

Congratulations on Your New Puppy!

The next few hours, days and weeks are so utterly important for your puppy's development. Yes, the next few *hours!* You want to ensure that your puppy makes zero houstraining "mistakes" during the first day at home. It's easy, if you start immediately. The most useful and effective training your pup receives will occur at home with you, your family and friends.

Please, *DO NOT WAIT* until your first class to begin training. Instead, read the next few pages and begin training *NOW*. We'll guide you through the process week by week, and *we've got a lot to cover before your first class*. The earlier you begin training, the easier, quicker, more effective and more enjoyable it will be. For more in-depth information on many of the topics covered in this homework guide please refer to your Puppy 1 Homework Guide.

DEVELOPMENTAL PRIORITIES

There are a few elements of your puppy's training that are extremely urgent and/or important:

- Teaching Household Etiquette
- Socialization with People (including Puppy Biting)
- Teaching Basic Manners

TO-DO RIGHT NOW:

- Set up your puppy's playpen & crate
- Teach your puppy to love the playpen & crate
- Begin your puppy's errorless houstraining program
- **No Food Bowl!** — Handfeed your puppy while handling and training and feed from hollow chewtoys

NO FOOD BOWL — NO TREATS!

Using kibble as lures and rewards for training and socialization and stuffing leftovers in hollow chewtoys will have the quickest, greatest and most indelible effect on your puppy's behavior, temperament and manners.

Food rewards are irreplaceable for teaching puppies to trust and love people (especially children, men and strangers) and for reinforcing desired behaviors such as: eliminating on cue, settling down and shushing, chewing chewtoys, etc. Food lures are unparalleled for accelerating initial manners training but are quickly phased out as your pup learns handsignals and verbal cues. Food rewards are replaced with more effective *Life Rewards* and interactive games (Fetch and Tug), so that your dog responds reliably and happily, whether you have food at hand, or not.

EVERY DAY

Every day until your puppy finishes this class you should aim for:

- 0 Toilet training mistakes
- 0 Chewing mistakes
- 3+ Hugely-rewarded toilet successes
- 4+ New people (initially in your home, later on walks)
- 5+ Food-stuffed chew toys
- 10+ minutes Handling and Holding your puppy
- 10+ minutes Exploring a new location (initially in your home, later on walks)
- 30+ minutes Playing and Training
- 50+ Praises to your pup for being good

SHOPPING LIST

- Dog Crate & Bed
- Exercise / Play Pen
- 6+ Hollow Chewtoys
- Doggy Toilet (i.e. turf in a litter pan)
- Water Bowl (**No Food Bowl!**)
- Dog Food (Dry Kibble — perfect for training)
- Treats (Either make your own Enhanced Kibble, or buy Ziwi Peak brand kibble)
- Flat Collar
- 6' Leash (Not a Flexi-)



DEVELOPMENTAL PRIORITIES

HOUSEHOLD ETIQUETTE

The most urgent item on the agenda is for you to teach your puppy the rules for living in a human home: where to pee and poop, what to chew and to settle down calmly and quietly, especially at nighttime and when left at home alone.

Put our houstraining system in place immediately to prevent your puppy from ever making mistakes around the house. Establish good habits from Day One. Remember... good habits are just as hard to break as bad habits. You want your puppy to have free-run of your home as an adult dog, rather than be confined to a single room, or relegated to the yard because you let the pup develop housesoiling, destructive chewing, excessive barking, or other hyper habits. Your puppy's future quality of life, and yours, depend entirely upon what you do now.

SOCIALIZATION WITH PEOPLE

Safely socializing your puppy with people is also *extremely urgent and important* but it can wait for just a couple of days until your pup has settled into the new routine. Then, invite oodles of people to your house to meet your puppy. First family, friends and neighbors and then, ask each person to bring a friend. Make sure to invite men and children, especially if men and children do not live in the household. Your house should be a non-stop puppy-socializing party! Teach the visitors how to greet, handle and train your puppy, handfeeding kibble as they do so. For health reasons, make sure all guests leave their outdoor shoes outside. Take your pup on car rides and carry your pup on errands. In just a few weeks, it will be safe to socialize your puppy on walks.

Whereas you could resolve behavior problems at any time in a dog's life, (although the more entrenched the bad habit, the longer the resolution), you must socialize your puppy during puppyhood, especially during the next four weeks. Yes, of course your puppy appears to be friendly and confident now. It's a puppy! The effects of insufficient early socialization will not become apparent until much later in life, usually between five and six months of age but by then, rehabilitation will be extremely time-consuming. First you notice that your pup becomes aloof, shy, standoffish, slow

to approach, backs away, or ducks the head when reached for and then the puppy becomes wary, fearful and maybe, reactive, or aggressive. Do not let this happen with your puppy. If you notice any early-warning signs, further increase handfeeding exercises by family, friends and strangers.

