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Canine Behaviourist

Your New Puppy



A Professionally Crafted Guide For
New Puppy Owners

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A person with long red hair, wearing a dark jacket and blue jeans, is walking a large, fluffy brown and white dog on a leash. They are walking away from the camera on a grassy field. The background is a sunset or sunrise with a warm, golden glow and silhouettes of trees. A dark teal semi-circular graphic is on the left side of the image.

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What You Will Learn

- ✓ Finding a Puppy
- ✓ How Your Puppy Learns
- ✓ Bringing Them Home
- ✓ Socialisation
- ✓ In the Community
- ✓ Training
- ✓ Household Manners
- ✓ Mental Stimulation
- ✓ Diet and Health

About The Author

Jennifer Bartlett has worked for over 6 years as a professional canine behaviourist, trainer and instructor. Working with over 1000 dogs and owners, accumulating over 10,000 hours working with a variety of dogs, in a variety of different circumstances. Jennifer is a member of the IMDT, pet professionals network and a master dog trainer with the Guild of Dog Trainers, as well as holding a variety of other certificates and qualifications.

In 2018 Jennifer welcomed the arrival of twin boys and has since been called upon to assist many dog owners to prepare for the birth of their children when there is already a dog(s) at home. Jennifer promotes only the most modern, kind and aversive free training always taking into account the physical and psychological well-being of the dog.

Jennifer supports and mentors a number of independent canine professionals locally as well as offering a variety of educational workshops and seminars for professionals and the public.

Jennifer lives in East Yorkshire with her wonderful partner, twin infant boys and 8 dogs. A perfect mixture of rescue dogs, rehomed dogs and dogs bought from responsible breeders.



Riley,
the eldest of the
Author's eight dogs.

Introduction



Are you or your family looking for a new puppy? Or have you have recently added a puppy to your household?

One of the most common things I hear from experienced or inexperienced puppy owners is...

'I didn't think it would be this hard'.

Raising a new puppy is hard work, not just for you but for everyone, from professional dog trainers to first time dog owners, puppies take a lot of work.

Breeding, genetics and how a breeder raised the litter plays a huge part in your puppy's development, but how you train and raise your puppy plays the biggest part.

Getting it right from the start is ideal, getting it right before you bring them home from a good breeder is best.

Finding A Puppy

Which breed is right for you?
How do you find a breeder and a healthy litter?
How to prepare for your puppy.

Finding A Puppy

When choosing the breed or cross breed of puppy that is right for you many people base their choice solely on the look of the breed. This is the number one mistake when choosing which breed is right for your family and lifestyle.

Your first and foremost consideration should always be what was the breed bred for. Dog breeds have been created over years of selective breeding to achieve the required traits for their required job.

You first need to ensure the job the breed was originally bred for is compatible with your family and lifestyle. After this, research the size, grooming/health requirements, life span, coat type and general temperament.

Which Breed ?





Finding A Breeder

A good breeder takes time, care and responsibility into breeding their dogs. A single litter can take years of planning and preparation.

A good breeder should have a waiting list prior to the birth of a litter and you should expect to complete an in-depth application to ensure your lifestyle is suitable for any future puppies.

When finding a breeder, you should request to see proof of their license number, health tests of the dam and sire and to see where the puppies are whelped and raised.

Any good breeder would welcome questions to how their puppies are raised, socialised and their experience with the breed.

A good breeder should introduce their puppies to basic training, toilet training, handling, socialisation aspects, crate training and so much more to prepare them for their new lives.

A Healthy Puppy From Birth



Different breeds have different potential health problems associated with their breed. A good breeder will invest financially into every and any health test to ensure the dam and sire are not affected or carriers of their breed's particular common health problems. This applies to both pedigree dogs and cross breed dogs.

Completing the required health tests for the parents helps to ensure your new puppy will not develop any breed related health problems in the future. Of course there will be some puppies who unfortunately despite the breeder's best efforts still develop health issues, but the chances of a puppy being purposely brought into the world to suffer massively reduces by responsible breeders health testing their dogs.



Prepare and Puppy Proof

Many common puppy problems can be prevented and managed with proper preparation for the new puppy's arrival.

Investing in a crate, puppy pen and some enrichment activities is a great place to start. These basic preparations will help prevent your puppy from chewing anything dangerous and give them an appropriate outlet for their chewing and mouthing.

Ideally you, or one of your family members, should take some time off work to give the puppy an appropriate amount of time to settle in, build independence when being left alone and be appropriately crate and toilet trained.

How Your Puppy Learns

Learning and using prevention and management.
Training ethics and different equipment.

A close-up photograph of a puppy's head, resting on a wooden desk. The puppy has white fur with brown spots and floppy ears. In the background, a silver laptop and a white mouse are visible on the desk. The image is partially overlaid by a teal circular graphic on the right side.

Puppy Learning

Your puppy is **ALWAYS** learning.

At every point during every day your puppy is learning what behaviours get reinforced and what behaviours don't.

This doesn't just apply to general puppy obedience like sit and down, this applies to everything your puppy experiences.

Reinforcement for a behaviour can be anything at all. It could be getting access to food, playing with you, verbal praise or just something as basic as enjoying where they are sitting.

What does that mean for your training?

Every time your puppy does something ask yourself these questions:

‘what is my puppy getting out of this?’

‘what can I do to reinforce the behaviour I want?’

DEFINITION TIME:

“Reinforcement”
something that strengthens
a behaviour and
encourages the behaviour
to be repeated.

Example

Your puppy jumps up onto your bed. The bed is comfy and enjoyable to sleep on. The behaviour is reinforced by the enjoyment of sleeping on the comfy bed.

Prevention and Management

We know our puppy learns by reinforcement, so how do we stop our puppy reinforcing the wrong behaviours?

Simple.

We prevent the puppy ever having access to the wrong behaviours.

Instead of putting our puppy in a situation where they will most definitely fail, we can set them up to succeed and teach them what we want.

Examples

If we don't want our puppy to learn chewing is enjoyable, we crate train them so they don't have access to chewing the house.

If our puppy only poops behind the sofa, we become more proactive, continuously monitoring them and remove access to that area.

If our puppy learns pulling on a lead gets them to the park, any time the lead is tense we stop. Pulling gets them nothing.

Ethics in dog training is a big area of debate for many people, but what are some key points to remember?

