



## Educational Manual

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*The enclosed information was obtained from <http://www.akc.org/> Please visit their website for more useful training information.*

**I HAVE BEEN PROVIDED WITH A TRAINING MANUAL CONTAINING THE ABOVE INFORMATION & AGREE TO READ & IMPLEMENT TRAINING METHODS TO ENSURE MY PUPPY'S SUCCESS.**

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SIGNATURE OF RESPONSIBLE OWNER

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DATE

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PRINTED NAME OF RESPONSIBLE OWNER

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## **How To Create House Rules For Your New Puppy Jan Reisen | July 27, 2016**

**You're getting a new puppy! This is an exciting time, and it's easy to daydream about all the fun things you'll do with a dog in your life. There's a lot you can do in preparation to make sure that your puppy's introduction into the household goes smoothly. It starts by creating some house rules before your puppy even comes home. Why Do You Need Puppy House Rules?**

**Dogs have their own natural behaviors, not all of which will be acceptable in their new household, and some behaviors could even be dangerous, destructive, or unhealthy. By creating a set of house rules, you'll be letting your puppy know, right from the beginning, what is and is not acceptable.**

**This is all new for the puppy: he has to adjust to his new family and new environment. If everyone in the family is consistent with rules, it will help him learn exactly what you expect of him, and what he can expect of you. The best way to do this is by creating house rules for your puppy ahead of time. How Do I Create House Rules?**

**All family members should sit down and figure out the house rules together. Just as when you define expectations for your kids, consistency is key, and if the whole family agrees on the rules, it's more likely they'll stick to them. Then you'll need to decide which are the most essential rules. Obviously a 20-page manifesto of what your dog can and cannot do will be confusing for everyone, including the puppy. And it'll make it much harder to stay consistent. So, what's important to you? Some Rules to Consider:**

- 1. Where will you allow the puppy to go in the house? Some people are comfortable with puppies having free range from the beginning. Others establish certain areas of the house as no-dog zones, such as the kitchen or a baby's room. You may want the puppy to stay on one floor only. For many families, it's easiest to keep the puppy to a small area of the house during house-training.**
- 2. Will you let the dog on the furniture? Whatever you decide is OK for a tiny, adorable puppy may not be quite so great for a full-grown dog. It's important to decide from the beginning what the rule is. You can teach him to stay off furniture completely, or you can train him to stay off the furniture unless you give a specific**

command. Or, you may decide he's allowed to get on one specific piece of furniture, but not on others. And for some people, furniture is a perfectly acceptable place for the dog to hang out. Whatever your preference, make this rule before your puppy comes home.

3. Who in the family is responsible for what? It's easy enough before the puppy comes home for family members to say they'll always feed the dog or always take him out, but the reality is quite a different matter. Decide now, before he becomes part of the family, what each person's responsibility is.

4. Decide on a morning routine. It can be hard enough coordinating schedules in the morning, especially in large families. Decide early on when your puppy will go out and be fed.

5. The same goes for an evening routine. Who feeds him and when? Does he get a long, leisurely after-dinner stroll or a quick trip outside to take care of business? Does he have a set bedtime or just go to sleep when he feels like it?

6. Where will the puppy sleep? Will he be crated downstairs, away from the bedrooms? Will he be crated in someone's room? Will he sleep on a dog bed in the hall? Will he sleep wherever he wants? Even cuddled up next to you in bed? Many owners choose to crate the puppy at night, especially until he's house-trained.

7. Are you going to allow your dog to get treats from the dinner table and get table scraps? Allowing your puppy to do this even once can set up his expectations, and he may hang around the table begging at every meal. Aside from the fact that human food may not be suitable for dogs, this habit can get annoying quickly. Decide what the family rule is before the puppy comes home.

8. What commands (sit, stay, and come) will you use for basic obedience? Make sure to establish basic commands and/or signals that everyone in the household will use consistently.

9. Should you let your puppy jump on people? As cute as a tiny puppy is when he greets you ecstatically, is this a behavior you want to encourage? Absolutely not! There's nothing cute about almost getting bowled over by a Standard Size Dog. If you want to teach your dog not to jump, start as soon he comes home.

Once you've decided on the rules, post them in a visible place, like on the refrigerator, as a daily reminder to everyone of what their responsibilities are.

**House Rules for Humans** House rules for your puppy aren't the only rules that need to be set. Family members, especially children, must also be clear on safety and acceptable behavior.

1. Children must learn how to handle a puppy. As adorable as they are, puppies aren't new plush toys or playthings. Teach the kids not to pull the dog's ears or tail or otherwise treat him like an inanimate object.
2. Let the puppy eat in peace. Disturbing a dog when he's eating can lead to anxiety and even food aggression.
3. Do not hit the dog or yell at him. He doesn't understand what it is he has done wrong, it teaches him nothing, and will cause trust issues.
4. Puppies are natural chewers and will probably go after anything left on the floor; he doesn't know it's your favorite shoe or new iPhone. For his safety (and your own sanity), pick it up and put it out of reach.

Bringing a new puppy into the home is a real game-changer: the depth of your feelings for him and the joy he adds to your life may surprise you. You can facilitate a happy homecoming and an easier adjustment if you create and stick to some basic house rules from the very beginning. Your relationship with your dog will thrive on sensible, consistent guidelines.

### **Introducing Your Children to the New Puppy**

**by Jan Reisen, July 27, 2016**

Young children and puppies have a lot in common. They're curious, excitable, impulsive, and, for the most part, endearing. If you follow some sensible guidelines when introducing your children to the new puppy, you can take the first steps toward creating a life-long bond.

Your puppy is experiencing many new people and things when you first bring him home from the breeder. He has to adjust to being away from his mother and littermates; it's a completely new environment for him. And, as excited as your kids are to play with their new housemate, the introduction should not be a free-for-all. **Let the Puppy "Introduce" Himself**

If possible, introduce the children to the puppy one at a time. This can be difficult with excited children who just want to rush to cuddle and play with their new dog. But help them understand that young puppies may be somewhat fearful and anxious and need a gentle, patient approach.

### ***Supervise All Dog-Kid Interactions***

Both are learning how to behave around the other. You don't want kids getting rough-and tumble with the puppy, nor do you want their behavior to provoke fear or an aggressive reaction in the dog. Any kind of negative interaction at this point can make the puppy feel unsafe or create fear in a young child. **Take Your Kids along When You Walk the Puppy**

Children under the age of 10 or so are too young to walk the puppy alone, but they can certainly "help" you on walks. It's also a great opportunity for them to start to learn about holding a leash, stopping for puppy bathroom breaks, and observing some of the outdoor behaviors that are common to the puppy's breed. **Let Children Help You Take Care of the Puppy**

Everyone in the family should be involved in canine care, and even little children can have jobs to do, like bringing you the food bowl to fill or getting the leash when it's walk time. Older children can feed the puppy, help clean up after him, and walk him. This teaches kids about responsibility, while also helping you with dog care.

### ***Children Can Participate in Training***

The kids learn the proper way to issue commands or corrections, and your puppy learns the behavior you expect from him. Everybody learns best by doing. **Quiet Time**  
Teach children that puppies sometimes need some quiet time, just as they do. If the puppy retreats to his crate or another safe space, he needs that time alone, no matter how much the kids want to play with him.

