



# COSTUME DESENSITISATION

In this guide you are going to learn how to introduce your puppy to people wearing unusual clothes and costumes. If they have never seen this before they might be a little wary, so it's important to go steady and let your puppy decide the pace.

Never just wait and see what happens. Start by laying the costume/mask on the floor and letting your puppy investigate. You can add some treats to help your puppy build a great first impression.

When they are comfortable you can start to lift the item up and reward your puppy again. Begin to put on the mask, hat or costume and reward your puppy frequently throughout. Watch out for their body language and if at any point you see signs of stress, drop back a stage.

When you have the costume on, practice some fun training games together like nose target and get or play with their favourite toy. Introduce your puppy to all sorts of clothing, costumes and fancy dress so that they are confident and relaxed with everything they see in life.



**HAPPY TRAINING!**



# INTRODUCTION TO PAW

In this guide you are going to learn how to teach your puppy a paw target. Once your puppy knows this skill you can transfer it to many other behaviours.

To start, hold a treat in your closed hand (palm downwards) nice and low in front of your puppy. As they investigate they will probably use their paw to try and get access to the treat. As soon as their paw makes contact with your hand, mark and reward.

After a few repetitions you shift to offering an empty hand and when your puppy makes paw contact mark and reward from your treat pouch. Repeat until your puppy is really good at it before adding the cue 'paw'. To do this say 'paw' just before you offer your hand.

You can transfer to other situations like ringing a bell to go outside or fun tricks like closing cupboard doors for you. There are so many things you can do with a paw target.



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# EXPOSURE TO WATER

It's really important to introduce them to water from a young age. Dogs that are introduced positively to water whilst they are young, are more likely to grow up to be really confident around and on the water.

If not exposed to water in a fun way whilst young, your puppy might have a harder time when it comes to going out for a walk or to the toilet when it's raining.

To build up their confidence you can set up a paddling pool in the garden for them to explore, have fun playing with sprinklers or digging in a bucket full of water. Start off with only a small amount of water in the bottom, so that their paws only just get wet, and then progress to playing in deeper water too.

This is also a great way to help your puppy keep cool during a hot summer's day.



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# FIELD TRIP TO A BODY OF WATER

If one day you want to be able to go paddleboarding, kayaking or swimming with your dog it's really important to introduce them to water from a young age. Dogs that are introduced positively to water whilst they are young, are more likely to grow up to be really confident around and on the water.

For this week's field trip you get to take your puppy to visit the beach or a local lake. If they are too young to walk on the floor, you can carry them instead. Let them take it all in, the sights, smells and sounds as well as the sensation of water on their paws.

Play with their favourite toy near the waterside and focus on having fun together. Some dogs might be more inclined to go in the water if their buddy goes in with them. Consider making it a play date with a friend and their dog for the ultimate experience. As always, have fun and enjoy the journey.



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# ENRICHMENT DIY CHALLENGE

This week's enrichment challenge is DIY!

Enrichment doesn't have to be complicated or expensive. Your puppy will have a great time foraging for their food in home made enrichment puzzles. From cardboard packaging they get to shred and rip apart, to plastic bottles they can roll around with their nose or paw there is something for every puppy to enjoy.

Whether you have yoghurt pots, plastic cartons, envelopes, drinks bottles, junk mail or shredded paper in your recycling box, you can create excellent enrichment games. Simply get your puppy's food allowance and sprinkle it in a variety of homemade puzzles and place on your ground to investigate.

Let your puppy sniff, lick, chew, nudge, paw at and pounce on the DIY puzzles to get their food. And when they've finished all you need to do is put it back in the recycling box. There are so many options for getting creative!



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# PREVENTING DOOR DASHING

From a puppy's point of view the door is a gateway to adventure. Outside there are lots of interesting smells, sights, and experiences that your puppy would love to explore. Door dashing is a common and potentially dangerous behaviour. Often families with young children accidentally create a habit of running through doorways to play together outside. This can result in puppies rushing through doorways excitedly at other times too, which can be dangerous.

In this guide you will learn how to teach your puppy to relax by the door and remain settled when you open it so that you don't need to worry about your puppy escaping and will always be able to start your walk with your puppy in a calm fashion.

Until your puppy is trained to remain relaxed when the door is accidentally left open, be sure to set up management to prevent them from running out. To start, choose a door in your home that doesn't open out onto the street. A door to the garden is a good start. With your puppy on a lead, ask your them to go into a position they know well, like sit, down or station on a mat.







# PREVENTING DOOR DASHING

Reach toward the door, and if your puppy remains in position, mark and reward. Over the next few repetitions build up the distractions gradually, from touching the door, to holding the handle, before opening and closing the door a tiny amount. Each time reward your puppy if they remain calmly in position.

Practice and progress to the point where you can open the door fully and your puppy makes no attempt to move past you until you release them. You can then drop the lead and practice with other doors around the home. When your puppy is good at this you can train at the front door or garden gate, repeating the steps from the beginning each time you change location.

Remember to keep your training sessions short and build up gradually. It may take several weeks before your puppy truly masters this skill so in the meantime keep them safe and remember the more your puppy practices a behaviour the better they become at it.



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# DROP LEAD RECALL

If you want your puppy to enjoy running freely on the beach around distractions and come straight back to you as soon as you call, you need to build up their skills gradually.

One step is often forgotten but is so important... Practising dropped lead recall! Before you do this you need to have practiced getting your puppy to come to you successfully, on lead, in a number of locations.

When they are doing well you can discreetly drop the lead so that your puppy doesn't notice. With your puppy close by, call them to you and reward enthusiastically as soon as they come back.

Keep practicing in short sessions until your puppy is brilliant at coming when called.



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# LEG WEAVES

In this guide you are going to learn how to teach your puppy how to leg weave. This is a great trick for building confidence and having fun with your puppy.

To start, hold a treat between your middle finger and thumb. Be sure to point your first finger outward as this will become your hand signal later...

With one foot forward slowly lure your puppy from beside your back foot, through your legs to finish beside your front foot. Mark when your puppy reaches the outside of your front foot and reward before slowly stepping your back foot forward and repeating in the opposite direction.

As your puppy gets really good at this you can remove the food from your hand and guide them using only a hand signal. Continue to reward your puppy on the outside of your leg each time.

When your puppy is doing really well you can start to mix it up a little by adding a default stop between some steps, where you bring your feet together and your puppy automatically sits beside you. Have fun practicing your new trick in lots of locations.



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# ROLLOVER

Teaching your puppy to roll over is a fun trick that can really boost your puppy's confidence. Rolling over is not a natural behaviour for most dogs and can be a little bit scary to start with so it's really important to build up at your puppy's pace. It's best to practice this trick on a soft surface such as plush carpet, a blanket or grass. This will make it more comfortable for your puppy to go onto their back.

Begin by cuing or luring your puppy into a down. Reward your puppy as soon as their belly touches the floor. Next you're going to get your puppy to roll onto their side. With a treat between your fingers, move your hand slowly to one side of your puppy's neck, close to their shoulder blade. The moment they turn their head, mark and reward.

Practice this several times before progressing to luring further around your puppy's shoulder, towards their spine so that they lie down onto one side. Moving further with your lure will cause your puppy to fully roll over. Celebrate with your puppy when they get it and practice until it becomes really fluent. Once you can easily lure your puppy to roll over, the next step is to repeat without food in your hand.

You can then add a verbal cue by saying 'rollover' before giving your puppy the hand signal each time. Some puppy's pick this trick up quickly and others need more time. Always remember to go at your puppy's pace and make training fun.

