

# TEAMWORKS PUPPY CLASS



## COURSE PHILOSOPHY

### OBJECTIVES OF THE COURSE:

#### 1. Socialization of your pup to:

- People
- Dogs
- Sights
- Sounds
- Handling

#### 2. Teach basic commands:

- Clicker Training
- Attention
- Sit
- Down
- Come
- Release
- Leave It

#### 3. Early learning:

- Learning bite inhibition
- Resource guarding prevention
- Comfortable with handling
- Prevention of separation anxiety

**POSITIVE REINFORCEMENT TRAINING:** While there are many different dog training methods published in books, we will use a method based on positive reinforcement. This means that something good is given to the dog to make a desired behavior stronger. Positive reinforcement can be praise, treats, or toys. We will use a combination of all of these things in class. We use this method because it strengthens the relationship between dog and owner – we believe the training experience should be *enjoyable* for both the dog and the person.

**WORK-TO-EAT/WORK-TO-PLAY:** Often handlers are worried about using toys or food in training; thinking the dog will only respond if the motivators are present. If used correctly, toys and treats are like a “paycheck” to the dog...they satisfy basic needs and natural drives. While praise is also a very useful tool in communicating with your dog, ask yourself how long you would go to work, day after day, doing exactly what the boss told you, without a paycheck? On the other hand, if you won the lottery, how motivated would you be to still go to work for a paycheck? The idea is for you to **make toys and food (things your dog**

**desires) only available in return for obedient behavior.** If your dog has been leading the “good life” of a lottery winner (getting all the food, toys and praise he desires without working for them), you must first change the rules so that your dog has to “earn a living”. Only then will he be motivated to work for you -- because working for you will have real value to him. For this reason, **you should not feed your dog 3 hours before coming to class.** You should also begin asking your dog to do something (like sit) to earn his meals and his walks.

**GENERAL COMMUNICATION:** There is a similarity between our language and dog language in tone of voice. A **pleasant, higher pitched tone** is associated with praise, and a lower, gruff tone is associated with a reprimand. We will use a lot of praise in this class while the dog is learning new things. **Praise will always come before a treat or a toy.**

You should choose a verbal praise word that is different from what you say to your dog on an every day basis. For instance, many people tell their dog “good dog” on a regular basis. For training purposes, choose a word like “**smart!**” or “**yes!**” or “**perfect!**”

We will discuss the appropriate uses of reprimand feedback communication, but it will not be used to when we teach the dog brand new things. Also, when we give a command, it will actually be **neutral and matter-of-fact**, not threatening, like a reprimand.

**PRAISE VS. PETTING:** In “dog language” (especially for young dogs) enthusiastically petting your dog usually means, “let’s get up and play!” During a stationary exercise, try very hard not to absent-mindedly pet your dog, or you may be giving the dog mixed messages. **Use petting as a reward after the release word.** When your dog approaches you at home for petting in between training sessions, ask him do something to earn the petting first, such as “Sit,” or “Come”.

**ONE PRIMARY HANDLER FOR CONSISTENCY:** Class is going to be a distracting place for your dog, and you will soon find yourself saying “But he does it so well at home”! This is certainly the real value of coming to class – that your dog realizes he must obey you *despite* the distractions.” However, it will be much more difficult for your dog if he does not have the same handler every time in class. **For this reason, we ask you to choose one primary adult handler to come to every class with the dog.** That person will be the one training the dog in class, in the midst of the distractions. The greatest success is usually achieved if the one family member whom the dog “respects” the most consistently attends the dog’s training class. This designated handler can then teach the rest of the family what they have learned. If one other family member (over the age of eight) would like to attend class as well, they may participate as the “**assistant**” in class, since there are certainly plenty of exercises where an assistant can really be handy. **The assistant, however, should not be substituted for the primary handler.** Certainly, any family members or friends are always welcome to *watch* the class. But, **any children under the age of 18 attending class need to be under parental supervision at all times and children under 8 years of age must be accompanied by a non-participating adult.**

# TEAMWORKS PUPPY CLASS



## GENERAL ITEMS

**BUILDING BLOCK APPROACH:** Each week's class lays the foundation for the next week. In order to progress, the dog must be ready for the next lesson. This is accomplished by the homework you do with your dog at home.

**HOMEWORK:** *The more effort you put into the class, the more you and your dog will get out of it.* Doing the homework assignment enables you to teach the dog in a quiet environment where the dog can concentrate on learning.

**LEARNING CURVES:** You may find that your dog picks up some things very quickly and others not quite as fast. Don't be tempted to only practice the things the dog knows well in your practice sessions. Instead, start with something your dog knows well, and end with something he knows well, but in between, work on the things that are more difficult.

**LEARNING PLATEAUS:** *Have you ever crammed for a test only to draw a blank on something you know you studied very well?* When dogs (or people) learn a lot of new things at once, they can experience a learning plateau while the information goes from short term to long-term memory. If you come to class one week and your dog seems to have forgotten everything he's learned, don't give up on him! After a short break, he will soon remember again. Just remember that the best way to avoid hitting a learning plateau is not to cram, but to work the learning into the dog's every-day life.

**ABSENCES:** Class is where **you** learn and get feedback from your instructor. The benefit of attending class is that your dog is getting socialization with other dogs and people in a new environment.

**HOUSE RULES:** Unless your dog has medical problems, don't feed your dog his dinner right before class. (Let him *earn* his dinner or dinner-equivalent in class!) Allow at least fifteen minutes to exercise your dog before class and give him a chance to relieve himself. Please use the wooded areas on the side or in the rear of the building and **carry a plastic bag in your pocket** to pick up any stools your dog leaves on the grounds. PLEASE BE CONSIDERATE OF OTHERS. **Outside of the building, dogs must be on a leash at all times.**

**COMMANDS:** In your homework, you will see suggested words to use as commands. Please know that you can choose *any* word in any language as a command. It is best, however, to use **one-word commands, (i.e. "down" rather than "lay down").** Also, keep a running list of the words you teach your dog. You want to

avoid using any two words that sound alike or rhyme or that sound like your dog's name (i.e. using the command "Sit" for a dog named "Sid"). You also want to give exact meaning to the words and not use the same word for different things (i.e. "down" means lay down, and not don't jump up on me). Also, if you have, in the past, used a word like "come" when the puppy was misbehaving, and then you followed that word with some sort of punishment, make sure you **choose a new word for your puppy's training.** Dogs tend to only remember the last thing they were doing (responding to your call) before the consequence of the action (getting punished). If this has happened in the past for your puppy, simply choose a new word and only use the new word in a positive context.

**READING LIST:** If you would like to read more about this training philosophy, here are a few recommended books:



- **Puppy Primer.** Patricia McConnell & Brenda Scidmore
- **After You Get Your Puppy.** Dr. Ian Dunbar
- **The Perfect Puppy.** Gwen Bailey
- **Way to Go.** Patricia McConnell
- **Leader of the Pack.** Patricia McConnell
- **The Canine Good Citizen.** Jack and Wendy Volhard.
- **Don't Shoot the Dog.** Karen Pryor.
- **Dogs Are From Neptune.** Jean Donaldson.
- **Toolbox for Remodeling Your Problem Dog.** Terry Ryan
- **The Dog's Mind.** Dr. Bruce Fogle.
- **Surviving Your Dog's Adolescence.** Carol Lea Benjamin.
- **Owner's Guide to Better Behavior in Dogs.** Rev. William Campbell.
- **Raising Rover.** Judith Halliburton.
- **Playtraining Your Dog.** Patricia Burnham.
- **Multi-dog Households.** Patricia McConnell
- **How to Teach an Old Dog New Tricks.** Ian Dunbar.

# TEAMWORKS PUPPY CLASS



## EQUIPMENT

**LEASH:** We would like you to bring a six-foot leash to class. We recommend the leash be made of leather, nylon, or cotton and will have some nylon leashes for sale.

**Please do not bring a Flexi-leash or a metal chain leash to class.**



**COLLAR:** We recommend the use of a flat or rolled leather buckle collar for Puppy classes.

**TOYS & GAMES:** Break up your training sessions with play. Only use toys for training that are not available around the house. **These should be “special” toys that only appear when you are training.** You want the puppy to play with and focus on YOU, and you should be in charge of the game. Games during training sessions should be the type that can be played in a small space -- like catching a treat or toy in mid air-- not games in which the puppy runs away from you after an object and then carries it off.

If your puppy likes to retrieve an object like a tennis ball, start your play session with two identical objects. Throw one object; hide the other behind your back. After the puppy picks up the first object and is facing you, encourage him to bring the first object to you. When the puppy is close, show him the second object and ask him to release the first object. The instant he drops the first object, throw the second as a reward and pick up the first object to repeat the game. Note that the puppy is “working” to earn his play and that you are the one in charge of the game. (As opposed to you chasing your puppy to get the ball, which would send a message that the dog is in charge of the game.)

Another fun game to play is “**hide and seek**”; you can hide yourself or hide a treat or toy in another room, and then encourage the puppy to “find it” to get the hidden prize.

Playing games is a great way to bond with your puppy. However, playing “tug of war” and wrestling games with young or adolescent dogs may encourage a bold puppy to assert dominance over less dominant members of the family. Young dogs need to first learn not to mouth or bite people before these games can be safely played. It is usually better to teach bold dogs to play with objects like balls.