### ***Be Patient***

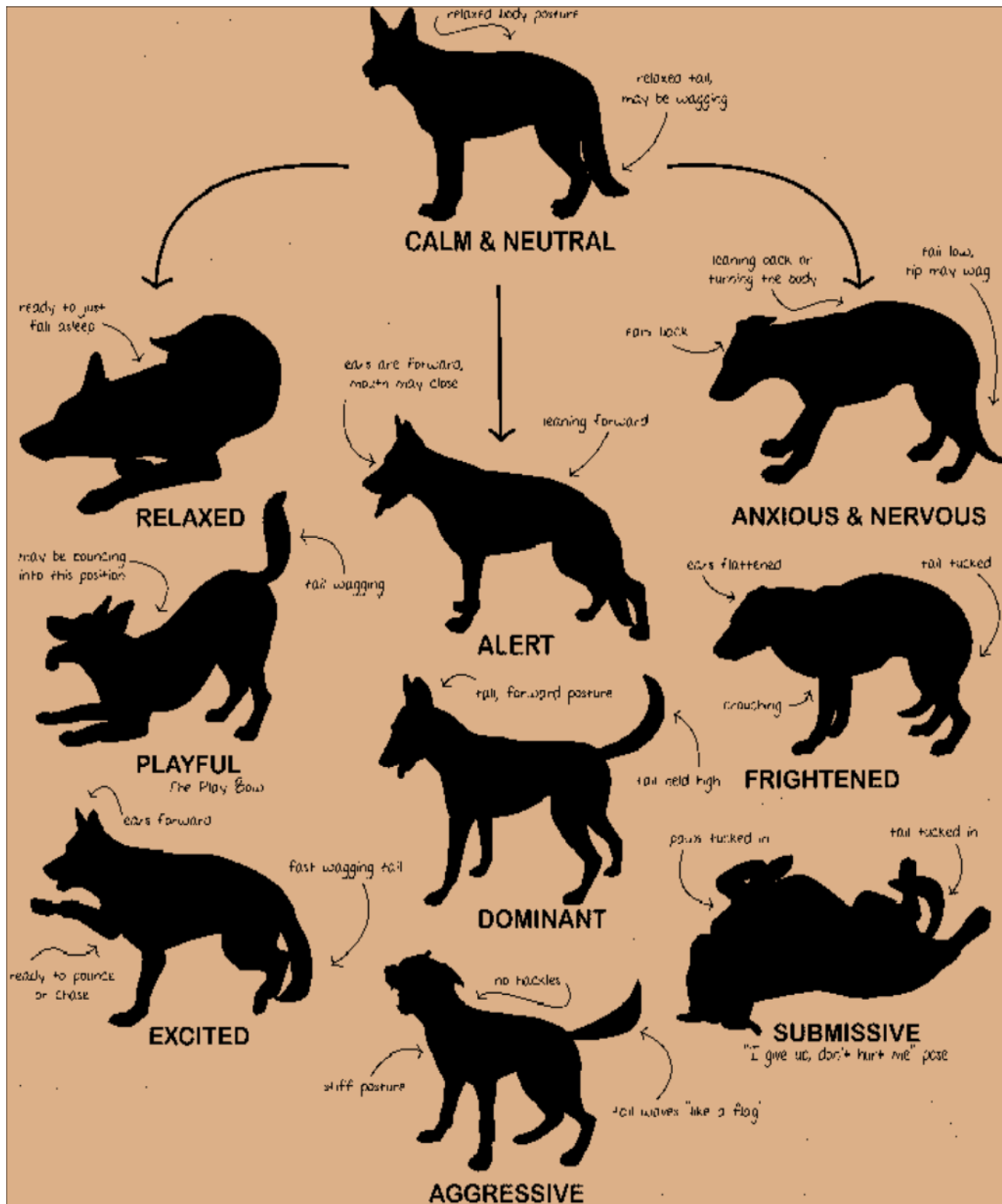
Most of important be patient with the puppy, with the kids, and with you. Humans and dog alike are learning about each other and what's expected of them. The puppy has a lot of new rules to learn, and he is eager to please. The kids must learn that he's not a plaything or doll. And you must learn that mistakes will happen,

occasionally someone will get grumpy, and some behavior (human and canine) needs correction.

But hang in there! If you can start out on a positive path, your children and dog will share an enduring, loving bond for years to come.

### **How to Read Dog Body Language | June 04, 2014**

If a dog is wagging his tail, that always means he's happy, right? And if he's standing totally still, that means he definitely wants to be petted, correct? If you agree with the two above statements, we hate to break it to you, but you may need a refresher in dog body language. The truth is sometimes a wagging tail can indicate anxiety, and a still, quiet stance often means fear. By knowing what a dog is trying to tell you, you will know how to respond appropriately, whether it's backing off or accepting a friendly greeting. Start studying with this chart below. (Parents: This is a great tool for kids, who are sometimes too quick to greet a strange dog.)



**How To Potty Bell Train Your Puppy by Becky Bishop, Seattle, WA**  
**PuppyManners.com**

Most dogs do not cry or bark to let us know they need to go out and do their business. Guide dogs for the blind are trained to make contact with a string of bells hanging from the door they normally use to go out. Sightless people would not know if their dogs were at the door, looking pathetic, hoping to be noticed. Even though sighted people should notice their dogs waiting at the door, we are often distracted with phone calls, computer work, housework or kids. That's how potty accidents occur. It's much easier to listen for the ringing bells than to constantly glance at the door to see if your dog is waiting to go out. So, we train our dogs to touch the bells, letting us know we should open the door. If you follow these steps, your dog will be ringing those bells in no time! (Most puppies start bell training at 11 weeks.)

**STEP 1:** Prior to letting your dog out in the morning get your bells hung on or near the door.

**STEP 2:** Take the dog over to the bells—do not shake the bells at the dog! Gently lift the bell and let puppy smell the bell. If puppy smells the bell and shows interest, exclaimed to them, “Yeah! Good puppy!” and out you go for a potty walk. If your puppy shows ZERO interest in the bell try adding just a tad of peanut butter or cream cheese on the bell and let them lick the bell as you hold it. While they are licking you gently let go of the bell and praise puppy! Out you go for your potty time.

**STEP 3:** After your dog has eliminated and you've returned to the house, you may need to lift the bells and hang them up over the door or door knob for a while because your dog will probably want to lick the treated bell right away. Since you want your dog to touch the bells only when he needs to eliminate, put the bells back down later when you think your dog probably needs to eliminate. Check to see if there is any “treat” on the bell and replenish the treat on the bell if necessary. Often, treats are unnecessary unless the puppy is avoiding the bell. About 70% of our students do not need to put enticement on the bell.

**STEP 4:** Soon, likely the same day you begin this training, your dog will start going to the door, looking at the bell, sniffing or “nosing” the bell. When your dog does this, do not put treats on the bell any longer—your dog now has the idea. Simply lift the bells in your hand and guide them toward your dog so they touch his nose and so the



contact causes the bell to ring. Praise your dog and immediately take him out to do his business. Soon your dog will be touching the bells on his own whenever he needs to go out. Dogs grasp this trained behavior at different rates—some have it down in a matter of days, with others it may take a week or two. This is a very useful behavior to teach your dog. Good luck! Stay persistent and you and your dog will succeed!

*Helpful hints:* In the morning, park yourself by the potty bell door and have the puppy on leash and just hang out and wait for the puppy to get a little anxious, encourage him to touch the bell and when he so much as sniffs the bell, yeah! Out you go for the potty. Take your puppy to the potty door, have the whole family go out the door but shut the door before the puppy can come with you. Stand on the other side of the door and in her frustration, she will scratch or perhaps nudge the bells. When she does viola! Open the door and out she goes for her potty! By Becky Bishop, Seattle, WA [PuppyManners.com](http://PuppyManners.com)

### **How To Potty Train a Puppy, A Comprehensive Guide for Success Mara Bovsun | November 02, 2015**

Teaching your new puppy to potty at the right time and place is one of the most important first steps you can take for a long, happy life together. House soiling is among the top reasons why dogs lose their homes or end up in shelters. Few people are willing to put up with a dog who destroys rugs and flooring, or who leaves a stinky mess that you have to clean after a hard day at work.

That's why it's so important to make sure that you do some research in advance, decide what will work best for your own situation, and make a plan.

There are three tried-and-true methods for training your puppy, says Mary Burch, Ph.D., director of the AKC's Canine Good Citizen and S.T.A.R. Puppy programs. These include:

1. Crate training
2. Frequent trips outdoors
3. Paper training

Dr. Burch says that there are pros and cons to each, but they all can be successful if you follow a few basic tips, including:

1. Control the diet
2. Keep a consistent schedule; this pertains to trips outside, feeding and exercise
3. Provide regular exercise—exercise helps with motility
4. Reinforce your puppy for “going” outside

Let's explore some of these concepts in depth.

### ***CRATES RANK HIGH AS POTTY TRAINING TOOL***

Many people new to dogs cringe at the idea of confining their puppies in a crate, but the reluctance to use this tool generally evaporates after a few days of living with a new pet. Crates make life easier. It's a good idea to get your dog accustomed to one for many reasons, such as vet visits, travel, convalescence, and safety.

Dogs are den animals and will seek out a little canine cave for security whether you provide one or not. That makes it relatively easy to train your dog to love her crate.

The principle behind using a crate for housetraining is that dogs are very clean creatures and don't like a urine-soaked rug in their living spaces any more than you do. It's important that the crate is the right size—just large enough for the dog to lie down, stand up, and turn around. If it is too large, the dog will feel that it's OK to use one corner for elimination and then happily settle down away from the mess. Many crates come with partitions so you can adjust the size as your puppy grows.