PUPPY BITING

Teaching your puppy to develop a "soft mouth" (acquired bite inhibition) is absolutely *the most important* item on the educational agenda, however, you have plenty of time to accomplish this. Puppies bite! And thank goodness they do! Play-biting is how, with appropriate feedback, puppies learn to reduce the force of their bites. Indeed, the more your puppy bites and mouths you now, (as unpleasant and irritating as this may be), the safer your puppy's jaws will be as an adult dog. First teach your pup to reduce the force of the bites and then, teach the pup to reduce the frequency.

If your puppy bites you so hard that it hurts, stop playing immediately, freeze, yelp and act hurt. There is no need to shout, scream or grab the pup. Then respond in the same fashion for bites that may not actually hurt, but which are harder than your pup's normal bites. Once your puppy has learned to only gently mouth you in play, teach the pup to stop play-mouthing on cue and eventually, to never initiate mouthing. Never let your puppy bite or mouth your hair or clothing, especially sleeves, pant-legs, shoes, or gloves because you will not be able to feel the force of the bites and so, cannot give appropriate feedback.

BASIC MANNERS

You may teach your pup to come, heel, sit, lie down and stay at any time during its life. However, training young puppies is much quicker and easier and just so much fun and so, why not start right away? We have designed the weekly exercises so that they are: progressive (easy-to-learn), proactive (prevent predictable adolescent problems) and above all, fun for the family. Follow our schedule and your puppy will be one lucky dog.

HOUSEHOLD ETIQUETTE

SET UP YOUR PUPPY'S PLAYPEN Your puppy may be confined in the playpen for long periods of time, for example, when you are away from home. Ideally the playpen should be 3 times as long as it is wide with a bed at one end and an indoor toilet area at the other. For the toilet, use a shallow pan filled with sod, soil, or a pavement tile. Include a couple of stuffed chewtoys and a non-spillable water bowl.

STUFF CHEWTOYS WITH FOOD Buy lots of durable, hollow, rubber chewtoys, partially fill them with food and give a couple to your puppy each time you confine your pup to the crate or playpen. Your pup will quickly learn to love chewing chew toys and thus enjoy downtime in the crate/playpen.

NO FOOD BOWL Measure your puppy's kibble in the morning to hand-feed as rewards during training. At the end of the day, soak left over kibble in water, stuff it in chewtoys and put them in the freezer for tomorrow. The more time spent extracting food from the chewtoy, the quicker you pup will learn to settle down calmly and quietly.

TEACH YOUR PUPPY TO LOVE THE CRATE Put a bed inside your pup's crate. Toss a couple of pieces of kibble on the bed to entice your pup to enter. Leave the crate door open. As soon as your pup exits the crate, repeat the process over and over. Then let your puppy sniff several pieces of kibble as you put them in a chewtoy. Put the chewtoy in the back of the crate and close the door with your puppy on the outside. After a minute, open the crate door, say, "Go To Your Bed" and let the pup enter the crate to empty the chewtoy. If the pup tries to take the chewtoy out of the crate, simply put the chewtoy back inside or tie it to the back wall. Repeat the process a few times and then close the door while the puppy is inside the crate.

TOILET TRAINING IN THE PLAYPEN Your puppy can be left in the playpen for long stretches of time with a few food-stuffed chewtoys for entertainment. Your pup will naturally prefer to pee and poop as far as possible from the bed, i.e., in the toilet area. Clean up the poop regularly.

TOILET TRAINING WITH THE CRATE The crate allows you to prevent mistakes and *predict when your puppy needs "to go"*, so that you can teach your pup to *eliminate in the toilet on cue* and ... *reward the pup for doing so*. 1) Every hour on the hour, say "Let's go Toilet", take your puppy to the toilet and say, "Go Pee and Poop", 2. Stand still and wait and 3. As soon as the pup goes, 4. Praise profusely and offer ten pieces of enhanced* kibble. Most pups eliminate within seconds but if there's no action within two minutes, put the pup back in the crate and try again after 20 minutes. If the crate is in the playpen, and you don't want to take your pup to an outdoor toilet, simply open the crate door, encourage the pup to the toilet area and say, "Pee and Poop".

TOILET TRAINING SCHEDULE If you're away from home or otherwise unavailable, (e.g., asleep,) for more than an hour, put the puppy in the playpen and the pup will naturally learn to eliminate in the toilet area. If you plan to be at home for the next hour or more, put your puppy in the crate. Try to maximize the crate-time, so that you can maximize the number of times you reward your pup for using an appropriate toilet area.

ENHANCED KIBBLE Commercial treats are unhealthy, but there are some situations where it's important to reward your pup with something more enticing than kibble. To make enhanced kibble, put regular kibble in a Ziploc bag with a pinch of freeze-dried liver powder and seal the bag. The healthy kibble will soon smell like liver.

