



# PUPPY CLASS

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Welcome to ADOG. In this course, we train dogs to do the basic exercises necessary for any well-behaved pet. More important, however, we teach you how to communicate to your dog what you want it to do.

Below are some basic rules that will aid you in training your dog. Please read them carefully, as there is a reason for every one.

1. To help the elimination problem, do not feed your dog before class. If dog has an accident, we have clean up supplies available.
2. Keep your dog away from the other dogs. All dogs may not be as friendly as yours may.
3. For safety, we ask that you wear tennis shoes for secure footing (no "slide on" shoes).
4. If you use other than a buckle collar for training, remove it immediately after each practice session.
5. Keep your temper and be cheerful while training. Play with your dog before and after each training session so that the association remains pleasant.
6. Be consistent in giving commands. Don't say, "Fido, Come" one day and "Come Here, Fido" the next and expect him to know what you mean. Simple one-word commands, "Fido, Come", will help the dog learn more quickly.
7. Your dog **must** pay attention to you. If your dog is thinking about something else, he won't learn as well. Several attention-getting exercises will be demonstrated. Use one of them any time your dog's attention strays.
8. The voice, a training tool, can change a dog's attitude during training. Learn to read your dog; adapt your tone of voice to produce the desired reaction.
9. No two dogs learn the same way or at the same rate. Dogs are individuals will not necessarily react as another dog would, even if they are the same breed.
10. Dogs do things that are to their advantage and avoid those that are to their disadvantage. Dogs, in learning what you want them to do, should have pleasant experiences. In doing things you do not want them to do, they should have unpleasant experiences. What is pleasant or unpleasant for one dog may be very different for another dog. A good rule of thumb is, if you are trying to correct an unwanted behavior with an unpleasant experience and the dog continues the unwanted behavior, the experience or correction was not strong enough.
11. The most important point in training a dog is to have fun and enjoy yourself and your dog. Discipline your dog with firmness, but let him sense your love and encouragement. Your verbal praise and physical petting will reinforce your pleasure in his correct behavior. Be very firm, insist that the dog do whatever you tell it to do, and do it immediately, but follow with such enthusiastic praise that your dog will be thrilled to do what you want.
12. If, for any reason, you are unable to attend the remaining classes in this session it will be necessary for you to notify us before the second week of class in order to receive a refund less a service fee.
13. We cannot allow children under the age of 12 to handle the dog in class. Family members are more than welcome to observe and should be involved in the weekly homework.
14. Be a responsible pet owner – ALWAYS have bags with you to pick-up after your dog.

**GENERAL**

**YOU MUST CLEAN UP AFTER YOUR OWN PUPPY.** Clean-up materials are provided.

**KEEP ALL PUPPIES AT LEAST THREE FEET APART DURING CLASS,** unless otherwise instructed. Class is not a place for undirected play, but rather a place to learn. Puppies may socialize with each other before and after class.

**DO NOT LET YOUR PUPPY APPROACH DOGS IN OTHER CLASSES.** Not all dogs in this building have been trained yet. The best way to avoid a potentially unpleasant experience for your puppy is to NOT let him approach strange dogs.

**HANDLER LEARNS AT CLASS – PUPPY LEARNS DURING THE WEEK IN DAILY** (three times a day) **PRACTICE SESSIONS OF 5-10 MINUTES.**

**ALWAYS GIVE COMMANDS IN A NORMAL TONE OF VOICE.**

**RELEASE – USE THE WORD “OKAY”** or any word that means the puppy can be free. Use with an upward movement of the hands towards the face. This means that the puppy can relax and not be under command.

**DID YOU KNOW?**

- That the most formative period of a dog's life – when you, his leader, can do the most to mold him into the kind of pet you want – is the period from the 7th to the 16th week of his life.
- That puppies, when taught properly, can learn a great deal during this period and will remember what they have been taught?
- That socialization – exposing the puppy to contacts with people, places, things and other dogs is essential if he is to grow into a stable, well-adjusted pet.
- That you can avoid having problems with your dog when he is grown; such as aggressiveness, shyness or barking, if you work with your puppy during this early stage of development.
- That without realizing it, you can be teaching your puppy undesirable behavior simply by not working with him at all.
- That a dog is a pack animal, his “human” family becomes his pack and he will try to rule unless you begin very early in his life convincing him that you are “Leader of the Pack”.

**"QUIET!"**

There is no need for a dog to be permitted to constantly bark in class or at home. Barking dogs aren't paying attention and it makes it difficult for the instructor and other students. Ask your instructor to help if you are not able to control your dog's barking.