## TREATS:

### What Kind of Cookies to Use:

- It must be something your puppy likes!
- It should be soft and easily chewed in one bite without crumbling. (Not large dry dog biscuits)

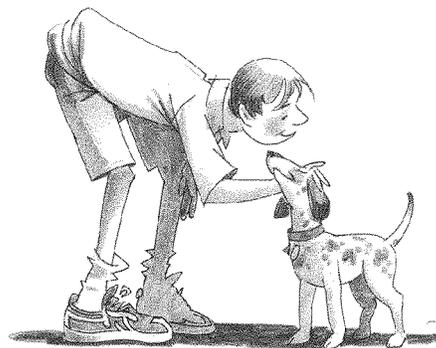
You should be able to break it into very small pieces. Here are some suggestions:

- Bil-Jac® treats
- Gooberlicious® treats
- Obey® treats
- Steak Strips® treats
- Chicken strips treats
- Charlie Bear® treats
- Cereal - like Cheerios or Kix
- Cooked chicken or turkey pieces
- Sliced carrots
- Unsalted pretzels
- Unsalted oyster crackers

*\*If you are worried about your dog gaining too much weight from the treats, stick to meat-based treats rather than carbohydrate treats. If you dog tends to have issues with loose stools or an upset stomach, stick to low-fat, carbohydrate-based treats.*

## TRAINING SESSIONS:

You should practice with your puppy in **several short sessions (5-10 minutes each)** per day, rather than one long session. Try to incorporate training right into your dog’s daily routine; when he gets up, before he eats, before you leave the house, when you come home, before bed, etc. Always remember to praise him for doing the right thing and if you have to scold him, make sure you show him what the correct choice is.



# TEAMWORKS PUPPY CLASS



## CARE OF YOUR DOG

**GROOMING:** Every dog needs a good brushing not less than once a week. Longhaired dogs should be brushed no less than 3 times a week.

Use grooming time to check your dog all over. A thorough grooming session once a week will save you a costly trip to a groomer and make you aware of any condition, which needs to be checked by your veterinarian.

Your dog needs a bath when you can smell him. Most breeds should be bathed once a month.



**CLEANING EARS:** Moisten a piece of cotton with apple cider vinegar (ACV) and water (1:1). Wipe out ears. ACV controls unfriendly bacteria or yeast, common culprits for causing ear infections. Should your dog's ears get red and sore at any time, or have an unpleasant odor, consult your veterinarian.

During routine visits to your veterinarian, have your dog's teeth, eyes, ears and anal glands checked. Keep his vaccinations up to date!

Have your dog neutered or spayed after it is 6 months of age. Neutered pets live longer, healthier lives and make superior pets. Whatever you do, don't bring unwanted puppies into the world.

### CLIPPING NAILS: CLIPPING NAILS:

**You should get your dog used to having his nails clipped at an early age.** (You will need nail clippers and small treats):

You need to clip your dog's nails when you can hear him coming on a hard surface.

(1) With your dog lying down next to you on the floor, gently take hold of one paw. Hold for a few seconds, praise and give treat. Repeat until you can hold each paw to the count of 10.

(2) With your dog lying down, take paw in one hand and touch one nail with the clippers. (Do not cut the nail.) Praise and give treat. Repeat until you can touch each nail with no struggle.

(3) With your dog on a "down" by your side, use the clippers and cut the TIP of one nail. (If it bleeds, you have cut off too much!) Praise and give treat. Repeat until you can do one nail on each foot.

(4) With your dog lying down by your side, take hold of paw, put a little pile of treats under his nose. Let him eat the treats while you cut the nails on one foot. Repeat until you can cut all the nails on all four feet. Praise.

(5) Repeat Step 4, but give treat after you have done one foot.



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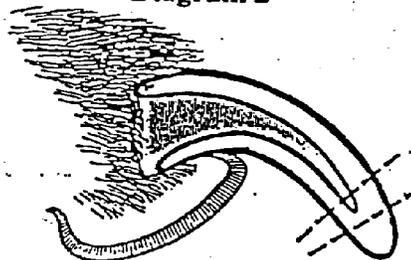


Diagram 1



The blood supply (Kwik) in a short nail.

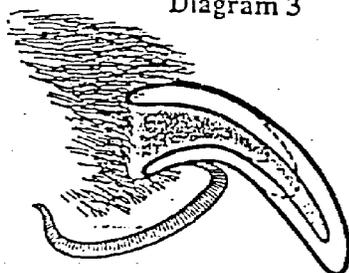
Diagram 2



Note how the blood supply gets longer as the nail grows.

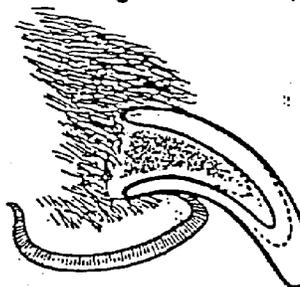
A cut here will cause bleeding and the nail will still be too long.  
TRIM HERE and the blood supply will begin to get shorter.

Diagram 3



If you clip or file a little off of a long nail every few days, the blood supply will continue to recede.

Diagram 4

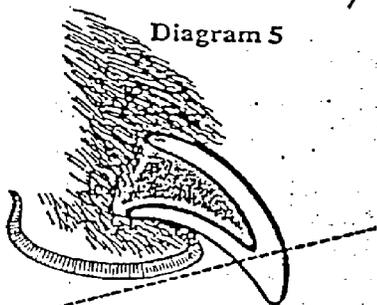


As the nail gets shorter so does the blood supply.

# Rich Health

## KWIK-STOP STYPTIC POWDER

Diagram 5



Only when the nail is kept short can it be trimmed without bleeding. If the same cut had been made on the long nail in Diagram 2, it would have caused bleeding.

Diagram 6



A properly trimmed nail.

67.



## HOUSETRAINING HINTS

1) Feeding: Puppies need to be fed 3 times a day; adult dogs, twice a day, unless you have an extra-large dog prone to bloat (these dogs need to be fed several small meals per day). Always feed at the same time, even on weekends. Keep the diet constant; abrupt diet changes will cause digestive upsets. Loose stools are a sign of overfeeding, dry stools a sign of underfeeding. Make sure you ask your dog to sit and stay while you're holding his bowl. Slowly set the bowl down on the floor – whisk it back up and away if your dog breaks his stay. When he does stay, release him and let him eat his food. After 10 minutes, pick up dish and put it away. Remember that you want your dog to “work for a living”; *leaving food out all the time (free-feeding) not only causes dogs to have trouble with housetraining, and be overweight, but also it causes them not to value their food.*

2) Establish a **toilet area**: Always take your dog to a specific toilet area when he should eliminate. If possible, this area should be in a straight line from the house. Ask your dog to do his “business”. Stand still and let him concentrate on what he is doing. Be patient, let him sniff around. After he has finished, praise him.

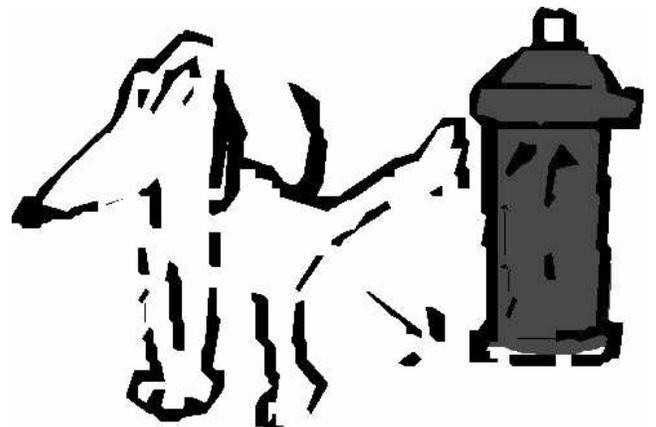
**\*\*If you walk your dog on a leash in order to get the dog to eliminate:** Many people make the mistake of walking the dog *until* he does his business and then promptly ending the walk. It doesn't take most dogs very long to learn to “hold it” as long as possible so their walk will last as long as possible. This can cause a lot of stress on both the dog and you. Instead, bring your dog immediately to his toilet area, ask him to do his business, praise him, and then REWARD him with a nice walk.

3) When **to take the dog to the toilet area**: After eating or drinking, after waking up, and after playing or chewing. Watch for sniffing and circling.

4) Dealing **with accidents after the fact**: If your dog has had an accident in the house, **do not call him to you to punish him**. Not only is it too late, your dog will simply associate going to the bathroom in your presence with punishment, and choose a back bedroom next time! Dogs also DO NOT understand rubbing their nose in their own scent; otherwise, why would dogs roll on the grass where another dog has eliminated if they truly disliked the scent so much? Instead, always keep calm. Clean up the mess, making sure your dog is not watching you. Use white vinegar or enzyme-based solutions as cleaners. Do not use any ammonia-based cleaners (they smell a lot like urine to the dog). Most importantly, make sure that when

your dog does go outside, you praise him a lot for going in the correct place and be very vigilant for future signs of sniffing and circling. If your dog continues to have accidents, take him to the vet to check for health problems.

5) Catching **your dog in the act**: Give your dog verbal feedback by telling him “wrong” or “eh-ent”, but stay calm and *do not get angry*. Do not try to drag him outside because that will make your clean-up job much more difficult. It is very important not to let the dog associate eliminating in your presence in general with fear; this results in dogs that will not eliminate outside (because, after all, you are standing there) and will seek out hidden areas of the house to eliminate. Again, make sure that when your dog does go outside, you *praise him a lot* for going in the correct place and be very vigilant for future signs of sniffing and circling. Hint: Until your puppy is reliable, it is not a good idea to let him have the run of the house. See the next page...



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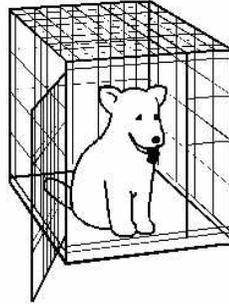


## WHY USE A CRATE?

secure in the new place just because his “den” is there. Many hotels now allow crated dogs to stay for a minimal fee.

### 1. IT SIMPLIFIES HOUSETRAINING

Crates are no more cruel to a puppy than a playpen is to an infant. Crates help housetrain a dog because dogs naturally do not want to eliminate in the same place they sleep. Crates will also encourage the dog to sleep, making it less likely that he will have to eliminate. (Puppies need to sleep 16-18 hours a day!)



### 2. IT KEEPS YOUR PUPPY SAFE!

Letting a puppy run free in the house unsupervised could be very dangerous. Puppies will chew on and eat everything - including electrical cords, toxic household chemicals, poisonous plants and medicines.