- ✓ Your puppy isn't being naughty or difficult - they either don't understand, haven't got the right motivation or the environment is too distracting.
- ✓ Everything your puppy does is a natural normal dog behaviour, What is and isn't acceptable is deemed by human society. Your puppy knows no different.
- ✓ You never need to scare, intimidate or physically hurt your puppy to teach them what you do and do not want. Punishments like this will only affect your relationship and teach them to avoid the pain rather than choose to do the right behaviour.

Training Ethics



Equipment

People often think a puppy should just accept wearing a collar, lead, harness or any other equipment because that's just what dogs wear right?

WRONG!

Not every dog will be comfortable wearing common dog equipment and that is ok. If you find your puppy is struggling with their collar or harness etc. take it slow and introduce the equipment without overwhelming them.

If your puppy is showing severe issues with a piece of equipment **STOP** using it and find an alternative, it is ok for your puppy as an individual to find piece of equipment uncomfortable.

It would also be beneficial in severe cases to speak to your vet and have your dog checked for any signs of underlying pain or injury.

Bringing Them Home

Typical puppy problems.

Toilet training, crate training and mouthing.
Getting used to being handled and being left alone.



Toilet Training

How do you crack toilet training your new puppy?
Consistency!

The most effective way you can toilet train your puppy is by being proactive, supervising them at ALL TIMES and taking them to toilet at regular intervals and key points in the day.

Always take your puppy out.

After they wake up.

After eating,

After a training/play session.

Regularly take your puppy out throughout the day.

At 8 weeks old.

You should be taking your puppy out every 1-2 hours.

At 14 weeks old.

You should be taking your puppy out every 2-3 hours.

At 18 weeks old.

You should be taking your puppy out every 3-4 hours.

What To Do

Look out for signs your puppy may need to go. Sniffing the ground, pacing/circling, crying at the door or being unable to focus on you.

Clean up any accidents with an enzymatic cleaner. An enzymatic cleaner will break down the organic particles left behind.

Once your puppy has finished their poop or pee praise and reward them so they know they've done the right thing.

What NOT To Do

Do Not punish your puppy for any accidents. This won't teach them it will only make them toilet inside in secret to avoid you getting cross.

Do NOT withhold water from your puppy. This will only risk their health and wellbeing.

Do NOT leave your puppy unsupervised for long periods. Your puppy can't hold their bladder or bowels, this is just asking for accidents to happen.

Bringing Them Home

There is a lot of misunderstanding about what a crate is used for and this misunderstanding leads to many dog owners hating the idea of crate training their dog.

But what is a crate really used for and what are the benefits of crate training your dog?

Firstly, a crate should NEVER be used as a punishment, nor should it be used as a place to lock your dog away for long periods of time.

A crate is used as a safe space for your dog to rest, sleep and relax. It is especially useful for puppies to provide them with a safe place to sleep away from any electric wires or household objects they shouldn't be chewing.

Finally, crate training is a useful skill for preparing your dog for staying at the vets overnight and transporting your dog.

Crate Training

Crate Training Tips To Remember

- ✓ Ensure your crate is the right size for your puppy. Your puppy should be able to sit, stand and lay down fully, as well as turn in a complete circle.
- ✓ NEVER leave your puppy to cry in their crate, they cry because they are in distress, this is a vital time for your puppy and you want to prevent any distress being associated with the crate/being left alone.
- ✓ Feed their meals or stuffed KONGs in their crate to help associate the crate with good things (tasty food)
 - ✓ Crate Train Your Puppy!
Don't expect your puppy to be happy in their crate or understand without taking the time to train them how to settle in the crate.
- ✓ Have the crate in an area of the house where it is not too busy that they are disturbed; but also not too quiet that they are segregated from the family.



Mouthing and Chewing

Puppies explore the world with their mouths, mouthing and chewing is perfectly normal puppy behaviour and should be something you expect from your puppy.

However, mouthing or chewing is not a behaviour that is safe for a puppy to display. Mouthing could cause harm to the owners and chewing could cause harm to themselves.

Because of this, it is vital you teach your puppy what they can and can not chew, along with teaching them mouthing people isn't rewarded.

Prevention

Remove any access to the items you do not want your puppy to chew.

Provide

Provide appropriate chews and teething outlet items for your puppy.

People

Remove the attention of people when the puppy mouths and provide them with an appropriate outlet.

Handling

It's important that as puppy owners we teach our puppy from a very early stage that being handled is a pleasant experience, but if they get a bit uncomfortable they have a choice to move away.

A good breeder should introduce handling from birth in preparation for vet visits, health checks and grooming needs. If your puppy's breeder hasn't already started this process don't panic, you can start it once you bring them home.

A simple way to introduce this to your puppy is to hand feed their kibble or some tasty treats as you gently touch parts of their body.

Start with more commonly touched areas and build up to touching their ears, gums, paws and eye area.

Be careful not to start too vigorously and expect too much. Start slow and in short sessions, if your puppy pulls away allow them to, they are telling you they need a break. Don't force them, this could cause them to react badly, to tell you more firmly they need a break.



Being Left Alone

Your puppy's early experiences with their breeder will have an effect on their confidence and independence. This in turn will affect how each individual puppy reacts to being left alone, even if only for short periods.

When you bring your puppy home you are taking him/her away from everything they have ever known. They are in a key development stage of their life so it is essential you treat them as an individual and help them grow in confidence.

If you rush too quickly into leaving your puppy you risk associating distress with being left alone, at such a crucial period in their lives this could cause separation issues.

Slowly introduce your puppy to being left for incredibly short periods of time, include KONGs and scatter feeding to associate time alone with good feelings and calm behaviour. Gradually increase the time you are away.

Socialisation

What is socialisation?

Introducing dogs and people, noises, other animals and everything else.

What is Socialisation?

Socialisation is an essential part of your puppy's early training and will have a knock on effect to their development.

Socialisation is the way your dog interacts with humans, other animals and the world around them.

Your new puppy will need to learn how to recognise and interact with the different species around them, men, women, cats, other dogs, children, other pets in the household and so on.

As their owner, it is vital that you approach these experiences in a safe and positive way.

Habituation

Habituation is a process in which we aim for our dogs to develop a neutral or even positive association with a stimulus in the environment.

These everyday stimuli include everything and anything, from people running, to dogs barking, cars, to bicycles, household noises, children and more.

It is important our dogs understand that certain things around us can be ignored and these things are just parts of the environment, nothing more.

They need to learn there is no danger or threat from the stimuli around them.

The window for intensive socialisation development in dogs begins roughly around 3-5 weeks after birth and ends at around 12-13 weeks.