**PARKING**

No parking is allowed during normal business hours Monday through Friday in front of any other business. No parking is allowed during normal business hours Monday through Saturday in front of Silk Smart.

**LEASHES**

- ALL dogs will be on leash at ALL times, inside and outside the building, except when directed by your instructor.
- Dogs should never be left in the control of a child.

**CLEAN UP**

- We must be very strict about keeping all areas around the training facility clean. A pooper-scooper and receptacle will be placed in the designated exercise area. If you choose to exercise in a different area clean up is still required. To help avoid a problem, please do not feed your dog after noon on class days.
- Please do not allow your dog to soil common areas, doorways, cars, etc.
- Should your dog have an accident inside, clean-up supplies are available.
- We ask that smokers dispose of their cigarette butts in the container provided by the door.

**CRATES**

- Crates may be setup in the observation area only.
- Metal crates may not be set up on matting without adequate protection underneath the crate.
- Crates may not be left in building overnight.

**OTHER**

- Children are welcome to observe class, but someone must supervise young children other than the person training the dog. No running is allowed in the building
- We must reserve the telephone for emergencies and Dogwood business only. No personal calls please.

**THANK YOU FOR YOUR COOPERATION**

**GOALS FOR THE PUPPIES**

Puppies will learn to recognize and respond properly to the seven most important dog words in the English language. Each of these words, in order of importance, are "dog defined" below.

1. **NO:** You can use any short word or sound that can be said quickly and sharply. This word should cause your puppy to stop what he is doing, giving you time to move in and redirect his attention to a more appropriate toy or to a different area.
2. **HIS NAME:** Upon hearing his name, a puppy should immediately turn his head in the direction of your voice.
3. **SIT:** Quickly places his behind firmly on the ground.
4. **DOWN:** Both front and rear are firmly touching mother earth. No light can be observed between puppy and surface of the ground.
5. **COME:** Your puppy briskly moves towards you, comes close enough for you to easily touch him and allows you to reach forward and touch his collar.
6. **STAY:** The puppy should remain in the position that he is in when the stay command was given. He is only allowed to change position if another command is given or a release word is used. For example, if you give the "Stay" command while the puppy is sitting he should remain sitting until he is released.
7. **OFF:** Get all of your feet off whatever they happen to be on.

**GOALS FOR STUDENTS**

1. A basic understanding of how to teach all of the preceding behaviors to your puppy using motivational methods.
2. How to correct or avoid most unwanted behaviors.
3. How to incorporate into your daily life both formal and informal puppy training. Formal training is defined as training using leash during the time (10 – 15 minutes per day) set-aside for that purpose. Informal training is defined as training done randomly throughout the day or when a situation arises that can be used to reinforce or extinguish a behavior.
4. Games to play with pups.
5. The importance of teaching wanted behaviors and avoiding and/or correcting unwanted behaviors before they become problems.
6. Basic safety and health issues with puppies.
7. Responsibility of being the pack leader.
8. Basic puppy grooming.
9. Housebreaking and crate training.

**PUPPIES WILL ALSO LEARN**

- Controlled walking (walking on a leash without pulling and automatically sitting when you stop)

**YOU WILL NOT LEARN LEASH CORRECTIONS**

- Mild leash corrections will be addressed, but a thorough understanding of how to use a leash for corrections will be taught in other classes intended for older more emotionally mature puppies.

### JUMPING UP ON PEOPLE:

INSIST that all members of the family greet the puppy in the same way. It is unfair for the puppy to be allowed to jump up on one member of the family and not on others. Here are corrections for jumping up on people:

1. When greeting the puppy, crouch down and INSIST that all four feet remain on the floor while you pet and praise him.
2. If the puppy jumps up, pop him down with the collar and tell him "OFF". Praise and pet him when all four feet are on the floor.



Bumping the dog off with your knee is an effective and acceptable correction for OLDER dogs. With very young puppies, whose bones have not yet hardened this should be used as a LAST RESORT and then VERY CAREFULLY!

### NIPPING AT HEELS:

It is your responsibility to teach the puppy that this is not acceptable behavior when he is living with a human family - he is not herding a flock of sheep. Here are corrections for nipping:

1. Startle the puppy with a loud "Hey" and clap of your hands.
2. Reach down, hold him by the scruff of the neck, give him a firm shake and tell him "OFF".
3. As you hear him approaching from behind, wait until he is just about to reach for your ankle with his mouth and quickly turn around and move toward him saying "OFF".



### TEACHING NOT TO TOUCH:

Teaching your puppy not to jump up on people and to stay off the furniture begins by teaching him "not to touch". We use the word leave to mean don't touch. Begin by positioning yourself on the floor with your puppy. Gain his interest by giving him a free cookie and then begin his lesson.

