



# INTRO TO HARNESS & LEAD

It's important that you take the time to introduce your puppy to their harness properly. Don't rush into putting it on as this could cause your puppy to become frightened and try to avoid you when you reach for the harness.

Instead, you need to go at your puppy's pace.

Start by laying the harness on the floor and feeding your puppy treats around it.

Next you can begin to lure your puppy so they put their head into the harness. Continuously feed them throughout. If your puppy chooses to move away at any point, don't continue to bring the harness closer. Let them choose when they are ready to come back. Giving them the choice will help to build their confidence and avoid overwhelming them.

Once your puppy has their head in the harness, sprinkle treats to the floor and whilst they are eating, finish putting the harness on. When your puppy has their harness on, play some fun games to help them get used to wearing it. You can play with their favourite toy or roll treats for them to pounce on. Keep it fun and short to start with.

When your puppy is used to wearing their harness and will happily play or walk around without scratching at it or trying to bite the material, you can start to introduce them to the sensation of the lead being clipped on.

Feed your puppy from one hand while you clip the lead on with the other. Let your puppy trail the lead behind them so that they can get used to the weight and sensation of it. Have fun playing or doing training games with your puppy whilst the lead is attached. When you're finished remove the harness and sprinkle some treats on the floor for them.

Remember - be patient, take things at your puppy's pace and always make sure they are having fun.



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# NEIGHBOURHOOD FIELD TRIP

This week your field trip is to stroll around your neighbourhood with your puppy. If they haven't completed their vaccinations yet make sure to carry them or use a pet stroller to take them out. Getting to see things from a young age is so important.

As you make your way around the neighbourhood stop often and let your puppy take everything in. The people passing by, dogs walking and playing, cars and bikes passing.

Listen to the sounds and watch your puppy absorb all the unusual scents traveling on the air.

It's important to look at your puppy's body language to make sure that they are relaxed and enjoying their trip out. Keep an eye out for signs they are uncomfortable, like whale eyes, licking their lips or refusing to take treats. If your puppy is getting overwhelmed, back up and give them more space. Keep outings short - 5 minutes is plenty to start with.

You might see people carrying unusual objects or watch noisy trucks or emergency vehicles drive by.

Every trip you take together make sure to walk a different route and vary the sights you and your puppy get to see.



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# UNDERSTANDING STRESS SIGNALS

**Calming Signals are meant to clearly communicate meaning-** When it comes to understanding our puppies it's really important that we learn to interpret the rich tapestry of visual signals our puppies display depending on how they're feeling. As they can't speak to us in human language we need to interpret the signals they are giving to be able to keep them safe and happy. It's important to look at your puppy as a whole, rather than focus on one specific aspect though as no single behaviour is a perfect barometer of how they are feeling.

As a new puppy parent, it's important to know and recognise calming signals in your puppy. Recognising 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 tail
- Sneezing

**ALL DOGS SHOULD HAVE A SAFE PLACE, A PLACE THEY CAN GO TO WHEN THEY WANT TO BE LEFT ALONE.**







# ENRICHMENT - WHAT IS IT?

Enrichment is often talked about and promoted as a fantastic experience for puppies and older dogs alike but what exactly IS it?

In short enrichment is the act of adding interesting things to our dogs environment to promote curiosity and engagement in natural behaviours. It challenges their brains, boosts confidence, enhances problem solving abilities and teaches them new skills.

Often modern day dogs are given the same routine day in, day out consisting of sleeping, walking in the same area each day and eating the same food out of a bowl. It can become really boring for our dogs who are natural adventurers as well as scavengers and hunters. Providing our dogs with mental stimulation and outlets for their natural behaviours will help prevent them becoming self employed and finding their own amusement through boredom. Often the activities they choose are things we'd rather they didn't like digging in the garden or chewing the cushions.

Puppies who have engaged in appropriate activities throughout the day will be more content, happy, relaxed and fulfilled. One sure way to a peaceful evening without zoomies is by setting up enrichment for your puppy.