SOCIALIZATION WITH PEOPLE

HANDLING & GENTLING Teach your puppy to thoroughly enjoy being hugged and stroked (restrained and handled). Handfeed as you gently cradle the pup in your lap and touch every part of the pup's body. If your puppy struggles, gently hold on until the pup calms down and then praise soothingly. If your pup seems scared, or sensitive about being held and touched in specific areas, proceed gently and gradually but persist. Everyone in the home must learn how to gently hold and handle the pup. **ANY DIFFICULTIES WITH HANDLING, CONTACT YOUR CLASS INSTRUCTOR IMMEDIATELY.**

FAMILY & FRIENDS Invite everyone you know to your house to meet your puppy. Show them how to hold, handle, handfeed and train the pup. The more people who do this, the more confident your puppy will be as an adult. Make an extra effort to include men and children and make sure they have enhanced kibble* to offer the pup. Before eight weeks of age, your puppy needs to meet and interact with at least 100 people.

PUPPY BITING You must first teach your puppy to have a soft mouth before stopping the pup from biting altogether. Play-biting and appropriate reactions from playmates is how puppies learn to reduce the force of their bites. Praise your pup for gentle play but let your pup know if the bites hurt. No need to shout or be physical, just freeze, yelp, or cry, or tell your pup, "That hurt. You bully!" Your pup will soon get the idea. Take a short "time-out" to get your pup to calm down and then ask the pup to come, sit and focus (to make amends) before resuming play once more.

Play-biting is absolutely vital for your puppy to develop reliable bite inhibition as an adult dog. In fact, the more your puppy bites you now, the safer its jaws will be as an adult dog. People don't get along with all people and neither do dogs. Occasionally they scrap or snap. BUT ... if they have stellar bite inhibition, they cause no damage and resolution is easy and effective.

ANY CONCERNS ABOUT PUPPY BITING, CONTACT YOUR CLASS INSTRUCTOR IMMEDIATELY.

BASIC MANNERS

LURE/REWARD TRAINING Lure/Reward Training is the easiest and quickest way to teach your puppy to perform specific behaviors on cue. It's a four-step process: 1. Request, 2. Lure, 3. Response and 4. Reward. Success depends upon 1. Learning how to lure each behavior and 2. Learning how to phase out food lures and food rewards and 3. Using life rewards and interactive games, such as Fetch and Tug to ultimately motivate your pup to *want* to do what you want him/her to do.

PHASE OUT FOOD LURES Using food lures is the quickest way to teach your puppy the meaning of your verbal requests, i.e., to teach ESL. Once your pup routinely and quickly follows the food lure in your hand and quickly assumes each requested body position or activity, put your hands behind your back, transfer the food to the other hand, take one step backwards, call your puppy, say, "Sit" and then quickly make the same luring motion without a food treat in your hand. As soon as the pup sits, praise and reward from your other hand. The food-lure motion has now become a handsignal. After a few repetitions, repeat the process with empty hands and all the food in your pocket or a food pouch.

PHASE OUT FOOD REWARDS The first step is requesting more and more responses for fewer and fewer food rewards. Instead of rewarding your pup for every single response, see what your pup will do for a single food reward. For example, reward your pup after a sit-down-sit-stand-down-stand sequence, or after three puppy push-ups — sit-down-sit-down-sit-down. As a guideline, most puppies will happily perform ten puppy push-ups for a single food reward.

BABY STEPS Set your puppy up to succeed the first time you teach something new. Use a food lure and start in a quiet, familiar environment free of distractions and then phase out the lure and thin out food rewards. Once your pup masters the new exercise in the easiest possible setting, move to more challenging environments with more distractions. For example, first train indoors, then in different rooms with other people present, then in your yard and then in the yard with other people.

SIT, DOWN & STAND These three positions are the very foundation of all basic manners and obedience training. By randomizing the three positions, we actually have six different body position changes. For example, to sit when standing is much easier than to sit up when lying down.

Don't follow a pattern. Instead, randomize the order of the three positions so that your pup really has to pay attention to what you say. *How many body position changes can your pup perform in 15 seconds?*

STAY DELAYS After your puppy changes body position on cue, do not be too hasty to give a food reward. On the contrary, the longer you hold on to the food lure, the longer the puppy will stay in position. Count out the length of the Stay-Delay while praising. "Good pup 1, Good pup 2, Good pup 3... etc." Now randomize the order of Sit, Down and Stand and vary the length of Stay-Delay in each position. *Who can get the pup to perform the longest Stay Delays in each position?*

REPETITIVE 1-STEP COME-SITS Reliable recalls are essential and so, practice frequently indoors and your yard. 1. Say, "Puppy, Come", 2. Take one large step backwards waggling the food lure and 3. As your pup approaches, 4. Praise enthusiastically and then, 1. Say, "Sit", 2. Raise the lure upwards and backwards over the pup's muzzle and 3. As soon as the pup sits, 4. Praise and offer a food reward from your non-signaling hand. Repeat the process over and over. *How many 1-step Come-Sits your puppy will do for a single food reward?*