However this does not mean that after this period dogs are fully socialised, as socialisation is an on-going process throughout your dog's life.

When introducing your puppy to new dogs and people don't go over the top thinking your puppy needs to meet 100 dogs or people a week or that they need to play with every dog or jump up at every person they see.

Correct socialisation is about introducing your puppy to a variety of different 'things' in a safe and controlled manner.

Teach your puppy that good things happen in the presence of other people and dogs. Teach them how to behave in a calm manner and accept dogs and people are a part of their environment.

Introducing Dogs and People



What TO Do

- ✓ Use food and play to associate a new experience with a positive feeling.
- ✓ Introduce them to the normal every day stuff.
- ✓ Be mindful of you puppy's tolerance level, keep sessions short and controlled.

What NOT To Do

- ✓ Do not overwhelm your puppy with too many people or dogs.
- ✓ Do not allow every person who asks, to stroke your puppy. Advocate for your puppy and say 'no'.
- ✓ Do not let other dogs bully your puppy on or off the lead.



Noises

As with all other aspects of socialisation your puppy's breeder should have introduced your puppy to a variety of noises from a young age.

It can be difficult to expose your puppy to different noises that aren't easily accessible everyday noises you find at home. There are many pre recorded sound clips you can use with CDs or clips from YouTube, and although helpful, some find these pre-recorded sounds not as effective.

To introduce your puppy to new sounds the most simple way would be to start the noise, whether it be a real life exposure or pre-recorded, at a low volume. **AFTER** the noise begins feed your puppy their meal or some tasty treats.

It is very important that you start the noise **BEFORE** you give the food. This teaches the dog that the noise brings good things and good feelings. Rather than the food predicting the scary noise.

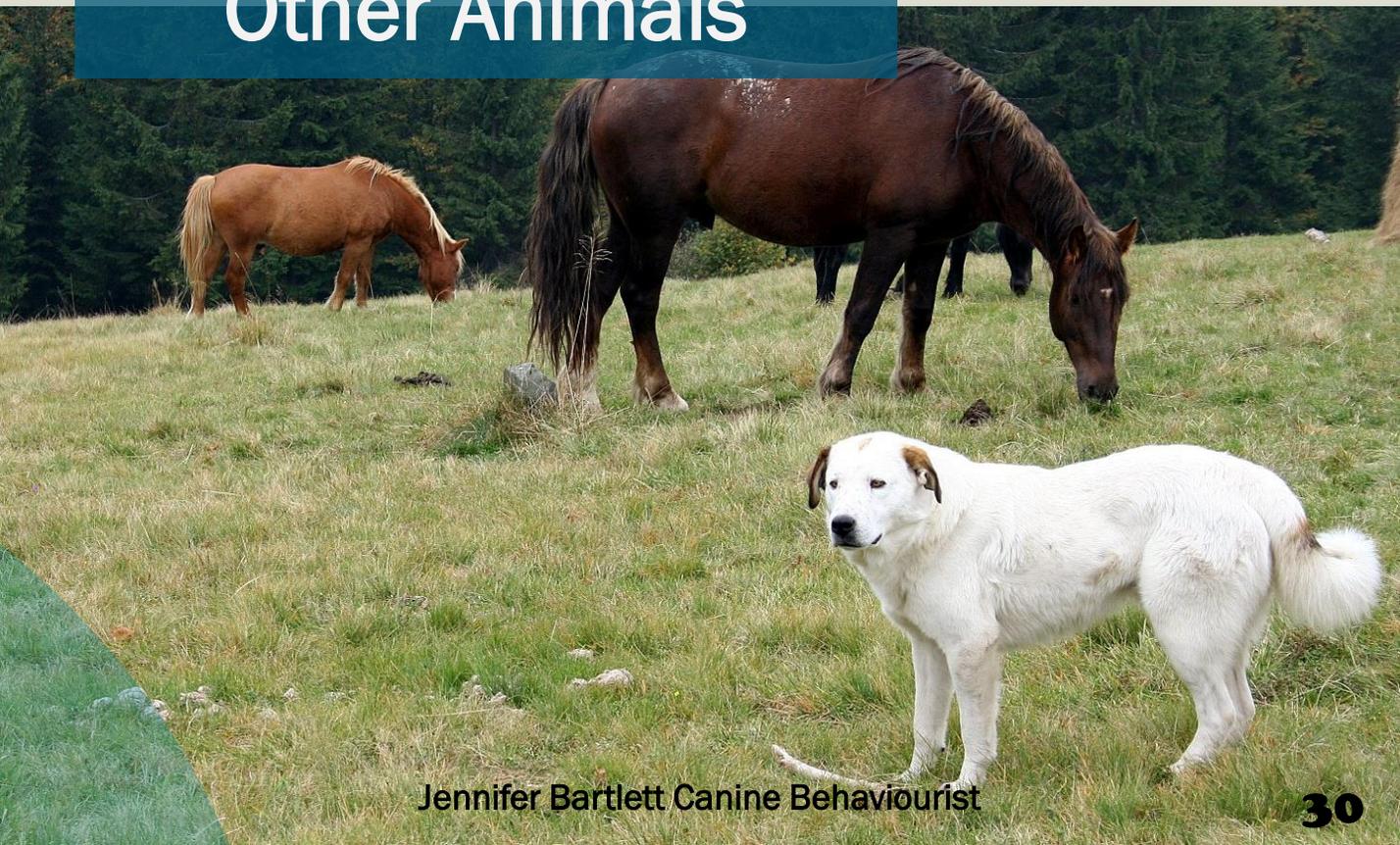
As with introducing your puppy to new people and other dogs, with other animals you don't need to introduce them to hundreds of cows, chicken, cats and horses each and every week.

The main aim is for you to expose your puppy in a positive and calm manner to a variety of animals.

Exposure doesn't mean letting your puppy get up close and personal with other animals, ensure you are always mindful of the welfare of the other animal, especially when it comes to livestock.

The best way to socialise your new puppy with other animals is just to sit back and let your puppy watch them from a distance. You can even start this before their vaccinations by carrying your puppy around and letting them see new animals.

