



# Puppy Headstart

by Personable Pets Dog Training



**You got a new puppy!! Congrats!**

**Now I bet you are thinking that you should probably start training him in the near future. So, let me be the first one that tells you – you are training him NOW.**

**Every time you interact with your puppy – you are training him. Whether you realize it or not.**

**So, take a few minutes and review the Puppy Headstart cards. The training advice and tips are sure to get the two of you off on the right foot.**



**Be sure to follow us for more training tips!  
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Now, while your puppy's brain is still developing, **SOCIALIZATION** is the most important thing to be working on. The more situations you expose him to now, the less likely he is to be a fearful adult. Just remember, the goal is to socialize - not traumatize. Feed treats, have other people feed treats and let your dog investigate situations at his own pace.

## people with

- beards
- floppy hats
- Hoods
- baseball caps
- tote bags
- Skateboards
- Cowboy hats
- Helmets
- Bikes
- Glasses
- cane/walkers
- shopping carts
- Sunglasses
- Wheelchairs
- Roller blades
- a uniform
- Umbrellas
- Motorcycles
- winter clothing
- Squeaky Voices
- Deep Voices

## Expose to:

- elevators
- various types of stairs
- drive through windows
- automatic doors
- kite (overhead)
- helium balloons
- tractor
- kids tunnel
- walking on slightly inclined surface
- an umbrella being slowly opened
- sprinkler

## SOUNDS

- train
- nail grinder
- vacuum
- blender
- microwave beep
- blow dryer
- drill
- hammering
- garage door opening/closing
- doorbell
- bells (think Christmas)
- baby crying
- lawn mower
- leaf blower
- siren
- garbage truck
- school bus
- smoke detector
- beeping

## Meet Several:

- Horses
- policemen
- cats
- ethnic groups
- kittens
- hamsters
- mailmen
- ducks
- person sweeping
- cows
- person mopping
- birds in cage

## SURFACES

- linoleum
- cobblestone
- gravel
- brick pavers
- tall grass
- running water (creek)
- mud
- sand
- tile
- tin foil
- plastic tarp
- sidewalk grate
- ladder flat on ground
- moving surface

# 1 socialize

It is said that a mother wolf introduces her pups to everything they should be comfortable with by 16 weeks of age. After that period, they usually fear anything they haven't been introduced to. This makes sense. Mom probably doesn't introduce them to bears so being afraid of bears later in life is a good idea.

Dogs seem to have the same cutoff window for socialization – 16 weeks of age. The more things we can introduce them to during that time, the better. Because dogs who aren't adequately socialized often show fear as an adult. And fear looks an awful lot like aggression. Actually, most aggression cases can be tracked back to the lack of socialization as a puppy.

So, new puppy owners cannot be couch potatoes. The clock is ticking – 16 weeks is fast approaching. Get out with your puppy and make the most of this limited time.

But we need to make socialization fun and not scary –

- ✓ If your puppy is shy around new people, don't make him interact. Ask them not to look directly at the pup or try to touch him/pick him up. Instead, see if they can feed him some treats. People = treats is a good lesson for our puppies to learn. If the puppy gets close enough let them pet him. But if he scurries away that is okay. Just go back to feeding treats until he is comfortable. If your puppy doesn't overcome his fear of people in a couple of days, you should contact a trainer ASAP. Let them help before the 16-week window closes.
- ✓ If your puppy seems scared in other situations – like walking on that shiny floor at your mother's house or is afraid of that trash can at the end of your neighbor's driveway – try to help him out. Maybe sit on the shiny floor and see if he will come to you for a treat. If that works, throw a treat just out of his reach and see if he will take a step or two to pick it up. For that scary trash can, give him time to sniff and investigate at his own pace. Once he seems comfortable, toss a treat between him and the scary object and see if he will go pick it up. In these situations, stay calm. If your puppy sees that you are calm, then there is a better chance that he will remain calm. And if he is brave and grabs the treat near the trash can and then runs back to you – Good Boy! Brave Boy! Then toss another treat. Make getting comfortable with situations and objects a game. And if you find yourself getting frustrated and just want your dog to toughen up, think about things you fear and how you would want to be treated. For me it is snakes, and I would have to think long and hard before I got near a snake to pick up a treat – even if that treat was a \$100 bill.



