

PUPPY E-BOOK

Learn Exactly What it Takes to Raise Your Dream Puppy



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A GIFT

just for you

PERFECT PUPPY BLUEPRINT

LEARN EXACTLY WHAT IT TAKES TO RAISE YOUR DREAM PUPPY

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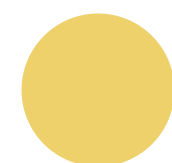
WANT TO LEARN MORE

YOUR NEIGHBORHOOD

This guide will highlight some simple tips to help you raise a puppy that is ready for the sounds, sights, and scent of your neighborhood

Raising a puppy in your neighborhood can have unique challenges compared to raising a pup in the country where the environment is quieter and very different.

Anyone who has stood outside trying to get a puppy to eliminate beside a busy city street will tell you they have become super aware of the honking horns and sirens, people and dogs passing, and trucks noisily unloading their wares.



POSITIVE EXPOSURE & SOCIALIZATION



Introducing your puppy to the world in a positive way while they're young is crucial for a happy, well-rounded adult dog in the future. Lack of socialization during the critical "imprint period" can lead to a higher chance of behavioral issues when the puppy becomes an adult.

This means carefully and thoughtfully expanding your pup's experiences and making sure these experiences are viewed by your puppy as positive. If he/she is in the critical socialization period up to around 3 to 3.5 months, you will need to be extra careful when exposing your pup to new sights, sounds, people, and dogs, but please do it, and daily if possible.

Dogs learn in two ways - by association/emotion and by consequence/doing. Because of these two learning styles, dogs see the world in two ways: what is safe/good for me verses what is dangerous/bad.

For all socialization and proactive exposure training, take everything slow and let your puppy guide the pace. Keep socialization practice short and sweet, and start new exposure low and slow.



SOCIALIZATION CHECKLIST



PEOPLE

- Babies
- Toddlers
- Pre-teen
- Female
- Male
- Teens
- Men of all sizes
- Men of all ages
- Women of all sizes
- Women of all ages
- People of Different Races
- People Wearing Hats
- Post man
- Garbage man
- Fireman
- Policeman
- People in wheelchairs
- People with canes
- People with head scarfs
- People in costumes
- Vet/Vet Techs
- People in Scrubs

BEING TOUCHED

- Back
- Belly
- Collar or Neck
- Face
- Ears
- Mouth/Gums
- Front Legs
- Hind Legs
- Holding / Hugging
- Paws / Nails
- Tail / Rear

PUBLIC EVENTS

- Sporting Event
- Birthday Party
- Holiday Celebration
- School Gathering
- Street Fair
- Seminar
- Picnic/Camping
- Beach
- Park
- Sports Field
- Pond/Lake
- Restaurant
- Coffee Patio

GROOMING

- Bath/ Shower
- Brushing
- Blow Dryer
- Combing
- Ear Clean
- Eye Cleaning
- Nose Cleaning
- Teeth Cleaning
- Nail Filing
- Paws and Between Toes
- Towel Dry

EXPERIENCES

- Being left alone
- 5 minutes left alone
- 10 minutes left alone
- 30 minutes left alone
- 1 hour left alone
- 4 hours left alone
- Car rides
- Crossing Over Bridge
- Crossing a Street
- Doggy Play date
- Elevator or Lift
- Going Thru a Tunnel
- Rail-Road Crossing
- Going up and Down Stairs
- Taking a Walk
- Kiddy Pool
- Water Sprinklers

PLACES

- Vet Office
- Sporting Fields
- Pet Store
- Bowling Alley
- Skating Rink
- Drive In Theater
- Farm
- Boat
- Bus
- Soccer Field
- Coffee Shop
- Outdoor Patio
- Hardware Store
- Parking Lot

SOUNDS

- Thunder
- Fireworks
- Gun Shots
- Barking dogs
- Diesel Engines
- Loud Music
- Burning Wood
- Crying Babies
- Hunting Calls
- Banging of Pots and Pans
- Lawnmower
- Vacuum Cleaner
- Washing Machine
- Garage Door
- Doorbell
- Knocking
- Smoke Alarm