### 3. ITS A QUIET PLACE TO REST

Crates serve as a “den” to your puppy - giving a sense of security. Crates also allow the dog to rest undisturbed by children and other pets. For this reason, children should be taught never to bother the puppy when he’s in his crate. Also, when your dog is sick or if he has to travel on an airplane, if he has learned to accept his crate, he’ll feel relaxed, rather than stressed if he has to be confined.

### 4. IT REDUCES DESTRUCTIVENESS

Almost every puppy goes through a “chewing phase”, where they develop chewing habits. This urge to chew is a natural dog behavior that is strongest during puppyhood but can last for the life of the dog! Using a crate will help you guide your puppy’s chewing habits toward appropriate items, like Kong toys and treat saucers and help him avoid things like your shoes or the furniture.

### 5. IT MAKES TRAVELING SAFE

Allowing your dog to have free roam of the car while you drive is a very dangerous practice. If you slam on your breaks, your dog is certain to fly forward into you or out of the car. Confining your dog to a crate or behind a barrier, or using a doggie seatbelt is the safest way for a dog to travel. If you bring your crate along on a trip, having the crate in a new environment will be like bringing along the dog’s “bed”. He’ll feel safe and

## RULES OF CRATE TRAINING

- Only praise the dog for going into the crate not coming out.
- Leave crate door open when you are home.
- Always have fresh water in your dog’s crate in a stainless steel bowl (stainless steel is not chewable and does not promote bacteria growth like plastic does).
- Be certain any toys you place in the crate are safe for chewing. Don’t put small toys that could be swallowed in the crate. If you dog chews his bedding, remove the bedding until he is past the intense stage of his chewing.
- Don’t crate immediately after the dog has eaten...he should go outside to eliminate and exercise a bit first.
- Don’t leave a bowl of food out in the crate all the time. Feed your dog at specific times so that he will have to eliminate at specific times. If your dog can eat at any time, he will have to eliminate all the time!
- Never put a puppy in a crate as a punishment. Never allow children to play in crate.
- Never leave your dog crated in a car, pickup truck, or anywhere the sun can shine directly in the crate. Crates in the sun turn into baking ovens!

## INTRODUCING A CRATE

- Place crate in someone's bedroom for dog to sleep in at night.
- Toss a treat in the crate, near the entrance. Sit with dog, praise and pet. Feed the dog treats while he’s in his crate.
- Make a game of the puppy going to the crate and getting a treat. Decide on a word that will mean “go to your crate” on command and say this during the game.
- Feed every meal in the crate, requiring the dog to go into crate before food dish is set down. Do not let your puppy out if he whimpers. Give him 15 minutes to finish his meal and open the crate door when he is quiet. Keep the crate door closed while dog eats, but be sure to let the dog out after eating, since he will definitely have to eliminate after a meal.
- When you crate your pup for the night or when you leave, close door and walk away. Don't respond to whimpers! Do not open door again until dog is quiet.
- Crates can be weaned off gradually after the dog is fully housetrained and has stopped trying to chew on inappropriate items (age 1- 3yr). However, always leave the crate door open! You'll be surprised to see how much your dog loves his den!

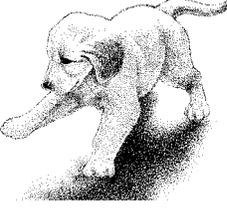
# TEAMWORKS PUPPY CLASS



## PUPPY DEVELOPMENTAL STAGES

Your puppy will go through several distinct developmental stages over the next few months.

### 8-12 WEEKS

Your puppy will:	You should:
<ul style="list-style-type: none"> <li>Have a strong desire to please</li> </ul>	<ul style="list-style-type: none"> <li>Take every opportunity to praise your dog for doing things right</li> </ul>
<ul style="list-style-type: none"> <li>Will want to follow you around</li> </ul>	<ul style="list-style-type: none"> <li>Play hide and seek games and praise your dog for finding you in a safe, secure environment</li> </ul>
<ul style="list-style-type: none"> <li>Will be exploring his new environment &amp; learning every day</li> </ul>	<ul style="list-style-type: none"> <li>Take every opportunity to expose your dog to new people, places, &amp; things in a positive way</li> </ul>
<ul style="list-style-type: none"> <li>May begin to test out members of the family to determine their social status in the "pack"</li> </ul> 	<ul style="list-style-type: none"> <li>Teach your puppy to inhibit play-biting by yelping and then showing him what things are appropriate to chew on</li> <li>Not chase your puppy, but encourage him to find you and run toward you</li> <li>Establish good rules of the house for everyone to follow that will give the puppy consistent messages</li> </ul>
<ul style="list-style-type: none"> <li>May go through a fear period</li> </ul>	<ul style="list-style-type: none"> <li>Encourage your dog to be "brave" and be careful not to accidentally "soothe" the dog while it is being fearful...if you do this, you will reinforce the fearful behavior, making it stronger!</li> </ul>
<ul style="list-style-type: none"> <li>Will <i>not</i> have the muscle control to have bladder control</li> </ul>	<ul style="list-style-type: none"> <li>Introduce the crate and institute a regular feeding schedule</li> <li>Go outside after every nap, play session, feeding, long drink of water, session of sniffing or circling around</li> <li>Praise the dog heartily for going outside</li> <li>Should ignore accidents</li> </ul>

### 3-6 MONTHS

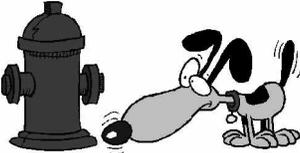
Your puppy will:	You should:
<ul style="list-style-type: none"> <li>Still have a strong desire to please</li> </ul>	<ul style="list-style-type: none"> <li>Take every opportunity to praise your dog for doing things right</li> <li>Always follow any verbal reprimand with what the <b>correct choice</b> is and praise the puppy for the correct choice</li> </ul>
<ul style="list-style-type: none"> <li>Still be pretty dependent on you and follow you</li> </ul>	<ul style="list-style-type: none"> <li>Continue to play hide and seek games and praise</li> </ul>

<p>around</p> 	<p>your dog for finding you in a safe, secure environment</p> <ul style="list-style-type: none"> <li>Do not take risks with your puppy or become over-confident in his dependence (see next the stage!)</li> </ul>
<ul style="list-style-type: none"> <li>Will be exploring his new environment with more confidence</li> <li>Will begin chewing and mouthing behaviors to facilitate teething and to explore the environment</li> </ul>	<ul style="list-style-type: none"> <li>Take every opportunity to socialize your puppy in a positive way</li> <li>Continue to reinforce appropriate things to chew on</li> <li>End all play if puppy chooses to bite</li> <li>Continue games in which the puppy comes to you</li> <li>Make sure everyone in the house is giving puppy consistent messages</li> </ul>
<ul style="list-style-type: none"> <li>May go through a fear period</li> </ul>	<ul style="list-style-type: none"> <li>Encourage your dog to be "brave" and not accidentally reward the dog while it is being fearful.</li> </ul>
<ul style="list-style-type: none"> <li>Will have muscle control to learn bladder control</li> </ul>	<ul style="list-style-type: none"> <li>Have introduced the crate &amp; a regular feeding schedule &amp; should start to see improvements in your puppy's bladder control</li> <li>Should still be praising the dog heartily for going outside</li> <li>Can give a mild "ahhnt" for accidents caught in the act</li> </ul>

# TEAMWORKS PUPPY CLASS



## 6-12 MONTHS

<u>Your puppy will:</u>	<u>You should:</u>
<ul style="list-style-type: none"> <li>Will gain a sense of independence and challenge your authority</li> </ul>	<ul style="list-style-type: none"> <li>Continue training and establishing your authority using humane, behavioral techniques, not force.</li> <li>Have patience. This is the toughest stage of dog ownership, but it doesn't last forever.</li> </ul>
<ul style="list-style-type: none"> <li>Will be very likely not to come when called if something else is more interesting</li> </ul>	<ul style="list-style-type: none"> <li>Not take any risks with your puppy by having him off leash</li> <li>Continue to play hide and seek games and praise your dog for finding you in a safe, secure environment</li> </ul>
<ul style="list-style-type: none"> <li>Will reach sexual maturity and become notably more territorial</li> </ul> 	<ul style="list-style-type: none"> <li>Consider spaying or neutering your puppy before sexual maturity</li> <li>Be very aware of the effects of having an intact dog and have a plan for dealing with females in heat (remember that a male can smell a female in heat up to five miles away through brick or stone walls and will dart away to find her if given the chance!)</li> </ul>

<u>Your puppy will:</u>	<u>You should:</u>
<ul style="list-style-type: none"> <li>Give chewing behaviors top priority</li> </ul> 	<ul style="list-style-type: none"> <li>Remain very consistent with the dog during this phase and be sure that all family members are doing the same</li> <li>Make sure your puppy remains in his crate when unsupervised until these behaviors start to diminish</li> <li>Provide the puppy with many different types of durable things to chew on, like Kong® toys and treat saucers</li> </ul>
<ul style="list-style-type: none"> <li>May go through another fear period</li> </ul>	<ul style="list-style-type: none"> <li>Encourage your dog to be "brave" and not accidentally reward the dog while it is being fearful.</li> </ul>
<ul style="list-style-type: none"> <li>Should be close to house-trained</li> </ul>	<ul style="list-style-type: none"> <li>Seek your veterinarian's advice if you are still having trouble with houstraining to be sure there is nothing wrong medically</li> <li>Make sure that no one in the house is using punishment and fear techniques when the dog has an accident</li> <li>Minimize the emotion in greetings and departures and ask for sitting before petting</li> </ul>

# TEAMWORKS PUPPY CLASS



## PUPPY CLASS HOMEWORK -- SOCIALIZATION

Numerous studies show that exposing puppies to a variety of people, places and things in the early stages of development help puppies develop confidence as adult dogs. Ideally, your puppy should experience 100 new things in the first 100 days of his life. There are two very important things to remember when socializing your puppy:

1. **THE EXPERIENCE SHOULD BE POSITIVE!** Try to make sure that you monitor interactions so that your puppy has good experiences with all he meets. Don't allow your puppy to just run up to a strange dog unless you are sure that dog is friendly toward puppies. Try and gradually expose him to noises of increasing intensities, rather than scaring him with a really loud noise. If you puppy has a bad experience despite your careful supervision, try to set up the same experience again, but this time, be prepared with treats. Let you puppy get used to the "scary" thing from a distance first, feeding him treats in its presence, and then gradually decrease the distance to the "scary" thing.
2. **REINFORCE CONFIDENT BEHAVIOR, NOT FEARFUL BEHAVIOR!** If your puppy shows fear or hesitation, do NOT soothe your puppy by petting him. While it is human instinct to want to "comfort" the puppy, petting the puppy while it is showing fear reinforces the puppy for being fearful. Instead, move your body closer to the "scary" object and touch it. As your puppy takes a step toward it, praise and treat your puppy heartily.