# Housetraining

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## The Basics

- Physical activity, such as playing, will activate the dog's digestive system. Make sure you take her outside frequently while she is active and especially after/during a long play session.
- Often dogs will wait until the last minute to find a place to relieve themselves, so time is not on your side. Don't hesitate to interrupt a play session to take your dog outside - better safe than sorry.
- Keep an eye on your dog when she is free in the house. Out of sight usually means into trouble when it comes to housetraining. When you can't monitor your dog's activities do not hesitate to crate her. A dog with housebreaking issues should not have free access to the entire house. Make them earn access one room at a time.
- You are in charge - so watch to see if your dog offers signs that it needs to go outside. Unfortunately, not all dogs run to the door when they need to go outside. Some of them have very subtle signs such as: sniffing, circling, going toward an outside door, abruptly stopping a play session or even pestering you. The dog cannot open the door, all she can do is alert you - so pay attention.
- Crates are a great tool for housetraining. Usually dogs will not have accidents in their living area (aka crate) so, if you can't keep an eye on your dog, crating them for a short time is a great idea. The crate should only be big enough for the dog to comfortably turn around and stand up in. If the crate is too large, often dogs will have accidents and then push it to the back and out of the way. If the crate is too big, block off a portion by placing a box or divider toward the back of the kennel.

Most dogs need to urinate twice before they completely empty their bladder. Sometimes a dog will get so distracted by outside smells and activity that she will forget to completely relieve herself. That is why so many owners complain that the dog will have an accident inside – even though she just came in from outside! If you don't think your dog has completely relieved herself, when you go back in the house you can immediately crate her for 5-10 minutes and then try again. You can also take her outside on a leash and not release her to play until she has completely relieved herself.

**TIP**

## Prevent

If your dog likes to relieve herself in a particular room, she may not see that room as part of her living area. Piano rooms/formal living rooms are a big problem because families rarely spend time in such rooms. To break this habit, you can block access to the room and then start feeding, training or just hanging out in the room, so your dog starts to associate it with a living area.

**Tip:**

Activity will kick start your dog's metabolism. So, when you go out on a potty break don't just let your dog stand there. Throw a toy, stick, or even run around the yard for a bit. This should get him down to business in no time.





# Biting, chewing & Enrichment



## BITING & Mouthing

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Although puppy biting can be frustrating, and scary for smaller children, it is a common behavior and almost never a sign of true aggressive behavior. Here are some tips to get you through this puppy stage:

1. Try not to reward this behavior. If you sound like a squeaky toy when your dog bites then guess what – biting you just became a game
2. Don't overreact. Grabbing muzzles, hitting or hurting your dog will most likely not curb his biting behavior, but it may teach him that you, and human hands, are to be feared.
3. When your puppy bites, stop petting and even get up and walk away if you must. Anything so he learns the fun ends when he bites you.

When your puppy bites, do NOT immediately give him a chew toy. This could teach him that biting you results in a toy. Instead, OUCH, then go get a toy but have him SIT or DOWN to earn it. Now, he has earned the toy for sitting – not biting.

### TIP

There will be times when your puppy has too much energy and petting just isn't a good idea. At those times, it is best to give him a food stuffed toy so he can use up some of that excess energy without getting into trouble.



Kong

Twist & Treat



Bully Sticks

## Enrichment

Enrichment = making your dog's environment more interesting. Puppies need to chew. So either you provide appropriate chew items, or he will find some of his own. And puppies almost NEVER choose options that we think are appropriate. Food stuffed toys, like those above, are just some ways to keep your puppy busy and out of trouble. Get creative. Find what he likes and go with it.

## Prevent

Get a toy box for your dog so he always knows here 'his' toys are.

If he is chewing inappropriate items, spray them with Bitter Apple or Nature's Miracle to make them taste bad. This should help him break the habit.

Never give him old shoes to chew – because he doesn't know the difference between old and new.



**Tip:** A tired dog is a good dog. The more energy your puppy can use up playing, walking or with appropriate toys, the less energy he will have to get into trouble with.

There is no rule that says you must feed your dog out of a food bowl. So start Feeding him out of a food stuffed toy. More time eating = less time in trouble!





# Sit & Down

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## SIT

Teaching your puppy to SIT is relatively easy.

1. Hold a treat close to his nose. Once he is paying attention to the treat, slowly move it over his head and toward his tail.
2. His nose/head should follow the treat causing his backend to touch the ground.
3. The moment his backend touches the ground, he has completed the sit and you should give him the treat.



Holding food in your hand to prompt your dog to do something is called luring. If you do this more than 3-4 times in a row your dog can become dependent on seeing the treat. Lure for a couple of repetitions and then do 1-2 without food in your hand. Keep mixing it up until you can fade the food lure altogether. But just because you aren't luring doesn't mean you cannot give your dog a treat after he completes the cue!

## Down

Get your dog to sit. Put a treat right in front of his nose, actually touching his nose. Then slowly move the treat straight down until it touches the ground. Your dog should follow the treat with his nose/head and lay down when the treat hits the floor. If your dog is walking forward instead of going down, you are not taking the treat straight down to the floor. If he stands up out of the sit before he gets all the way down, start giving him the treat before he picks his bottom up – even if he hasn't laid down. This will teach him to hang in there the treat is coming. And then, each repetition, try to get him a little closer to the down position before you give him the treat.