Other Animals



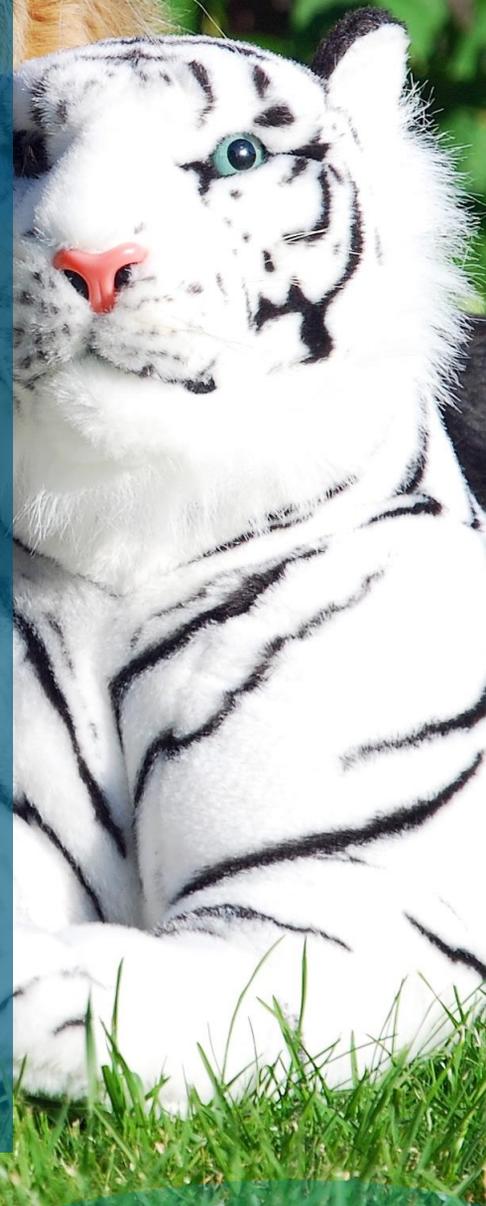
Everything Else

Even with the best intentions, planning and training you will never be able to expose your dog to everything they could encounter in life.

Context also plays a part, your puppy or adult dog could encounter something they have seen many times before, but just in an unusual or new place. They may cope well with this change or they may need some time to reevaluate the situation.

Don't panic or worry.

Always give your puppy time and space to approach anything new or unusual at their own pace to understand they are safe.



In The Community

Basic dog law and safe transport.
Appropriate exercise and social interactions.
Should you use a daycare or puppy play?
New experiences.



The Law

The Control Dogs Order 1992 requires any dog in a public place to have the name and address of their owner inscribed on either the collar or an attached tag.

The information included should be:

Owner Surname

Street Address

Post Code

Town/City

(phone number is optional although recommended)

The Control Dogs Order legislation was later updated in April 2016 to also legally require every dog in the UK to be microchipped and the chip details of the registered keeper to be kept up to date.

Under the Dangerous Dogs Act 1991 our dog is required by law to be kept under control at all times, not cause harm to an assistance dog and to not frighten or harm members of the public. The act also outlaws UK citizens to own any of the 4 banned dog breeds; the Pitbull Terrier, Japanese Tosa, Dogo Argentino, and Fila Brasileiro.

Transport

Whether you own a car or not it is likely your puppy will at some point travel in a car. Along with training your puppy how to settle in a car you should also consider which mode of transport is safest for them.

One option is to use a pet seatbelt, a seatbelt must always be connected to a harness – never a collar or a headcollar.

Another option would be to have with your puppy in the boot of the car behind a guard or inside a crate.

Remember to always travel safely with your puppy when on public transport, ensure you have full control and teach your dog to be calm and relaxed on a variety of public transport.

In The Community

The suggested rule of appropriate puppy exercise is 5 minutes of exercise per month of age.

But remember, this is simply a guide to discourage owners from over exercising their growing puppies. The type of exercise you choose is very important too. Lots of fetch and running is not good for your puppy.

Some people find that missing physical exercise one day a week and replacing it with scent work or other forms of mental stimulation is beneficial for your dog.

It is important to remember there will be times in your dogs life – after injury for example – where they will be unable to exercise. Because of this it is important that you vary your dogs activity level from a young age and have experience with other ways you can meet their needs without physical exercise.

Appropriate Exercise



Appropriate Social Interactions

Appropriate social interactions between dogs is not only about how our dog behaves but also how we let them behave.

As an owner you may think your puppy 'needs friends' and should be allowed to play with other dogs when ever they like. But aside from teaching them some very bad behaviours and damaging your other training like recall work, this attitude can also be very dangerous.

Not every puppy or adult dog you come across will be comfortable with having your puppy run over to them, even if it is to initiate play.

Some dogs are nervous or reactive, some dogs are old or ill, some dogs are recovering from injury or going through training. It is not only essential for your own dog's welfare but the welfare and safety of others.

You should always:

- Ask before you let your puppy approach.
- Keep your puppy onlead to prevent them running off.
 - Recall your puppy after initial greetings.
 - Never allow your puppy to bully others.