Below is your socialization list. You should try to expose your puppy to as many of these things as possible in a positive way. Tell your puppy to "Say Hi" and reward him for confident behavior. Check these objectives off as you go and remember to introduce each item with praise and treats, starting at a low intensity and/or far distance.

### PEOPLE

- Adult females
- Adult males
- Seniors
- Teenagers (13-19 yr)
- Children (4-12 yr)
- Toddlers (2-4 yr old)
- Babies (0-2 yr old)
- Person with a beard
- Person with a hat on
- Person with a backpack on
- Person with sunglasses
- Person of a different nationality
- Person of another different nationality
- Person with a deep voice
- Person with dangling jewelry
- Person with cigarette
- Person in a raincoat
- Person with a stiff gait
- Person in uniform

### PLACES

- Park
- Another park
- Playground
- Veterinary office (not for a visit)...just go in and have fun with your puppy
- Groomers or Kennel (not for a vista)...just go in and have fun with your puppy
- Flea market
- Pet store
- Dog show
- Someone else's house
- Outdoor shopping mall
- Downtown
- Hotel (Red Roof Inn, Days Inn, Motel 6, & Comfort Inn often allow dogs)
- The beach (The WhaleBone Motel in NagsHead welcomes dogs)
- The mountains
- Camping

### THINGS

- Bicycle
- Cars (from a distance)
- Motorcycle (from a distance)
- Rollerbladers/skateboarders
- Dishwasher
- Pots & Pans clanging
- Vacuum cleaner
- Electric can opener
- Floor fan
- Blinds
- Garage door opener
- Umbrella
- Bridges
- Storm grates
- Water (introduce safely & gradually)
- Wet grass
- Tall grass
- Mud
- Sand

# TEAMWORKS PUPPY CLASS



## ORIENTATION HOMEWORK

1. **MOTIVATORS:** Keeping training enjoyable is the best way for your dog to learn. In order to create a tail-wagging attitude toward learning, you will need to have "objects of attraction" to use in training your dog. These objects should **not** be things that the dog has unlimited access to. For instance, if the dog's tennis ball is always around, chances are if your neighbor's dog gets a squeaky ball, your dog will be much more interested in the squeaky ball than his tennis ball because it is new and interesting. The same goes for food rewards; everyday dog food is much less exciting than cut up pieces of beef hot dog or dog beef jerky. List your dog's favorite rewards for each category and rank them from (#1) most motivating to least motivating:

	FOOD	FOOD	TOYS	GAMES
1				
2				
3				
4				
5				

### TEST THESE FOOD ITEMS ON YOUR DOG

- Bil-Jac® treats
- Gooberlicious® treats
- Obey® treats
- Steak Strips® treats
- Chicken strips treats
- Charlie Bear® treats Cut up beef hot dogs
- Chopped up cubes of cheese
- Moist dog food treats
- Cereal - like Cheerios or Kix
- Jerky sticks or strips for dogs
- Cooked chicken or turkey pieces
- Moist packaged dog food
- Sliced carrots
- Unsalted pretzels
- Unsalted oyster crackers
- Dried liver pieces
- Unsalted popcorn
- Shelled, unsalted peanuts

2. **ACCEPTING HANDLING:** Being able to handle your dog is very essential not only for practical reasons, but for behavioral reasons as well. Teaching your dog to accept handling from you and also from strangers is a goal of the class. The next time you take time out to groom or to pet your dog, do a thorough evaluation of his sensitive areas. For instance, many dogs do not like their feet, ears, or tails touched. Handle your dog carefully and slowly, like a veterinarian does an exam. If your dog growls or shows serious resentment, **do not proceed with the examination of that area** and note it below. If your dog pulls away, resists, or shows very submissive behavior like wetting, try the following exercise: Place peanut butter on a vertical surface, (use the lid of a margarine container with masking tape on the back of it and to stick it to your refrigerator, then spread the peanut butter on the margarine lid) and after your dog starts to lick the peanut butter, begin to slowly and gently pet him in the sensitive area, using verbal praise. Repeat several times this week.



**AREAS DOG LIKES TO BE PETTED:** \_\_\_\_\_

\_\_\_\_\_

**DOG'S REACTION:** \_\_\_\_\_

\_\_\_\_\_

**AREAS DOG DOES NOT LIKE EXAMINED:** \_\_\_\_\_

\_\_\_\_\_

**DOG'S REACTION:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# TEAMWORKS PUPPY CLASS



## HOMEWORK PROGRESSION:

*From now on in the homework sheets, you will notice that each section objective is first described in **italics**. Under that, marked in **small diamonds**, are some things you should think about before doing the exercise. Then, the **arrows** tell you, step-by-step, what to do. There are occasional “**Notes**” sections in boxes with helpful hints or trouble-shooting ideas. You will also see several “**levels**” for each exercise. The homework is divided into levels for several reasons:*

- You should practice with your dog in **several short sessions (5-10 minutes each)** per day, rather than one long session. Try to incorporate training right into your dog’s daily routine; when he gets up, before he eats, before you leave the house, when you come home, before bed, etc.
- Every dog will progress at a different rate. The “levels” will give you goals to strive for (which is what the check-boxes are for). However, **anytime your dog seems confused, ALWAYS DROP BACK ONE LEVEL. LET THE DOG SUCCEED AT THE PREVIOUS LEVEL, AND END THE SESSION THERE, ON A GOOD NOTE.** Then, the next time you practice, start with the lower level and reach towards the next level.
- It can be confusing to the dog to try to learn two different **brand new** behaviors in one session. Try to get to the level at which the dog really understands the first behavior **before starting on another brand new exercise.** It’s fine to work on already-learned commands in the same session as one new behavior.
- **You do NOT have to reach the highest level of one exercise before going onto the next exercise.** The levels are provided to keep each exercise challenging and fun for you and your dog and to encourage you to train in short sessions. Your homework will describe only a few exercises that have a “pre-requisite” exercise.
- We will usually practice the “level one” exercises in class and maybe demonstrate higher levels. At home, try to progress beyond what we did in class in preparation for the next week’s lesson.
- **Remember:** You should choose a verbal praise word that is different from what you say to your dog on an every-day basis. For instance, many people tell their dog “good dog” on a regular basis. For training purposes, choose a word like “**smart!**” or “**yes!**” or “**perfect!**”



## A WORD ABOUT BITE INHIBITION

One of the most important things for a puppy to continue to learn after you remove him from his littermates is bite-inhibition. When most people think of bite inhibition in puppies, they think of stopping a puppy from mouthing them. However, bite inhibition is not about teaching the dog never to use its mouth at all. It's the process whereby the puppy learns how hard is too hard to bite down. It's also the process where a puppy learns alternative ways to convey his feelings other than to bite. In short, bite inhibition is learning "mouth control". This must be learned in puppies no later than 4.5 months of age.

All dogs, when in situations of extreme fear or excruciating pain, will bite. Although biting is not acceptable in our society, it is a natural defense behavior built into every dog. The difference between dogs that do damage when they bite and dogs that never break the skin is called bite inhibition. That is, the dogs that have learned to use vocalization or displays and to restrain the force of their jaws will do a lot less damage under duress than dogs that never learned the alternatives. Experience has shown that dogs with effectively learned bite inhibition do not deliver severe bites as adults.

Puppies mouth each other as youngsters because it's a natural way for them to explore their world. They use their mouths much like toddlers use their fingers as they point and poke objects around them. When a toddler pokes a soft teddy bear, she learns that the teddy bear is soft, when she does the same to a cactus plant, she learns to interact with cactus plants differently than teddy bears. In a similar fashion, your puppy wrestled and played with his littermates and his mother. When your puppy got out of control and bit too hard, the other puppies and his mother would let him know by vocalizing or yelping loudly and ending the play session.

Since your puppy probably does not have his littermates around in the same household anymore, he counts on you and on other dogs in his play session to give him feedback on the use of his mouth.

You will find that he may test you – putting his mouth on you very gently. While it may be tempting to think that you should stop this immediately by reacting strongly, it is a much better idea to redirect the puppy to a toy or other object or simply get up and move away, stopping play for 1-2 minutes. When your puppy persists and bites by pressing down, you should yelp (loudly like a puppy would) and end play immediately with a time-out for the puppy. By taking this strategy you give him information about how hard is too hard to bite.

### Playgroups and Bite Inhibition

When you puppy plays with other dogs, you want to choose playmates that will take the same approach of letting your puppy know when enough is enough. You want to pair him up with puppies that will play nicely with him when he plays nice – and walk away or yelp loudly when he plays too rough.

If you find that your puppy has a lot to say when he's playing with another dog, don't discourage that behavior. While it might be tempting to think your puppy is somehow misbehaving, if your puppy chooses to bark at rather than to bite his playmates, this is part of learning bite inhibition. He's communicating his feelings to the other puppy rather than simply chomping down.

If one puppy in the playgroup yelps loudly while playing, the most important response you want to see out of the other puppies is that they *listen* to what that puppy said. A yelp means "Ow! That hurt!" It is most important for your puppy's development of bite inhibition that your puppy learns to respect that plea. If your puppy was the one who delivered the nip, your puppy should be apologetic, (even if only briefly) and back off from the puppy who yelped. If your puppy was the one who yelped, make sure the other puppy is apologetic. If you don't see this apologetic behavior, the playgroup should be rearranged into different groups.



