



Puppy Training Guide

Name _____

Animal # _____

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Puppy Socialization Packet

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PUPPY SOCIALIZATION

WHAT IS SOCIALIZATION, AND WHY IS IT SO IMPORTANT?

Socialization is the process through which dogs learn what is safe and unsafe in the world around them. Puppies experience this critical socialization period from 3-16 weeks of age. It is during this time that it is important for puppies to be positively introduced to varying sights, sounds, surfaces, and people. Dogs who are well-socialized grow up more confident and resilient than their counterparts. It is important to intentionally socialize your dog, following the Steps for Successful Socialization, below.

WHAT IS NOT SOCIALIZATION?

Socialization is NOT just exposure. Simply exposing a puppy to different people, places and things is not enough and can lead to fear issues down the road. Socialization is all about thoughtful introduction, going at your puppy's pace, and always creating a positive association for your dog. If your puppy is past the critical socialization window, you can still follow the Socialization Steps to help your dog learn how to trust the world around them.

WHAT INFLUENCES SOCIALIZATION AND RISKS OF NOT SOCIALIZING

Your puppy's breed and genetics can play a big role in how they respond to the world around them. For example, some breeds were originally bred to be guardians, so they may naturally be more cautious around strangers. That's why it's especially important to gently and positively introduce these pups to a wide variety of people early on—this helps reduce the risk of fear-based behaviors or aggression later.

Genetics matter too. If a puppy's parents were fearful or not well-socialized, their pups may be more likely to be shy or unsure. On the flip side, if the parents are confident and friendly, their puppies are more likely to grow up the same way.

Unfortunately, behavior issues caused by poor socialization are the leading cause of death in dogs. Puppies that aren't well-socialized can develop a range of challenges, like being overly sensitive to sounds, afraid of new people, animals, places, or even being touched. Sometimes, that fear can grow into aggression and even lead to biting. But the good news is—you can help your puppy grow up confident and well-adjusted! Just follow the steps below to learn how to safely and successfully socialize your pup.

STEPS FOR SUCCESSFUL SOCIALIZATION

#1. Keep it Positive! Make the experience fun by using yummy treats to help your puppy to associate these new experiences (including meeting new people) with awesome snacks! Play also helps keep introductions happy and positive. If your puppy is disinterested in treats or toys that they would normally enjoy, it could be a sign that your puppy is stressed and should be given a break.

PUPPY SOCIALIZATION (CONT.)

#2. Go at Your Puppy's Pace. The goal is not to rush your dog! Allow your dog to go at their own pace so that they feel comfortable around different things. Learn about dog body language, so you can help prevent pushing your dog too far too fast. When in doubt - add some distance between your puppy and the new item. Only keep your dog in the interaction if they are having a good time.

#3. Make Socialization Short and Sweet. Keep socialization experiences brief. Avoid overstimulating or draining your puppy during these introductions. Spend 10-30 minutes at a time working on a task and then give your puppy a break. End on a positive note to keep your pup looking forward to the next experience.

#4. Keep Track of your Puppy's Response. Use the Response Scores below to record your puppy's reaction to any new experience. It's a good idea to repeat exposure to each item, especially if your puppy was at all hesitant.

- 1 - Puppy was excited or enthusiastic (i.e. relaxed body, moving towards)
- 2 - Puppy was neutral or unsure (little engagement, or switched in session)
- 3 - Puppy was scared or stressed (i.e. refused food, tried to escape, or became defensive)

WHAT SHOULD WE SOCIALIZER PUPPY TO?

1. **Handling-** practice touching and lifting you puppy's paws, ears, and lips to prepare for vet exams. Begin by showing and progress to using grooming equipment so your puppy can start gaining comfort with those items, especially if they are a breed that requires regular grooming.
2. **Sounds-** expose puppy to different sounds like the vacuum, beeps from household electronics, watch action movies and wildlife documentaries, download sound apps on your phone and play animal sounds, thunder, and rain sounds (at low volume), car and truck sounds. Any sounds that you think they will regularly be exposed to in their life.
3. **People-** puppy should meet many different types of people! From the young and elderly, different nationalities, large and small, with walkers, canes and wheelchairs, hats and sunglasses, people with beards, or different hairstyles, different clothing styles like uniforms, scrubs, or costumes. Visit environments with varying amounts of people- small, medium, and large groups.
4. **Different indoor environments-** once vaccines are complete, take puppy to pet friendly restaurants or stores, go to the vet's office just to eat a few treats and say hi to the staff, take the stairs and the elevator in a building, stay a night at a pet friendly hotel. Take puppy to any places they will regularly spend time.