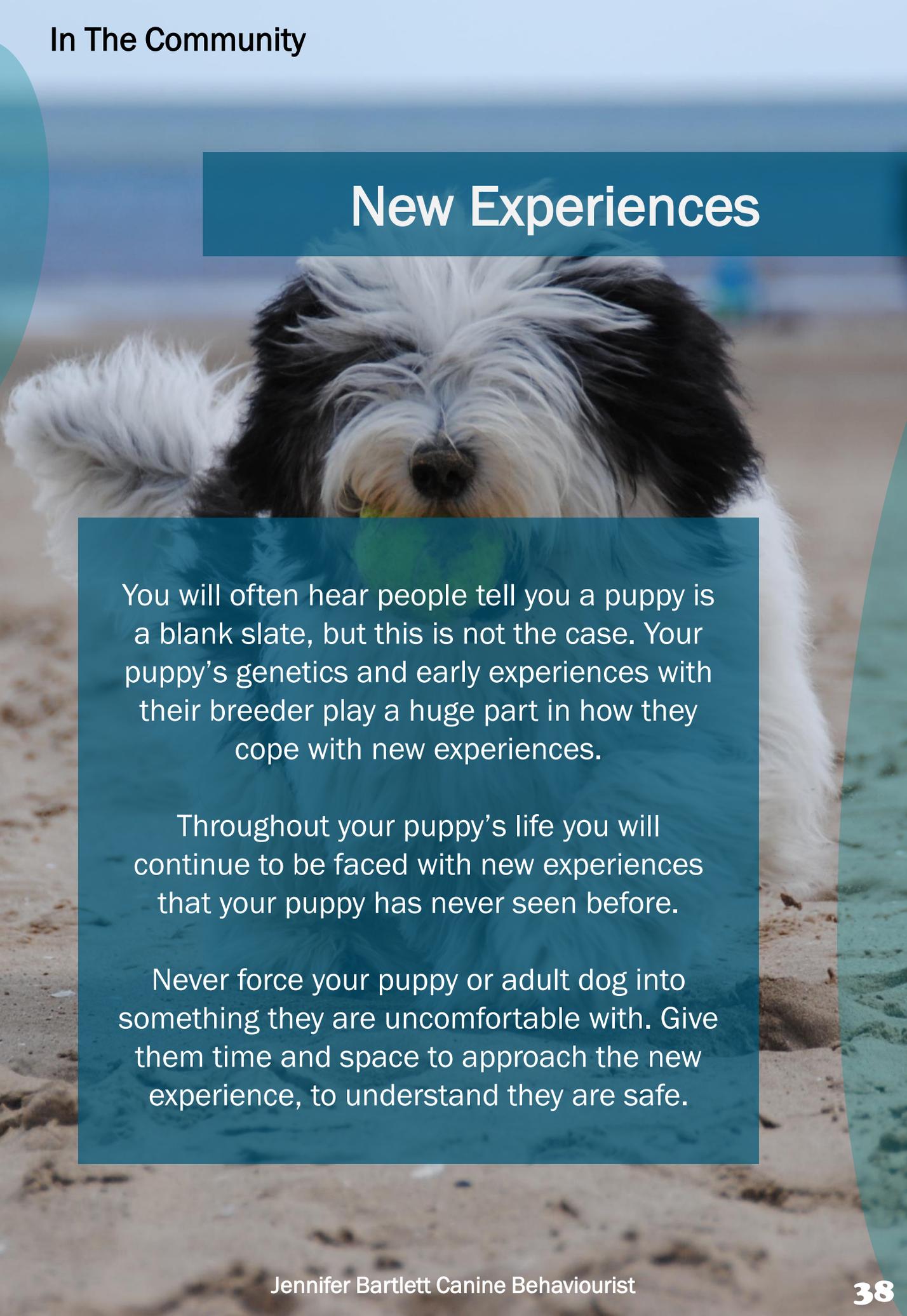
Daycare and Puppy Play

Puppy play groups can be a great opportunity for you to introduce your young puppy to other people and dogs in a controlled manner. Sadly though, a lot of puppy play groups are not designed and efficiently ran to benefit a puppy's social development. A puppy play group should not be a free for all where puppies are able to bully one and other, this risks the more confident puppies learning the wrong behaviour and the more sensitive puppies associating dogs with scary things at a crucial time in their development.

Doggy day care is great for some dogs, with a structured routine of monitored play, rest, mental stimulation and learning. Daycare is great for these dogs to be exercised physically and mentally, all while learning correct social skills and being exposed in a positive environment to a variety of other dogs.

However, for most dogs a Dog Daycare can lead to them learning undesirable behaviours and becoming frustrated around other dogs when they can't get to them to play.

New Experiences

A fluffy black and white dog, possibly a Shetland Sheepdog, is sitting on a sandy beach. The dog's fur is long and shaggy, with black patches on its ears and around its eyes, and white fur on its face and body. The background is a blurred beach scene with sand and some distant figures.

You will often hear people tell you a puppy is a blank slate, but this is not the case. Your puppy's genetics and early experiences with their breeder play a huge part in how they cope with new experiences.

Throughout your puppy's life you will continue to be faced with new experiences that your puppy has never seen before.

Never force your puppy or adult dog into something they are uncomfortable with. Give them time and space to approach the new experience, to understand they are safe.

Training

Fun and games in training.

Clicker training.

Why teach focus, loose lead and recall.

How to find a trainer.

Traditional obedience is boring!

There is nothing more boring for both dog and owner than an old school obedience class in a town hall with a trainer barking orders at you. Walk! Halt! Down! Walk! About turn! Halt!

Dog training is not about compliance and military style control. Dog training is about the connection and learning between dog and owner.

Training sessions should always be fun, if you aren't in the mood for a training session don't train. Added stress and pressure will only affect your training.

Learning through play has been proven to make learning more effective and the endorphins released for both dog and owner create a better association with the training and new learnt behaviour.

Fun and Games In Training





Clicker Training

Clicker training uses the noise of the 'click' as a marker to mark the desired behaviour at the exact time it happens.

Clicker training is not essential when teaching your puppy, but it is very useful and can help your dog learn and understand what you want of them much quicker.

Clicker training is one of the most effective and one of the fastest ways to teach your dog something

REMEMBER

A clicker is NOT used to get your dogs attention as a recall aid or as a replacement for a whistle.

A 'click' MUST ALWAYS be followed by a reward.

Focus

It is essential we teach our puppies how to focus on us.

Focus is not about teaching our puppy a 'watch me' cue to ask for their attention.

Focus is about teaching our puppy to choose to actively focus on us instead of the other interesting things in the environment.

Why is focus essential?

Because, how can we ever expect to teach our puppies anything if they are always distracted.

A simple way to begin teaching your puppy to choose to focus on you would be to reward any and every time your puppy looks at you.

Start training this at home where there are few distractions, as you progress move your training to more difficult environments.

Loose Lead

Loose lead walking is a behaviour every puppy should start to learn even before their first walk.

Loose lead walking isn't heeling, it doesn't need to be strict and fancy. All we are trying to teach our puppy is when they are on the lead they don't pull.

They can still sniff, stop to toilet and walk at a pace comfortable for them, get to the park and more. As long as they don't pull.

Your dog's walk is for them, it is their time to get some exercise and enrich their lives.

Remember! Your puppy isn't pulling on the lead to be 'dominant' or because they 'think they're the boss'. Pulling on the lead is a perfectly normal behaviour normally due to excitement and overarousal. Teach them what you want them to do instead of pulling and your walks will be a dream.

Recall

When it comes to having your puppy off the lead for the first time many new puppy owners rush to let them off and think they hit the jackpot. Their tiny puppy goes off the lead for the very first time and doesn't leave their side, if they do they don't stray far and come back without even being called.

But just when the owner starts to think 'recall can't be that hard' their sweet little puppy grows in confidence and off they run, all over the park causing all kinds of mayhem.

When teaching your puppy recall you need to ensure you have a 99% reliable recall BEFORE you ever let them off the lead. Practice with long lines so you can give your puppy a bit of freedom but you still have control.

When training your puppy recall you need to make sure you become the centre of your puppies world.

Think of recall more about pushing your puppy out when you give them the free time to explore; rather than you constantly needing to pull them in to keep them from running off.