Offer him the cookie. When he starts to take it, say, "LEAVE". If he does not back off the cookie immediately, say "LEAVE" more forcefully and pop your hand firmly against his muzzle. After three seconds, give your puppy permission to take the food with an "OK" command. As your puppy begins to understand the exercise, increase the time he must wait before he can take the food. The LEAVE command can also be used to prevent the puppy from rough play with your children.

### TEACHING NOT TO BITE:

All dogs are potential biters. Biting is a natural behavior for dogs. It is up to you to teach your puppy that biting is unacceptable to you. At this age, puppies bite and mouth while playing and it is through this play that they learn that biting hurts. Teaching your puppy not to bite involves four steps:

**(Continued Next Page)**

## **PUPPY • PROBLEMS • PAGE TWO**

1. **NO HARD BITING:** While you are playing with your puppy, allow him to mouth your fingers. When he bites hard, say "OW" in a loud voice and quit playing for a few seconds. Resume playing, but reinforce "OW" every time he bites hard.
2. **NO PRESSURE AT ALL:** Once your puppy is no longer biting hard, continue the "OW" lesson everytime he applies any pressure at all.
3. **MOUTHING IS OK UNTIL I SAY "STOP":** Make sure you are the one to initiate and end mouthing. If your puppy tries to play by mouthing your hands, respond by having him do an exercise he knows, such as sit or down, or begin an active game of retrieving to use of that energy!
4. **DOGS MAY NOT INITIATE MOUTHING:** At this point, mouthing should NEVER be initiated by the puppy and no one should play with him in such a way that he is encouraged to bite on people's hands.

### **CORRECTIONS FOR MOUTHING:**

1. Give a sharp "ouch" to interrupt behavior, praise when he stops mouthing and give acceptable chew.
2. Tap him UNDER the chin, with a firm "NO".
3. With a firm "NO", grab the puppy by the scruff of the neck and shake him.
4. Grab him by the muzzle, give a quick squeeze and then release him while saying "NO".

Praise the puppy as soon as the mouthing stops and divert his attention by giving him a favorite bone or toy to chew on.



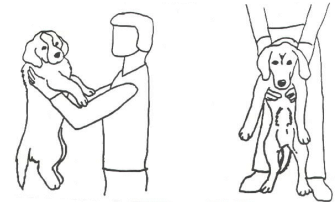
## TEACHING THE PUPPY THAT YOU ARE HIS LEADER

The following exercises are to teach your puppy that you and your family are to be completely trusted and that he must allow you to handle him. These leadership exercises are very gentle and the discipline used will be as soft as possible – just enough to curb undesirable behavior. When he is behaving in a quiet and submissive manner, praise him quietly. If he starts struggling or objecting, use a firm voice and a sharp "NO!" or "AH AH!" and give him a shake. When he stops struggling, continue with quiet praise. He must be very relaxed and allow you to hold him in each position. If the puppy objects vocally, remember he is not being hurt, he is just trying to get you to stop the exercise. If you do stop, you will have taught him something you don't want him to know: "All I have to do to get my own way is to scream!"

### THE SUSPENSION EXERCISE

#### SMALL PUPPIES:

Pick up the puppy and hold him around his ribcage under his front legs, facing you. Hold him up in the air out in front of you and look directly into his eyes. Vary the time from 30 to 90 seconds.



#### LARGE PUPPIES:

Straddle the puppy's back and link your hands under his chest. Lift his front end off the floor and hold him in this position from 30 to 90 seconds.

### THE INVERSION EXERCISE

SMALL PUPPIES: Sit down on the floor and hold the puppy up on your shoulder much like you would hold a baby. Slip a finger through the collar and get a firm grip on his head with one hand, firmly support his back with the other hand and lay him on his back up in the air.



Most puppies will wiggle and struggle the first few times so be sure to have a firm grip on the puppy. Make sure the pup is in the air and not lying on your lap.

LARGE PUPPIES: Cradle the puppy sideways in your arms supporting his head and shoulders with one arm and his hips and back with the other. If possible, hold him away from your body so he will have the feeling of being held in the air.

### THE SUBMISSION EXERCISE

#### SMALL OR LARGE PUPPIES:

While kneeling on the floor, position the puppy so that he is sitting directly in front of and facing away from you. Gently lay him down and roll him over on his side so that his back is toward you. Place one hand gently on the scruff of his neck. Do not pin him to the floor, but be ready to grasp his scruff if he struggles or objects. With the other hand, pet his tummy and groin area. When the puppy is quiet, place your fingers around his muzzle and press gently, lift his lips, view his teeth and then handle his feet. Spread his toes and pull gently on his toenails. If he objects, correct him as in the other leadership exercises and proceed again.