**Tip:** If you become frustrated while training - STOP and take a break. If you don't, you run the risk of sucking the fun out of training for your dog.

Remember, SIT and DOWN are both ONE word cues – not Sit, Sit, Sit or Down, Down, Down. Say the cue once and then let your treat move your dog into the correct position. Before you know it, he will make the connection between the verbal cue and the action. Plus, the quiet will give him time to think about what he is doing.

Now that your puppy can sit and down, let's put it to work. Make it a habit to ask him to sit or down before every interaction. Do want this toy? SIT. Do you want me to pet you? DOWN. Do you want to go through the doorway? Sit. Get it? Get busy!





# Come when called & Jumping

by Personable Pets Dog Training



## Jumping

- **JUMPING IS NOT A PUPPY PHASE.** It is not a behavior they will magically grow out of. Reward it today, expect it tomorrow.
- It is easy to overlook jumping puppies. They are small, cute and can't do much damage – YET! Reward it today, expect it tomorrow.
- If your puppy jumps on your leg, do NOT yell, look at him or push him off. All those options would inadvertently reward his attention seeking behavior. Instead, move your leg or step away. The moment he puts 4 feet back on the floor, you can acknowledge his presence.
- Same holds true if he tries to put his paws on your leg while you are sitting down. Move your legs until he puts 4 feet on the floor and then acknowledge him.

Our biggest failure with training our puppy not to jump is we don't reward them for NOT jumping. When your puppy approaches you and Stands or Sits instead of jumping – **REWARD HIM!**

## coming when called

Coming when called and hanging close to you IS a puppy phase. Reward it today or don't expect it tomorrow. Keep 15-20 pieces of dog food in your pocket and use them to reward random come cues throughout the day. Try to use up all the food by bedtime. At first, call your puppy back to you before he gets more than 4-5 foot away, reward him and let him go back to what he was doing. If you cue come and he just turns around and looks at you – don't just stand there. Back up a few steps and then drop to one knee. As his response to the come cue improves start calling him from further distances. Practice, Practice, Practice. Remember, if the only time you call your puppy is when you want him, you are NOT practicing.

### Tip 1:

If your come cue always ends the fun, your puppy will STOP coming. Call them frequently for no other reason than to reward and let them go back to what they were doing.

### Tip 2:

Jumping IS NOT a puppy phase. Reward it today and expect it tomorrow!

Coming and hanging close to you IS a puppy phase. Reward it today or DON'T expect it tomorrow.

### Tip 3:

Do not let your guests inadvertently reward jumping. Teach them to only interact with your puppy when he has 4 feet on the floor.





# House Rules

by Personable Pets Dog Training



## What are your house-rules?

One of the quickest and easiest ways to train your new puppy is to establish House Rules – from day one – and then reward your puppy for following them. Remember, every time you interact with your puppy you are training him. So better that you train the behaviors you want from the beginning so you don't have to 're-train' later on.

So, what are your house rules? If you don't know, there is no way your puppy does. Use the tips on this card to decide what your house rules are and then reward your puppy for following them.

## Furniture access? yes or no?

If yes, teach your puppy to ask for permission first. Teach them to SIT and then wait to be invited up.

If no, simply block access when they try to get up. Ignore them while you are blocking, so trying to get up does not become an attention seeking game. If they do gain access, simply put them back on the floor. No yelling, screaming or drama.

**Tip:** be sure they have entertainment options, like a food stuffed toy, on the floor so it is not such a boring place.



## Wait at Doorways

Waiting at doorways is a great idea and very easy to train. Simply go to the door and stand in front of your puppy so he cannot get too close to the door. Cue and/or lure him into a SIT. The moment he sits, open the door and say go free. Each time you do this, delay the time between opening the door and saying free. If he darts for the door before you say free, simply shut the door, get him back in position and try again. **Tip:** Wait at the doorway has to become a habit for the human before it can become a habit for the dog. Try to remember to ask for the wait EVERYTIME your dog goes in/out the door.

## Say Please!

Get into the habit of asking your puppy to sit or down before he gets anything. Want this toy? Sit. Want me to pet you? Sit. Want me to throw this ball? Sit. Once your puppy understands that SIT is the key to good things (not jumping) he will be a sitting machine.

If your puppy is getting into something he shouldn't, don't jump up, scream and chase. Instead, cue Leave It and then make a funny noise or clap your hands. The moment he looks at you, say Good Boy, come here and celebrate when he gets to you. Then give him something appropriate to do. Soon he will learn that Leave It means you have something better going on. Much better than for him to learn grab a shoe and play keep away!