## PREVENTING RESOURCE GUARDING

Another very common and natural behavior in dogs is resource guarding. Resource guarding is a term that means using threats to protect items of value like food, toys, even people. Dogs are, by nature, scavengers. Dogs are also territorial and competitive by nature. If a dog is raised in an environment supporting the motto “every dog for himself”(in other words, resources are scarce and must be defended), you may find yourself with a problem dog.

Resource guarding behavior can be seen very early in puppies. If there are more puppies than momma dog can feed at once, you will see puppies pushing each other away or growling to maintain a feeding position. This is just a basic survival instinct.

However, when your puppy comes into your home, it is important for him to know that he doesn't need to fight to survive. (After all, he now leads the good life, doesn't he?) If you have small children in the house, or other pets it is especially important that he learn this lesson.

Puppies should be taught from an early age that good things can be given and taken away, but that more good things will always appear. One of the best ways to do this is to get your puppy used to the idea that something being taken away is always paired with something even better. Doing these exercises as a preventative measure is a great way to help prevent resource guarding in your puppy. Otherwise, resource guarding is something that can sneak up on you and become a serious problem.

### The Food Bowl

It is a good practice to always feed your dog in his crate. The first reason is that your dog will come to call his crate his favorite place to be. The second reason is that your dog will always feel like he can eat his meal without any competition from other pets or from young children.

However, as a resource guarding preventative measure, when your pup is eating his meal, walk by, open the crate, and drop a piece of meat into his bowl. You may find that he startles the first time, but eventually, comes to look forward to your hand

entering his bowl. By practicing this exercise regularly, you are padding your dog for the day that a child or other pet comes up to steal something from the bowl. With good management, hopefully, this will never occur, but with preventative training, your dog will learn that invaders to his bowl bring good things.

### The Bone of Contention

Another common thing dogs guard is a bone or chew toy of some sort. Your puppy is going to need plenty of appropriate items to chew on – in his crate and just around the house.

If you have small children, it is a good idea to teach them at an early age not to bother the dog while he is chewing. It is also good management to put your dog in a crate when you give him a chew bone. If you have multiple dogs, it is a good idea to buy plenty of the same toys to go around.

To train your puppy against resource guarding, it is a good practice to give your puppy an object to chew, let him get invested in chewing, and then walk by and give him a more valuable object, taking the original object away as you do so. At first, your dog may startle, or pick up his toy, but after awhile, he should look forward to your visits, as they mean an “upgrade” to his chewing pleasure. Once again, you are padding him for the day that someone actually comes to steal something from him.





## PREVENTING RESOURCE GUARDING

### Furniture

Dogs have a tendency to see elevated spaces as “thrones”. Resting in an elevated place is definitely for the privileged few in a dog’s world. If you choose not to let your dog on furniture, you will probably avoid this issue altogether. As a compromise, you can buy your dog his own dog bed, complete with all the frills.

If you have decided to allow your dog on furniture, you should introduce a command that means “up” and one that means “off” and then faithfully enforce them both. It is important for your dog to understand that resting on furniture is a privilege, not a right. It is also important that you make the initial choice of whether or not he comes up on the furniture, not him.

When you ask your dog for either an “up” or an “off”, be sure to reward your dog for listening. However, if your dog chooses not to obey an “off”, he may need a time out. In general, this is a sign that it is time for a bit of a demotion (with fewer privileges) rather than more. Revoking furniture privileges is the first place to start.

You can prevent the situation from occurring by having him on a leash next time or by temporarily removing or blocking off the chair he wants to sit on. Being proactive about the situation in the



future will prevent you from having to have a battle of wills. It is much better to set the tone from the start next time.

Experience shows that dogs that are free to jump on and off furniture at will and without contest are likely to show resource guarding over the furniture at some point and time. It may not be until someone else asks them to move, or until they are older dogs. However, having a good furniture policy with your puppy can prevent this from becoming an issue in the future.

### People

Some dogs have a tendency to bond very strongly to one person. While this can be flattering to the chosen person, it can develop into resource guarding behavior later on.

Just like children, dogs need to learn to share their attention and affection with others. If your dog is the only other being in your household, he can be particularly susceptible to resource guarding you. After all, he very rarely has to share. To prevent resource guarding of people, it is a good practice to get your dog used to situations where you and he are around other people. If your dog is part of a family, it is a good idea for the dog to share his attention time with other pets or children. Making the children a big part of the dog’s *best* attention time is a great way to have him make the right association – when the kids are present, I get *even more* attention, not less.



Dogs are pretty good at making simple associations. For instance, what you don’t want your dog to think is “when Susie shows up, I get a lot less attention.” If you have a dog that craves attention, use this to your advantage. When Susie (or any other person or pet) shows up, have a special game you play with your dog. Give him special treats that only appear when that person is there. Make the presence of the would-be-competition a *good* thing, not an omen. Once again, this is one of those issues that can sneak up on you over time. Its best to have a policy of “sharing is rewarded” rather than to see resource guarding of people (or jealousy, as some would call it) rear its ugly head later.

# TEAMWORKS PUPPY CLASS



## HANDLING YOUR DOG

One of the most important things dolphin trainers teach dolphins is how to be comfortable with handling. No matter how smart a dolphin is, there is no place for a dolphin in a training facility that can't be handled, as it poses a danger to the trainers. Dolphin trainers start at a very early stage – making sure all handling is seen as a good, positive thing. From checking a flipper to looking at a sore tooth, dolphin trainers have to have the trust of the dolphin. The same thing is true for your dog. He must learn to trust you and others to manipulate his ears, paws, tail, and teeth for his own health and safety.

From a very early age, you should get your puppy used to handling. Touching ears, paws, tail, and collar are very important. Being able to grab your dog's collar quickly and without him pulling away could save his life. At some point in the future, he is going to have an injury somewhere – even if it's just a burr caught in his fur. If you begin now by making each association with your handling of your dog a good thing, your dog will learn to look forward to being handled by you and by others.

### Some basic exercises you can do are:

- Grasp the puppy's collar, give a treat
- Hold the puppy's paw, give a treat
- Hold the puppy's tail, give a treat
- Hold the puppy's ear, give a treat
- Open the puppy's mouth to expose the teeth, then give a treat
- Hug the puppy, give a treat
- Hover over the puppy, give a treat
- Wave your arms around the puppy's face, give a treat
- Stare at the puppy, give a treat
- Repeat these steps with family members
- Repeat these steps with friends
- Repeat these steps with strangers

Many puppy owners will respond to the list above by saying "oh, he's *fine* with that". However, it is critical to remember that dogs go through many changes in the first year and half. Just because your puppy is fine with handling today doesn't mean he will be fine with it next month. It also doesn't mean he will let a complete stranger do the same thing.

Practice these exercises on a regular basis and encourage others to do the same...always following with a very rewarding treat.

## TAKING FOOD GENTLY

Another exercise to practice with your puppy while he is still young is learning to take food gently. Dogs that do not learn this exercise tend to snap food away and can accidentally nip a finger at some point.

It is best to work on this exercise *separate* from training exercises where you will be teaching sit and down. However, the goal is to eventually ask your dog to take food gently during training as well. It is also best for an adult trainer to teach the dog this command initially.

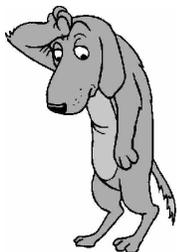
Hold a treat in your closed fist. If you feel teeth, tell your dog "gentle" but don't open your fist or pull it away. When your dog puts only his lips or tongue on your hand, open your hand flat to expose the treat. It is a great practice to feed your dog his entire meal this way, bit by bit. Repeat this exercise on a regular basis, remembering that just because your dog is gentle this week, doesn't mean he's mastered it. This type of training is "preventative measure training" and will keep your dog from becoming a shark.





## ANTI-SEPARATION ANXIETY

Separation anxiety is a condition dogs develop later in life where they become very destructive to themselves or to the things around them because they are unable to cope with an owner's absence. Dogs are incredibly good at predictive sequences. Already, your puppy probably can predict when it's dinner time or when it is time to go outside. If you video-taped yourself, or stopped to think about it, there is usually a certain sequence of events you follow before you do these activities. If you watch your dog's behavior, he will start to anticipate the final activity earlier and earlier in the sequence of usual events.



To prevent separation anxiety, we must first **be "predictably unpredictable"** and vary our routine all the time. The old saying goes "dogs love a routine"...but unfortunately, many dogs then can't handle the situation where you get caught in traffic and are late coming home for work. To safe-guard against a dog that falls apart when the routine is broken, it is best to purposefully break up the routine on a regular basis.

The next step in separation anxiety prevention is to **always feed your dog at a different time of day**. You should also vary your routine. In other words, if you get up at 6am, walk your dog, feed your dog, take a shower, get ready, then walk your dog again, try varying the routine every now and then. Get up at 5:45am or change the order of the routine. You may have more opportunity to do this on a weekend, but try to do it during the weekdays too.

The next step in preventing separation anxiety is to **make sure your dog gets plenty of exercise** when you are home. A tired dog is a good dog and one that will sleep all day. Dogs need about 16-18 hours of sleep per day, so as long as they are tired and in a crate, they should sleep while you are

gone. If you are unable to throw a ball for your dog or run or take a long walk, you may consider having a pet sitter come by to walk your dog mid-day, or joining a doggie playgroup. (It is good to remember that dogs cannot physically handle long, sustained, high-impact activities until they are 18 months of age. Dogs should also not exercise strenuously for a period of 90 minutes before or after a meal.)

The third step is to **make sure your dog has something to do when you are gone**. There are many great toys by Kong® and Busy Buddy® that can keep your dog occupied in his crate while you are away. You can stuff the Kong® with peanut butter and freeze it overnight for a long-lasting treat. You can fill a Busy Buddy Twist and Treat® with small treats and let him roll it around to get the treats out.

