
- Drip feed for duration and choosing to remain calm

Dog Body Language Quiz

It is important to be a student of body language... it helps you understand your dog and how he or she is feeling. Take the quiz... which dogs are happy and which dogs are concerned?
(answers on next page...)





Answers to the Body Language Quiz

1. This dog is happy! It has a relaxed open mouth with an open commissure. The eyes are squinty and the body is relaxed.
2. This dog is concerned. You can see the whites of the eye (whale eye) and the ears are pinned back. There is also a wrinkle on the forehead and the mouth is tight.
3. This dog's body language is showing concern about the closeness of the person. You can see it in the lean away from the person.
4. This pup is relaxed and happy. You can see it in the kick over posture, the perky ears, "smile" and open commissure. The eyes are also open and bright.
5. This dog is concerned. You can see the whites of the eyes, a tight mouth and stiff posture.
6. and 7 are both happy dogs that are enjoying the day. Their posture is relaxed, eyes bright and focused and mouths have an open commissure and happy smile.

Note:

Use your observational skills to look at the whole picture. Dog body language happens on a second by second basis. We observe a moment in time and base our decisions not just on the dog but the situation as well. Keep in mind that the situation makes a difference in reading dog body language.



Your puppy may also use the following behaviors as well...

- Wiggling- to get away (usually when picked up)
- Biting hands- usually when picked up
- Dodging hands- when the pup doesn't want to do something
- Shying away from objects- when scared or concerned
- Pancaking- when over tired

Raising a puppy can be challenging but it is also an incredibly rewarding experience. With the right preparation, training and care, you can ensure that your puppy grows up to be a happy and healthy companion. We hope this guide has provided you with the information you need to get you started on this amazing journey. Remember, raising a puppy takes time, patience and dedication. The love and loyalty you'll receive in return will make it all worth it.

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