## **INTRODUCTION TO THE LEASH**

If your puppy has never worn a collar or had a leash attached, then you must spend a couple of days teaching him to tolerate this new thing. First, put the collar on the puppy and allow him to wear it for short periods around the house and yard. Encourage him to move around by praising and playing with him. Next, attach a leash to the collar and allow the puppy to drag it along with him. Be careful that it doesn't catch on anything. Pick up the end of the leash and take a walk with the puppy. Walk where he wants to go with no pressure on the collar or leash. When he is comfortable walking with the leash, start trying to get him to walk where you want to go using gentle tugs on the leash, cookies, and lots of praise to encourage him to move with you.

## **THE PUPPY AND HIS BED**

It is very important that you provide a place for your puppy that is exclusively his. He needs a place to eat and sleep a safe retreat when he feels he needs one, a place where you know he is safe and can come to no harm if left alone. The easiest way to provide this sort of den for your puppy is to get a dog crate.

When purchasing a crate, buy one that will fit an adult dog of the breed of your puppy. The crate should be large enough for the dog to stand up and have room enough to sleep comfortably.

Dog crates are excellent when traveling by car with your dog and many motels will accept dogs only if they are crated. They are invaluable for housebreaking and prevent destruction in the home during the puppy's chewing stages. A puppy who is properly introduced to a crate will regard it as a comfortable and safe place to be. When the door to the crate is open, he will often crawl in on his own to take a nap or play with his toys.

## **INTRODUCTION TO CRATE**

Introduce your puppy to his crate in a pleasant and positive way. It is NEVER used as a punishment place ("bad dog – get in your bed!"). When he first sees the crate, have the door open and play with him around the crate. Toss his toys into the crate and encourage him to go in and get them and bring them out. Feed him in the crate for the first few days so he has very happy feelings about it. Place a few of his toys in the crate with him so he has something to do. Don't isolate the crate – keep it in an area where there is family activity. A good time to put him in it for the first time is after a play period when he is tired and beginning to fall asleep. When he wakes up he will probably cry to get out and this is an excellent time to take him outside for housebreaking.

Put him in the crate for short periods at first – perhaps giving him a small cookie when you put him in. Use a command each time he goes in – such as "kennel" or "bed", etc. – so that eventually he will get into the crate on command. Expect him to whine a little at first – he would much rather be with you than separated from you. Try to ignore the whining, but if it becomes prolonged and irritating, rap on the top of the crate with your hand and tell him "QUIET".

**REMEMBER...GOING INTO THE CRATE SHOULD BE THE EXCITING PART  
MAKE COMING OUT VERY LOW KEY AND QUIET**

## **HOUSEBREAKING**

Housebreaking a puppy is probably the lesson that gives a new puppy owner the most trouble. This need not be the case if a few simple rules and a few instinctive traits are understood.

1. Most puppies (about 99%) are instinctively clean when in their bed.
2. The puppy should be in his crate at night, when no one is home and when someone is home but cannot strictly supervise his freedom. Puppies need and must have a lot of time out of the crate and a lot of socialization and handling. However, he must gradually earn the privilege of total freedom in your home and this will only come with diligent supervision on your part and confinement when no supervision is possible.
3. When taking your puppy outside to eliminate, always go with him, sometimes on leash and sometimes off leash (using a “key” word such as “out”, “potty”, “get busy”, etc. each time you take him to the door), and take him to the same area of the yard each time. A puppy tends to eliminate in an area where he can smell that he has gone before. This same instinct will also apply to your carpet – so don’t allow him on the carpets until he is completely housebroken or under constant supervision.
4. There are certain times when a puppy must be taken outside for elimination. You should take him out on first awakening in the morning, about twenty minutes after each meal, after an active play period, after a nap, the last thing before going to bed and any time you see him sniffing the floor and circling around. You DO NOT want to take him outside every half-hour or so. You are trying to space out his trips to the yard and teach him to control himself between trips.
5. Supervised freedom is next in importance and the step on which most people fail. Just because with confinement and regular trips outside, your puppy hasn’t had an accident in the house for several days DOES NOT mean he is ready to be turned loose in the house!
6. Your aim, through confinement and supervised freedom, is to PREVENT the puppy from having an accident rather than to correct him after he has one. If you find an accident on the floor it is YOUR fault – you weren’t watching him. Clean it up and don’t correct the puppy. Use a mixture of white vinegar and water to neutralize the odor after you clean up. Test the mixture on a small spot of carpet first for color fastness.
7. If your puppy has been in the crate for a long period of time and cries to get out, immediately respond to his cry and take him outside. On the other hand, if he has just been put into the crate and you know that he doesn’t have to eliminate, ignore his cries or command him to be “Quiet”. DON’T take him out of the crate when he is whining for no reason. You will be rewarding him for bad behavior if you do.
8. If you must leave your puppy alone all day because all members of the family work, a slightly different approach is used. A very young puppy cannot be expected to control himself all day. He must be given a place where he can properly eliminate. Do not turn your puppy loose in a room. Pen him into a small area that is large enough for his bed and a space that can be covered by a double sheet of newspaper – bed and bath. If it is possible for a family member or neighbor to come in once or twice a day to take the puppy outside, then the newspaper can be eliminated and puppy confined to just his bed or crate.
9. Some puppies develop their own method of alerting you when they need to go out, others simply stand at the door hoping someone will see them. Your puppy can learn to alert you of his need to go out by teaching him to find you and lead you to the door. When you see

