



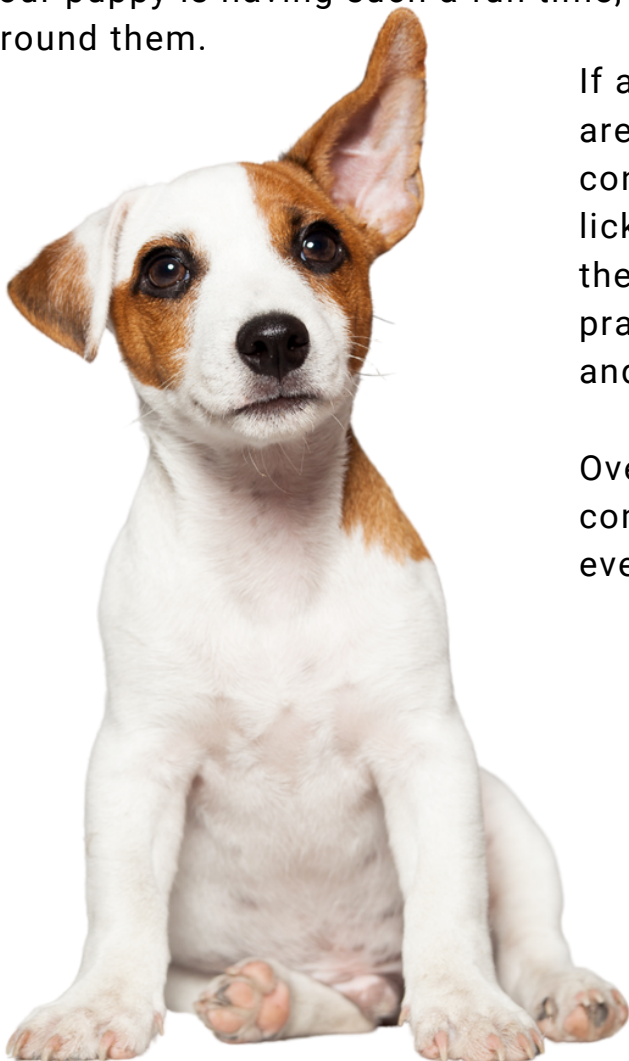
SOUND DESENSITISATION

In this tutorial you are going to learn how to introduce your puppy to all of the different sounds they are likely to experience over the course of their life. It's really important that you do this whilst your puppy is still young, as the younger they are, the more curious and accepting they are of new experiences.

To get started navigate to youtube on your phone or laptop. Turn the volume down so that you can barely hear it and play a selection of different sounds, including construction sounds, skateboards, children screaming, dogs barking, fireworks, airplanes, doors slamming, or babies crying.

Whilst the sounds are playing in the background, give your puppy something fun to do, like a stuffed Kong or long lasting chew. Alternatively you can practice some training games or play with their favourite toy.

Every couple of minutes you can turn the volume up a notch. The idea is that your puppy is having such a fun time, that they don't pay attention to the sounds around them.



If at any point your puppy stops what they are doing to listen to the sound or looks concerned, showing whale eyes, panting, lip licks or moving away from the noise, stop the game and be sure that when you practice next, you work at a lower volume and increase more gradually.

Over a few sessions your puppy will be completely ignoring all manner of sounds, even when played at a loud volume..



HAPPY TRAINING!



FIELD TRIP - HARDWARE STORE

For this week's field trip you will be taking your puppy to a hardware store. When you first arrive make sure to give your puppy a chance to toilet before making your way towards the outside shopping area.

Let your puppy explore and sniff the outdoor zone, where you will find garden accessories and plants. Keep an eye on their body language to make sure they are comfortable and relaxed.

From here you can progress to inside the store too, if your puppy is doing well. Some puppy's will need to build up to this over a few sessions, so be sure to check in with your puppy and see if they need to head home or not before going inside.

When indoors stay away from people and the loud machinery. Choose the quietest route around the store. Let your puppy investigate as much as they need to. When they feel safe and relaxed do some mini 10 second training sessions working on loose lead walking, eye contact or sit.

After a trip like this, make sure your puppy gets a chance to rest and process everything they've experienced.



HAPPY TRAINING!



WAIT VS STAY...

The cues wait and stay both serve the purpose of letting your dog know to hold a position for duration, so what exactly is the difference?

In the stay exercise, your puppy learns that when you cue, you are going to move away and come back before rewarding them. It's the same every time and rewards are delivered calmly in position each time. This means that your puppy is relaxed

In contrast the wait exercise teaches your puppy to hold position until you release them with their release word. After being released your puppy will get to move to get their reward. This might be chasing a toy, running off lead, getting up to eat their dinner, playing with other dogs or anything else your puppy wants access to. The similarity between each is that they all involve your puppy getting energised about something. Perfect for getting your puppy to practice self control even when excited.

THIS is the key difference - building context on an emotional basis. Choose your cue depending on the response you want from your puppy.



HAPPY TRAINING!



SOMETHING FROZEN

This week's enrichment challenge is called something frozen! It's a great way to get your puppy working a little harder, learning to problem solve and soothing teething pain.

To start, get a bowl and measure out your puppy's food. Add extra toppings such as probiotic and additional liquid such as water, beef or chicken broth. Place the ingredients into a blender and liquify.

Pour the blended mixture into an ice cube tray or silicone mold and place in the freezer until solid. Once frozen, you can place in a bowl or towel to minimise the mess before giving to your puppy.

Puppies can enjoy these between mealtimes too. Frozen enrichment games are perfect for keeping your puppy occupied and happy when you have work to do on the computer, are sitting down for a family meal, or when your puppy is mouthing due to teething pain.

There is so much fun to be had with enrichment!