PUPPY SOCIALIZATION (CONT.)

5. **Different outdoor environments-** once vaccines are complete, take puppy camping or on nature hikes in various places like forests, beaches, mountainous areas, plains, parks, and neighborhoods other than your own.
6. **Objects-** once vaccines are complete practice climbing and jumping on different things like stairs, rocks, agility equipment, statues, platforms, bleachers, walking on curb edges. Essentially, puppy parkour!
7. **Animals-** once vaccines are complete, puppy should be socialized to large and small dogs, cats, small critters, birds, livestock, any animals they may be expected to spend time within their life. Socialization to animals does not always mean meeting other animals, just observing them and learning to be calm around them is important too. Watching nature documentaries with puppy can provide one way to observe other animals safely.
8. **Textures and surfaces-** once vaccines are complete, introduce puppy to different textured floors like grass- real and fake, carpet, hard wood, shiny tile, sand, dirt, and tanbark. This will help their little paws learn to be comfortable walking on many surfaces!

WHAT ABOUT VACCINES?

Talk to your vet about what vaccines your puppy needs and when they should get them. While your puppy is still going through their vaccination series, it's important to keep them safe from places where sick dogs might have been. That doesn't mean you have to pause socialization though!

A great way to safely introduce your puppy to the world during this time is by using a sling or backpack carrier. This lets them see, hear, and experience new things while staying protected. You can take them to indoor and outdoor places—just make sure they don't touch the ground or come into contact with surfaces that could be risky for their health.

ADDITIONAL RESOURCES

- Puppy Socialization: What It Is and How to Do It by Marge Rogers and Eileen Anderson
- [Complete Guide to Puppy Training- What to Train First](#) by Kikopup (YouTube video)
- Before and After Getting Your Puppy- A Positive Approach to Raising a Happy, Healthy, and Well-Behaved Dog by Dr. Ian Dunbar

SOCIALIZING PUPPIES TO SOUNDS

WHAT IS SOCIALIZATION?

Socialization is a critical learning period during puppy development. Between 3 weeks and 16 weeks of age is a window of opportunity for puppies to acclimate to the world around them. It's important that while they are in that critical period, they get to see different types of people and environments so that they feel confident experiencing new things in adulthood.

WHY SOCIALIZE TO SOUNDS?

Noise sensitivity is a common problem for adult dogs, which is difficult to overcome. Socializing your puppy to sounds means you are thoughtfully introducing them to a variety of sounds while creating positive associations. Doing so can help prevent noise phobia and also builds your puppy's confidence with novelty.

RULES OF SOCIALIZATION

1. **Your puppy must feel safe!** Play sounds at a low volume, such that your puppy remains relaxed. If your puppy needs to move away from the source of the noise, let them!
2. **Only increase the intensity of sounds if your puppy is relaxed.** Increasing intensity by increasing volume or proximity to the sound. Stop if your puppy shows any signs of stress.
3. **Unfamiliar, loud or potentially scary sounds should always predict a treat.** Give your puppy a treat after they hear the sound, not before.
4. **Keep exposure to sounds brief.** Play new sounds for 1-2 seconds at a time. In real life, spend only a few moments observing a new sound before moving on.

HOW TO DO IT!

1. Prepare a clicker and a lot of high-value treats cut into small pieces.
2. Pick an unfamiliar sound. Choose from videos, around your home, or a sound app.
3. Play the sound at a low volume for 1-2 seconds.
4. While the sound plays, click. Then, offer a treat.
5. Repeat the above steps up to 5x. Then give your puppy a one-minute break.
6. If your puppy appears relaxed, repeat the above steps, playing the sound for longer intervals (3-4 seconds and so on). Continue to give breaks of 1+ minutes between repetitions.
7. End the game. On your next round later, start at Step 1. This time, playing the sound at a higher volume than before. Your puppy should always remain relaxed.
8. Repeat these steps with a variety of different sounds.

What about sounds in everyday life?

If a sound occurs that you don't have control over, feed your puppy high-value treats. If they seem scared of the sound, move your puppy away from the source, and continue to feed them treats. See if you can find a distance where your puppy feels comfortable. Once your puppy has calmed, make note of the sound that scared your puppy. Add a recording of that sound to your list of socialization to-dos.

HAPPY HANDLING FOR PUPPIES

WHY PRACTICE HAPPY HANDLING WITH YOUR PUPPY?