When she feels an urge, the puppy will usually let you know by whining and scratching. That's her signal that she has to go and wants out of her little den. Now! Don't delay because if you let your pup lose control in her crate, she'll get the idea that it's OK to mess up her living space. Then she'll think nothing of leaving little packages around where you live, too. **Puppy Pads and Paper Training**

Dr. Burch says the use of puppy pads and paper training can be "tricky because you're reinforcing two different options for the puppy." In an ideal situation, pups would learn to hold it indoors and only eliminate at specific spots outdoors. But some cases may require a bit of creative thought, such as a person who has a job that makes it impossible to get home several times a day, or for a tiny dog living where the winters are brutal. Puppy pads give a dog the option of relieving herself in an

approved spot at home. After the dog matures, the owner can then work on having the dog do her business outdoors all the time. **Make a Schedule**

This is vital to housetraining success. Puppies have tiny bladders, and water just runs right through them. The same holds true for solid matter. What goes in, must come out. You have to make sure you are giving your puppy ample opportunity to do the right thing.

A good guide is that dogs can control their bladders for the number of hours corresponding to their age in months up to about nine months to a year. (Remember, though, that 10 to 12 hours is a long time for anyone to hold it!) A 6-month-old pup can reasonably be expected to hold it for about 6 hours. Never forget that all puppies are individuals and the timing will differ for each.

Monitor daily events and your puppy's individual habits when setting up a schedule. With very young puppies, you should expect to take the puppy out:

1. First thing in the morning
2. Last thing at night
3. After playing
4. After spending time in a crate
5. Upon waking up from a nap
6. After chewing a toy or bone
7. After eating
8. After drinking

This could have you running for the piddle pad, backyard, or street a dozen times or more in a 24-hour period. If you work, make some kind of arrangement (bringing your pup to the office, hiring a dog walker) to keep that schedule. The quicker you convey the idea that there is an approved place to potty and places that are off limits, the quicker you'll be able to put this messy chapter behind you.

### ***Observation and Supervision***

You have to watch your puppy carefully to learn her individual signals and rhythms. Some puppies may be able to hold it longer than others. Some will have to go out every time they play or get excited. Some will stop in the middle of a play session, pee, and play on. As with human babies, canine potty habits are highly idiosyncratic.

### ***Control the Diet***

Puppies have immature digestive systems, so they can't really handle a lot of food. That's why it is recommended that you break up the feedings into three small meals. Another thing to keep in mind is the food itself, which should be the highest quality. Whatever you choose, make sure it agrees with your puppy.

Be sure to feed quality food. They have different formulas for your pup's particular needs and preferences. Real meat should be the first ingredient AND there should NOT be added artificial colors or flavors.

Examining their stool is the best way for an owner to figure out whether it's time for a change in diet. If your puppy is consistently producing stools that are bulky, loose, and stinky, it may be time to talk to your vet about switching to a new food. Overfeeding may also provoke a case of diarrhea, which will only make the task of housetraining that much more difficult. Praise

Scolding a puppy for soiling your rug, especially after the fact, isn't going to do anything except make her think you're a nut. Likewise, some old methods of punishment, like rubbing a dog's nose in her poop, are so bizarre that it's hard to imagine how they came to be and if they ever worked for anyone. On the other hand, praising a puppy for doing the right thing works best for everything you will do in your life together. Make her think that she is a little canine Einstein every time she performs this simple, natural act. Be effusive in your praise—cheer, clap, throw cookies. Let her know that no other accomplishment, ever—not going to the moon, not splitting the atom, not inventing coffee—has been as important as this pee. Reward your pup with one of his favorite Purina® Pro Plan® treats. Make sure they're nice and small, easy for your puppy to digest.

If your dog has an accident, says Dr. Burch, don't make a fuss, just clean up the mess. A cleaner that also kills odors will remove the scent so the dog will not use it in the future. Blot up liquid on the carpet before cleaning the rug.

If you catch the dog starting to squat to urinate or defecate, pick her up and immediately rush outside. If she does the job outdoors, give her praise and attention. Remember that when it comes to housetraining, prevention is the key.

### ***Housetraining Problems***

Following these rules will usually result in a well house-trained puppy. But sometimes, it doesn't go as planned.

Dr. Burch notes that sometimes house soiling is a sign of a physical issue. "Well before the several month mark, a dog who has seemed impossible to housetrain should have a good veterinary workup," she says. If your vet finds that your dog is healthy, the next step is to find a trainer or behaviorist who has had experience with this issue.

*Here are some common complaints that trainers say they have encountered*

1. "My lapdog is piddling all over the house!" This is common among people who own toy dogs. Some trainers recommend teaching little dogs to use indoor potty spots, in much the same way as a cat uses a litter box. In addition to piddle pads, there are actual potty boxes for indoor use. Other trainers say that with consistency, you can house train a little dog. It just may take a little additional time, attention, and effort.
2. "My dog keeps peeing in the same spot where she had an accident." That's probably because you didn't clean up the mess efficiently and there is still some odor there, signaling that this is a prime potty spot. In your new puppy supply kit make sure you have plenty of enzymatic cleaners and carefully follow instructions on using them.
3. "I gave her the run of the apartment. When I came home, there was a mess." This is a common mistake among dog owners. They see some early signs that the dog is getting the idea, and declare victory too soon. Even when the puppy is consistently doing what you want, keep to the schedule to make sure the good habits are ingrained.
4. "He's soiling his crate!" Dr. Burch says dogs who come from pet stores, shelters, or other situations where they have been confined for long periods and have had no other choice but to eliminate in their kennels will often soil their crates. The best approach would be to go back to square one with crate and house training. Here are the steps to follow:
  - a. Assess how well your dog can control his bladder and bowels when not in the crate.
  - b. Carefully controlling diet and schedule.

- c. Give frequent trips outside, including after every meal, first thing in the morning and last thing at night.
- d. If you work, consider a dog walker.
- e. Clean everything so there are no odors left.

### *How Long Does It Take?*

That can vary considerably, says Dr. Burch. There are many factors to consider, such as age, learning history, and your methods and consistency. An 8-week-old puppy is very different developmentally than a 5-month-old puppy. If your pup came from a responsible breeder who was already working on the basics with the whole litter, this puppy will have a better grasp, a head start, in a way, on the basics of potty etiquette. Some puppies have perfect manners after just a few days. Others can take months, especially if the dog has had a less than ideal situation before coming to you. With patience and persistence, though, most dogs can learn.

### **Puppy Teething and Nipping; A Complete Survival Guide Liz Donovan | October 12, 2015**

Congratulations on your new puppy! Now that you have your new four-legged family member home with you, you may start to realize some of the challenges that come with a puppy, including how to survive teething and nipping.

Puppies' mouths are filled with about 28 teeny-tiny razors that seem to be attracted to your fingers or toes (especially when you're sleeping, we bet!). Although an annoying behavior, this is something that's completely normal for teething puppies and something you can train away.

Puppies get their baby teeth at a much younger age than human babies—at as early as two weeks old, while the puppies are still with their breeder and their litter, those mini daggers start to come in. As puppies grow, they explore their world with their mouths (and when they come home with you at two to three months of age, they'll have a whole new world to explore). **When do Puppy's Teeth Fall Out?**

At about three to four months of age, puppy teeth begin to fall out making room for his 42 adult teeth (fun fact: that's about 10 more than people!). This process can be

awfully painful for your pup—his gums will be sore (anyone who has ever cared for a teething baby knows how uncomfortable this can be).

Once your puppy is six months old, his baby teeth should have fallen out. If any remain, be sure to tell your veterinarian. They may need to be removed by a veterinary professional.

**View a complete timeline of puppy teething here. What Are the Symptoms of Puppy Teething?**

You might notice him drooling a bit or even little spots of blood on his toys, both related to teething (though if you notice anything unusual, talk to your veterinarian since both symptoms could also be related to a more serious issue). During this process, which is undoubtedly uncomfortable and confusing for your puppy, he'll look for items to chew as a way to soothe those sore gums. The best thing you can do for him at this stage is to provide him a safe outlet to chew to his little heart's content.

**It's extremely important to monitor your puppy during play and check the toys periodically to ensure they aren't falling apart. Your puppy should not be able to chew chunks off the toy or pull pieces of fiber or stuffing from them. How to Stop a Puppy from Nipping**

Puppies naturally nip at each other while playing, and sometimes they don't realize how hard they're able to do this without hurting the other dog. If they bite too hard, another dog will likely make a loud yelp sound, warning the puppy, "Hey, that hurt!" You can teach your puppy this by making a loud, high-pitched "OW" sound if he bites you. Then, make sure to give him a treat or verbal praise for backing off.

After teaching him that biting you is painful, let him know what is ok to bite or chew. If he starts nibbling at your fingers or toes while you're playing with him, offer him a toy instead (here's a link to the best toys for your teething puppy). If he continues to nip you, stop the play session so that he realizes that biting is not rewarded.