Finding a dog trainer can be a minefield. Dog trainer or behaviourist is not a protected title so anyone can call themselves one and charge you your hard earned money. Even you reading this now, even as a first time dog owner, you can wake up tomorrow and start earning a living as a dog trainer.

So, how do you find a dog trainer who will not only help you and your dog but, put your dog's wellbeing first?

Ensure your trainer:

- ✓ Is fully insured.
- ✓ Has some form of formal qualifications.
- ✓ Is accredited with a governing body.
- ✓ Has references.
- ✓ Is happy to discuss methods and ethics with you.
- ✓ Doesn't use physical punishments, prong collars etc.

How To Find A Trainer



Household Manners

Jumping up and greeting guests.
Food manners at dinner time.
What does 'leave it' really mean?



Jumping Up

Jumping up is a perfectly normal behaviour you should expect to see from your puppy.

There are many different reasons a puppy or adult dog jumps up but in most cases it is simply down to excitement or because they want your attention.

When teaching your puppy not to jump up the most important step to start with is management. Remember, practice makes perfect. The more your puppy practises the unwanted behaviour the more it will be reinforced.

Management also includes making sure family members and friends don't allow or encourage the puppy to jump up because 'it's ok they love dogs'. Keep in mind, this is YOUR puppy, YOUR training, YOUR call.

Teach your puppy what you want them to do instead of jumping up, if you want a sit, teach and ask for a sit BEFORE they jump up at you. Reward and reinforce the desired behaviour. Sitting gets all the good stuff. Jumping up gets nothing.

Greeting Guests

When you first bring guests into your house with your new puppy remember your management protocols for jumping up and ensure you put them in place.

It often helps with guests coming over to put your puppy in another room with a KONG or puppy safe chew. Allowing them to come greet your guests when the initial excitement of new people has worn off.

Some find it helpful to have their puppy on a lead when guests come over so they can prevent their puppy jumping up.

When guests aren't visiting you can teach your puppy some helpful behaviours like to go to a bed and stay there on cue when the doorbell rings. After working on this over time you can put this into action when guests come over.

Household Manners

Remember, our puppy learns with reinforcement.

Think about how unwanted behaviours around food could be accidentally reinforced and what you can do to prevent this.

With young puppies it is a great idea to give them their meal or just give them some down time in their crate (if they are properly crate trained) when you eat your meals. This helps prevent any unwanted reinforcement from dropped food or other family members feeding them secretly from the table.

When training your puppy you should expect to use a lot of rewards that will end up being food; so it is essential you teach your puppy how to correctly follow a food lure without snatching.

Food Manners



‘Wait’ and ‘Take It’

Teaching your puppy to ‘wait’ for their meals and to ‘take’ food/items when allowed is a useful skill to teach.

To avoid frustration it’s suggested not to begin teaching this at meal times or first thing in the morning when your puppy is super hungry and excited.

Pop a few pieces of kibble or treats in a bowl and practise throughout the day with pretend meals.

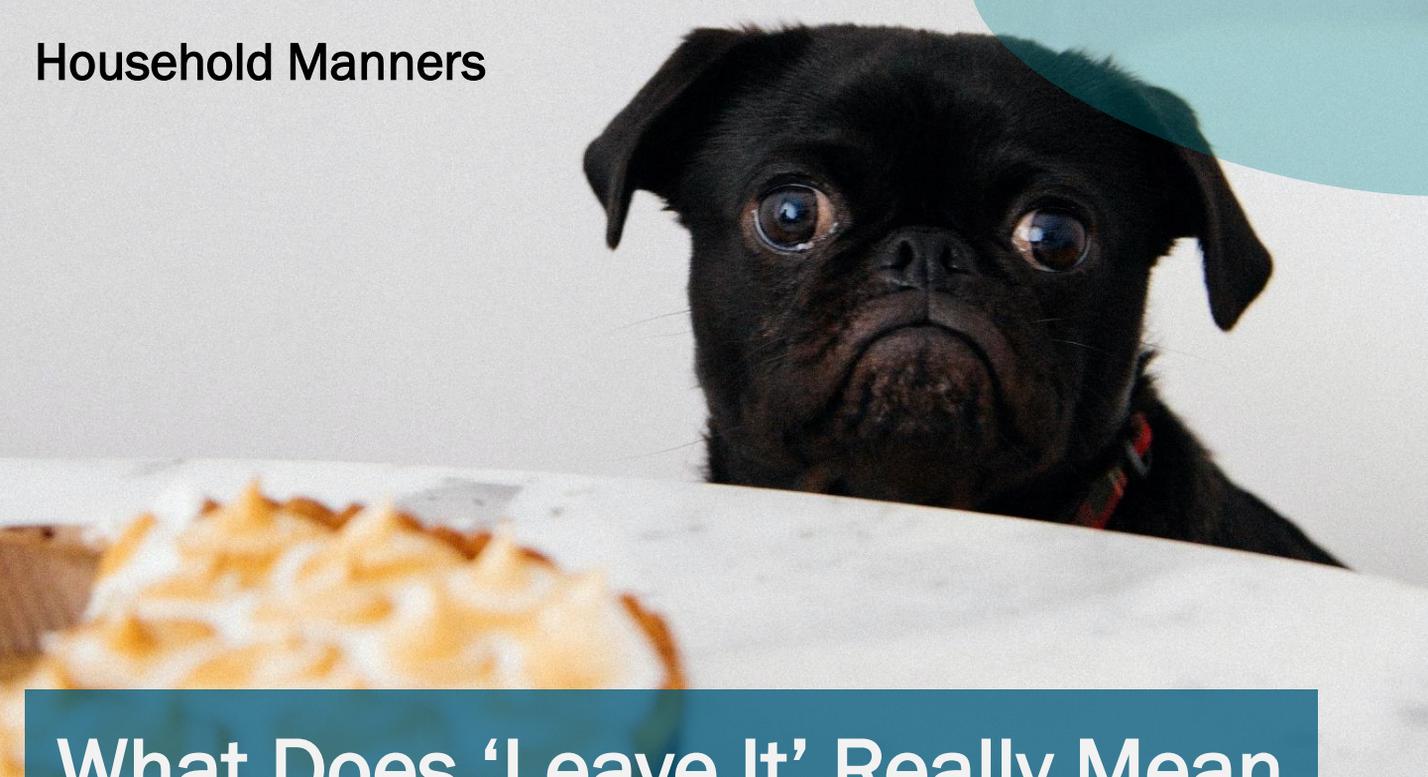
The basics of teaching this is very simple. If your puppy waits the food comes to them, if they move to get the food before being told to ‘take it’ the food goes away and we start over again.