We often think that because our puppy gets petting and other physical contact from people every day, they are enjoying the experience. It is very common for young puppies to tolerate handling when they are young, but then stop tolerating that same contact as they become adults. Most adult family dogs need to be tolerant of all kinds of contact, such as moving them by their collar, lifting or restraining, and grooming or trimming nails.

As a puppy parent you must take the time to teach your puppy that these types of handling are both fun and safe! You can only achieve this by thoughtfully exposing your dog to physical contact - pairing touch with something inherently positive, like tasty treats!

HOW TO TEACH IT

RULES:

1. Prepare your clicker and lots of high-value treats cut into very small pieces.
2. **Your puppy must feel safe!** Handle your puppy gently enough that they feel comfortable.
3. Increase the pressure of touch only as long as your dog remains relaxed. If they start to squirm away from you, find a way to make the contact less intense before proceeding.
4. **Handling should always predict a treat.** Give your puppy a treat after handling, not before. Be careful not to use food to lure your puppy towards you so that you can handle them.

COLLAR HANDLING:

1. Reach for your puppy's collar. Gently take a hold of the collar with two fingers.
2. Click, then give your puppy a treat.
3. Repeat these steps several times, reaching for and holding different parts of their collar.

PAW HANDLING:

1. Touch your puppy's paw. Touch gently, so that your puppy doesn't mind it.
2. Click, then give your puppy a treat.
3. Repeat these steps several times, gradually touching for longer and feeling toe pads.

EAR HANDLING:

1. Touch your puppy's ear. Touch as gently as possible so that your puppy doesn't mind.
2. Click, then give your puppy a treat.
3. Repeat these steps several times. Work up to looking inside your puppy's ear.

OTHER HANDLING:

1. Follow these same guidelines as you handle your puppy's tail, muzzle, and body.
2. Practice with other people, guiding them through the same steps. This teaches your puppy that handling from anyone can be safe and fun!

HOUSETRAINING FOR PUPPIES

WHY TEACH IT?

Everyone appreciates a dog who goes potty outside! Housetraining success is all about rewarding your dog for eliminating outdoors, keeping a consistent schedule, and paying attention to your dog's body language to prevent accidents.

HOW TO TEACH IT

1. Choose an outdoor spot that you would like to be your puppy's toilet area. On each potty break, wait with your puppy at the spot until they potty in that area. Praise them, play with them, and give them treats after they do so.
2. Create a schedule for regular potty breaks, so that they always have plenty of opportunity to potty in their outdoor spot, instead of indoors. Start with breaks every hour.
3. Keep track of all accidents, successful potty breaks, and unproductive potty breaks on your schedule so that you can adjust accordingly and be prepared next time they need to go.
4. Supervise your puppy closely. Close doors to bedrooms or other parts of the house where you are not able to keep a watchful eye on your puppy. If you must leave your puppy unattended, place them in a crate or other long term confinement area.
5. Watch for signs that your puppy needs to go potty. If you notice your puppy suddenly getting distracted, walking away and sniffing, scratching, circling, arching their tail over their back, lifting their leg, or farting, it may be time for a potty break. Swiftly, but cheerfully, get your dog out to their potty spot, and praise them when they eliminate outdoors.
6. If they have an accident inside - don't fret! Calmly clean up the mess using an enzymatic cleaner, designed for doggy accidents. Regular cleaners contain ammonia and can leave behind scent markers, which signal to your puppy that this is now a potty spot.

TRAINING TIPS

1. Puppies usually need to go potty 20-30 minutes after they eat, after any physical activity such as play or exercise, after exciting moments like you coming home or visiting a new place, and just after they wake up from napping or sleeping. At the end of each activity, take your puppy out to their potty spot.
2. Put potty on cue. Yes, you can incorporate a cue to let your dog know it's time to go. You can do so by saying your cue, such as "go potty", just as your puppy starts to potty. Do this consistently, and your puppy will eventually connect the word with the deed.
3. There's an app for that! Try the "DogLog"® app to keep your schedule for you. You can also use a generic "shopping list" type app to create a schedule that can be shared with the whole family. A simple recurring alarm and sheet of paper with dates and times of all potty breaks (both successful and not) also works well.
4. Training your dog or puppy to use potty pads in the home can be confusing for them! Should they go potty inside or outside? It also invites similar looking items to be misconstrued as a potty pad, for example, a white towel laying on the floor. Potty pads should be reserved for cleaning up accidents that have happened in the home. For instances where you need an indoor or patio place option for your doggy to do their business, the best choice is an astroturf or SOD potty patch. This will help prevent confusion since it's essentially grass!
5. Dogs generally don't want to eat where they eliminate. Feed meals, provide enrichment, or drop treats on an area where an accident has occurred that has since been cleaned and dried. This will signal to your dog that it's an eating area, not a toileting area.