**Never hit your dog or otherwise physically punish him. If your pet seems to be biting out of aggression (not during a play), speak to a veterinarian about ways to deal with that behavior. How to Survive Puppy Teething**

When your puppy is about three to four months old, his baby teeth will start shedding, making room for about 42 adult teeth to come in. This process is very uncomfortable for the puppy—his gums will be sore as his adult teeth break through, and he'll want to chew anything— everything—that will soothe the pain.

Your job as a responsible owner is to give your puppy something he can chew on to help make this process a little more comfortable. And by doing so, you'll be preventing your puppy from finding something on his own to chew, be it your husband's favorite pair of shoes, your new couch, or your children's toys.

The best toys to offer teething puppies are made of hard nylon or hard rubber (like a Kong), especially ones that can be filled with water and frozen, which will feel nice and cool on your puppy's sore gums.

Fortunately, this process doesn't last too long. By six months of age, your puppy's teeth should have all come in. If you see a baby tooth still in his mouth at this age, let your veterinarian know—it might need to be removed.

Now the bad news: This age is also the time your puppy will start to go through some hormonal changes that may cause him to act out and chew more often than usual. Make sure you provide him with plenty of toys and teach him, through positive reinforcement, that he's only allowed to chew his own toys. Caring for a Puppy's Adult Teeth

Once your dog has all of his adult teeth in, your job as a responsible owner, is to ensure that they stay pearly white. Begin a healthy teeth routine by getting your puppy used to having his mouth and teeth touched at an early age. You can purchase dog-friendly toothbrush and toothpaste (an enzymatic product is recommended as it works both mechanically and chemically to remove plaque) at a local pet store. Do not use human toothpaste—it can make your dog sick if he swallows it.

Good luck with your new puppy and enjoy guiding him through his important time in his life. Before long, the thoughts of him as a nipping, chewing little monster will be something you look back on fondly.



## How to Crate Train A Puppy Liz Donovan | May 19, 2016

Left to their own devices, young puppies can get in a lot of trouble, from soiling the carpet to chewing your favorite pair of shoes. That's why it's important to start training early and keep a close eye on them, especially when they're still learning what's expected of them. And the best way to do that is to crate train. **Why Crate Train Your Puppy**

First of all, understand that crate training is not cruel. In spite of what some people may have told you, breeders and veterinarians recommend using a crate for your dog from a young age.

For thousands of years, dogs in the wild have sought out small "dens," where they can feel safe and sheltered while resting, caring for puppies, or recovering from an injury or illness. Giving your puppy his own personal bedroom can help him feel more secure.

This method is also extremely effective for house training while you're not keeping a hawk eye on them—dogs won't want to soil their bed, but will have little issue with sneaking into another room of the house to go if they're not yet fully trained.

Finally, crate training can help prevent anxiety. For puppies, overseeing a big house when no one is with them can be overwhelming. When they feel like they have a smaller place they need to "protect," it's much more manageable.

### *Choosing the Best Dog Crate*

So now that we've sold you on crate training, here's how to get started:

**Choose a well-ventilated crate:** Be sure crate is large enough for your puppy to stand up, lie down, and turn around. Remember that your puppy's crate will have to grow as he does, so purchase a crate that is appropriate for your dog's expected full-grown size, and use a divider to make the crate smaller for the time being. Many crates available at pet-supply stores include dividers.

***Why size matters:*** A crate that's too small will be uncomfortable for your dog, but a crate that's too large may give your dog the space he needs to have an accident without it ruining his bedding. This behavior might encourage future accidents in the crate and around the home.

***How To Teach Your Puppy To Love The Crate :*** The most important part of crate training is making sure your puppy always associates it with a positive experience.

Start by lining it with blankets and place a few toys inside to make it cozy. You can also cover it with a lightweight blanket to mimic a “den” environment. Make sure it is still ventilated and not too hot if you do this.

Bring your puppy to the crate for naps and quiet-time breaks so that he can “unwind” from family chaos. Start in increments of 10 minutes and work up to longer periods. Offer treats when he goes inside, and distraction toys like a stuffed KONG. For years, this author has been giving her Yorkie a treat every day as soon as he goes into his crate and sits. Now as an adult dog, he runs to his crate each morning in anticipation of a treat.

Every time you take the puppy out of the crate, take him for a walk so he can eliminate. He'll get used to the idea that potty time comes after crate time. Remember to praise him after he goes to the bathroom outside.

It's also helpful to keep puppies in the crate overnight. They may cry the first night or two—in most cases, they are simply adjusting to home without their mom and littermates. Most puppies should be able to sleep through the night without a potty break by 4 months of age, but if you're in doubt, take him outside.

***What Not To Do When Crate Training Your Puppy:*** Never leave a puppy in his crate all day; he needs several bathroom breaks, as well as play and feeding times. Even though he won't want to soil his sleeping area, if he is in there for extremely long stretches, he just might. (He can't help it!) And if he does, it is because his owner has neglected his responsibility, not because the dog has misbehaved.

Never use the crate as punishment. Your dog should see his “room” as a place where only happy, peaceful things happen.

Never lose your patience. Learning takes time. If you follow the above advice and are consistent, your puppy will learn to love his crate for years to come.

### **Down! No! Off! Stop Jumping on Me Staff Writers | October 21, 2015**

Even though it can be annoying to you and your guests, dogs jump on people because they're excited to greet them.

Your first inclination is probably to yell “No – down!” at the dog and push them off you, but sometimes this can have the opposite effect of making the dog jump even harder. Even though you may be angry at this behavior, ultimately the dog is trying to be friendly, so your negative reaction may motivate them to try even harder to "get in your face" and show that they're your friend.

Also, negative attention is still attention, so when you are focusing on them – even to tell them “No,” the dogs are happy because they're still receiving a reaction.

So what to do about the problem? Here are our top tips for encouraging dogs not to jump on you when they greet you:

1. Greet your dog very calmly so they don't get overly excited
2. Ignore your dog when he or she jumps
3. Make no eye contact with the dog, and do not speak until all four feet are on the floor
4. If needed, turn your back on your dog
5. At this point, turn on the charm! Calmly praise and pet your dog (positive reinforcement is key!)

### **Puppy Feeding Fundamentals Erika Mansourian | June 15, 2016**

Walk down the dog food aisle of any large pet-supply store, or peruse the shelves at a boutique pet-food shop, and you can quickly become overwhelmed. This is especially true for puppy owners, and probably even more so for first-time puppy owners. When did it get so complicated? Back in the day, dog food options were far more limited, and even responsible dog owners didn't worry too much about what went into their dog's dish.

The process may now be somewhat more involved, but that's a good thing. Higher quality ingredients with better sourcing and specialized diet formulas lead to overall better health for our puppies. And every bit as important as what to feed your puppy is having an understanding of his special nutritional needs.

All puppies are different, so if you have any concerns or questions about your puppy's food, feeding schedule, or nutritional health, always consult your breeder or veterinarian—that's what they're there for.

Many puppy owners wonder, "How long should I feed puppy food?" Here is a general timeline for what your puppy needs at each stage of his first year of life.

### *Feeding Your Puppy: A First-Year Timeline*

1. 6–12 weeks: Growing pups should be fed puppy food, a diet specially formulated to meet the nutritional needs for normal development. Feeding adult food will rob your puppy of important nutrients. Four feedings a day are usually adequate to meet nutritional demands. Large breeds should be fed un-moistened dry food by 9 or 10 weeks; small dogs by 12 or 13 weeks.
2. 3–6 months: Sometime during this period, decrease feedings from four to three a day. A pup should be losing her potbelly and pudginess by 12 weeks. If she is still roly-poly at this age, continue to feed puppy-size portions until body type matures.
3. 6–12 months: Begin feeding twice daily. Spaying or neutering lowers energy requirements slightly; after the procedure, switch from nutrient-rich puppy food to adult maintenance food. Small breeds can make the switch at 7 to 9 months; bigger breeds at 12, 13, even 14 months. Err on the side of caution: Better to be on puppy food a little too long than not long enough.
4. After age 1: Most owners feed adult dogs two half-portions a day.

How much food should I give my puppy? There's a saying in canine feeding: Watch the dog, not the dish. Body condition, not the amount eaten or left in the bowl, should determine portion sizes. Portion sizes depend on individual metabolism and body type, and nutritional requirements vary from dog to dog. If your puppy occasionally skips a meal or picks at food, don't worry. It could mean she is ready to eliminate a feeding or that you have given her too much, in which case simply reduce the quantity served.

Also, if you are doing treat-based training with your pup, adjust the amount you feed at mealtime accordingly. Whenever training with treats, keep the treat as small as possible.