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## PUPPY • LEADERSHIP EXERCISES • PAGE FOUR

him standing at the door, call him away from the door, ask him if he wants to go “OUT” (use key word) and then hurry to the door with him and let him out. Each time this occurs, stand further from him when you call him. After a day or so, go out of his sight (adjoining room) and call him, ask him if he wants to go “out” and hurry him to the door. In a short time, the puppy will come LOOKING for you when he has to go out and lead you to the door.

Another method is to tie a small bell on a string and hang it on the doorknob within reach of the puppy’s paw (without jumping up). Each time the puppy goes out, take his paw, hit the bell with it, PRAISE, and let him out. Soon the puppy will ring the bell to go out.

### BODY LANGUAGE

It is important that the puppy owner read his dog to find out what sort of temperament his puppy has and then deal with it appropriately. A submissive puppy must learn to have more self-confidence; the average puppy must be handled properly to maintain his stable temperament and the dominant puppy must be taught to be a follower Instead of a leader.

#### SIGNS OF DOMINANCE:

1. Nipping at skin or clothing
2. Mouthing your hands
3. Guttural barking at people
4. Hair upon back
5. Mounting
6. Prolonged direct eye contact
7. Possessiveness of food and/or toys
8. Elimination in the home (after housebroken)
9. Curling lips and exposing teeth in a snarl
10. Tail erect and stiff, elevated, wagging very slowly while dog is very erect

#### SIGNS OF SUBMISSIVENESS:

1. Licking hands or face
2. Urination
3. Ears back, head lowered, body lowered, tail down and wagging vigorously
4. Mouth may be open and lips drawn back in a “grin” showing small front teeth
5. Lying on side exposing groin area, ears back, tail tucked under body

If you have a dominant puppy, it should be apparent that you must take steps to stop the signs of dominance and become the “leader”. Continued use of the Leader Exercises is important.

### NEW SITUATIONS

Introduce your puppy to one new situation every day – situations that he will likely encounter while living with you. Loud noises (motorcycles, blow dryer, power tools, etc.), if not introduced properly, can cause lasting fear of those particular noises. The puppy should always be on his collar and lead when you are working on new situations to prevent him from bolting and hiding.

First, let the puppy examine the object with the motor turned off. Introduce the puppy to the noise from a distance and for short periods. Then walk with the puppy toward the noise talking about the noise in a positive manner. If the puppy hangs back, DO NOT pull him toward the noise and DO NOT tell him, in a praise tone, that everything is okay and the noise will not hurt him. By so doing, you are praising him for undesirable behavior – shying away. Instead, you want to approach the object itself and talk about it in a positive way, getting down beside it and patting it if necessary until the puppy chooses to approach. If he is particularly fearful, it may take a couple of days before he is confident enough to approach on his own.

Use this same technique with things or people that the puppy appears to be afraid of until he will confidently approach on his own.

There is a lot more to grooming your dog than just an occasional light brushing and you should be aware of all the steps necessary to keep your dog comfortable, clean and well groomed.

### GROOMING TOOLS:

1. Nail clipper and Kwik Stop.
2. A good dog shampoo.
3. Ear lotion or rubbing alcohol and cotton balls.
4. For dogs with extra thick undercoats that mat easily –mat rake.
5. For short-coated dogs –rubber grooming mitt or rubber brush.
6. For medium to longhaired dogs with a double coat – good steel comb, a slicker and/or pin brush.