There is no need for harsh punishments or shouting. Your puppy will soon learn that waiting is what gets the food.

With your puppy in a sit, down or stand place yourself a few steps in front of your puppy with the food bowl in your hand.

Lower the bowl to the ground as your puppy waits. Once the bowl is on the ground allow your puppy to ‘take it’.

If your puppy moves before asked to ‘take it’ stand up, reposition your puppy and start again.



What Does 'Leave It' Really Mean

Many dog owners or trainers will tell you that you need to teach your dog a 'leave it' cue. But what does 'leave it' really mean to your dog?

Dogs follow cues that indicate the start of a particular behaviour. With 'leave it' it is very much the same as saying 'no'. Depending on the context of the situation the cue 'leave it' can mean totally different things, normally meaning don't do that thing you want to do... do something else.

So, why don't we just ask for the something else, tell them what to do instead of what not to do?

If your dog is walking off lead and about to pick up some food off the floor when you say 'leave it' try telling your dog what you want, like a recall from the food.

If your dog is on the lead pulling you over to other dogs when you say 'leave it' try telling your dog what you want, like a 'let's go' to change direction or to focus on you on cue.

Mental Stimulation

Enrichment.

Thinking or Sprinting.

Using their breed traits and the benefits of scent work.

Enrichment comes in a variety of forms all of which are beneficial for a dog's well-being, enrichment activities can help manage and even aid in reducing behavioural problems.

By entertaining a dog's mind and giving a dog an approved safe job to do within the house or on a walk you will find enrichment activities can be beneficial to preventing unwanted destructive/boredom behaviour within the house, along with easing reactivity of nervous/anxious dogs when on a walk.

Benefits of enrichment:

Mental stimulation - Builds a foundation for scent training –
Fun - Improved learning - Reduced aggression/fear reactivity -
Improved memory - Shown to slow cognitive decline

Enrichment

Thinking or Sprinting

Do you remember the days at school or university?
Days where you would study and feel completely exhausted for the whole day after the amount of thinking you had to do?

Now think back to a day where you went to the gym, a run or maybe a long hike. Yes, that tired you out but, after a bit of a rest or a nap you had energy to get up and do other stuff.

When we think about ways to exercise our puppies, as well as remembering the effects large amounts of physical exercise can have on their growing joints, we still need to give them enough exercise to meet their needs.

Enrichment and mental stimulation is much more effective for meeting your puppies needs and appropriately tiring them out than excessive amounts of daily exercise.

Don't make your puppy into an athlete where they need more and more physical exercise each and every day to meet their growing stamina.

Use their brains to meet their needs.

Using Breed Traits

When planning enrichment activities for your puppy or adult dog always take into account their breed and what job their breed was bred for.

Giving a dog an appropriate outlet for their specific breed traits can be really helpful in your training and enrichment activities.

Using games and activities that allow your puppy to tap into their natural breed traits allows us to use those same games and activities as reinforcers for desirable behaviours.



Benefits Of Scent Work

- ✓ Improves your dog's self-control.
- ✓ Builds a bond between you and your dog as you work as a team.
 - ✓ Builds trust with a new rescue dog.
 - ✓ Increases your dog's confidence.
- ✓ Builds resilience and optimism in your dog.
- ✓ Lowers the likelihood of common behaviour issues by engaging your dog's brain.
 - ✓ It's fun for dog and owner.

Diet and Health

What to feed and raw feeding.
KONG fillings and poisonous foods.
Insurance and finding the right vet for you.

Diet and Health

When it comes to what to feed your puppy it really is a minefield of options.

Your puppy's breeder should have provided you with a suitable amount of change over food for your puppy to ensure they remain on the same diet when they first come to your home. This will reduce the stress on their digestive system while they go through the big change of leaving their breeder.

If you feel the need to change your puppies diet the most common options would be a kibble or a raw diet. Although there are many different options such as freeze dried food, wet food and home made cooked meals.

It can be overwhelming but research some different options and look into the quality of the ingredients in the food you feed, as well as the manufacturing process it goes through to.

Big brands tend to be poor quality with most of the costs of producing the product going into marketing. Always look at the ingredients first.

What To Feed





Raw Feeding

A raw feeding diet is commonly known as BARF (Bones and Raw Feeding or Biologically Appropriate Raw Feeding).

Raw feeding provides our dogs with a long list of benefits compared to the use of processed dog foods which contain a high grain content and low quality, over cooked protein.

- ✓ More Stable Energy Levels
- ✓ Better Digestion
- ✓ Reduces Allergic Reaction To Intolerances
- ✓ Firmer and Smaller Stools
- ✓ Better Weight Control
- ✓ Strengthened Immune System
- ✓ Improved Liver, Pancreatic and Bowel Health

When raw feeding you would feed:

80% of the meal as meat (*tripe, chicken, beef, gizzards etc.*)

10% of the meal as offal (*liver and kidney etc.*)