REPETITIVE 1-STEP HEEL-SITS Heeling is impressive to watch and pretty easy to teach if you start with baby steps. Start with your puppy sitting next to you in heeling position (on your left hand side). 1. Say, "Puppy, Heel", 2. Take one step forward and lure the pup by waggling the food in your left hand and 3. As your puppy heels, 4. Praise enthusiastically and then, 1. Say, "Puppy, Sit", 2. Bring your left hand up to your chest so your puppy looks up, lure the pup to sit with food in your right hand and 3. As soon as your puppy sits, 4. Praise and offer a food reward from your left hand. Repeat the process over and over. Make it snappy! Use pizzazz! *How many successive 1-step Heel-Sits your puppy will do for a single food reward?*

FOLLOWING Teaching your puppy to *want* to come, follow and stay close is the essence of off-leash reliability. Lure your puppy to follow you around the furniture in a room, then from room to room and then, around your yard. Following should be fun. Be animated. Embrace your inner puppy! Use food, toys, and most importantly, your most excited voice and irresistible demeanor. Occasionally, stop to pet your pup and frequently, ask your pup to sit and focus to give your brain a break.

WEEK ONE

SET UP YOUR PUP TO SUCCEED Avoid mistakes by only allowing your pup outside of the crate or playpen when closely supervised, e.g., during play-training sessions and only when you know your pup is “empty”. Your pup should NEVER be out of your sight or loose when you are physically present but mentally pre-occupied (doing dishes or watching TV). When your pup pees or poops in the toilet, give TEN TREATS! You want your pup to feel like hitting the jackpot.

“MISTAKES” Mistakes are *your* fault not the pup’s. Keep your pup confined to a crate or playpen and puppy proof your house. If your pup is about to potty indoors, urgently instruct, “Toilet! Toilet!” and hustle the pup to the toilet. Praise and reward profusely if your pup resumes business. If you catch your puppy chewing an inappropriate object, immediately instruct, “Chewtoy! Chewtoy!”, vigorously waggle a toy and praise profusely when your pup takes the toy. If your puppy has already made a “mistake” without you noticing, shame on you! Punishment will have no effect at this point other than to teach your pup that you’re unpleasant to be around. Again, puppy-proof all areas of your house where you plan to train and play with your puppy and supervise them 100% of the time they are not in their crate or playpen. Each mistake must be taken seriously because they can quickly turn into bad habits.

PRAISE YOUR PUPPY WHEN SETTLED People usually take good behavior for granted and moan and groan at the bad. Instead, frequently praise your puppy for lying down and chewing chewtoys calmly and quietly.

EARLY WARNING SIGNS If your puppy seems standoffish or shy around certain people, upset when handled on certain parts of the body, or protective around valued objects, deal with it immediately. Do much more hand-feeding while handling, more training by all family members and invite many more people to do the same. Practice more object-exchanges by teaching Fetch and Tug (See Weeks 2 & 3 Homework).

BITE INHIBITION STAGE 1: PAINFUL BITES When your puppy’s bites really hurt, let your puppy know. No need to scream and frighten the pup, simply yelp, freeze and act hurt. Don’t resume playtime until your pup calms down and apologizes with a cued Sit or Down.

PUPPYPARTIES Invite a bunch of friends and neighbors to your house for a puppy party. Teach everyone the puppy basics so they can all practice handling and training your pup and give oodles of food rewards. Your puppy will soon love your circle of friends and look forward to their visits.

One person must keep an eye on the puppy at all times to make sure that neither pup nor visitors act inappropriately and to take the pup for regular toilet breaks. Until your puppy’s vaccinations are complete, request all visitors to leave their outdoor shoes outside.

PHASING OUT FOOD LURES 1. Give a verbal cue/instruction and then, 2. Lure the pup with food in your hand. The food maximizes the likelihood the dog will pay attention to your hand movements. Puppies quickly learn the meaning of hand movements (handsignals) because they “speak” and read that language — body language. After a few repetitions, put the food in your pocket and do the same hand movement as before but now with an empty hand. Well done! Your food hand movements have now become handsignals and you no longer need food in your hand to get your dog to respond. Phase out food lures for each position (Sit, Stand, Down, Heel, Come, etc.). If you don’t phase out food lures promptly, they will become bribes and your puppy will eventually stop responding.

PHASING OUT FOOD REWARDS By now your puppy should happily perform a number of responses for the prospect of a single food reward. The second step is to only reward responses that are, at the very least, better than average. Obviously, it would be counterproductive to reward your pup for below average performances.

STAYS Randomize the Sit, Down & Stand position changes and randomize the required length of Stay in each position. Start with brief stays of just 2 or 3 seconds. Count out the seconds. Only reward the pup for the quickest, or most stylish, position changes and only reward for the longer stays. Keep a record of your puppy’s personal best performances.

YO-YO RECALLS Call your puppy back and forth between two people — Come, Sit and take hold of the collar. This is a very efficient way to exercise your puppy indoors or in your yard.