HAPPY TRAINING!



PREVENTING COUNTER SURFING

Puppies are really adventurous and like to investigate the world around them. They will try things out and if they lead to good outcomes, they will repeat them.

One behaviour which is often accidentally reinforced is counter surfing. Puppies grow quickly and areas which were out of reach one day, rapidly become accessible as your puppy grows. This can lead to them jumping up and stealing something tasty or fun off the table or kitchen worktop. Every time your puppy finds something good, the more they will jump up on surfaces in the future.

To prevent this becoming a habit for your puppy, put management in place. Clear all counters and tables as well as block access to zones which might be tempting for your puppy.

You can then teach your puppy to settle on their bed instead and reward this highly so your puppy reliably chooses to do this instead of counter surfing.

Remember don't leave things to chance - be prepared, implement management and set your puppy up for success



HAPPY TRAINING!



WAIT AND RELEASE

In this tutorial you are going to learn how to teach your puppy to wait in position until you release them. This is a great exercise to teach to ensure your puppy has beautiful door manners, will wait nicely at the roadside before crossing and can sit patiently whilst you put their food down at mealtimes.

First choose a word that you would like to use as a release cue. A release cue is simply a short word that will signal to your puppy that they are free to get up and run after their toy or treat, play with another puppy, move through a door and many other things.

To teach all you need to do is pair the release word with your puppy getting up and having access to the things they want most.

If your puppy is still sitting say your release cue before tossing a treat away for your puppy to go and get. Build in more distractions.

When your puppy is doing really well and can hold their position while you do a variety of distractions, you are ready to add the cue wait. Simply ask your puppy to sit and then say wait before beginning your distraction. Say your release word when you are ready so your puppy gets up to go and get their reward.



HAPPY TRAINING!



COLLAR GRAB GAME

Often puppies will shy away from hands reaching towards their harness or collar if it's not something they're used to. There will be times when you have to quickly get hold of your puppy so we need to prepare them for this and make it something fun.

In this tutorial you will learn a game that will make all the difference. To start, offer your puppy a treat from one hand as you touch their collar or harness with the other.

When they are doing well with this, move to touching their collar/harness BEFORE you feed them.

Keep an eye on your pups body language, You want them to be relaxed with an open mouth and loose expression.

Progress to holding onto your puppy's harness or collar a bit longer before rewarding, so that you can prepare them for attaching a lead.

This game really helps your puppy to associate good things happening when you reach out to them and that good things always happen when the lead goes back on. It makes such a difference in the long run.



HAPPY TRAINING!



SNIFF AND GO

This exercise will improve your puppy's ability to walk nicely past distractions by harnessing the power of using sniffing and exploration as reinforcement.

When you're out on a lead walk with your puppy, start by letting them sniff and explore the environment. This will help them to feel safe and settle into the walk.

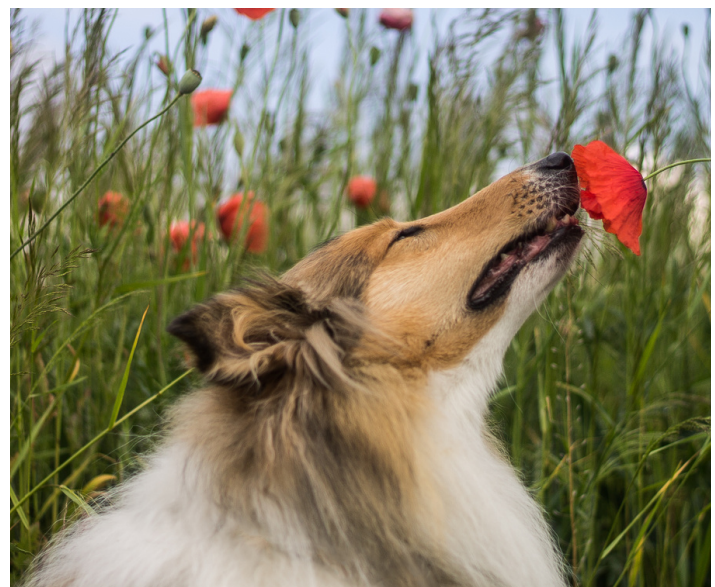
When your puppy is relaxed and you can see loose body language, get your puppy's attention and prompt them to walk along beside you for a few paces. You can reward them as you go with treats but the key thing is to move only a short distance before stopping and allowing your puppy to explore again.

You can create a context so your puppy knows when you want them to focus and when they can enjoy the rich tapestry of environmental rewards. You can say the words 'go explore' before, relaxing how you hold the lead, and looking away from your puppy. Making it consistent every time will help your puppy to understand the difference between when it's time for focused walking and when they can switch off for a while.

After a while, re-engage your puppy again before doing a few more paces of focused walking. When they're getting the idea you can add the cue 'let's go' when you want your puppy to come back to your side and walk with you.

Gradually build up the distance you walk between breaks and your puppy will soon be able to walk past lots of tempting distractions in the environment because they get the chance to explore and sniff at other times.

It's great for you as you can enjoy stress free walks, and it's great for your puppy as they get the chance to engage in naturally enriching behaviour with all the benefits it brings.





TAKING YOUR TRAINING ON THE ROAD

When it comes to teaching your puppy, it's really important to take the time to practice their skills in different environments.

Start off in a quiet location of your home and then practice in your garden, before taking it on the road.

You'll want to visit quiet locations at times of the day where most people won't be there. Start off with short trips to the neighbourhood and gradually build up to taking your puppy to busier, more distracting environments.

The most difficult locations will be places like the beach or in the city.

Give them a chance to get used to the environment before you work on their training games.

Don't be afraid to drop back to an easier level or location at any point if your puppy is struggling.



HAPPY TRAINING!