The fourth and most important step in preventing separation anxiety is much harder for the humans than it is for the dogs. Most dog owners find themselves working or busy for an 8-hour day. When they come home at night, feeling guilty, they want their dog to be with them every minute they are home. They have the dog at their side every minute. When they leave in the morning, they fuss over their dog, letting them know how guilty they feel. This is a sure way to create separation anxiety in your dog. One of the best things you can do for your dog after you have played with him and fed him is to **let him spend time in his crate with you in the same room**. Let him realize that just because he's in his crate, you are not going anywhere. You are right there. He can see you and hear you, but he's not right up next to you. Having your dog sleep in his crate in your bedroom is a good way to establish this routine. However, it is not a bad idea to crate your dog randomly – while making dinner or while working at the computer so that he accepts crating as a normal part of his day, but not necessarily the part of the day where you leave. Don't feel guilty about doing this! Separation anxiety is one of the most devastating and difficult-to-cure behavior problems! By establishing a healthy amount of attachment between your dog and yourself, you will prevent serious problems from arising later.

# TEAMWORKS PUPPY CLASS



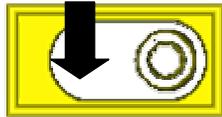
## POST-ORIENTATION HOMEWORK

### CLICKER TRAINING BASICS:

The next step in your homework is to introduce the clicker to your dog. From now on in the homework sheets, you will notice that each section objective is first described in *italics*. Under that, marked in **small diamonds**, are some things you should think about before doing the exercise. Then, the **arrows** tell you, step-by-step, what to do. There are occasional “Notes” sections in boxes with helpful hints or trouble-shooting ideas. You will also see several “levels” for each exercise.

### PRESS HERE WITH YOUR THUMB

**ALWAYS CLICK FIRST, AND THEN TREAT.** The click means, “That’s correct! You earned a treat!”



- You should practice with your dog in **several short sessions (5-10 minutes each)** per day, rather than one long session. Try to incorporate training right into your dog’s daily routine; when he gets up, before he eats, before you leave the house, when you come home, before bed, etc.
- Every dog will progress at a different rate. The “levels” will give you goals to strive for (which is what the check-boxes are for). However, **anytime your dog seems confused, ALWAYS DROP BACK ONE LEVEL. LET THE DOG SUCCEED AT THE PREVIOUS LEVEL, AND END THE SESSION THERE, ON A GOOD NOTE.** Then, the next time you practice, start with the lower level and reach towards the next level.
- It can be confusing to the dog to try to learn two different **brand new** behaviors in one session. Try to get to the level at which you **introduce a command before starting on another brand new exercise.** It’s fine to work on already-learned commands in the same session as one new behavior.
- **You do NOT have to reach the highest level of one exercise before going onto the next exercise.** The levels are provided to keep each exercise challenging and fun for you and your dog and to encourage you to train in short sessions. Your homework will describe only a few exercises that have a “pre-requisite” exercise.
- We will usually practice the “level one” exercises in class and maybe demonstrate higher levels. At home,

try to progress beyond what we did in class in preparation for the next week’s lesson.

### CLICKER TIPS:

- 1) **CLICK = TREAT.** Practice using your clicker when your dog is out of earshot. Don’t let children play with the clicker. Remember, the idea is for this sound to have a specific meaning to your dog.
- 2) **CLICK THE BEHAVIOR WHILE IT IS HAPPENING.** Keep your eyes glued to your dog and your thumb on the clicker when you are doing a training session. As the trainer, it is your job to catch the dog doing what you want it to do. If you miss an opportunity, it isn’t the end of the world, but the harder you concentrate on your dog, the quicker he will learn.
- 3) **DON’T WORRY ABOUT THE TIMING OF THE FOOD REWARD.** The important part is the click. Once the dog knows click = treat, he will understand that the treat is coming.
- 4) **CLICK ONLY ONCE.** Resist the temptation to click more than once. The timing of the click tells the dog “that’s it! That’s what I wanted you to do!” Multiple clicks would be confusing to the dog.
- 5) **DON’T USE THE CLICK TO GET THE DOG’S ATTENTION OR JUST TO GET THE DOG TO COME TO YOU.** Again, click the behavior you want as it’s happening, don’t use the clicker as a command.
- 6) **WHEN YOU DOG “GETS IT”, GIVE HIM A JACKPOT.** When you get an especially good performance, give your dog a handful of treats and end the session with a round of play. This would be like getting a bonus at work for a job well done.
- 7) **ADD THE COMMAND ONLY WHEN THE BEHAVIOR IS RELIABLE & FUN.** When teaching a brand new behavior, stay silent and let the dog figure it out – the dog’s going to understand the behavior better if he’s figured it out himself. When you start to see quick responses, add a command as the dog does the behavior. After a few times, then add the command just before the dog does the behavior. Now the behavior is “on cue” and its time to test the reliability of the behavior versus position, time, distance, and distractions.

# TEAMWORKS PUPPY CLASS



## CHARGING UP YOUR CLICKER /

**ATTENTION WORK:** *The most important element in successful training is having your dog's attention. If your dog is looking at you, he's much more likely to obey you than if he's looking at something else. This exercise will also aid you in "charging up" your clicker and getting used to it as a training tool.*

- ◆ Choose a quiet environment with no distractions for this exercise.
- ◆ First, prepare a container with some of your dog's favorite treats in it (ranked #1 or #2). Place the treats in your reach, but out of the dog's reach.
- ◆ Make sure you hold the clicker so that you can depress the end without the dimple in it.
- ◆ Sit in a chair so that you are closer to eye level with your dog.
- ◆ Show the dog that you have the treats (if he hasn't already noticed!)
- ◆ For the first couple of clicks, you're going to hold the clicker in your pocket or behind your back.
- ◆ Remember that you aren't going to *say* anything; you're going to let the dog figure this out himself.
- ◆ Also remember...its **CLICK FIRST, AND THEN TREAT.**

- If your dog tends to be afraid of noises, start with the clicker in your pocket or behind your back
- If your dog is still afraid of the clicker, you may want to use a bottle lid or a retractable pen instead for a quieter click.

## Click Means Treat!

- Start off by simply clicking once then giving the dog a treat
- Repeat this several times
- Then click the clicker and delay a few seconds before giving a treat
- If you see the dog startle and actively look for the treat, end with a jackpot of several treats

## Getting Eye Contact

- When your dog looks at you, simply click and then treat.
- Repeat several times, making sure you get direct eye contact.
- After your dog has done this successfully several times, get 3 seconds of attention before clicking and treating.

- Now try for 5 seconds of attention.
- Jackpot (give him a handful of treats) and end the first session here.



- If your dog simply stares at you continuously, after you click, throw the treat out and away from you. This way, the dog needs to come back to you to give you eye contact.
- If your dog is not looking at you, increase the level of the food treat and/or decrease the level of distractions or try holding the clicker or the treats near your face.

## Getting Attention

- Try to get 10 seconds of attention.
- Work the exercise this week trying these variations with each new session. Start with 3 seconds of attention and work up to 10 seconds.
- Try a new location (still without distractions)
- Try a location with a few distractions
- Try another location with more distractions. (For instance, if you started in the kitchen, first move to the living room. Then try the back yard, then the front porch.)

## Adding the Command

- When the dog will look at you reliably, its time to add a command. *While he is looking at you*, say "watch", "look", "attention", or some other command, then click, then treat (toss it away from you so the dog has to come back to look at you)
- Repeat several times, jackpot on a really good note and then end the session.

## Attention for Dinner

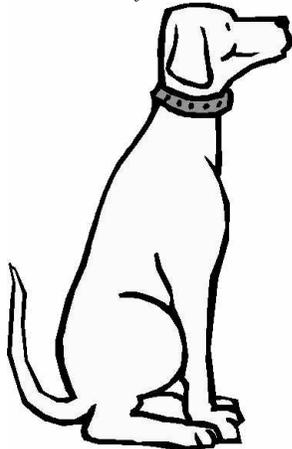
- When you've prepared the dog's dinner, holding the dish, ask for attention first, click, and then lower the bowl to give the dog his dinner.

- If your dog won't give you eye contact, place the bowl out of sight behind your back. Ask for attention before presenting the bowl.

# TEAMWORKS PUPPY CLASS



*Sit is one of the most basic and functional obedience commands. Even if your puppy knows this command, try teaching it with your clicker.*



- ◆ For this exercise get some #2 or 3 ranked treats out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Stand up and have your dog on a leash.

## LEVEL I

- **Hold the treat in between your index finger and your thumb.**
- **With your fingertips over the dog's nose, move your fist slowly in an arc no more than one inch above the dog's head.**
- **As soon as the dog's rear end hits the ground, click and treat.**
- **Repeat a few times, jackpot, and end.**

## NOTES:

- ◆ Don't pull your hand back and up if the dog tries to get the treats out of your hand! (You may teach your dog to jump up instead of to sit.) Just refuse to open up your fist. If your dog is too excited about the treats, drop to level #4 or #5 treats.

## LEVEL II

- **Remove the food from your hand, but use your hand to make the same motion over the dog's head as a cue.**

## LEVEL III

- **When the dog will sit reliably, its time to add a command. As his rear hits the floor, say "sit" one time, click, then treat.**
- **Repeat several times, jackpot and end.**

## LEVEL IV

- **Try the same exercise with you sitting in a chair.**

## LEVEL V

- **Repeat in a more distracting environment.**

# TEAMWORKS PUPPY CLASS



Many people tend to use the word “down” when they mean, “don’t jump up on me” or “get off of the couch”. Make sure you choose a word to mean, “lay down” that is not confused with these other actions. Don’t use the term “sit-down”, its very confusing to a dog trying to learn the meaning of each word.

- ◆ Make sure you have already introduced the command for “sit” before starting this exercise.
- ◆ For this exercise get some rank #1 or #2 treats out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Choose a soft surface like carpet.
- ◆ Sit on the ground and have your dog on a leash.
- ◆ Start with your dog in a sitting position.