How often should I feed my puppy? Like human babies, puppies start out needing many small meals a day, of a food formulated for their special nutritional requirements. Most, but not all, dogs finish meals quickly. To discourage picky habits, feed at regular times in regular amounts and don't leave food down for more than 10 to 20 minutes.

Your breeder will be an excellent source of guidance for both of these questions, as will your vet. Is it worth it to buy the more expensive stuff?

Premium food has higher nutritional density, so you can feed your dog less to achieve the same results. Also, premium foods have stable ingredient profiles; the composition of bargain brands can vary from batch to batch.

The major dog-food companies invest heavily in product development and research, constantly upgrading formulas to keep up with their competitors. This means that feeding premium food puts you on the cutting edge of canine nutrition.

### *Dry food, Wet food, or both?*

Many pet-food companies have worked with canine-nutrition scientists to develop special formulas for both large- and small-breed puppies.

1. Canned food is the most expensive to feed, and dogs often find it most palatable. Be careful of "all-meat" claims, though. Your dog should have a complete, balanced diet to fulfill nutritional requirements. Meat alone may not do it.
2. Semi-moist food is available in one-serving packets. It is usually made to look like hamburger.
3. Kibble is the most economical, and the major makers offer a complete and balanced diet for dogs of all sizes and ages. Dry food can be fed exactly as it comes from the bag.

Some dog owners say there is an oral-hygiene advantage in hard kibble because the friction produced helps to keep the gums and teeth healthy. Kibble can be moistened, either with water or canned food. Although unnecessary, that addition may make food tastier. Food for Big Puppies & Little Puppies

There are differences between the nutritional needs of small-breed and large-breed dogs, and that is especially true for puppies. Adult dogs who weigh less than 20

pounds are considered small-breed dogs. These puppies grow quickly and may reach adulthood by 9 months. Large breed puppies (20 pounds and up), grow more slowly—it takes anywhere from 15 to 24 months to reach full size and maturity.

1. Best food for small-breed dogs
2. Best food for large-breed dogs

### *Chart Your Puppy's Weight and Growth*

1. There are growth-and-weight charts available in print and online, such as this one on PetMD. Weigh the puppy weekly and record his progress, comparing him to breed-appropriate weight charts. Adjust his food intake to achieve an average rate of growth.
2. Weighing a dog, even a squirming puppy, is easy. Just weigh yourself, then weigh yourself holding the puppy. Subtract the difference—that's the puppy's weight. Voila!
3. Don't worry about an ounce or two either way; no two dogs, even within breeds, are built exactly alike.
4. A young dog carrying too much weight has an increased risk of orthopedic problems, due to stress on immature joints. Obesity can also lead to diabetes, diseases of the heart and other organs, and general lethargy.

**HOLD THE FRIES** One little French fry will invariably lead to another, and another. Before long, an obese dog will be crowding you off the love seat. Also, a steady diet of table scraps can create a nutritional imbalance, and certain ingredients and spices in your favorite dishes can cause upset stomach in dogs.

The pleading gaze of a begging dog can be irresistible. This is no accident. During his long partnership with man, the dog has perfected cunning methods of exploiting the human habit of associating food with affection. In prehistoric times semi-domesticated canines first cultivated human beings as a food provider. As the two species grew closer, dogs modified begging behaviors to maximize results: The more pathetic a dog seemed, the more scraps were tossed his way. Dogs have since refined this approach into a low-risk, high-reward hunting technique.

But don't be fooled: Begging is not an emotional crisis or a test of your love. It's what scientists might call an evolutionary survival strategy, or what the rest of us might

call a scam. Allowing your dog to guilt you into overfeeding him, or serving him a steady diet of table scraps in a misguided show of affection, can have harmful or even fatal results. **Puppy Feeding Tidbits**

1. Feeding your pup the moment you get home may encourage separation anxiety. Play or grooming is a more positive way to say hello.
2. When medically necessary, you can purchase canned or dry prescription diets from veterinarians to feed dogs with kidney disease, heart disease, diabetes, and other serious conditions. These foods should never be fed without a prescription.
3. Some vitamin or mineral supplements, when utilized incorrectly (such as extra calcium given to a large-breed dog on a good diet), will do more harm than good.
4. Before making a major change in your dog's diet, consult with your veterinarian and, when possible, the breeder. Once the formula is chosen, stick with it. Sudden changes in food may cause digestion problems.
5. Small portions of carrot or apple chunks are healthful low-calorie snacks most dogs love.
6. Fresh water should be available at all times. During the summer months, consider setting up multiple indoor/outdoor water stations. To avoid a buildup of bacteria, wash the water bowl daily.

#### ***How to Switch from Puppy Food to Adult Food***

When switching from puppy food to adult food, you should make the switch gradually over a period of a few days. A sudden change in your dog's diet may cause stomach upset. Talk to your veterinarian about the best type of food for your dog.

#### **Final Thoughts**

**\* Make sure everyone gets with the program!**

Your entire household must be committed to your dog's feeding regimen. If there's a soft touch for a handout in your family, your dog will find it and exploit it, thus undoing the good you are trying to do. Keeping a dog trim takes a conscious effort from everyone on your team. And remember: There is room for only one alpha dog in your house, and that's you. Allowing a dog to beg at the table undermines your status as pack leader, resulting in training and behavior problems.

### **\* Give a dog a bone? Careful!**

Our best advice here is caution. Poultry and pork bones, or cooked bones of any kind, are strictly forbidden. They splinter into shards that can cause choking and serious damage to the dog's mouth, throat, or intestines. Any bone, in fact, once chewed into small pieces, can block the intestines and lead to a nasty bout of constipation, can cause lacerations of the mouth and internal organs, or can lodge in the throat with fatal results. It is important to note that bones have little if any nutritional value.

There are other ways to satisfy a dog's craving to chew. Commercially available chew toys and simulated bones are made for dogs of all sizes.

As the famous food writer M.F.K. Fisher wrote, "First we eat. Then we do everything else." This is true for our pups, too.

### **Puppy-Proofing Tips For Your Home And Yard Jasmyne Ray | July 27, 2016**

Congratulations! You've taken the plunge and joined the exciting and sometimes chaotic world of dog ownership. By now, hopefully you've done the research and have somewhat of an understanding of how to care for your new puppy. Your house is going to be the place that your dog spends the majority of his life, so it's vitally important that you take precautions to make sure that it is a safe environment for him.

Puppies are EXTREMELY energetic and curious, so when puppy-proofing your home, you must be thorough. Puppy-proofing is, in many ways, similar to baby-proofing, in that you're trying to keep the puppy safe and out of things that he shouldn't be in.

#### ***Puppy-Proofing Tips For Indoors***

1. Electrical cords are a huge hazard for puppies because they're likely to chew on them. This can cause burns in their mouth or even worse, electrical shock. It's best to keep cords out of sight or string them through cord concealers to keep your puppy away from them.
2. As adorable as they look begging for food at the table, human foods are not good for pups. There are different chemicals in human food than there are in



puppy food, and those chemicals can harm the puppy's nervous system. Table scraps, even bones, are also a definite no-no.

3. Cleaning supplies should be kept in high cabinets or secured with childproof latches if they're stored close to the ground. When using them, make sure that the puppy is out of the area, so that he won't be affected by the vapors given off by the chemicals.
4. Avoid keeping medications on low tables where the puppy can easily get to them.
5. Keep toilet lids closed, so the puppy won't drink out of the toilet or fall in.
6. Doors and windows should be kept closed at all times, so the puppy can't escape.
7. Smaller hazards -- such as coins, paper clips, and rubber bands -- should be put away, as should expensive items, like jewelry, so the puppy won't chew on them.
8. It's best to keep your puppy in an area with flooring that is easy to clean, such as linoleum, tile, or wood.
9. Keep all sharp objects out of your dog's reach.
10. Make sure that any small objects are cleared from the floor, so that your puppy won't accidentally eat them.

And then there's the great outdoors. The place where your dog can roam freely, completely and at whim to his furry inhibitions. Your backyard is going to be your puppy's playground (and bathroom), so it's important that it is also clear of all hazards.

### ***Puppy-Proofing Tips For Outdoors***

1. It's best to have a fenced-in backyard with a fence that is high enough to prevent the puppy from jumping over it. Make sure there are no holes in the fence that would enable the puppy to get out.
2. Promptly remove any toxic plants in your yard to prevent your pup from mistaking them for a snack.
3. Pools are a big hazard for puppies and are hard to puppy-proof because they typically take up a large portion of the yard. It's recommended that you have a fence surrounding the pool to prevent the puppy from accidentally falling in, but there are dog trainers who can teach pool safety to dogs, as well.