CRATE TRAINING

WHAT IS IT?

Crate Training is the process of creating a positive association between the crate and your dog. The key to successful crate training is to make sure that your dog always has positive experiences in the crate, and it is not used as punishment.

WHY TEACH IT?

Crates are handy tools for a variety of purposes. They serve as a den-like safe space for your dog to relax, and as a house-training aid. Crates are also helpful for separating pets during mealtime, and a helpful management tool for a variety of unwanted behaviors.

HOW TO TEACH IT

1. Show your dog a treat and toss it into the crate. If your dog enters immediately for the treat, click your clicker, then offer them a few more treats while they're standing inside the crate. Repeat this several times, being sure to reset your dog by tossing one treat outside the crate. Resetting your dog allows them to practice willingly entering the crate, not just staying inside. **Troubleshooting:** If your dog does not enter the crate immediately, try setting up a trail of treats leading into the crate. Click, then give your puppy a jackpot - 6 or more treats - once they are all the way inside.
2. Act it out! Motion your hand as if you were tossing a treat, as you did in Step 1, but don't actually toss anything. When your dog enters, looking for the treat, click your clicker, then give them a few treats. Repeat this step several times so that they practice going in with the hand motion alone. **Troubleshooting:** Some dogs are a bit too clever for this step. Try this up to 3 times and only go back to the real toss if all attempts are unsuccessful. If your dog enters at all for a fake toss, be sure to give them a treat jackpot once they're inside the crate.
3. Fade the motion: Repeat step 2 several more times, gradually making your hand motion less obvious. Try going from a full toss to a slight point towards the crate.
4. Add a verbal cue: Once your dog is reliably entering the crate when you point at it, introduce a verbal cue just before you point. For example, say the word "crate", pause for one second, then point to the crate. Reward them for entering, as usual, and repeat this step several times.
5. Fade the hand signal: Pause for a few seconds longer between your verbal cue, "crate", and your hand signal (pointing). If your dog enters the crate prior to your hand motion, reward them with a jackpot! Continue to practice using only the verbal cue. If your puppy waits for the point, continue practicing with pauses between the cues. Eventually, your puppy will respond to the verbal alone.

CRATE TRAINING (CONT.)

6. Shut the door: Now that your dog is entering the crate on cue, start shutting the door and treating them through the closed door. Open the door as soon as they're done eating.
7. Increase duration: Gradually increase the amount of time that the door stays shut. Continue to give treats periodically through the closed door. For more information on increasing duration, please see our handout titled "The 3 D's of Training". 7 **Training Tip:** At this phase, you may give your dog a longer lasting treat to enjoy in their crate, such as a Kong stuffed with peanut butter, or a bully chew. You can also start feeding your dog their meal inside of the crate.
8. Increase distance: Once your dog is inside the crate with a closed door, take a few steps away. Click your clicker, then return to toss a treat into the crate. Gradually increase the distance you travel away from the crate until you can leave your dog's sight while they remain calm. For more information on increasing distance, please see our handout titled "The 3 D's of Training".

Troubleshooting: If at any point during the training process, your dog begins to fuss inside the crate, or refuses to enter, it means that they are having a negative experience in the crate. Go back to an earlier step in the plan and gradually work them back up to longer stays in the crate.

TRAINING TIPS:

1. We recommend keeping your dog's crate in an area of your home where you spend a lot of time, such as your living room. Line the crate with soft bedding, so long as your dog is housetrained, to encourage your dog to stay in the crate for long periods. Covering the top of the crate with a sheet or blanket also helps make it a cozy space to relax.
2. Be sure that each dog has their own crate. If your dog becomes possessive of their crate, prevent the other dogs from accessing it by keeping the door shut when not in use. If your dog does not guard their crate, the door can remain open so that the crate is available as a resting place, or a way to take a break from the other dogs.

MOUTHING & NIPPING

WHAT IS IT AND WHY DO THEY DO IT?

Mouthing and nipping occurs when your dog puts their mouth or teeth on your hands, feet, clothing, or other body parts during play or excitement. This is a very common behavior in puppies and young, high-energy dogs. It is typically done to get attention or continuing play. Puppies also go through their teething period where we will see more gnawing or chewing to relieve the pain and pressure of their teeth erupting. Whether or not harm is caused when they put their mouth on us, it is a behavior we want to discourage.

WHY WORK ON IT?