## Leave It!

Your puppy CANNOT read your mind. If he isn't doing what you want, don't just start yelling no. Decide what you want him to do and then train that behavior. This means spending a few extra minutes training now but you get to reap the benefits for a lifetime!





# Exercise Pyramid

by Personable Pets Dog Training

Combination  
of all 3 at  
least 2 hours  
a day.



Food Stuffed/Chew Toys

Interactive Puzzles

Find It Games

Training

## Brain



Sniffing  
New Places  
New People  
New Toys



NOT alone in backyard

## Explore



Walks – Fetch – Jogging  
Daycare – Play with other dogs –  
Frisbee – Tug

NOT alone in backyard

## Physical



## **The root cause of most behavioral issues is LACK OF EXERCISE.**

That's right. We are not kidding when we say a tired dog is a good dog.

But exercise is more than your dog spending time alone in the backyard or hanging out at the dog park. Variety is the spice of life – even for dogs. Humans need all types of entertainment – movies, books, TV shows, games, jogging, swimming, crossword puzzles, social engagements, etc. So do our dogs.

The info on the front is a guideline for daily exercise but be sure to avoid the following pitfalls:

1. Your dog alone in the backyard is NOT exercise. They quickly become bored with the same old sights and sounds and that is when boredom sets in, in the form of digging, barking, jumping on your door, etc.
2. Playing with another dog only counts if the dogs are actually PLAYING!! Wandering around separately and sniffing is not the same as chasing, wrestling and playing together.
3. Exercise should not always be 100 MPH go, go, go. Dogs need to learn to relax just like humans do. But instead of settling down with a good book they will need a good chew toy or food stuffed toy,
4. And finally, toys only count if your dog plays with them. If you have a toy box full of toys but your dog doesn't play with them, they are useless. Head out to the store and find toys that he enjoys interacting with.

So, next time you think your dog has behavioral issues – add in a little extra exercise and see if the problem solves itself.



# Resource Guarding

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**Guarding an item**

**Resource Guarding – when a dog has something he thinks is worth protecting. Dogs can guard:**

- People
- Places
- Things

## Common signs of resource guarding

1. As you approach, the dog may freeze up or stop all movement.
2. He may lean forward or turn away to further protect the item with his body.
3. He may move his eyes to watch you – but not his head.
4. He may position himself directly in front of his person (guarding people).
5. He may show his teeth and offer a low growl/grumble.
6. If you ignore these warnings, he will most likely BITE!

Remember, a dog can offer these signs regardless of whether he is guarding a person, place or thing.



**Guarding a Place**

Punishing guarding behavior can just make matters worse. If you think your dog is displaying guarding behavior, contact a trainer ASAP.

Practice makes perfect. The more your dog practices guarding behavior the better he will get at it.

**CONTACT A TRAINER ASAP**



**Guarding People**



Resource Guarding is a very natural behavior. Think about, we lock our car doors and the doors to our homes – we resource guard all the time.

Even though resource guarding is a natural behavior, it is a risky behavior. Unchecked resource guarding that starts with a simple head turn can eventually be the cause of a dog bite.

If your dog is a resource guarder, punishment is not the answer. That usually just teaches the dog to fight harder next time. The answer is to teach our dogs that there is no reason to guard items to begin with.

If your dog is a resource guarder, you should contact a trainer. The more he guards the better he is going to get at. The sooner we get this behavior under control, the better for everyone. Especially your dog.

If your dog is not displaying resource guarding tendencies, let's keep it that way. Here are a couple things we do that could train our dog to resource guard and suggestions on how to avoid them.

1. The only time we approach is when we are going to take their item away. Next time you see your dog chewing on a toy. Walk up, toss a treat and walk away. Maybe walk up, pet him and walk away. Help him learn that your approach is not a bad thing.
2. The only time we take stuff away is when we are going to keep it. Next time you see your puppy chewing a toy, walk over, trade him for a treat and then give the toy back. Help him learn that you taking stuff away doesn't always mean forever.
3. This one is very common for kids. Your puppy is chewing on a stuffed toy. Your child wants to play fetch with your puppy so they lean down and take the toy away so they can throw it for the puppy. Your child thinks he is playing with the puppy. The puppy thinks, dang, every time that kid comes over, he takes my toy.  
Help your kids understand that they shouldn't take stuff away from the dog. If they want to play fetch or tug, they must find a new toy. They cannot take the current toy away from the dog. We want your dog to think good things are going to happen when your kids' approach.

Again, and I can say this too much, if your dog is a resource guarder, you should contact a trainer. The more he guards the better he is going to get at. The sooner we get this behavior under control, the better for everyone. Especially your dog.