4. Set aside a portion of the yard for the puppy to use as his bathroom area. Something that smells as strongly as a mothball is likely to attract a pup's attention, even if it is hidden. It's better not to put them in the yard at all if you have pets.
5. Make sure that you take care of the lawn. Ticks are more likely to hide in tall grasses and latch onto your pup.
6. Keep your dog away from the yard if it has recently been treated with fertilizers, pesticides, or insecticides. Try to avoid using insecticides because the chemicals can be very harmful to your puppy.
7. Make sure that there is shade for your dog in your yard and be wary of heat. Avoid keeping your dog outside when it is very hot.
8. Clean up after your puppy to be sure he won't try to eat his own feces.

Puppies are much like children in that they are completely dependent on you for everything, and their safety should be your No. 1 priority. It's a hefty responsibility, but most definitely worth it.

### **Tips for Getting your Dog to Come to You – Every Time You Call! Staff Writers | July 22, 2015**

**“Come” is the most important word that you will teach your dog, and if it is trained using positive reinforcement and play, you are more likely to have a successful, reliable recall. Maintaining a solid recall is a lifelong training effort that includes enthusiasm, consistency, and most importantly, rewards – lots and lots of rewards! Before You Begin: Never use your recall cue to call your dog to you for something negative, such as a reprimand, isolation, to get their nails clipped, or anything else your dog finds to be negative. Always make sure it is fun and positive every time they run to you.**

**If you have inadvertently already been calling your dog for things that he or she considers unpleasant, then just change your command and start training all over so your dog learns that coming to you is the best thing in the world! So, if you need to get your dog for something he considers unpleasant (such as a bath or nail trim), do not use your “come” command – just go get the puppy without associating a word with it. Teaching the Recall: Start slowly by practicing at home with minimal**

distractions and plenty of fun or yummy rewards, like toys and treats. First, show your dog a high-value treat as you move backwards and say the dog's name in a bright, happy tone. If the puppy runs straight to you, reward with several small treats.

Be very exciting and make the puppy understand what great fun it is to run to you. As he comes to you, give him several treats AND praise AND petting AND play. Once your dog is running consistently straight to you, you can name the behavior (come, here, etc.).

When going outside to practice, there will be more distractions, so always keep your dog on a leash or safety long line until he has been trained more thoroughly, and don't forget to use high value treats! Collar Grabs: Practice grabbing your dog's collar when he comes to you, just before you give him the treat. This will avoid your dog taking the treat and run away to play the game again. It will also make your dog associate a "collar grab" with a good thing and not something to run away from and avoid.

### *Reinforcing the Recall:*

The key to success is building a great relationship with your dog. You must try to be "Be the Very Best, Most Interesting Human Ever in the History of the Entire World" each and every time you call your dog to come.

Also remember to never, ever reprimand your dog after you ask them to come to you! This rule applies to every recall and means that no matter how many times you call or how long it takes for your dog to get to you, he gets huge rewards once he gets to you.

Have your dog randomly check in with you many times while at play, especially with other dogs. Just call them to you, give them a treat and then release them back to play. That way, "come!" is not associated with leaving or being leashed.

### **Puppy Socialization: Why, When, and How to Do It Right Liz Donovan | June 04, 2015**

Socializing your puppy is the key to ensuring you'll have a happy, confident, and well-adjusted dog for life. Below, learn the best time to socialize your puppy, how to do it right, and why it's important. When to Socialize Your Puppy From 7 weeks to 4

months of age, your puppy goes through a socialization period that permanently shapes his future personality and how he will react to things in his environment as an adult. Gently exposing him to a wide variety of people, places, and situations now makes a huge, permanent difference.

Also, it's important to note that when you buy a puppy from a responsible breeder, the process can start even earlier. Gentle handling by the breeder in the first several weeks of your puppy's life is helpful in the development of a friendly, confident dog. At as early as 3 weeks of age, puppies may begin to approach a person who is passively observing them, and having a knowledgeable breeder to encourage a positive experience with people is beneficial to the puppy's adult behavior.

**Why to Socialize Your Puppy?** The idea behind socialization is helping your puppy become acclimated to all types of sights, sounds, and smells in a positive manner. Proper socialization can prevent a dog from being always fearful of children, for example, or of riding in a car, and it will help him develop into a well-mannered, happy companion.

Also, having a dog that is well-adjusted and confident can even go as far as to save his life one day. According to the American Veterinary Society of Animal Behavior, improper socialization can lead to behavior problems later in life. Also, the organization's position statement on socialization reads: "Behavioral issues, not infectious diseases, are the number one cause of death for dogs under three years of age." If your dog becomes lost, the fact that he's easily able to accept new places and people can better ensure he'll be cared for until you locate him. And if something happens to you, he'll have an easier time adjusting to a new caregiver or home.

**How to Socialize Your Puppy**

As mentioned earlier, your breeder will start the socialization process as early as the puppy's first few days of life, by gently handling him and allowing him to explore his surroundings. But when the puppy comes home with you, the crucial socialization period begins, so it's important to continue this process. Here are the basic steps to follow:

**Introduce him to new sights, sounds, and smells:** To a puppy, the whole world is new, strange, and unusual, so think of everything he encounters as an opportunity to

make a new, positive association. Try to come up with as many different types of people, places, noises, and

textures as you can and help your puppy be exposed to them. That means, for instance, have him walk on carpet, hardwood, tile, and linoleum floors; have him meet an old person, a young person, a person wearing sunglasses, a person carrying crutches. Think of it as a scavenger hunt. Here, find a comprehensive checklist for puppy socialization that can be used as a guide.

**Make it positive:** Most importantly, when introducing all of these new experiences to your puppy, make sure he's getting an appropriate amount of healthy treats (grain free or slices of apples, bananas, and carrots) for reinforcement and praise so that he associates what he's being exposed to and the feeling of seeing something new as a fun thing. Don't forget to break the treats into small pieces that will be easy for your puppy to digest! Also, don't be stressed yourself—dogs can read our emotions, so if you're nervous introducing your puppy to a larger dog, for example, your puppy will be nervous, too, and may become fearful of larger dogs in the future.

**Involve the family:** By having different people taking part in the socialization process, you're continuously taking the puppy out of his comfort zone, letting him know that he might experience something new no matter which he's with. Make it a fun game for the kids by having them write down a list of everything new the puppy experienced that day while with them, such as "someone in a baseball cap" or "a police siren."

**Take baby steps:** Try to avoid doing too much too fast. For instance, if you want your puppy to get accustomed to being handled by multiple people he doesn't know, start with a few family members and slowly integrate one stranger, then two, and so on. Starting this process by taking your puppy to a huge party or a very busy public place can be overwhelming and result in a fearful response to groups of strangers in the future.

**Take it public:** Once your puppy is used to the small amounts of stimuli, move outside of his comfort zone to expand the amount of new experiences he'll have. Take him to the pet store (after he's started his vaccination series), over to a friend's house for a puppy play date, on different streets in the neighborhood, and so on. At seven to ten days after he's received his full series of puppy vaccinations, it's safe to

take him to the dog park (but be sure to follow dog park safety protocol when doing so).

**Go to puppy classes:** Once your puppy has started his vaccinations, he can also attend puppy classes. These classes not only help your puppy begin to understand basic commands, but also help expose him to other dogs and people. Skilled trainers will mediate the meetings so that all dogs and people are safe and happy during the process. Puppy classes are available at many pet stores and through dog trainers. Don't forget to pack your pup's favorite Training Treats for when he performs well!

**Note:** To earn a S.T.A.R. Puppy certification, contact an AKC-approved dog trainer. Find an AKC-approved trainer in your area [here](#). Earn a S.T.A.R. Puppy title: Show off your and your puppy's hard work by earning his very first AKC title—the S.T.A.R. Puppy, which stands for socialization, training, activity, and responsibility. After completing a six-week training class, your puppy can take a simple test given by an AKC-approved evaluator. The test items include allowing someone to pet him, tolerating a collar or harness, allowing owner to hold him, and more (see a full list of S.T.A.R. Puppy test items [here](#)). Also, the owner pledges to be a responsible pet owner for the duration of the dog's life. This program is open to both purebred and mixed-breed dogs up to 1 year of age.

### **Puppy Separation Anxiety: Symptoms, Causes, Prevention, and Treatment Erika Mansourian | December 01, 2015**

When you're raising a puppy there can be a parade of behavioral issues that march through his—and your—life. Separation anxiety (SA) can be one of them.

Understanding and recognizing the problem is the first step. Then you will be equipped to address it right from the start. This is key because, as the Tufts Animal Behavior Clinic says, once canine behaviors are established, it takes time and work to change them. So it's better to prevent puppy separation anxiety before it starts—and that time is in puppyhood. What is puppy separation anxiety?