Biting and chewing are not only normal behaviors, but they are essential to the wellbeing of any dog. Therefore, before we focus on discouraging them from mouthing us, it's important to ensure that they have other outlets for their need to bite and chew as well as engage in play using their mouths! Make sure your dog always has access to appropriate chew toys, and that they are encouraged to play with toys during interactions with humans. Fetch and tug-of-war are both healthy outlets for their desire to use their mouth in interactive play.

HOW TO TEACH IT: PETTING

1. Pet your dog.
2. If your dog puts their mouth on you at all, stop petting them.
3. Wait 30 seconds or more before continuing to pet your dog.

TRAINING TIP: Be sure to stick to 5 repetitions or less of this activity. If your puppy continues mouthing or nipping, it means they need a better outlet for their energy! Try going for a walk, giving them a stuffed kong, or playing with a toy instead.

HOW TO TEACH IT: PLAY WITH A TOY

1. Engage your dog in playing with a toy.
2. If their teeth make contact with your skin, immediately end the game. You may stand or even walk out of the room. It is not necessary to take the toy away or scold them.
3. Wait 30 seconds or more before resuming play.

HOW TO TEACH IT: GIVE A KISS

1. Place a meaty treat into your closed fist.
2. Offer your closed fist to the dog. When they lick your fist, quickly open your fist so the dog can eat the treat.
3. Once the dog gets the pattern of the game, get additional licks before you release the treat.
4. Say the words "Give A Kiss" as your dog licks your fist.
5. Cue the newly learned alternative behavior of licking when your dog becomes mouthy.

MOUTHING & NIPPING (CONT.)

TRAINING TIPS:

1. These training plans should be in place any time you are petting or playing with your dog, not just during structured training sessions. Dogs are learning every time they interact with us, whether we intend to be teaching them or not!
2. Refrain from scolding your dog, because that may accidentally be reinforcing, or overly frightening to them. If they find it reinforcing, you'll make the behavior more likely to recur. If you scare or threaten your dog to discourage the behavior, other problematic behaviors may surface!
3. In some instances of mouthing, simply placing a toy into their mouth, instead of your hand or arm, can be enough to redirect the behavior onto an appropriate outlet.
4. Instances of nipping due to breed tendencies should be worked on with a positive reinforcement trainer or behavior consultant.

PUPPY CHEWING & DESTRUCTIVE BEHAVIOR

WHY DO PUPPIES CHEW ON THINGS?

Puppies go through two stages of tooth development, also known as *teething*. During teething, your puppy's gums are swollen and sore. Chewing alleviates the pain associated with gum swelling, helps puppy teeth fall out, and helps the new teeth break through the gums. It's crazy to expect your puppy to refrain from chewing altogether! Instead, focus on providing your puppy with appropriate chew toys, and managing their access to the things you would prefer they not chew or damage.

HOW DO I KEEP MY PUPPY FROM CHEWING ON THINGS?

1. Keep your home as tidy as possible, so there are few items within your puppy's reach other than their chew toys. Avoid leaving out valuable or enticing items, especially food!
2. Supervise your puppy closely. Close doors to bedrooms or other parts of the house where you cannot keep a watchful eye on your puppy. If you must leave your puppy unattended, place them in a crate or other long term confinement area.
3. Use gates or other barriers to keep your puppy from accessing furniture or other items that cannot be moved or stored out of reach.

TEACH YOUR PUPPY WHAT TO CHEW ON

1. Provide your puppy with a variety of toys to chew on. Offer different textures, sizes, and shapes. Preferences vary from puppy to puppy and often change as your puppy ages.
2. Praise your puppy for engaging their chew toys. You'll want your puppy to know that chewing on toys is approved and great fun!
3. If your puppy chews on something you don't want them chewing on, calmly remove the object by trading with a tasty treat. Avoid punishing your dog and make a mental note to keep the object out of reach in the future.
4. You can encourage engagement with an appropriate chew toy by smearing it with peanut butter or dipping it in dog-friendly broth.

Shouldn't I punish my puppy for destructive behavior? Making a big fuss when your puppy chews on something inappropriate can have unintended consequences. You may accidentally make the object more exciting than regular chew toys. You may also scare your puppy or teach them to guard objects from you in the future.

Training Tip: Not all chew toys have to be purchased from a pet store! Freeze a wet rag overnight. The cool feeling can soothe sore gums! But make sure to remove it from them if they start to shred or attempt to eat the pieces. Other freezable options include carrots, fruit, mini-bagels, or Kongs stuffed with peanut butter or wet food.

JUMPING ON PEOPLE

WHY DOES MY DOG JUMP ON PEOPLE?