GO TO YOUR BED Toss a couple of pieces of kibble on your pup’s bed and then say “Puppy, Go To Your Bed”. Practice with the bed in the puppy’s crate and the puppy will quickly learn to run to the crate on cue. At the end of the session, give the puppy a toilet break. Put a stuffed chewtoy in the crate. “Go to Your Bed” — time to chew and have a nap.

1-3 STEP COME-SITS & 1-3 STEP HEEL-SITS FOLLOWING AROUND HOME AND YARD These exercises are explained in the previous section.

WEEK TWO

FIXING “PROBLEM” BEHAVIORS Most behaviors that owners consider to be problematic are actually quite normal, natural and necessary dog behaviors and so, the best solution is to put the behaviors on cue and redirect them to appropriate outlets. For example, teach your puppy *where* to eliminate, *what* to chew and *when* to bark.

GO TOILET ON CUE Say, “Let’s go Toilet”, release your pup from the crate and take it to the toilet area, 1. Say, “Go Pee and Poop”, 2. Wait and 3. As soon as your pup eliminates, 4. Give ten treats. Your puppy will soon learn to eliminate on cue,. After being in the crate for an hour, most puppies will eliminate within seconds. If the pup does not eliminate within two minutes, put the pup back in the crate for another 20 minutes and then try again.

OFF - TAKE IT - THANK YOU Hold a piece of kibble in your fist in front of your pup’s nose, say, “Off”, remain still and ignore your puppy’s mouthing and pawing. As soon as your pup ceases mouth (or paw) contact for just half a second, say “Good dog, Take It,” and open your hand. With each repetition, progressively increase the time of non-contact before saying “Take It”.

FETCH CHEWTOY Practice Off- Take It - Thank You with a chewtoy. Then instead of saying “Take it” say “Fetch” and toss the chewtoy a couple of yards. Praise as soon as your puppy sniffs and takes the toy, offer a piece of kibble and hold your hand under the muzzle to take the toy.

GO TO YOUR BED/MAT/CRATE Once your puppy is sufficiently trained to have full run of your house, “Go To Your Bed”, “Settle Down” and “Chewtoy” are very useful commands. Screw an eye-hook in the baseboard near your pup’s bed to tether a stuffed chewtoy. When you want your pup to go their bed, say “Bed, Settle, Chewtoy” and lead them to the chewtoy.

BITE INHIBITION STAGE 2: SOFTER BITES Initially you should only have been acting hurt when your puppy bit you hard enough to hurt. Now, start reacting to less hard bites, thus your pup learns to be gentler and gentler when play-biting until eventually, instead of biting, your puppy mouths without exerting any pressure whatsoever. Teaching bite inhibition is by far the most important item in your puppy’s educational curriculum. Most dogs react at some time in their lives, for example when frightened or hurt. However, it is highly unlikely that your adult dog will cause pain or inflict damage, if you taught stellar bite inhibition in puppyhood.

DOGGY CORE SOCIAL GROUP Try to find a group of 2-4 other puppies to get together with regularly for socialization, play and training. Puppy classmates are a good start but it’s good to include a couple of puppy-friendly adult dogs. Training around other dogs is excellent for teaching your puppy impulse control.

VERBAL COMMANDS & HANDSIGNALS 1. Stay absolutely still when giving a verbal command, wait half a second and then, 2. Give the hand signal and praise and reward immediately if your pup responds.

TRAINING SESSIONS Rather than having a single training session, have numerous short training interludes throughout the day and especially, make sure to frequently interrupt all fun activities, such as sniffing and play, with a quick Sit and a short Stay, which of course are immediately reinforced by letting your puppy resume the enjoyable activity.

MIX IT UP Randomize all the commands that you have taught your puppy, for example, Come, Sit, Heel, Sit, Down, Stand, Down, Follow, Down, Sit, Fetch, Thank You, Go Play, Come, Down, Off, Take it, Thank You, Follow, Down and then Free Dog.

ROUND ROBIN RECALLS Like a Yo-Yo Recall but with three or more people, so that you can teach your puppy people’s names and your pup will get used to responding to all family members.

IN THE CAR Before driving your puppy, practice position changes and settling down with a chewtoy in the crate in a parked car, so that your dog will be more likely to listen to you when you are driving.

IN THE YARD First practice all the exercises indoors and then outdoors — in your yard, a friend’s yard, or any safe (fenced) outdoor space. There are many more distractions outdoors and so, you may need to use food lures for the first couple of trials. However, phase out the food lures as soon as possible.

1-5 STEP COME-SITS, 1-5 STEP HEEL-SITS When you do your Come-Sit & Heel-Sit exercises, you can now try taking as many as five steps instead of just one. Mix it up.

FOLLOWING AROUND HOUSE & YARD Practice following in more distracting environments, such as other rooms in your home, in your yard, or a friend’s yard.