SMELLS

- Pizza
- BBQ/ Grilling
- Food Court
- Exhaust fumes
- Grass
- Paint
- Rubbing Alcohol
- Frying Egg
- Other Dog Food
- Gasoline (at a distance)
- Pool
- Beach

OBJECTS

- Balloon
- Broom
- Vacuum
- Moving Objects
- Flags
- Home Robot
- Hula Hoop
- Kids toys
- Mirrors
- Paper and Plastic bags
- Wire crate
- Plastic crate
- Shopping cart
- Baby Stroller
- Bicycles
- Skateboard
- Scooter
- Surfboard
- Kayak
- Paddle Board
- Baseball Bat
- Gym Equipment
- Backpacks
- Suitcases
- Ice
- Surf boards
- Camera
- Phones
- Fence

Surfaces

- Dirt
- Grass
- Wet Grass
- Gravel, loose and packed
- Sand
- Tile
- Concrete
- Granite/ Marble
- Slippery surfaces
- Metal
- Carpet
- Man Holes
- Wood Chips
- Puddles
- Moving
- Cold
- Mud



DITCH THE BOWL



Did you know that mental stimulation is just as important as exercise for both puppies and adult dogs? Your pups will use up mental energy and enjoy their food even more when having to work for it. Instead of feeding them right out of the bowl, take a portion of their food to use as a training opportunity and the rest in an interactive feeder. As your puppy works on their enrichment project you can take some time to catch up on your to do list:)

Many people think if you want to tire a puppy, you only have to give them exercise. Exercise and play are extremely important, but the more exercise your puppy gets often the more they require.

Every pet parent can ditch the bowl with the exception of those who are having to put medication in the food or a senior dog with possibly this and other special needs. Implementing learning and training activities into your daily routine makes it easier and more productive for all. Another great benefit for puppies who are teething and have sore gums, chewing, especially on a frozen toy stuffed with part of their meal, helps relieve their pain and the need to chew. Maximize their meals!

POTTY TRAINING

Potty Training has its challenges. Hopefully, with a few helpful tips, we can help minimize those challenges.

First, choose the place you would like to train your puppy to go potty, either outside or inside and be consistent in taking him/her there on a leash every time. If inside, a grass patch such as Doggie Lawn, which can be delivered to your door, is an option for some people.

Locating a **quiet space** in the house to put the grass patch where there isn't a lot of foot traffic, will help your puppy relax and potty in peace. Places like a laundry room are perfect for a set-up. If you are leaving your puppy for a few hours, an exercise pen can create an excellent containment solution. A balcony can also be a great spot to set up a potty station. Some puppy's, just like humans, are afraid of heights so set the grass patch close to the door but out of the way so the puppy does not track anything back into the house.

Find a reinforcer your puppy loves and will want to work for, such as a favorite toy or treat. Be sure to keep the treats and toy out of sight and only bring them out except during potty breaks. Place poop bags and trash can near by so you can quickly get rid of waste - puppies explore and by quickly cleaning up waste, this will prevent any taste exploration:(We prefer trash cans with a lid and liner so we can throw the entire bag away every couple of days.

Once you have chosen a location and completed your set up, it is time to get started. Bringing your pup to the room where the new potty station is and encouraging exploration and positive interaction like a short game of fetch or tossing a few treats on the floor may also get their bladder moving. It is not uncommon for a puppy to slightly miss the potty area; you will still want to reward your puppy for any effort around the potty station to encourage and motivate them. Keep wipes handy just in case.

Supervising your dog at all times; tethering or confinement tools like a crate and exercise pen will help you keep an eye on your dog and watch for their potty signals. Some puppy's spin around or sniff as a sign they may need to use the bathroom. Set a timer, every hour at first, to bring your puppy to the potty station. You may need to carry and leash your puppy to bring and / or keep them on the potty station.

To teach your puppy to **go potty on cue**, name the action while they are going potty. Say the cue, quietly as not to interrupt their potting, and wait until they are done to praise, and follow up with their reward will create a positive association between the two.