### STEPS IN GROOMING A DOG:

1. Comb and brush the coat from the skin out to remove all mats and tangles and any loose undercoat.
2. Bathe with a good dog shampoo and rinse thoroughly. Rinsing is as important as the bath.
3. Towel dry the dog to get out excess water and then allow him to dry naturally or use a dog or hair dryer (set at WARM not HOT).
4. Trim excess hair from bottom of feet around pads.
5. Clean dog's ears. (See Grooming – Coat Ears handout.)
6. Clip nails. (See Grooming – Nails handout.)
7. If your dog is one that requires regular professional clipping, make these appointments every six to eight weeks and be sure to brush your dog between appointments.

**NOTE:** Your dog should allow you to groom him at your will. Make it pleasant, but do brush, check teeth, trim nails and generally manipulate him to your satisfaction, not his.

### HOW TO PROPERLY BRUSH YOUR DOG

1. Brush your dog regularly. It is uncomfortable for the dog to have loose undercoat and if you do not brush it out they will try to scratch it out, possibly irritating their skin.
2. Teach your dog to sit, stand or lie down quietly while he is being brushed. This is a necessary part of his life and he must be taught to accept it without a struggle.
3. SHORT-COATED dogs need to have any dead coat removed, the oils in their coat evenly distributed, their skin stimulated and any accumulated dirt brushed out. A rubber mitt or brush works very well on their coat.

Dogs with a DOUBLE COAT will need a good steel comb or slicker brush to get rid of dead coat and to brush out any mats. This can be followed up with a pin brush to fluff out the coat if necessary. When using a slicker brush, be sure to brush from the skin out. You can give a dog brush burn on his skin if you brush vigorously following the contour of his body.

Concentrate on those areas of the body where there is friction (where legs join body) and where the hair is most likely to get wet occasionally (on belly and britches); these areas are the ones that are tangled. If your dog's coat mats very easily, you may wish to use a mat rake to break through the mats rather than cutting them out and making an unsightly hole in the dog's coat.

### WHY DOG'S EARS NEED TO BE CLEANED:

A build-up of dirt in the ears leads to a build-up of earwax, which can impair the dog's hearing. Excessive wax in the ears forms a nesting place for ear mites. A prolonged siege with ear mites and infection can lead to chronic ear problems.

### HOW TO CLEAN THE EARS:

1. Wet a cotton ball with ear lotion or alcohol (do not use alcohol if the dog's ear is already inflamed) and thoroughly clean out the ear canals.
2. Don't be afraid of injuring the dog's eardrum with the. The dog's ear canal makes a right angle turn before getting to the eardrum, so you are in no danger of injuring it.
3. If the ear has a heavy build-up of wax, dribble a few drips of ear lotion into the ear and massage the base of the ear from the outside to loosen up the dirt and wax.
4. When thoroughly clean, dry the ear with a cotton ball.

### CLIPPING YOUR PUPPY'S NAILS

One job, which is very often avoided by the owner, is clipping nails, yet this is one of the most important grooming procedures for the dog's comfort. Dogs should be taught to tolerate nail clipping without struggling, otherwise it becomes a battle that everyone avoids.



### HOW TO CUT THE NAILS

1. There are two types of nail clippers available, guillotine and pliers. You may also use a nail grinder.
2. Get the dog accustomed to having his feet handled, the toes spread and the nails pulled gently. Show him the clipper, rub it gently on his foot and let him get used to it before you start clipping.
3. Feel the underneath side of the nail. It feels solid until you get close to the end - then there will be a slight bend in the nail and beyond that will be a hollow curved tip. The quick grows to the bend in the nail. The tip is beyond the quick and can be safely clipped off with no discomfort for the puppy.
4. Lay the puppy down on his back, between your legs and with his head away from you.
5. Hold the clipper in the proper position - upright with the blade facing you for the guillotine clipper, sideways with blades moving from top and bottom for pliers.
6. Hold the puppy's foot between the first two fingers of your hand and support his foot with your fingers. When ready to cut a nail, push the hair back off the nail with your thumb and press down gently on the top of the nail. This will force the nail toward you so that it will readily visible and in a good position to clip. **INSIST** that he is absolutely still before you start to clip the nail.
7. Cut the nails back at a slight angle away from you. Place the clipper blades on the nail just below the bend, tighten the blades on the nail and cut with a quick clip.
8. The vein in the quick will bleed profusely if you cut one too close. Have a coagulant powder (Kwik Stop) available to stop the bleeding.
9. If your puppy's nails are already too long, get a diamond point pet nail file and file a very small amount off his nails everyday. As you file, the quick will gradually recede over time.