# ENRICHMENT - WHAT IS IT?

**Enrichment comes in many forms:**

- The first is Food based enrichment - including noise boxes, stuffed Kongs, wobbler
- Sensory enrichment - where your puppy gets to explore using their different senses -
- Social enrichment - engaging with you in human play, interacting with other people and animals up close and from a distance, are all important
- Physical enrichment - such as digging, exploring, climbing and crawling - puppy parkour is great for this
- Toy based/ play enrichment - including games with you like - gentle tuggy, and careful toy chasing
- Cognitive enrichment - which includes: puzzle games, clicker shaping games, as well as other training games like hide and seek

It is best to try to include a variety of enrichment types throughout your puppy's day to ensure you meet all of their needs.

You won't see the world the same now you know about enrichment!



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# PREVENTING PUPPY JUMPING

Jumping up is a common behaviour we see in puppies. It is a natural behaviour but undesirable for many of us and can lead to injuries as well as unhappy members of the public if your muddy dog jumps up at them whilst out on a walk.

Puppies often jump up at people because they want to say hello. Unfortunately this is reinforced by people interacting with them and the pattern continues.

To prevent jumping becoming a habit you want to teach your puppy a simple alternative behaviour instead that can be rewarded with human interaction. Teaching a sit or to have 4 paws on the ground work well. By rewarding what you would like your puppy to do instead and removing attention if your puppy does jump they will learn to keep their paws on the floor. To begin with you can reward with treats too.

## Teaching the alternative behaviour instead

When your puppy approaches, ask them to sit before crouching and fussing them on the chest area. After a few seconds stand up and quickly move away so your puppy follows. As they get close, ask them to sit again, crouch and fuss them. You can repeat this game over and over with every member of your family and your puppy will become an expert at sitting for attention in no time. If your puppy gets excited by petting, make sure you move your hands slowly and to start with, feed your puppy some treats at the same time until they get the idea. For puppies who haven't learned a sit cue yet you can play this game and reward them for having 4 paws on the floor instead.

If your puppy does jump up simply stand up and remove your attention from them. Try not to say anything as this interaction can cause them to continue jumping. You may need to move away from your puppy, beyond a baby gate or barrier for a short period before going back to your puppy and trying again.

If your puppy continues to jump up, is getting more excited or frustrated, perhaps even grabbing at your clothes, consider that they might need to get some sleep. Often impulsive behaviour increases when puppies get tired. Settle them down with a calming enrichment activity that encourages licking, sniffing or chewing to help them relax, before they take a nap.



# ENRICHMENT PROJECT CARDBOARD BOXES

While we humans like to eat our food on a plate, that's not something that is innately important to dogs. They are genetically hardwired to hunt or scavenge for their meals. When they don't get the opportunity to do so, they can become stressed and anxious or simply bored. So, rather than feeding them in a bowl #ditchthebowl, and let meals become a game.

The enrichment box (aka destruction box or busy box) is a super simple DIY interactive puzzle. You start with a basic cardboard box and then fill it with dog toys and random stuff lying around your home (particularly things you can hide your pups meal in or treats)!

All you need is a cardboard box and some of your puppy's food or treats. Cereal box, Amazon boxes and cardboard packaging come in super handy for this game!

Simply sprinkle some treats into the box and place on the ground for your puppy to explore. When you first introduce this game to your puppy make sure that it is easy for them to win, by leaving the box flaps open and choosing a shallow box that your puppy can easily reach into.

As your puppy builds up their skill you can start to fold one or more of the flaps over as well as experiment with bigger boxes that your puppy can climb into. You can even layer multiple boxes inside one another with treats in each layer.

You'll never be stuck for things to do with delivery packaging whilst you have a dog!



## #DITCHTHEBOWL



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# THE NAME GAME

When your puppy first comes home, they don't know what their name is... In this tutorial you are going to learn how to teach your puppy to pay attention whenever you say their name. This is going to be so important as the world is full of exciting distractions and you need your puppy to be able to tune into you no matter what else is going on.

You are going to build up the association that when you say your puppy's name, wonderful things happen.

This will encourage your puppy to look in your direction when they hear their name as they start to predict good things coming from you.

To start, take some tasty treats and say your puppy's name before feeding them a treat. It doesn't matter what your puppy is doing at the time - they get the treat as soon as you say their name, no matter what.

Repeat several times. After some practice, your puppy will pair their name with you giving out treats.

Here is where you can test their understanding. Wait until they are not looking at you, and then say their name. If they quickly look back at you, mark and reward them with a treat. If your puppy doesn't look towards you, don't worry it just means you need to do some more work on pairing their name with rewards before trying again.