Jumping up is a common side effect of excitement and enthusiasm. The trick to getting your dog to stop jumping on people is to teach them to do something else instead. Reacting by scolding or otherwise getting physical with your dog often inadvertently reinforces the behavior, causing it to increase in intensity and frequency. Instead, teach your dog to sit or stand with four paws on the floor during times they are likely to get excited.

HOW TO TEACH A POLITE GREETING

1. Teach your dog to sit or lay down for greetings.
2. Teach your dog to sit on cue, and reward them with praise, petting, and treats when they perform the behavior.
3. Practice sitting on cue in a variety of settings, and with different people giving the cue.
4. Start using a sit during play or other times when your dog might be excited. Interrupt play by calmly asking for a sit. Reward them for performing the behavior.
5. Notice all the times your dog freely offers a sit without prompting and reward them generously! Doing so teaches your dog that sitting is most often the best choice they can make.
6. Once your dog reliably sits on cue, practice this during greetings. Cue a sit and only allow the person to approach if your dog is sitting.

TRAINING TIPS

1. Dogs that jump for attention can be rewarded with attention, but only when they sit.
2. Get into the habit of becoming a tree when your dog jumps. This means crossing your arms and standing still until they stop. By removing your attention, you encourage them to try something else instead. Only give attention after your dog puts four paws on the floor again.
3. Prevent jumping by separating your dog during the times they are likely to jump (like when you come home at the end of the day). Baby gates, closed doors, etc. can be used to create temporary separation prior to getting excited, and until after the inciting event is over.
4. Be your dog's advocate! During training, it is common for other people to reinforce the jumping with attention. Be consistent about politely asking others to wait, until you say it is okay to interact with your dog. Only give permission for interaction if your dog is calmly standing or sitting.

LONG TERM CONFINEMENT AREA (LTCA)

WHAT IS AN LTCA?

A long-term confinement area is a safe space for a dog to stay while unsupervised.

WHY USE AN LTCA?

Growing puppies will create habits that last a lifetime – including where they like to go potty, and what they like to chew on. Having a long-term confinement area will allow you to prevent them from practicing behaviors you don't want them to repeat into adulthood, without having eyes on them 24 hours a day, 7 days a week.

Long term confinement areas are also an invaluable tool when helping a shy dog transition into a new environment. It keeps them in one spot, so that they don't hide in a spot where you cannot reach them. Placing them in an x-pen in a main living area gives them enough exposure to the goings on of your household to acclimate, while establishing a safe space to retreat to if things get overwhelming.

HOW TO SET IT UP

1. Create a secure area - Typically, an x-pen works very well for this. If your dog or puppy is too large to be contained by an x-pen you can also use a bathroom, kitchen, or laundry room that is easy to block off using a baby gate.
2. Give them a place to hide – Add a covered crate or other hiding spot, ensuring the door is propped open so they don't get stuck in or out of that space. Make it an attractive place to rest by adding comfy bedding.
3. Add a place to potty – Fearful dogs who don't yet walk on leash, or young puppies still learning where to do their business should be provided with a pee pad or a patch of turf to eliminate on.
4. Provide for their daily needs – Include a water dish, a food bowl (when appropriate), toys to chew on, and other enrichment items your pup will engage with. This will help establish their LTCA as an awesome place to be and keep them busy while you're not around to supervise.

TRAINING TIPS

1. Acclimating a shy dog to your home? Sit beside the LTCA and read a book so they get used to you being nearby without the pressure of direct interaction
2. For potty training success – set up your LTCA right by the door to the outside so that there's no room for error in getting out for a potty break.

RELIABLE RECALL

WHAT IS IT?

Recall refers to your dog's ability to come when called.

WHY TEACH IT?

Reliable Recall keeps you and your dog safe. You want to know that your dog will return to you - even in those risky, unplanned moments of taking off after something. By following the rules below, you and your dog can build a reliable recall that will last a lifetime.

THE 5 RULES OF RELIABLE RECALL

1. Choose a special word

It's important to have a special word for recall that won't be used by accident, one that you promise to use only when necessary. Use a distinct sound or a word that is three syllables or less that you are comfortable shouting in public but don't say in regular conversation.

2. Always reward your dog for recalling.

When you use your Reliable Recall cue, be prepared to reward your dog with something they absolutely love. It's a good idea to keep something extra special just for recall practice. Some examples of very high-value foods are hot dogs, cheese, steak, or cheeseburgers.