Dogs are by nature exploring, investigative, and curious animals that need physical and mental stimulation. Your dog will chew, dig, bark and get into things - he has to. Your job is to provide ACCEPTABLE outlets for these activities. **A TIRED DOG IS A GOOD DOG!**

When your dog picks up something he shouldn't, trade him for something much more interesting that he SHOULD play with. Rotate his toys and chews to keep them interesting. When you see him choose the right thing, make certain you notice it! Praise him and have a quick game. Most dogs steal things because it is certain to get you out of your chair. Catch me if you can is a very fun game - for the dog.

Toys fall into two categories: interactive and pacifier.

- Interactive toys: toys, which are the most fun, played with YOU.
- Pacifier toys: are toys designed to keep the bored dog occupied.

### **PROVIDE SAFE PACIFIERS FOR "ALONE TIMES"**

1. **Kongs** – Rubber toys that look like rattlesnake tails and bounce which way and that. Add a bit of peanut butter, a square of cheese, a big biscuit too large to fall out and a few that will. Fill several and hide them in the house or yard and they will keep your dog busy for hours.
2. **Nylabones** – They come in a variety of shapes and sizes and harnesses, from the "edible" varieties, to the dental bones designed to massage gums and clean teeth, to the Galileo version for the most powerful chewers. If your dog isn't interested, roughen the edges so it looks like another dog enjoyed it first, and then rub peanut butter or squeeze cheese into the crevasses. Mmm mmm good!
3. **Chew toys** – Hooves, rawhide, pig ears, knuckle bones etc. - Chosen carefully (the right size and hardness for your dog's particular chewing style, can provide hours of chewing satisfaction. If your dog bites off chunks or consumes them quickly, they could cause digestive upset or intestinal blockage. Real bones can be safe for some dogs and not for others, depending on how powerfully they chew - heavy chewers can suffer from tooth fractures. There is much debate over raw vs. cooked.
4. **Knotted ropes** – Chewing a knotted rope can massage gums and keep your dog's teeth clean, plus the added play value of shaking, tossing, pouncing and "killing". Some come with rubber toys or tennis balls added for even more fun. You can hide biscuits in the knots to encourage your dog and add interest.
5. **Dental devices** – Various shapes and sizes of flexible, nubby edges massage gums and clean teeth. Some are designed so you can put doggy toothpaste in the grooves and let your dog brush his own teeth!
6. **Fleece toys** – Many retrievers and "mothering types" seem to find comfort in carrying a soft toy with them, and frequently present them to their owners upon their arrival home from a long day at work. Squeakers may encourage "disemboweling" and your chew man might soon be without his insides, but most dogs continue to enjoy them even without their stuffing.

## BRAIN GAMES

1. **Tricks and more tricks** – You are only limited by your imagination! Sit up, shake hands, roll over, chase your tail, take a bow, and balance a biscuit on his nose.
2. **Hide his breakfast** – Using his nose can be the most tiring activity for your dog. Leave widely spaced trail of kibble to the hidden bowl ... gradually, day-by-day, decrease the number of "clues" until your dog is finding it all on his own.
3. **Hide and seek** – Have a family member hide, have them call "come!" and send the dog to find them - start out easy and make it more and more difficult day by day. Play this game in the dark to encourage your dog to use his sense of smell.
4. **Find your toys** – take him out of the room, hide his favorite toy, and send him in to find it ... if your dog doesn't like toys, play "hide the biscuit" instead. Variation: Name his toys - and send him to retrieve them by name. Can you put out a pile of his favorites and have him retrieve them one by one, by name?
5. **Message delivery** – Teach your dog to deliver notes or other items to other family members. "Take it to daddy" could save you a trip downstairs and give your dog a job he can be proud of!
6. **Obstacle courses** – Over, under, around and through. Large cardboard boxes can become tunnels, a wide board and a couple of cinder blocks can become a bridge. (See agility below.)

## ACTIVE GAMES & OTHER ACTIVITIES

1. **Retrieving** – "Sit" "Stay" "Get it" "Out" - dumbbells, Foxtails, Tennis balls
2. **Jumping** – Start slowly. Keep the jumps low and the landing surface soft, especially for young dogs.
3. **Frisbee™** – Competition for distance, tricks, etc.
4. **Bike Riding or Jogging** – Start slow and build distance gradually, soft surfaces for young dogs, check pads before and after every run. Puppies should not be asked to jog with owners until after a year of age young joints can become damaged. Short bouts of exercise are better for puppies.