## LEVEL I

- **Hold the treat in between your index finger and your thumb.**
- **With your fingertips under the dog’s nose, move your fist slowly down to the ground in an “1”.**
- **As soon as the dog’s front elbows hit the ground, click and treat.**
- **Repeat, jackpot and end.**

## NOTES:

- ◆ *This exercise may take a little more patience than the sit exercise. Remember not to pull your hand up and away and to let the dog figure it out. If your dog is too excited about the treats, drop to level #3 or #4 treats.*
- *If your dog is not putting his rump on the ground along with his front elbows, sit on the ground with your knees bent upward, forming a “tent”. Have your dog on your left side and the hand with the treat on your right side. Reach under your knees and make an “L” pattern, pulling the dog under the “tent” of your knees. This will coax him to put his rump down. A coffee table can also be used in the same way.*

## LEVEL II

- **Remove the food from your hand, but use your hand to make the same motion as a cue to your dog.**

## LEVEL III

- **When the dog will down reliably, its time to add a command. As his front elbows hit the floor, say “down” one time, then click, then treat.**
- **Repeat, jackpot and end.**

## LEVEL IV

- **Try the same exercise with you sitting in a chair.**

## LEVEL V

- **Then try the same exercise with you standing up.**

# TEAMWORKS PUPPY CLASS



## COME WHEN CALLED

**RECALL (COME WHEN CALLED):** *The recall is a command that could save your dog's life. Therefore, of all of the commands he learns, we want this one to be your dog's absolute FAVORITE. Choose your command very carefully here. If you have ever in the past used the word "come" in a negative way (as in "come over here right now you bad dog") the dog has already generalized the word "come" with something bad. Chances are he won't come to you using this word, so choose a new one. Once you choose a recall word, you must also commit to only using the word in training (on leash) for right now. This way the dog doesn't have the option of not coming to you. When you want him to come in from the yard, and you have no way of enforcing it, do not use your recall word.*



- ◆ For this exercise get some rank #1 treats or toys out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Make sure your dog is on a leash and a buckle collar.
- ◆ Place the treats out of the dog's reach, but in various places around the house in small piles about six feet away from each other.

### LEVEL I

- Run over to one of the piles and show your dog the treat.
- As soon as the dog comes to you, click and treat.
- Run to another treat pile and repeat, jackpot, and end.

### LEVEL II

- Choose a more distracting environment and repeat.

### LEVEL IV

- When the dog comes reliably, its time to add a command. *As he's in motion to you, say "come" or "front" or "here" or some other command, then click, then treat*
- Repeat, jackpot and end.

### LEVEL IV

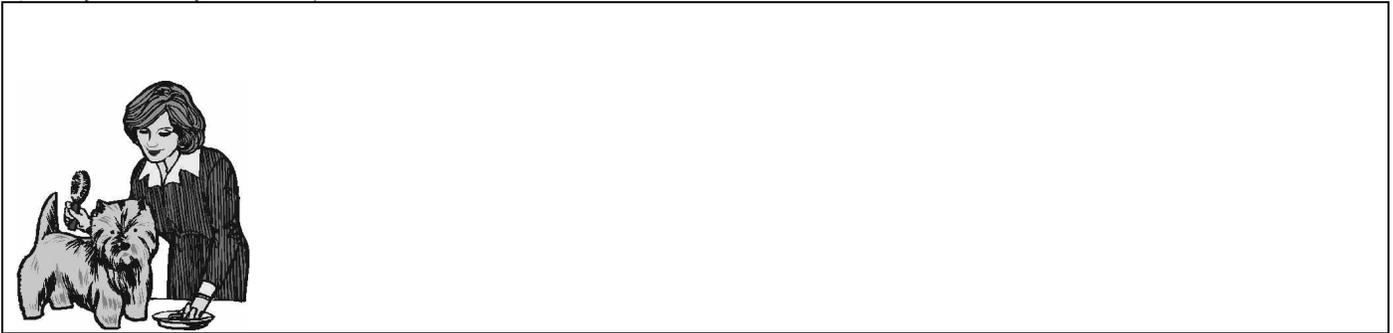
- Put the dog on a long leash. Allow him to become distracted.
- Call the dog and run in the other direction as fast as you can.
- Click & treat when he catches up to you.

# TEAMWORKS PUPPY CLASS



## ACCEPTING HANDLING

**ACCEPTING HANDLING:** *If you have determined that your dog has a sensitive area, continue to work on handling that area. (For instance, he does not like his paws to be touched.) Uses treats and lots of praise, work up to a 10-second hold. You may want to work on this exercise separately from your training session. Simply incorporate it into your day's routine (i.e. before breakfast or bed)*



### LEVEL I

- Ask the dog to sit. Praise.
- Have a family member or friend examine the dog for a few seconds. (Choose an area that isn't sensitive)
- Praise the dog throughout and click and treat (c/t) when done.
- Repeat, jackpot, and end the session

### LEVEL II

- Ask the dog to sit. Praise.
- Have the family member or friend brush the dog.
- Praise the dog throughout and c/t when done.
- Repeat, jackpot, and end the session

### LEVEL III

- Ask the dog to sit. Praise.
- Have a family member or friend examine the more sensitive areas.
- Praise the dog throughout and c/t when done.

# TEAMWORKS PUPPY CLASS



## SUPERVISED SEPARATION

**SUPERVISED SEPARATION:** *This exercise will help prevent separation anxiety. The idea is that if you had to leave your dog momentarily (say, to run to the restroom), you could hand your leash to another person and the dog would accept being held by that person without fussing at your absence. Basically, some dogs have no trouble with this exercise and for some, it's the toughest exercise.*

### LEVEL I

- **Have an assistant hold your dog's leash.**
- **Say, "be back soon" and give a treat as you walk away.**
- **Walk out of sight of the dog (don't turn or look back!) Have the assistant praise the dog and give him treats as long as he is quiet.**
- **After a count of 10, return to the dog and take the leash back without making a big deal about your return. If your dog is whining, wait until he stops before returning. (If you return while he is whining, your dog has just trained you not to leave him!)**

### NOTES:

*In this exercise, the praise and reward is given when the dog is being left. This way the dog does not whine in anticipation of your return and he learns that he gets rewarded for behaving when you are not in sight.*

*If your dog is nervous about this exercise, you can leave a toy or something that smells of you (like a pocketbook) with him. You may also want to start with one second and work up to ten seconds.)*

### LEVEL II

- **Have an assistant hold your dog's leash.**
- **Say, "be back soon" and praise the dog as you walk away.**
- **Walk out of sight of the dog (don't look back toward the dog)**
- **Have the assistant praise the dog as long as he is quiet.**
- **After one full minute, return to the dog and take the leash back without making a big deal about your return. Remember to make sure your dog is quiet before re-appearing.**
- **Repeat, jackpot, and end the session**

### LEVEL III

- **Work up to two minutes.**
- **Repeat, jackpot, and end the session**

### LEVEL IV

- **Work up to three minutes.**
- **Repeat, jackpot, and end the session**

# TEAMWORKS PUPPY CLASS



## STAYS

**TEACHING A RELEASE:** *Many dogs entering a beginner dog obedience class have already heard the command "sit" and "down". However, most owners say that the dogs still get up from the position whenever they please. If you want your dog to stay put, you must teach the dog a word that means it is free to get up. ("O.K.!", "FREE!", "AT EASE", "ALL DONE!")*

- ◆ For this exercise get some #4 or #5 ranked treats out.

### LEVEL I

- Sit down next to your dog & hold your dog gently by the collar with one hand.
- With the other hand, slowly lower a treat to the ground out of your dogs reach.
- Your dog will probably strain forward to get the treat. Hold him back from the treat and just wait.
- The instant he stops straining, click, say "o.k." Or "release!" Or "free!" And release the dog to get the treats.

### LEVEL II

- Stand up next to your dog, holding his leash, drop treat out and in front of him, just out of reach.
- Your dog will probably strain forward to get the treat. Hold him back from the treat and just wait.
- The instant he stops straining, click, say "release!" And release the dog to get the treats.

### LEVEL III

- Repeat level II, but ask for attention first, before praising and releasing the dog.

**STAY:** *Since you've already taught your dog a release command and the sit and down command, now we are going to combine it with the stay command.*

- ◆ Choose a quiet environment with no distractions.
- ◆ Use a rank # 4 treat for this exercise.



### LEVEL I

- Sit your dog at your side & praise
- Place your open palm in front of the dog's face and say "stay"
- Pivot out in front of your dog
- Count one second and return back to the dog's side
- Release your dog and (c/t)

### NOTES:

If your dog gets up from the sit or down, make the stay shorter next time and gently place the dog back into position. Praise the dog when it is back in position. You may also use your leash to help the dog stay in position. You can hold it above the dog's head to keep the dog in a sit or may step on the leash close to the snap to keep the dog in a down position.

### LEVEL II

- Pivot in front for five seconds

### LEVEL III

- Now try the down command for five seconds

### LEVEL IV

- Work the sit-stay and down-stay up to ten seconds

# TEAMWORKS PUPPY CLASS



**Tone of voice:** *Tone of voice is a common element between human and canine communication.*

choose a word like “OOOPS!” “UHT-OH!”, “TRY AGAIN!”.

## NOTES:

Typically, the words “good” and “bad” are over-used by the average dog owner, without specific meaning being defined, so we recommend you choose these other, more unique words for giving your dog feedback.