WEEK THREE

LIFE REWARDS Nearly everything that your dog enjoys in life can and should be used as a reward. Simply have a short training prelude before each and every desired activity and integrate numerous very short training interludes within your puppy's favorite activities, such as play, walks, sniffing, Fetch and Tug etc. Thus, your puppy's favorite activities now become extremely effective rewards that facilitate training, rather than becoming distractions that work against training. Using life rewards frees you from having to use food rewards.

TOILET BEFORE WALKS Ask your pup to eliminate at home before walks — one of the best rewards you can give. The worst thing you could do is go for a walk and then end the walk as soon as your puppy eliminates. That would teach your pup not to eliminate in order to prolong the walk.

FIND YOUR CHEWTOY Play Fetch with a chewtoy or ball and then hide the toy and say, "Find Your Chewtoy". Make it easy at first. Praise when your puppy gets close and offer a piece of kibble in exchange for the toy. Should your puppy ever grab an inappropriate item during, simply instruct, "Find Your Chewtoy". Also practice Find & Fetch with a tennis ball.

SHUSH Always remember to praise your pup when settled down calmly and quietly. When your puppy barks, say, "Shush! Find Your Chewtoy" and then gently praise when your puppy settles down quietly once more.

TROUBLESHOOT GREETINGS Meeting people is very exciting for puppies and they can often get out of control and so, troubleshoot polite greetings at home and on walks. When guests arrive for puppy parties at home, instruct them how to get the puppy to Sit-Stay before greeting the pup. This may take a while, especially if your pup is a bit bouncy and so, ask the guest to leave and come back in half a minute to repeat the process. Repeat the re-entries until the pup greets the guest in a prompt and mannerly fashion. Then, ask the guests to leave the house, spread out and walk round the block, while you walk your pup in the opposite direction, so that your pup will meet lots of people to greet. However, these people have been trained how to greet a puppy, i.e., to only greet a pup that is sitting.

BITE INHIBITION STAGE 3: STOP MOUTHING ON CUE Your puppy understands "Off" from the exercises with food and chewtoys and so, use the instruction to teach your pup to stop mouthing on cue. Once your pup stops mouthing, instruct your pup to sit and then allow mouthing to resume once more, i.e., practice "Off" many times in a single session.

TEACH TUG Wiggle and jiggle a tug toy along the ground like it's alive, say "Take it" and let the puppy tug for a few seconds and then say "Thank You", waggle a piece of kibble in front of the pup's nose, take back the toy and instruct the pup to sit and focus. Repeat the Off - Take it - Thank You - Sit sequence over and over. Both Tug and Fetch are invaluable training games, especially the more you briefly interrupt the games with Sit-Stays and Down-Stays.

STAYS Randomize variable length Sit-, Down- and Stand-Stays. After instructing your pup to Stay, you must always release the puppy, otherwise your pup will improvise and learn to release itself and in no time at all, you'll have no Stay. You may release your puppy from a Stay either 1. By giving another command, or 2. By giving a Release Command, such as Free Dog, or Go Play. If your puppy breaks the stay before being released, immediately reinstruct, "Puppy, Sit!" Don't forget to practice for the Biscuit Balance competition.

SUPER SIT The goal is to teach your puppy to sit reliably on cue anytime, anywhere. Yes, even if they are chasing a squirrel through a child's birthday party. A distance verbal Sit is an easier and more effective emergency command to teach for off-leash control than a recall. Ask your puppy to sit from a distance and then run up to your pup, repeating the verbal command followed by handsignals. Your puppy will learn surprisingly quickly to sit at greater and greater distances. Gradually increase the distance. First practice indoors, then in your yard and then on walks (on-leash and off-leash).

RAPID RECALLS Practice multiple Come-Sit sequences, Restrained Yo-Yo, Round-Robin and Play Recalls indoors, in your yard and in friends' yards and *reward your pup only for the fastest recalls*. It would be counter-productive to reward your pup for slower than average recalls. As a rule of thumb only reward the best 30% of recalls.

HEELING TURNS Add 90, 180 and 270 degree clockwise turns to your multiple step Heel-Sit sequences. Initially, turn in place — Heel-Sit-Turn-Sit-Heel. Once your pup masters this, try making the turns in motion.

SIDEWALK HEELING The sidewalk is an exciting place with lots of doggy distractions and so initially, practice in front of your home. By heeling back and forth over the same section of sidewalk, it will become less distracting with each pass, allowing you to regain your pup's attention and prevent leash-pulling. Instruct your puppy to sit every 15 yards or so and change your speed and reverse direction frequently.

OPEN FIELD FOLLOWING Let your puppy off-leash in a large but safe (fenced) area. Use your voice, energy and a toy lure and make frequent changes of pace and direction. The key is to move away from your puppy so they have to follow you; if the pup lags, speed up, if the pup forges ahead, turn around and go the other way, if the pup goes left, go right, etc.

AT THE PARK Give your puppy plenty of time to adjust to the new surroundings. Find a quiet place to sit and handfeed as your puppy takes it all in. Outside of a dog park is a marvelous place to train. The distractions (other dogs playing) are contained and so you may practice 35 yards from the fence, 30 yards from the fence and so on. Eventually you'll have good control over your puppy just outside of the dog park fence.