## COOKIE RULES

1. Cookies are always given close to your body. We want the puppy to learn that being close to you is the best thing in the world.
2. When showing a puppy what you want him to do, the cookie comes before praise.
3. When the puppy has learned what you want him to do, the praise comes before the cookie.
4. ALWAYS use the most delicious cookies that you have when teaching any new behavior.

## NAME RESPONSE

Teach this informally, throughout the day, whenever you think of it. From now, on keep a few cookies in your pocket whenever you are with the puppy.

### HINT

Keep a covered container of cookies near the entrance of your house so that you can put a few in your pockets before you enter.

Step 1: With the puppy close you, call the puppy's name and give him a cookie. When puppy is responding with interest every time you say his name you can move to Step 2.

Step 2: Throughout the day, or whenever you are with the puppy, randomly call the puppy's name and reward with a cookie every time the puppy responds. When the response becomes faster, you can move to Step 3.

Step 3: Continue with Steps 1 and 2, but now call puppy's name when it is farther away from you or is interested in something else. For example:

- Your puppy is busy playing with a toy.
- You are walking the pup and he is busy sniffing the ground or just happily trotting out in front of you.
- When he is distracted and his attention is focused on something other than you.

Step 4: Continue to reward the puppy every time you call his name and he responds. Your goal is to have a puppy that always turns its head toward your voice when you say his name. If at times your puppy does not respond, don't worry, just move closer to him (Step 1 or Step 2), repeat his name, etc.

## FORMAL TRAINING

- Do the following two exercises at least twice per day for five minutes each training session.
- Remember food training is most effective if done when the puppy is hungry.
- During the first steps of teaching a new behavior, sit on the floor with small, young puppies. Kneel or sit on a low footstool for large, older puppies.

### **TEACHING THE SIT**

1. With your right hand, hold a cookie just above the puppy's nose and slightly toward the top of his head and say "Sit".
2. As the puppy licks at the cookie, slide your left hand down the puppy's back just past his tail and gently tuck your puppy into a sit.
3. As you are tucking your puppy into a sit, slowly move the cookie backward toward the tail.
4. Praise the sit and allow the puppy to have the cookie as soon as his bottom touches the floor.
5. Help your puppy into the sit several times.

### **TEACHING THE DOWN POSITION**

Down is a difficult position for some puppies. Never physically, force a puppy into any position or situation. Your puppy's joints are not fully formed and can be damaged. Puppies can't learn what you want them to when they are struggling or afraid.

1. Gently guide your puppy into the sit position.
2. With the cookie in your right hand and your left hand resting on the puppy's shoulders, say "Down" and lure him into position by moving the cookie toward the ground and slightly toward his chest between the front feet.
3. Use the left hand to gently press on the puppy's shoulders and encourage him to lower his entire body to the floor.
4. Cookie should be held facing the floor, between your fingers. As soon as puppy's tummy is flat on the ground, praise the down as you turn your hand over and allow him to have the cookie.

### **THINGS TO REMEMBER**

- Do not try to force the puppy into a sit or down position by pushing on his hips or shoulders. This is done with gentle pressure of your fingertips. Pay close attention to your instructor's demonstration.
- Timing is very important. When he completes the desired action, the cookie must be released immediately. The puppy will quickly understand what he needs to do to receive a reward.
- Begin to delay tucking puppy's rear for the sit or gently pressing on his shoulders for the down. This will give him an opportunity to sit or down without your assistance. However, be ready to help with the desired action if your puppy makes no attempt on his own.
- If he sits or downs without any help from you, really heap on the praise. Perhaps you can play a second or give him a bonus of two or three cookies.
- During this early training verbally, praise any time the puppy sits, even if you did not ask him to. This is the puppy's way of testing his understanding of what you want.

**THINGS TO REMEMBER (continued)**

- Make learning during the beginning phases of teaching a behavior easier for your puppy. You can praise using longer phrases later when the puppy is consistently responding to your commands.
- Marker words or indicator words: Use any quick one syllable word or sound.
- Yes: means that is what I want.
- Nope: means that is not what I wanted, please try something else. (This is not a correction; it is only to help the pup to understand that he needs to try something else.)

**TIMING**

The real magic in dog training is learning how to time your praise and your corrections. The better your timing, the quicker you puppy will learn. Timing takes practice and your full attention on the puppy.

You should always, instantly praise at the height of the behavior that you want. For example if the behavior that you are trying to make the puppy understand is sit, then the praise must come the nano second that the puppy's behind touches the floor, not after he has been there a second or two and had time to do several behaviors.

Corrections need to be given the nano second your puppy makes an error or starts a misdeed.

**NOTE**

**You must focus all of your attention on your puppy while teaching a new behavior.**