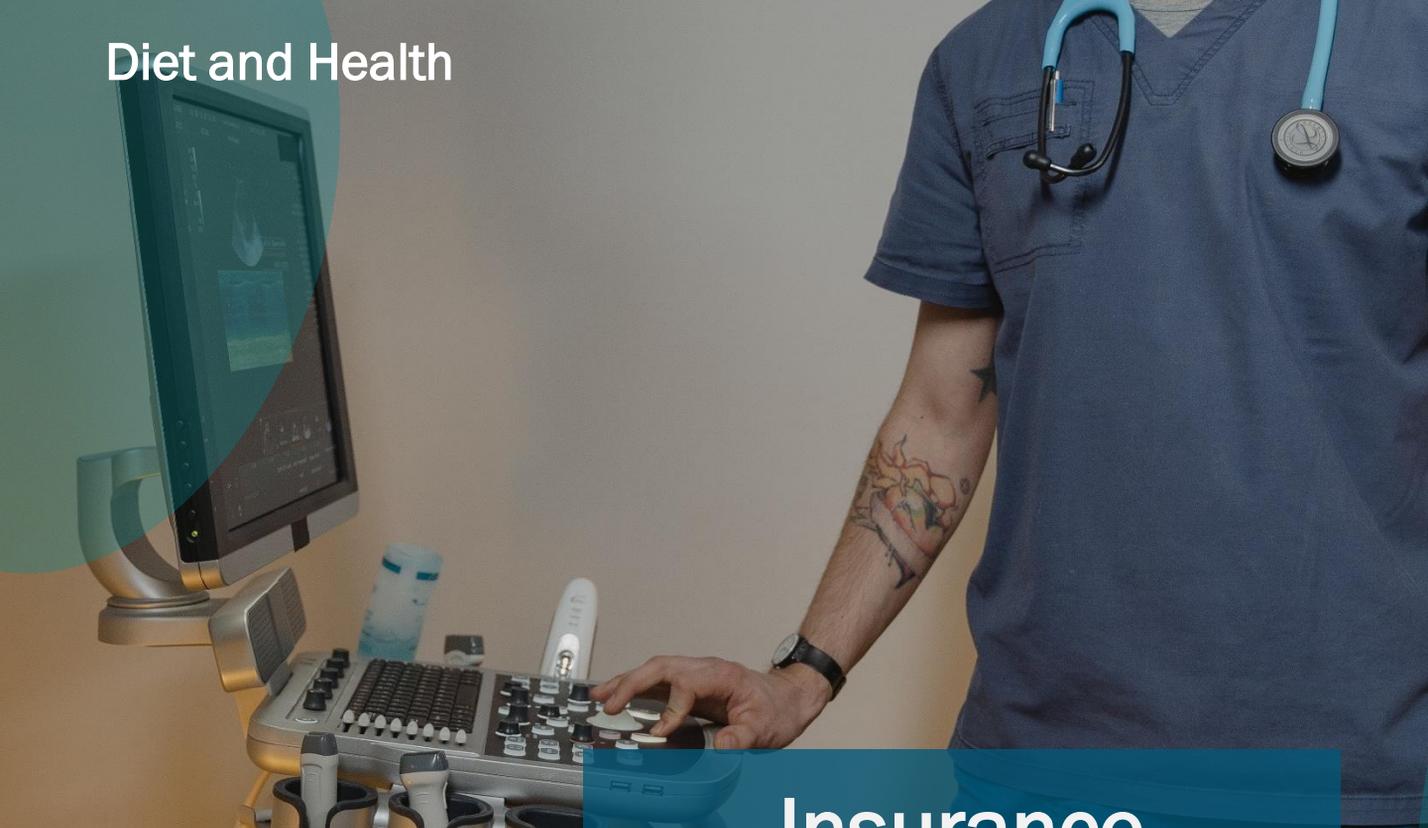
10% of the meal as bone (*always raw uncooked bones*)

KONG Fillings

- ✓ Pumpkin Puree
- ✓ Yoghurt
- ✓ Salmon
- ✓ Rice
- ✓ Baby Food
- ✓ Cottage Cheese
- ✓ Banana
- ✓ Carrots
- ✓ Blueberries
- ✓ Eggs
- ✓ Hard Cheese
- ✓ Spinach
- ✓ Peas
- ✓ Sweet Potato
- ✓ Cucumber
- ✓ Honey
- ✓ Porridge Oats
- ✓ Peanut Butter (*xylitol free*)
- ✓ Water Melon
- ✓ Broccoli
- ✓ Apples
- ✓ Sprouts
- ✓ Honeydew Melon
- ✓ Oranges
- ✓ Pineapple
- ✓ Blackberries
- ✓ Cauliflower
- ✓ Kiwi
- ✓ Mango
- ✓ Cranberries
- ✓ Coconut
- ✓ Figs
- ✓ Strawberries
- ✓ Raspberries
- ✓ Green Beans
- ✓ Asparagus
- ✓ Celery
- ✓ Courgette

Poisonous Fruit and Vegetables For Dogs

- Apple seeds
- Avocado
- Avocado Seed/Skin
- Cherry Stones
- Grapes
- Mango Seed
- Peach Seed
- Tomato Leaves/Plant
- Unripe Tomato
- Nutmeg
- Asparagus
- Chives
- Garlic (*large doses*)
- Leeks
- Mushrooms
- Onions
- Potato (*raw*)
- Potato Skin
- Raisins/Sultanas
- Rhubarb

A veterinarian in blue scrubs is operating an ultrasound machine. The veterinarian has a stethoscope around their neck and a tattoo on their left arm. The machine has a monitor and a control panel with many buttons and knobs. The background is a plain wall.

Insurance

Do you need insurance? The simple answer is yes it is best, you never know what injury or illness your puppy may experience at any point in their life.

Your breeder should have activated a number of weeks free insurance for your puppy either with the Kennel Club or an insurance provider.

When you compare policies many puppy owners focus on the monthly costs, but this should be your second concern. Firstly, you need to ensure you read the small print to understand what each policy covers and how life long illnesses are covered.

You need to aim to find a policy that continues to cover for life long illnesses or illnesses related to previously claimed conditions after the first year, as many insurance providers do not do this.

Diet and Health

When looking for a suitable vet you must always ensure any vet you consider is fully qualified and permitted to practice veterinary medicine.

It is against the law for anyone to practice as a vet if they are not fully qualified and registered with the Royal College of Veterinary Surgeons (RCVS).

After checking they are fully registered look over the services they offer along with the equipment for any specialist treatments they have on site.

Look over the opening times and distance from your home. Make sure these are accessible to you. You wouldn't want to sign with a vets practice who closes at 5pm every night when you work 9-5 daily.

Finally, look at their reviews and speak to anyone who recommends them.

Finding The Right Vet For You

Tips to remember

- The best start to raising a good puppy is by finding a good breeder.
- Puppy proof your house and you'll prevent a lot of unwanted behaviours before they happen.
- Your puppy learns by what is and what isn't reinforced.
- You never need to physically punish, hurt, scare or intimidate your puppy.
- Socialising your puppy doesn't mean introducing them to 100s of people, dogs and animals.
- Always ask before you let your puppy play with other dogs.
- Ensure your puppy is wearing an ID tag and is microchipped correctly complying with the law.
- Make your training fun and exciting.
- Enrichment is very beneficial for your puppy's wellbeing
- Research before you decide on your insurance provider, vet and the food you feed your puppy.

Testimonials



‘After bringing my new cockerpoo puppy (Bertie) home my breeder suggested I read this eBook. I found the information really helpful and following the training tips I was able to train Bertie before the typical puppy problems occurred.’

Sam Tuner (New Puppy Owner)

‘I really enjoyed this eBook, I am a big fan of Jennifer’s work and this puppy guide is another great read. I happily recommend this eBook to any successful applicants adopting our younger rescue dogs in the kennels’

Abi Webb – (Rescue Kennel Assistant)



Jennifer Bartlett Canine Behaviourist

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