It's fairly straightforward: Whether in a puppy or an adult dog, separation anxiety is when your dog exhibits stress and/or behavioral problems when left alone. Sadly, it is also one of the most common reasons why owners get rid of their dogs. This is

especially unfortunate because it is an issue that can be treated by implementing a few simple but important tactics.

Here's the good news: As the responsible owner of a new puppy, hopefully you've laid the foundation for a well-adjusted, well-behaved dog through puppy training, socialization, crate training, and the investment of time and consistency. Therefore, many of the recommendations here are things you are already doing, or have done. That said, SA does present some unique challenges. What is the difference between separation anxiety and normal canine behavior?

Separation anxiety is a serious condition, and it goes beyond the occasional mournful whimper when you leave the house or the shredded sock waiting for you upon your return. It is also not the same as boredom, and unlike a little mischief when your dog is left alone, separation anxiety is the result of legitimate stress.

Genuine separation anxiety is not just your puppy's anxiety when you leave—it continues to plague your dog until the moment you return. What are the signs of puppy separation anxiety?

Here are some of the behaviors your dog may exhibit. One or two of them, that happen occasionally, may not be a sign of puppy separation anxiety, but if he has multiple episodes of more than a few of them, he is most likely suffering from SA.

1. Excessive barking or howling. (Dr. Mary Burch of the AKC's Canine Good Citizen program also offers great advice about dealing with excessive barking.)
2. Destructive acts, such as chewing furniture and frantic scratching at doors or windows
3. Indoor "accidents"—urinating or defecating in the house
4. Excessive salivation, drooling, or panting
5. Intense pacing
6. If confined, prolonged attempts to escape

What causes puppy separation anxiety?

It's unclear why some puppies are more prone to separation anxiety than others. There's some anecdotal evidence to suggest it's more common in shelter dogs, which

may have been abandoned or suffered the loss of an important person in their life. The more people-oriented breeds may likewise be more susceptible. Also, smaller dogs can be prone to separation anxiety if they're accustomed to near-constant companionship. Life changes can also cause the condition, including a sudden change in schedule, a move to a new house, or the sudden absence of a family member, whether it's a divorce, a death in the family, or a child leaving for college. What can I do about puppy separation anxiety?

Neither you nor your puppy wants this constant cycle to continue. It's difficult seeing a beloved pet under so much stress and just as difficult to come home to mayhem and destruction. While there's no magic bullet, there are some things you should try.

As said, these methods should already be part of a puppy's routine, but they're also specific to addressing SA.

**1. *Crate Training*** - It's well-established, but it always bears repeating: The crate is your dog's ally, and it's an important training tool and the solution for a number of puppy challenges. It's neither cruel nor unhealthy. Look at it this way: For millennia dogs have been "den animals." In the wild, they use small, enclosed spaces for protection, warmth, and to raise their puppies. This hardwired instinct can be employed to give your pup a safe, quiet place to retreat to. Especially, when you're not home, some dogs feel safer and more comfortable in their crate when left alone. Watch his behavior in the crate to see if he settles right down or if the anxiety symptoms ramp up. Crate training is a subject unto itself, so here is everything you need to know.

**2. *Conditioning*** - Conditioning is an important element of raising a mentally and physically healthy new puppy. In some cases, you can try to relieve his dismay by teaching him that separation has its rewards. Right now, he's conditioned to go into stress mode when he knows you're leaving him. Try countering that reaction by using a "high value" treat—something he especially loves, and that you only bring out for important lessons and rewards. If he gets a treat right before you leave, he might even begin to look forward to your departure. Begin conditioning your puppy early on by leaving him for very short periods of time and gradually lengthening the amount of time you're gone.



**3. *Exercise* - Physical:** Make sure your puppy gets plenty of exercise. This is especially true for large, high energy dogs with a lot of it to burn off. A tired, contented dog, which's had a brisk walk and playtime with you, is more likely to settle down when you leave. **Mental:** Dr. Brian Kilcommons, of The Pet Docs, says, "Mental exercise is just as important as physical, if not more. Games that build his self-control, focus, and patience are key to him getting better when alone." Kilcommons' book, *My Smart Puppy*, provides games that will develop and occupy that busy puppy brain.

**4. *Medication and Natural Supplements*** - Sometimes, no amount of training and conditioning will help. Some vets recommend medication such as amitriptyline, which is used to treat depression, or alprazolam, which is prescribed for anxiety and panic disorders. These require a prescription and are safe for most pets, though you'll need to consult with your vet, and be extra diligent about the use of medication with a young dog.

Another option is natural supplements and homeopathic treatment. Natural supplements that help ease anxiety in dogs include the amino acid L-theanine, chamomile, passionflower, St. John's Wort, and valerian. AKC Family Dog columnist Dr. Shawn Messonnier suggests that natural supplements help ease anxiety in dogs because they have various mechanisms of action that basically function to alter neurotransmitters in the brain (such as serotonin, GABA, or dopamine), to induce a sense of peace and calmness.

**5. *Play it Cool*** - PetMD recommends that you not pay attention to your dog when he follows you around closely. Most behaviors considered "attention seeking" can be modified by ignoring them. When you're about to leave, try not to give cues that your pup will begin to recognize. In other words, depart calmly and without fanfare.

In the Merck Veterinary Manual, Drs. Gary M. Landsberg and Sagi Denenberg say that a daily routine can be established that provides stability and predictability for the puppy, beginning with meeting the dog's social and physical needs, followed by sessions of inattention during which the dog is given the opportunity to nap and rest or to engage in exploratory play with his food and chew toys.

Separation anxiety in puppies and dogs isn't always preventable, despite your best efforts. But with patience and a positive attitude, you may be able to reduce your

puppy's suffering. It can be a complicated process, so consider working with a Certified Applied Animal Behaviorist or a veterinary behaviorist.

*Other resources for pet owners:*

1. Here are several surprising signs of general anxiety in your dog, beyond separation issues.
2. Dr. Patricia McConnell, a Certified Animal Behaviorist known as an expert on the topic, has written a 38-page booklet called *I'll Be Home Soon* that offers additional guidance on concrete steps for alleviating your pup's emotional distress.
3. *Separation Anxiety in Dogs* by Lindsay Stordahl

**Who's Walking Who? Tips to Teach Loose Leash Walking Penny Leigh | June 01, 2015**

AKC GoodDog Helpline Trainer Erin Rakosky shares two of her favorite exercises for encouraging your dog to walk politely by your side – not pulling ahead, dragging you along on the walk! It's a nice evening outside, and you and Fido are getting ready to go for a walk. You put your shoes on, get the collar and leash on him, and head out the door. You're off down the driveway, and Fido immediately starts pulling ahead. You ask yourself, "Who is walking who here?" If this sounds familiar, then it's time to read further and learn how you can help your dog be the walking partner you have always wanted.

The items you will need for training your dog to walk on a loose leash are: a flat, buckle collar; 6 foot leash; and plenty of small treats. Regular harnesses that hook on the back of your dog are not recommended. These types of harnesses can actually encourage your dog to pull harder. If you do want to use a training aid, then the use of a head halter or front hook harness is recommended.

There are two favorite exercises that I like to do to help my dog to understand how to walk politely on a leash. Below are the instructions for each:

1. **Off-leash Work:** The first exercise that I like to do is actually with my dog off leash. It is great to do this outside in a fenced in area, but if you do not have access to one, then inside the house, in a hallway, will work too. I first walk around and ignore my

dog. Then, I will call them while being very excited. When they come to my side, I will reward them with a small treat.

While I continue to walk, I will talk to my dog in an upbeat voice encouraging them to stay at my side. Every couple of steps I will reward my dog with a small treat. After about 10 to 15 steps, I go back to ignoring my dog allowing them go back to whatever they were doing previously. After a minute or two I will call them back and repeat the process. I like this exercise because it gives the dog a chance to take a mental break after working hard with me. By doing this, your dog will soon learn that great things come when they are walking with you at your side. 2. Out on A Walk: The next exercise should be done while you are out on a walk with your dog. When your dog pulls they are doing so because they want to move in the forward direction. So when your dog starts pulling, you should stop and take several steps backwards.

While stepping backwards, call your dog in a cheerful voice and reward them when they return to your side. By doing this, you are taking the dog away from the forward direction in which they were trying to go. Start moving forward again. If your dog continues forward at your side then reward them every 3 to 4 steps with a treat. If they begin to pull forward again, repeat the above steps. Your dog will learn that in order to move forward, they must not pull on the leash.

As your dog becomes better at this exercise, start increasing the number of steps taken before giving the reward for staying at your side. Once your dog is able to walk politely by your side, continue to reward but do so at random intervals to keep them guessing.