At any time if your puppy doesn't respond to their name when you try to get their attention, don't resort to repeating it over and over as this can lead to your puppy starting to ignore their name entirely. Instead make some fun sounds to get their attention and make sure to practice the name game more to build a better association.





# INTRO TO SIT

Sit is a very useful exercise to teach your puppy. One of the fastest and easiest ways to train a new behavior on cue is to capture the behaviour. The term “capturing behaviour” refers to reinforcing your dog for performing a behavior that they naturally do so that she will be more likely to do it again in the future.

Once your dog has figured out which behaviour is the one that causes you to reward,

“Sit” is a simple behaviour to teach because it’s a behavior that most puppies already offer naturally. It will help to teach many other skills - such as polite greetings with people, waiting patiently instead of rushing through doors and asking politely instead of counter surfing. You want to communicate that sitting, rather than lunging or jumping, causes good things to happen. The placement of the reward is important

To capture your puppy sitting all you need to do is be ready with your clicker or marker word so that when your puppy chooses to sit you can mark and reward them quickly with the treat. This is capturing. Simply observe your pup and wait for a sit, then mark and reward. Throughout the day when your puppy offers a sit, make sure you mark and reward wherever you are. Your puppy will start to offer a sit more frequently.

## Capturing a Dog Behaviour Tutorial

1. Grab a piece of Yummy treat.
2. Sit patiently and observe your puppy
3. When your pup offers a sit... Mark and Reward!
4. Repeat

Once your pup is offering a reliable sit, all you need to do is say the cue word just before you know they are going to offer a sit.

All that’s left now is to practice in lots of different places to generalise your puppy’s new skill.



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# HUMAN PLAY

What is Human Play? If you want to build the best life with your puppy, developing an incredible relationship is essential. One way to strengthen the bond you share is through human-puppy play. This is where you get to interact with your puppy, without the need for toys by getting down to their level and encouraging them to explore, engage and have fun with you. You want to get silly, and act playful, just as if you were a puppy too!

To start, get on all fours and mimic a puppy. Practice darting to the side to encourage your pup to come towards you. It can take a little getting used to and all pups are different, so what works for one pup might not work for others. The most important thing is to try and see the world as your puppy sees it. If your pup is holding back, give them a bit more space. If they are wiggly and rushing to you for more, it's a good sign that they are enjoying the play session.

Patience is your most important tool. It can take time for a dog to start to trust its owners and even more time for it to learn appropriate ways to interact. It's important to have a clear idea about boundaries and types of play that are acceptable to you.

It is all about keeping a carefree, joyful mentality and getting your puppy to see you as their best playmate ever! You want to develop a fun, loving and empowering relationship with your puppy and these play sessions are a great way to learn about how your puppy likes to engage with the world around them. You get to see if they seek boisterous body contact, or prefer to chase but not make physical contact. You can see if they like to grab with their mouth or enjoy pouncing with their paws instead.



Learning about your puppy in this way is vital if you want to unlock their ultimate rewards for training later on.

If your puppy gets too mouthy consider having a toy on you and encourage them to grab this instead. To start though just explore naturally and discover what interaction style your puppy likes the most.



# INTRO TO COLLAR

If you are going to put a collar on your pup you will want to start with a soft, lightweight collar that is adjustable so you can make it larger every couple of days as your puppy grows. You want to have enough room to easily put a finger or two under their collar without it feeling tight. Let your puppy sniff the collar first before bringing it under their chin and around their neck to fasten.

If your puppy is wiggly you can feed them at the same time to help keep them still whilst you put on their collar. Simply sprinkle some treats down or have someone else feed your puppy as you put their neckwear on.

When your puppy is wearing their collar get them moving and having fun - you could play a game of get or play with their favourite toy together.

This will help your puppy build a good association to the new sensation of having their collar on.



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# SOCIALISING AN UNVACCINATED PUPPY

Socialising your puppy from an early age is really important. An undersocialised puppy can become fearful and reactive to things in the world around them.

Even before your puppy has had their vaccinations, it is important to carefully expose them to things in their environment. Just because they can't walk on the ground, it doesn't mean they can't experience new sights, smells and sounds out and about.

Get creative and find ways to safely expose your puppy to new locations. You can carry your puppy, or use a pet stroller, wheeled crate or carrier and take them with you wherever you go.

These early experiences make a huge difference.



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