WEEK FOUR

GO TOILET QUICKLY Always reward your puppy handsomely for using an appropriate toilet area. Additionally, give your puppy even better rewards for eliminating quickly after you cue, “Go Pee and Poop”.

HOMEALONE CHEWTOYS Most home-alone misbehavior happens in the hour after you leave and immediately prior to your return and so give your puppy a couple of stuffed chewtoys when you leave the house and when you return, delay greetings until your pup grabs a chewtoy and then, praise, pet and immediately take your pup to the toilet.

WOOF & SHUSH Rather than trying to teach Shush when your puppy decides to bark, first teach your puppy to Speak on cue and then you may practice teaching Shush at your convenience. 1. Say, “Speak”, 2. Have an accomplice ring the doorbell so your pup 3. Barks and then, 4. Praise. Then, 1. Say, “Shush”, 2. Waggle a food lure under the pup’s nose to entice the pup to sniff and 3. Stop barking and then, 4. Softly praise for quiet time — “Good shush one, good shush two, good shush three... etc.” before giving the food as a reward. On successive repetitions, progressively increase the length of quiet time before offering the food, so that the food rewards the pup for silence rather than barking. (A reward will only reinforce behaviors that happened in the last three seconds.)

SUPERCHARGE IT! Kibble and tug toys are reinforcing in their own right but it’s well worth increasing their value even more. Ask your pup to sit (for kibble), or to take hold of a tug toy, before all enjoyable activities, such as ear scratches, belly rubs, couch-time, putting on the leash, being let of leash, Fetch, or any fun training. Both kibble and the tug toy will very quickly become associated with good times. Kibble and tug toys are essential for Classically Conditioning your puppy to love people and other dogs.

BITE INHIBITION STAGE 4: NO MOUTHING EXCEPT WHEN INVITED Even playful, unsolicited mouthing (especially towards children and strangers) would be unacceptable in an adult dog and so, teach your puppy never to initiate mouthing unless invited to play. However, continue to let the puppy mouth you, so that you can reinforce gentle mouthing – but only upon invitation.

OFF FROM GROUND Put a tennis ball or tug toy on the ground and practice Off, Take It & Thank You. Once the pup gets the idea, repeat the exercise with food. However, never let your puppy eat food from the floor. Always pick up the food, say “Take it” and let the pup eat from your hand. Keep your hand poised and ready to cover the food should your pup try to make a grab for it.

TUG TOY OR TENNIS BALL AS LURE AND REWARD Use your puppy’s tug toy or tennis ball as a lure to speed up position changes and recalls, to refine heeling and to teach new behaviors, such as Bang! and Rollover. Occasionally, have a rewarding game of Fetch or Tug after stellar performances.

SUPER-DUPER SIT Progressively increase the distance when proofing your puppy’s verbal sit command and ask your pup to stay for longer durations.

LIGHTNING-FAST POSITION CHANGES Alternate rapid-fire position change sequences with quick position changes and variable length stays in each position. Only reward the very best responses, for example the top 10%. Give moderate praise for performances that are good but not great and ignore below average performances, .

ROCK SOLID STAYS The best way to solidify stays is to have competitions with family and friends to see who can get the longest stay in each position? Who can get the best stays without using food? Who can get the best stays without using toys?

ROLLOVER Use a tennis ball or tug toy to teach your pup to rollover. If you use food as a lure, phase it out as soon as possible.

BANG! As a hand signal, make your hand into a gun, point at your dog and say, “Bang” then use a ball or tug toy to lure the pup to lie down in a supine position. It is easier to teach in steps, first from a Down, then from a Sit and eventually from a standing position, or when walking or running. Remember to practice for the Bang! Competition.

GO TO... YO-YO & ROUND ROBIN RECALLS Say, “Go to ... (Name of a person)” and then, the named person calls the dog. Your puppy will learn that if anybody says, “Go to Lily”, Lily always calls. Eventually, your pup will anticipate being called by Lily and will run to Lily as soon as anyone says, “Go to Lily”. Thus your pup learns the names of family members.

HIDE N’ SEEK Practice Go To... Yo-Yo and Round Robin Recalls but with the target person hidden. If your pup has trouble, the person can call out from hiding. With practice you’ll soon develop a top-notch search dog.

FOLLOWING & HEELING Practice off-leash and on-leash around the house, in the yard, in friends’ yards, in the park and on trail walks. Ask your puppy to sit every 25 yards and change speed and direction frequently.

HUSTLE & STEADY Teach your puppy to speed up and slow down on cue. When walking your pup on leash, say, “Hustle” and dramatically speed up and then, say, “Steady” and abruptly decelerate. Frequently alternating Hustle and Steady is a great way to maintain your pup’s attention on straight-line walks if you don’t want to frequently change direction. Moreover, the commands may be used to instructively correct your pup’s improvisations: if your pup pulls on leash while walking say “Steady” and if your puppy lags behind , say “Hustle”.