- *A **higher-pitched, pleasant tone** is used for praising or communicating affection. When dogs see someone they like, they often whine and wag their tails. We are going to be using praise as a bridge between clicks to let the dog it is doing the correct thing. Think of this communication like the game show bells and whistles when a contestant chooses the correct answer. (For praising, you may want to choose a word like “SUPER!” “SMART!”, “EXCELLENT!”, “WOW!”.) It is very important not to forget to praise your dog! **BE GENEROUS WITH YOUR PRAISE!!!!***
- *A **deeper, gruff tone** is used for communicating reprimands. When a young puppy pushes an older dog to its limits of patience, you will hear the older dog “tell it off” with a short and emphatic reprimand. If you find your dog doing something dangerous (like darting out into the street) or something very inappropriate (like stealing the turkey from the table) you could use a very deep “EH-EHNT!” or “WRONG!” Think of this communication as the sound when the game show contestant is disqualified and has to stop playing the game.*



- *Not nearly as deep and gruff as a reprimand, grunts are used to communicate mild displeasure. When a mother dog has had enough of her demanding puppies, she will often grunt at them and get up and walk away; the puppies learn that this feedback means not to bug “mom” anymore, but to move on to do something else. We will begin to give the dog “**wrong-choice feedback**” this week when it makes the incorrect choice. Remember **not to overdo** this feedback; we’re only indicating to the dog that it has made the wrong choice. Think of it like a game show buzzer that signals that the contestant has chosen the wrong answer. You want to make sure the feedback tells the dog to “try something else”, **not discourage the dog from trying altogether**. You may want to*

**Giving only one command:** *We will begin teaching the dog its basic commands by first letting the dog figure out for himself what he is supposed to do. Then we will add the command as he is performing it. After that, you should be saying the command before the dog performs the exercise. For all of the exercises your dog already knows, **make sure you are giving the dog only ONE COMMAND** before expecting him to perform the exercise. After that single command, you are now going to provide feedback to the dog. If he makes the wrong choice (or doesn’t respond), he should receive the **wrong-choice feedback**. If he does respond, he needs to hear **praise**. This will help the dog understand that he must respond to the commands he already knows. **If you give your dog more than one command, you are only teaching the dog to ignore the first couple of commands, and are, in a sense, just “nagging” the dog.** Your dog will quickly learn to just ignore you.*

**Not reinforcing in the absence of the command:** *Once your dog knows the basic commands, it is also important to make sure that you **only reinforce the dog for doing something when you have asked for the behavior**. Otherwise, if you asked for a “sit” and the dog does a “down”, and you praise him, you are going to weaken the dog’s understanding of the “sit” command. So, for all of the commands your dog already knows, make sure you only praise or praise and treat the things you asked the dog to do.*



# TEAMWORKS PUPPY CLASS



## VARIABLE REINFORCEMENT - GETTING TWO FOR ONE

**TWO-FERS:** *This week we introduce a concept called “Two-Fers” and “Three-fers”. The idea behind two-fers and three-fers is to start asking your dog to do something once or twice before he gets rewarded. We will use verbal praise for the first behavior and praise the second behavior. This will allow you to link several behaviors together before ending with a praise and treat.*



### ATTENTION / SIT

- Ask the dog for attention, praise verbally
- Ask the dog to sit (using verbal command). Click and treat (c/t)

### ATTENTION / DOWN

- Ask the dog for attention, praise verbally
- Ask the dog to down. (c/t)

### SIT / DOWN

- Ask the dog to sit, praise verbally
- Ask the dog to down. (c/t)

# TEAMWORKS PUPPY CLASS



## PUPPY PUSH-UPS

**PUPPY PUSH-UPS:** Now that your dog has done “two-fers” and “three-fers”, its time to make the reinforcement **variable and unpredictable**. We will use this exercise to teach the dog to do several exercises for praise before getting treated. But the number of exercises the dog must do should be different every time. The idea is to be like a “slot machine” (paying out randomly in different amounts of rewards) rather than a “coke machine” (two quarters gets you a coke every time, but doesn’t exactly hold your interest very long).

- ◆ Choose any exercise (including the dog tricks) that your dog knows pretty well.

### LEVEL I

- Ask the dog to do several different things (like attention, sit, down, sit, station), praising for all and praising and treating for the last in the series.
- Mix up the order and repeat. This time do less before treating, next time do more.
- If the dog performs the wrong exercise on command, say “uht-oh”.
- Make sure to give the dog a jackpot of treats every now & then.

### LEVEL II

- Try the same puppy push-ups while you sit on a chair.
- Try them while you back up a few feet from your dog.

### LEVEL III

- Take your show “on the road”. Try these puppy push-ups in a more distracting environment like a shopping center sidewalk, a pet store, or a park. Make sure your dog is hungry before you go and bring rank #1 treats.



# TEAMWORKS PUPPY CLASS



## LOOSE LEASH WALKING

**CONTROL POSITION:** *In order to walk on a sidewalk and be able to pass another person, you should have your dog walking close by your side, rather than the dog having full rein of the six-foot leash. Take your leash and bunch up the excess, accordion-style. Hold this portion of the leash in your hand. There should be just enough slack that a "J" forms along side of the dog's head, but the dog should be right next to you.*

◆ Choose a



quiet environment and a rank #2 or #3 treat.

### LEVEL I

- **Practice walking in this position.** (You may want to hold the leash in hand furthest from the dog and a treat in the hand closest to the dog) **start out with only five steps and then vary the number of steps (from 5-10) before and clicking and treating for your dog being in position. Be sure to feed the dog its treat in position.**

### LEVEL II

- **Try some small circle patterns around a chair with the dog on the inside.**

### LEVEL III

- **Change pace from fast to slow. Praise good walking & (c/t) for changes of pace.**

### LEVEL IV

- **Ask the dog to sit when you stop walking. Praise good walking &, (c/t) the sit.**

### LEVEL V

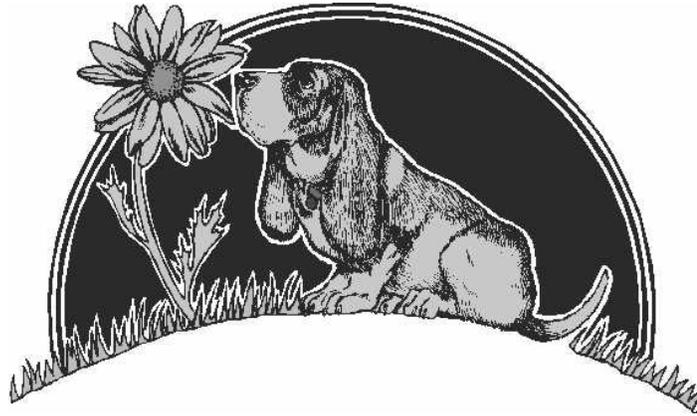
- **Add some mild distractions.**

# TEAMWORKS PUPPY CLASS



## LEAVE-IT

*The average dog has 220 million scent receptors in its nose compared with our 5 million, and can smell odors that even the most sensitive of scientific instruments cannot detect. Most dogs love to sniff things, and depend on their noses to gather much of the information they need about the world around them.*



*However, it is not always appropriate for dogs to be sniffing some things; and a sniff of something like horse droppings on a hiking trail often leads to a quick taste as well. If you allow your dog to lead you along from scent to scent, he will soon learn that it is o.k. To sniff any and every thing in sight (including the pie on the kitchen table). However, if you put the behavior of “sniffing” on command, your dog will understand that there are some things that are o.k. to sniff, and some things that shouldn’t be sniffed.*

- ◆ Your dog should be on a leash to practice these exercises.

### LEVEL I

- **Drop a rank #5 non-crushable treat on the ground and step on the treat. Wait until the dog gives up pawing at your foot and gives up. Say, “leave it”, click, and give him a higher-ranking treat from your hand.**

### LEVEL II

- **Repeat and wait for the dog to look up at you this time before clicking and treating.**

### LEVEL III

- **Gradually work your way up to the point that you can drop the treat behind you and body-block it.**

### LEVEL IV

- **Practice the “leave-it” when you are out on your next walk.**

# TEAMWORKS PUPPY CLASS



## What Next?

You've made a great start with your dog by taking the Teamworks Puppy class. Hopefully you have discovered how much fun and how rewarding it is to train your dog. We also hope that you've developed a stronger relationship with your dog at the same time. How much more reliable you would like make your training, and what activities you might undertake with your dog, depends entirely on you.

Here are some possibilities of other types of training you can pursue with your dog at Teamworks Dog Training	
<b>PUPPY AGILITY CLASS</b>	If you would like to spend more time building confidence in your dog, or if you plan to try agility training out, this class is for you. Early imprinting of dogs in agility training has been shown to boost a dog's confidence in life and to make a great competition dog. Puppy Agility is for puppies 5 months to 1 year of age.
<b>CANINE GOOD CITIZEN CLASS</b>	The Canine Good Citizen class is about manners and self control. It is designed for the dog over 6 months of age – entering or in the middle of adolescence.

### And after that?

<b>Distraction Proofing Class</b>	More training for Canine Good Citizen objectives; distraction training; proofing; games; another CGC evaluation included in the class.  <b>PRE-REQUISITES:</b> Stay/release; sit; down; come when called (all without distractions)
<b>Pre-Agility Class</b>	Dog learns to navigate obstacles; helps to burn off extra energy; helps to exercise both dog and handler; also provides confidence building and off-leash training in a controlled environment; further strengthens dog's focus on handler in the presence of distractions. For fun or competition.  <b>PRE-REQUISITES:</b> Pass the CGC test with or without a head halter.
<b>Therapy Dog Class</b>	Dog becomes accustomed to medical equipment; dog learns visitation skills; handler learns about different therapy environments and requirements of passing the Pet Partners test.  <b>PRE-REQUISITES:</b> Pass the CGC test with or without a head halter.

<b>Tracking Class</b>	Dog learns fundamentals of how to follow a
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	scent. Person learns about scent tracking in dogs.  <b>PRE-REQUISITES:</b> Pass the CGC test with or without a head halter.
<b>Flyball</b>	Teamworks offers seminars on this fast and fun sport where dogs race relay-style over hurdles to retrieve tennis balls.  <b>PRE-REQUISITES:</b> Pass the CGC test with or without a head halter.
<b>Tricks training</b>	Teamworks offers seminars on this fun and practical topic.
<b>Motivation &amp; Drive Class</b>	Get your dog to focus, regardless of the distractions. Great for competition preparation or just for practical use.  <b>PRE-REQUISITES:</b> Pass the CGC test with or without a head halter.

Please see [www.DogTrainingRaleighNC.net](http://www.DogTrainingRaleighNC.net) to sign up for your next class.

Talk to your instructor about the possibilities for further training with your dog.

And remember: every interaction you have with your dog is a training experience. Continue to enjoy your training and to enjoy spending time with your dog!