3. Never punish your dog when they come to you.

No matter how long it might have taken them to come back to you, or how naughty they were behaving prior to coming back, you should never punish your dog when they come to you. Your dog won't connect the punishment to the naughty behavior, but they will connect it to coming back to you.

4. Teach your dog to sit when they arrive at your feet.

Recall is less valuable if it only results in a drive-by from your dog! Teach your dog to sit on their return. Alternatively, you can also practice physically getting a hold of your dog prior to delivering the reward. Either option gives you time to gather your dog or leash them up when you need to.

5. You're always working on recall.

Recall is not about how the dog is rewarded in the moment, but about how the dog has been rewarded in the past! Don't expect your dog to come when called if you are not regularly practicing and rewarding it. The more you use your recall cue, according to the 5 Rules, the more reliable it becomes. Remember to train in a variety of locations and over varying distances.

HOW TO TEACH IT

Your goal is to teach your dog that returning to you is always the better bet! Do this by making recall games fun for your dog.

RELIABLE RECALL (CONT.)

GAME #1: MOONWALK RECALL

1. Give your recall cue in a clear, cheerful tone. 13
2. Walk backwards excitedly, 1-2 steps. Make it enticing for your dog to follow!
3. When your dog gets to you, gently take their collar or harness in your hand.
4. Click, then treat!
5. Repeat these steps, walking a little further with each repetition.

Training tip: This game can be played on leash or off leash in a safe space.

GAME #2: TREAT TO TROT

1. Place 3-4 pieces of low-value food (like your dog's kibble) on the ground.
2. Calmly walk away a few steps while your dog eats the food.
3. As soon as your dog finishes eating, give your recall cue in a clear, cheerful tone.
4. When your dog comes to you, gently take their collar or harness in your hand.
5. Click, then treat!
6. Repeat these steps, walking a little further away with each repetition.

Training tip: Give yourself more time to get further away by scattering the low-value food.

GAME #3: PUPPY PING PONG

1. Enlist the help of a friend. Prepare treats for both of you to keep in your treat pouch.
2. Stand 6 feet from the other person and gently hold your dog's collar or harness.
3. Ask the other person to call your dog, using your recall cue. Then let your dog go.
4. When your dog arrives, have the other person gently take a hold of their collar or harness, then click, then offer a treat.
5. This time, call your dog back to you. When your dog arrives, gently grab their collar or harness, then click, then offer a treat.
6. Repeat these steps 5-10x times. Thereafter, vary the distance your dog must travel.
7. Advance this by adding more people to the game. Vary who calls but be sure that only one person calls your dog at a time.

Training tip: Give your recall cue once. Avoid repeating the cue, or your dog will not learn it reliably.

PUPPY SOCIALIZATION: PREVENTING RESOURCE GUARDING

WHAT IS RESOURCE GUARDING?

Resource guarding (RG) refers to a dog's desire to maintain possession of an object or other resource. A dog may avoid others while eating or interacting with an object, show warning signals, and even display aggressive behaviors in an attempt to prevent an item from being taken away. This can happen in interactions with humans or other animals. RG is a common behavior in dogs because it is a survival tactic.

WHY IS RG PREVENTION IMPORTANT?

We all want to live peaceably with our dogs. RG can get in the way of that by turning seemingly normal interactions into confrontations. Changing a behavior like RG is extremely time-intensive and risky. Preventing RG from a young age is much easier.

Preventing RG means we take the time to teach our dog's brain to respond positively when they are approached by others while in possession of something they feel is valuable. We can take that a step further by teaching our dogs to enjoy giving up valuable items and, therefore, do so willingly without confrontation. We do this by creating a positive association with being approached and/or giving up the valued item, as a means of access to something better.

The following activities are options for preventing RG in puppies. These activities should not be used with adult dogs or dogs with a known history of RG or other aggression. If during either activity your puppy becomes distressed or defensive, contact a qualified trainer for help.

HOW TO TEACH IT: FOOD BOWL BONUSES

1. Prepare high value treats in your treat pouch. Portion some of your puppy's meal in a bowl. Offer the bowl to your puppy. Then take several steps away.
2. After 3 seconds, step towards your puppy and toss some high value treats into the bowl. Immediately take several steps away from your puppy.
3. Wait until your puppy finishes eating the treats. Then repeat Step 2.
4. Repeat this game until your puppy finishes the food in the bowl. Play this game regularly as your puppy grows.

Training Tip: The sequence of events is always: approach, add treats, walk away.

Training Tip: Use treats that are higher in value to your puppy than what is already in the bowl.

PREVENTING RESOURCE GUARDING (CONT.)