TRAINING WALKS Go on walks and to parks with your doggy friends and practice heeling and stays and especially, recalls while the dogs are playing off-leash.

OUTSIDE THE DOG PARK. There’s no hurry to take your puppy to a dog park. Instead practice just outside of the park until you have solid control very close to the distractions inside the park. Moreover, you may reward your puppy for nose-to-nose greetings through the fence. Check out all the dogs in the park before you decide to enter. Have your puppy sit and focus before entering and instruct your puppy to lie down as soon as you are inside. Greetings from the “big dogs” will be less stressful if your puppy is still.

WEEK FIVE AND BEYOND

MAINTAIN SOCIALIZATION & TRAINING As puppies grow older and enter adolescence, they naturally develop fears and phobias and become wary of unfamiliar people, dogs, places and things. Consequently, it is absolutely vital that you continue to actively socialize your puppy, especially with people. Continue regular Puppy Parties with lots of training and handfeeding.

INCREASING FREEDOM After toilet breaks, progressively give your pup more time outside of the playpen to investigate different puppy-proofed rooms of your house. Supervise your puppy at all times outside of the crate/playpen. For imminent housesoiling mistakes, immediately beseech, “Toilet! Toilet!” and run your puppy to the toilet area and instruct, “Go Pee and Poop”. If your puppy grabs, an inappropriate item, say, “Chewtoy!” and make sure your pup runs to find a toy. Continue handsomely rewarding your puppy for eliminating in the toilet and continue to stuff chewtoys with food.

WOOF & SHUSH Practice Woof-Shush just inside the front door and back door, so that your alarm barker may be rewarded, yet controlled, “Good dog! Now, Shush!”

FOOD BOWL EXERCISES Your pup will soon graduate from eating from stuffed chewtoys to a food bowl. Before then, teach your pup not to be protective. Feed your pup the occasional mini-meal of dried kibble in a bowl. Periodically, reach into the bowl to give your pup an extra tasty treat. Occasionally, say, “Thank you”, pick up the bowl, add a couple of tasty treats, ask your pup to sit and then replace the bowl. Thus your pup will learn that human hands come to give, not to take.

BITE-INHIBITION GAMES The best way to maintain bite inhibition and muzzle control is by playing tug and other bite inhibition games. Tug is a wonderful game but you must follow the rules: 1. The pup must never touch the tug toy until instructed to “Take it”, 2. The pup’s muzzle must never touch your hand and 3. The pup must immediately release the toy when requested, “Thank you”. Any transgressions whatsoever, say “Game Over” and the game ends for the day.

DON’T FORGET TO TRAIN INDOORS Round-Robin Go To’s with each person performing a unique choreography with the dog, i.e., randomizing Sit-, Down-, Stand-, Bang!-,

Beg- and Bow-Stays of variable length durations, interspersed with some repetitive Come-Sit or Heel-Sit sequences and the occasional Go To Your Bed, Woof-Shush, or Roll Overs.

ON WALKS Integrate numerous short training sessions into on-leash and off-leash walks. Change speed and direction frequently. Additionally, stop every 25 yards and perform a unique choreography with your puppy — that’s over 200 training interludes in a three mile walk and each training exercise reinforced by using the walk as a reward. The training sessionettes may be as short as a quick Sit and Watch, or a lengthy performance for the benefit off onlookers. Showcase your well-trained puppy. Beggings and Bow-Stays are super for calming and charming people and other dogs.

IN PARKS Similarly, integrate training interludes into off-leash play. Randomize what you ask your pup to do each time but especially include oodles of distant sits, recalls, go to’s, following and heeling. Occasionally hide from your puppy, but do keep a close eye on the pup’s whereabouts the entire time. Remember, Every time you interrupt play and ask your puppy to do something, you may reinforce those behaviors by saying, “Go Play”. Routinely using “walking”, “sniffing” and “playing” as rewards is the secret to off-leash reliability. Otherwise, walking, investigating and playing will become severe distractions that will destroy training.

DOG-DOG SOCIALIZATION THROUGHOUT ADOLESCENCE It is pretty easy to socialize puppies to be bomb-proof with people. However, maintaining your puppy’s friendliness towards other dogs can sometimes be a bit of a challenge. You simply must continue off-leash socialization and play. Nothing causes reactivity quicker than tight leashes, especially attached to halters or harnesses. Maintain your puppy’s core social group of special doggy friends and meet on a regular basis at your home, other puppy/dogs homes and for neighborhood and trail walks and park visits. Additionally, register for an off-leash Puppy II class right away.

NEVER take a friendly dog-dog greeting for granted; **ALWAYS** praise your pup if another dog is in sight, when another dog passes and when they greet each other.

Congratulations!

Your puppy is one lucky dog to have you as a good-natured and well-trained human companion.

We wish you many years of enjoyment sharing life together.