Any new behavior takes time and continuing the above well past the time you think they understand, will pay many dividends. With management and consistency your pup will be trained to go potty the correct way without the freedom to make mistakes.



Benefits of Good

MANAGEMENT

The benefits of good management are under rated. Managing a situation rather than trying to change your dog's behavior is sometimes the easiest answer to a behavior problem for both you and your dog.

One example of using management is removing important and dangerous objects that your puppy might want to explore...always with their teeth! Removing tempting food from the kitchen counter is also a great example of using management. Prevention and setting your new family member up for success is the way to go.

The main purpose of crate training your puppy is to prevent them from getting into trouble or harming themselves. It can also be very helpful for the purpose of preventing unwanted behaviors as well as pups learning impulse control.



As a new puppy parent, it's important to know and recognize dog's body language and their calming signals. Recognizing a calming signal is the best way to help de-escalate a situation for your puppy before they become even more uncomfortable.

A Puppy uses calming signals to say "I'm stressed out, can we go now?"

Calming signals are meant to clearly communicate meaning; unfortunately some parents miss their puppy's cry for help until it escalates into something more vocal. Some signals can serve as a stress release, such as the shake off.

EXAMPLES OF CALMING SIGNALS

- Lip Licking
- Shake off
- Paw lift
- Stretching
- Look Away
- Pacing
- Sniffing
- Scratching
- Big Yawn
- Blinking
- Lowering the tail
- Sneezing

SIGNS OF STRESS

CALMING SIGNALS ARE
MEANT TO CLEARLY
COMMUNICATE
MEANING

All dogs should have a safe place, such as a crate or mat that they can go to when they want to be left alone.





LEARNING TO TALK DOG

Dogs learn by performing behaviors that result in something pleasant. The more often the dog performs a behavior that results in something pleasant, the more likely they are to repeat that behavior.

Sometimes simply ignoring or not reinforcing a particular behavior with your attention may extinguish some unwanted behaviors.

The investment you make giving your puppy a good learning foundation will pay off throughout their life.

THE LEARNING PROCESS

Positive reinforcement training is based on the principles of classical conditioning; Pavlov's dogs salivated at the sound of a bell because they had learned to associate the bell with food, and operant conditioning; Skinner's pigeons performed a series of movements in order to receive food.

Capturing involves waiting for your dog to perform a behavior that you wish to strengthen. The moment your puppy performs the desired behavior without incentive, mark (praise) and reward your puppy. For example, if you wanted to teach your dog to lie down using capturing, you would wait until he chooses to lie down, then mark and reward.

Consistency in Training - In order for your pup to clearly understand what you expect, training must be clear and consistent. This also means that the whole household needs to be on the same page.

Reinforcement - The timing, strength, and type of reinforcement used to communicate with your dog is critical to the outcome of what your dog learns. A behavior is strengthened when a reinforcement occurs every time.

The younger the puppy is, the shorter the attention span. Shorter, more frequent training sessions throughout the day are ideal. My sessions last full term because I am there for the pet parents and family, not just the pup.

- Say Please- Teach your puppy to sit for anything they want.
- Follow- Introduction of recall (come when called)
- Trade- Your puppy dropping what's in their mouth for another option, is a great way to teach "Let Go".





To Do

Description

Potty Training

Go through the same door, go to your potty spot, say "Go potty" and reward!

Meal Time & Training

Feed by hand, interactive feeder, training session, or use meal time to help with a positive socialization experience.

Exercise/ Play/
Socialization

Human play, fetch, tug, walk, positive social and other exposure experiences

Alone Time

Give your puppy something special such as a Kong or a chew, when your are ready to leave. Add 15 min weekly

Is your cute, adorable puppy driving you crazy? I would love to help take away the stress that comes with raising a puppy. You can have peace of mind and know you are making the right decisions every step of the way.

Want to Learn More?

Check out our Website at Anitaslovingpetservices.com and fill in the Client Contact Form and ask about our Puppy Training



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