HOW TO TEACH IT: TEACHING TRADES

1. Choose a verbal cue for trading up. This will be the cue you use when you want your puppy to give up possession of an object. Ex: “give,” “trade ya!” or “drop it.”
2. Say the cue then offer your dog a jackpot of 4-6 small pieces of a high value treat.
3. Repeat this until your puppy immediately looks at or moves towards you after you give the cue, even before they see the treats.
4. Play in that short increment, several times daily. After you’ve spent a few days on steps 1-3, you can try using the trade cue when your dog has something moderately valuable like a toy.

Training tip: The trade cue is a promise to your dog, so only use it when you’re prepared to offer a trade!

SETTLE ON A MAT

WHY TEACH YOUR DOG TO SETTLE ON A MAT?

Teaching your dog to settle - lie down quietly in a designated spot when asked, sometimes for long periods at a time - is an essential life skill! Settle on a mat prevents your dog from engaging in unwanted behaviors like jumping, counter-surfing, rushing the front door, or getting underfoot. Teaching your dog to settle on cue gives them an “off switch,” and teaches them to regulate their emotions.

HOW TO TEACH IT

1. Find a mat that is comfortable for your dog to step on and position the mat in front of you. You can simply put a towel on the floor.
2. Use a treat to lure your dog onto the mat. Click as soon as they step on the mat, then release the treat.
3. Toss a treat away from the mat to reset your dog.
4. Pause after they eat the reset treat. Most dogs will want to return to the mat because it's close to you. This allows you to fade the lure.
5. Click when your dog steps on the mat, then offer a treat. As they eat the treat, click, then treat 1-2 more times.
6. Repeat the above steps, pausing between treats on the mat. Doing so gives your dog a chance to choose to sit or lie down and builds duration.
7. Repeat the steps above but position yourself away from the mat. Continue to offer a click, then a treat on the mat as a reward. Fuse your release cue or toss a treat away to reset.

ADDING A CUE

1. Lure your dog onto the mat and into a down position.
2. Use a release cue, such as “Free”, or “Okay”, and toss a treat away from the mat to reset your dog. Repeat steps 1 and 2 once more.
3. On the third repetition, use an un-baited hand, or a hand without a treat in it. Use the same motion to lure your dog onto the mat.
4. Click and reward your dog from the opposite hand
5. Continue this pattern, fading this “fake lure” into a finger pointed towards the mat. Repeat this until your dog readily follows that hand signal.
6. Teach a verbal cue like “settle” or “bed” by saying your cue, pausing for one second, then using your hand signal. Repeat this until your dog readily responds after the verbal cue.

BUILDING DURATION

1. Build duration by pausing for one second after your dog lies down on the mat before delivering the click, then treat.
2. Continue to click-then-treat every few seconds as your dog stays in place.
3. On each repetition, vary the length of the pause before the next click.
4. Continue to offer click-then-treats on the mat and use your release cue to reset.

PUPPY SOCIALIZATION BINGO



INTRODUCE YOUR PUPPY TO MULTIPLE ADULTS	TAKE YOUR PUPPY TO THE VET	HEAR/SEE HOUSEHOLD APPLIANCES	HEAR VERY LOUD OUTSIDE NOISES	INTRODUCE YOUR PUPPY TO SMALL CHILDREN
MEET SOMEONE WITH A HOOD ON	HAVE A FUN VISIT WITH A GROOMER	HEAR CHILDREN SCREAMING OR CRYING	INTRODUCE YOUR PUPPY TO FRIENDLY ADULT DOGS	MEET SOMEONE WITH MOBILITY ASSISTANCE
WALK, PLAY, SWIM IN WATER	INTRODUCE YOUR PUPPY TO A FRIENDLY CAT	FREE	SEE SMALL AND LARGE ANIMALS OF DIFFERENT SPECIES	BE EXPOSED TO THE SOUND OF FIREWORKS AT HOME
SEE/HEAR GARBAGE BIN ROLLING	INTRODUCE YOUR PUPPY TO A FRIENDLY CAT	PLAY WITH FOOD PUZZLE TOYS	TAKE YOUR PUPPY FOR A CAR RIDE	EXPOSE PUPPY TO THE SOUND OF WIND, RAIN, AND THUNDER
HEAR/SEE A MOTORCYCLE	INTRODUCE YOUR DOG TO A STROLLER & SHOPPING CART	WALK YOUR PUPPY ON DIFFERENT SURFACES	INTRODUCE YOUR PUPPY TO YOUR HOBBIES	HEAR AND SEE LAWN EQUIPMENT