Remember that in order for this training method to work, you must do it every time your dog pulls. If they are allowed to pull on some occasions, then it will only confuse them.

### **How to Teach a Puppy to Walk on a Leash Liz Donovan | October 26, 2015**

Many people think that dogs just innately know how to walk politely on a leash, but this skill is something that needs to be trained. Fortunately, it's one of the easier skills to teach a puppy. Dog-training expert and AKC Family Dog Training & Behavior

columnist Kathy Santo offers the following tips: **Step 1: Training Your Dog to Walk on a Leash**

***Introduce him to the collar or harness and leash.*** Start out by letting him get used to wearing a collar or harness and a leash. Let him wear them for short periods of time, in the house, during which you are playing with him and giving him treats. The puppy should love “collar and leash time” because it represents food and fun.

***Teach a cue.*** *Introduce your puppy to a sound cue that means “food is coming.”* Some people like to click and treat, some people use a word like “Yes,” and some people cluck their tongue. Whichever you use, the method is the same: In a quiet, distraction free area, with the puppy on a leash and collar, make the sound. The second your puppy turns toward you and/or looks at you, reward him with a treat. After a few repetitions, you’ll notice your puppy not only looking at you, but also coming over to you for the treat.

***Make him come to you.*** While he’s on his way to you, still wearing the leash and collar, back up a few paces and then reward when he gets to you. Continue the progression until your puppy, upon hearing the cue noise, comes to you and walks with you a few paces. Remember that puppies have short attention spans, so keep your sessions short, and end them when your puppy is still eager to do more, not when he’s mentally exhausted.

***Practice inside.*** Now that your puppy understands how to come to you, practice walking a few steps in a room with little distraction. Feeling and seeing the leash around him will be enough of a challenge. Offer treats and praise as your puppy gets used to coming to you, as described above, with a leash on.

***Take it outside.*** Finally, you're ready to test your puppy's skills in the Great Outdoors. There will be new challenges with this step as all the sounds, smells, and sights your puppy encounters will be both intriguing and new to him. Be patient; keep the first walks short. While you’re on a walk, if your puppy looks as if he’s about to lunge towards something or is about to get distracted (you’ll notice this because you will keep your eyes on him at all times!), make your cue sound, and move a few steps away and reward his following you with a treat. **Step 2: Leash-Training**

**Troubleshooting**

As perfect as you want to pretend your puppy is, you're likely going to run into some issues as he learns to walk on a leash. (And eventually, you'll want to teach him loose-leash walking so that he can pass his Canine Good Citizen test!) Here are a few tips on what to do if you're having trouble, courtesy of the AKC GoodDog! Helpline.

*If he pulls:* If your dog starts pulling in the other direction, turn yourself into "a tree." Stand very still and refuse to move until your dog comes back to you. Do not yank or jerk the leash, and do not drag your dog along with you. Alternative harnesses, like front-hook harnesses, and head halters are designed for dogs that tend to pull.

*If he lunges:* If your dog is going after something while on a walk — another dog, a car, or skateboarder, for example, try to redirect his attention with a treat before he has a chance to lunge and create space between you and the target. Be proactive. Get prepared before the target of his frustration gets too close. This type of behavior is more common in herding breeds, who like to chase.

*If he barks:* Some dogs have the habit of barking at other dogs while on a walk. Oftentimes, this behavior comes as a result of lack of exercise. Make sure your dog gets the proper amount of mental and physical stimulation for his breed. If this is still a problem, use the same process as you would if your dog is lunging at a car — create distance and offer treats before he starts to bark.

Gradually you'll reduce the amount of treats and troubleshooting that your puppy needs during a walk, but you'll always have some on hand to randomly reinforce good leash walking behavior!

### *Five Quick Tips for Leash Training Your Puppy or Dog Staff Writers | August 11, 2015*

**1. Be a tree.** If your dog pulls on the leash, stop walking! Only continue walking once your dog has put slack in the leash. Consider a head halter or front-hook harness if your dog tends to pull.

**2. Don't allow your dog to approach another dog without permission from the owner.** Just because your dog is friendly, doesn't mean every dog is! If the other owner declines, don't get offended or try to force the other dog into a greeting. Remember, that the other dog may be recovering from surgery or an illness; he could be in training; or he may just have had a bad experience in the past.

**3. *Pick up after your dog.*** Not only is it unsightly and unpleasant to step in, dog waste is a source of pollution for surface water supplies, harboring pathogens like E. coli and giardia. So always pack some dog waste bags when you take a walk!

**4. *Barking at other dogs.*** Leash reactivity is a common problem among dogs that don't get enough mental stimulation or exercise. Try trick training and treat-dispensing toys along with longer and more frequent exercise sessions. Fetch, swimming, and running at the park are all great ways to supplement a daily walk.

**5. *Lunging and barking at passing cars, bikes, and skateboarders.*** This is often seen in herding breeds. The motion of the wheels can trigger a predator/prey response in your dog and incite him to chase. You can help this problem by redirecting your dog as soon as he notices a moving object. Create distance by moving away from the object. Redirect your dog with tasty treats and easy "tricks" like sit, down, shake, and following you as you walk backward.

### **How To Teach A Dog to Fetch or Retrieve AKC Staff | June 04, 2015**

**AKC GoodDog! Helpline Trainer Erin Rakosky tells us how to get any dog interested in picking up and retrieving toys – a great game to play with your dog and also a good way to exercise your pet!**

**Playing fetch with your dog is a great way to burn off extra energy and bond with your pet. Some dogs naturally pick up fetch while others may have no interest. Some dogs like the act of chasing the ball but then, won't bring it back. This article will help you teach your dog how to play fetch. We will also discuss how to help prevent your dog from chasing the ball but not returning.**

**For training fetch, the tools you will need are an appropriate amount of tasty treats (Purina® Pro Plan® Training Treats are always a great choice!), a clicker or marker word, and plenty of fun toys. For teaching fetch we are going to use what trainers call "shaping," that is, allowing your dog to figure out how to perform a behavior with minimal help from you.**

## ***Shaping Fetch***

First you want to initially pick a toy that your dog is willing to put in their mouth. Some dogs have preferences for plush toys while others like balls. After they learn the behavior, you will be able to ask them to retrieve anything you ask.

1. For the purpose of teaching, we will use the case in which your dog has no interest in playing with toys. For now, place the toy on the ground. Initially, you will be marking any sort of interaction with the toy. This may be your dog just looking at the toy. When I talk about marking, I am referring to using a clicker or marker word to mark the exact behavior you want and rewarding after with a treat. So, you will wait for your dog to look at the toy. As soon as they do, click and reward. Make sure to use a treat your dog will love.
2. Continue doing this until your dog is reliably looking at the toy for a reward. Once they have this down, it is time to hold out and ask them to do something else with the toy. This usually comes from the dog getting frustrated that their reward is not coming. Most dogs at this stage will nose the toy or touch the toy with their paw. When this occurs, mark it and reward. This is now what you require before they are rewarded.
3. Now I hold the toy in my hand and place it near their face. If they weren't previously touching their nose to the toy, this is when you will require it. Wait until the dog sniffs the toy and then mark and reward.
4. For the next steps you are going to continue to grow from here. Again, once your dog is nose touching the toy hold out on the reward. Your dog will then get frustrated and try and mouth the toy. Immediately mark and reward this.
5. Once they are mouthing the toy, I will put it back on the ground in front of me. I will ask them to pick the toy up and then I will place my hand under the toy and mark and reward when they place it in my hand. From here you are ready to start increasing the distance that you place the toy from you. Remember to do this gradually and keep your requirements for getting the reward. Eventually, your dog will be willing to pick up anything you ask and place it in your hand for their nutritious reward.

### ***Returning with the Toy***

The main goal of this exercise is to show your dog that fun comes from playing with you with the toy - no matter what type of toy!

Get four to five toys that your dog enjoys playing with and set them in a circle. Outside, in a fenced area is best for this. But if you don't have access to an enclosed outside area, then a large space inside will work too.

Start playing with your dog with one of the toys. Act very excited, like this is the best game in the world. When your dog is really into the play, you should take off running to the next toy.

If your dog follows you, start playing with the new toy with them, again remembering to be super excited. If your dog stays playing with the first toy, then you should start playing with the new toy by yourself. This is when it is really important to act like you are having the best time playing with this toy.

Eventually, your dog won't be able to stand it and will come join in the fun. Continue this exercise, running from toy to toy. If you do this exercise a couple times a week, your dog will learn that you bring the fun and not the toy!

For more training tips and advice, subscribe to the AKC GoodDog! Helpline. Experienced trainers man a phone line seven days a week to help our clients with all their training and behavioral questions.