



# *the puppy manual*

**Adopt a Pet**  
**Com**

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Getting ready to adopt a new puppy? This guide will give you some of the basics to help you prepare for the arrival of and first few months with your new puppy. These basic training and socialization tips can be used for puppies as young as eight weeks old, the earliest age at which most puppies would be adopted into a new home. If your puppy is slightly older, as long as he is under six months old, these steps can still be followed. For puppies older than six months, many of these tips still apply, but you'll want to look for older puppy and dog training articles, too.

# ch. 1

## prepare for your puppy's arrival

Being prepared can mean the difference between getting a good start or getting started off on the wrong paw. A puppy needs a safe, warm environment. Being raised indoors with as much human contact as possible is critical at this stage. Below are some tips for properly preparing your home for a new puppy:

**Puppy-proof a play area.** Puppies will chew everything, from electrical wires to socks and shoes! You need a secure, puppy-proof, enclosed area and a crate for those times you cannot directly supervise your puppy (see Chapter Two for tips on crate-training). Note that puppies typically are not housebroken, and should be kept in an area where it is okay to have accidents.

**Establish a daily routine from day one.** A puppy feels secure having dinner, playtime, lessons and walks at the same time each day. Also, being left alone all day on Monday after having spent his entire first weekend with you can cause lots of anxiety! If you do bring him home on a weekend, get him used to being on his own by leaving him alone for progressively longer periods of time. Put him in his safe area and walk out of the room for one or two minutes, and then come back. Later on, leave the room or the house for five or ten minutes. Increase the period of time until you can be away for an hour or more at a time. Schedule your puppy's feedings so that all meals are fed by 5:00 to 6:00 p.m. (if you go to bed at 11:00 p.m.), so your puppy drinks very little water after that. Be consistent about your (and your puppy's) bedtime and morning wake-up time to help your puppy learn to "hold it" through the night. Remember, you won't always have to be so structured, but the effort you make now to train your puppy will pay off in the form of a perfectly-behaved adult dog!

**Establish your house rules.** If you do not want an adult dog who gets on the furniture or jumps up on people, do not allow your puppy on the furniture or to jump up. Once you allow a behavior, it is very difficult to change it. Ask all visitors (and family members) to follow your house rules. No matter how cute it is when he's tiny, most people do not want their full-grown dog jumping on everyone.

**Prepare yourself for dealing with crying, whining and barking.** Puppies make noise, just like babies, but there are ways to guide your puppy through this stage of his life without establishing permanent bad habits. There are preventive steps you can take for training your puppy not to cry in his crate during the night, which we will detail in Chapter Two, but we'll mention a key point: The worst thing to do is to let the puppy cry and bark for a long time, and then go get him out or give him attention. When you do that, you teach your puppy to PERSISTENTLY make noise in the crate, because you have shown him that persistence pays! You don't want to respond

to a puppy making noise in the crate, provided you are sure the puppy's needs have been met.

**Don't expose puppy to public places until fully vaccinated.** Puppies need a series of DHLPP vaccines, typically at 8 weeks, 11 weeks, and 14 weeks. One of the P's in the DHLPP stands for Parvovirus, or "Parvo" for short. Canine parvovirus can survive in the environment for months to years, especially outside of direct sunlight and appears to be one of the most resistant canine viruses.<sup>1</sup> Your puppy can step on it, lick his paws, and contract Parvo, which, sadly, can be fatal. Do not put your puppy down on the ground outside (on your street, the park, etc.) or inside public places like vet offices or pet stores. Your enclosed yard, your home, and your friends' enclosed yards and homes (if their pets are all vaccinated and healthy) are the only safe socialization areas until your puppy is fully vaccinated. Ask your veterinarian for advice, if you have any doubts.

**Socialization during a puppy's early months is critical.** Time spent with the family means the puppy will become comfortable with the sights, smells and sounds that people make, and grow up accustomed to them, rather than afraid of them. Puppies can usually be left alone in a puppy-safe area (such as a crate, the kitchen, or a sheltered puppy run) for one to two hours for every month of age (i.e., a two-month-old puppy can be alone for two to three hours). Leaving young puppies alone for too long means they are not being properly socialized. Try to plan your absences during naptime, or play with your puppy to tire him out before you leave. Using safe toys to entertain while you are gone, such as rubber toys stuffed with goodies, can make time alone easier. Crates can make being alone less frightening as well, by giving them a small secure "den" - see Chapter 2 below on crate training.

### What's next?

With the basic guidelines above, you are off to a good start getting ready for your new puppy! Next, you'll need to learn about basic commands, housetraining, teaching bite inhibition, crate training, and, finally, walking on leash and exploring the world outside your home (after your puppy is fully vaccinated). We highly recommend enrolling your puppy in a puppy socialization class, and then following up with a good dog obedience class. Dog training and socialization are an ongoing process throughout a dog's adolescence, and are a wonderful way for you and your dog to enjoy time together and with other dogs.

1. GREENE CE. CANINE VIRAL ENTERITIS. IN: GREENE CE (2012). INFECTIOUS DISEASES OF THE DOG AND CAT. 4TH ED. ST. LOUIS, MISSOURI; ELSEVIER, 67-80.

# ch. 2

## how to crate train your puppy

This article is directed at puppies younger than eight months old. If you have an older puppy or adult dog, you may also find it helpful, although not all of the information will apply to you.

Crate training your new puppy can be a wonderful way to help him become housebroken while keeping him (and your household belongings) safe when you can not supervise him. If crate-trained in a positive way, most puppies actually enjoy being crated! Sometimes it takes time for them to get used to it, but you'll often find crate-trained puppies choosing to sleep in their crate even with the door left open.

Most modern dogs still have an inherent "den instinct" which is why the use of a crate is so effective in housebreaking: they will try not to soil where they sleep. A puppy mill or puppy store dog may have lost this instinct because of being forced to sleep and stand in the same area where they potty, so crate training will often not work as quickly for them.

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**This fits perfectly!**  
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The keys to successfully crate-training a happy puppy are proper crate selection, introduction, and use. We will cover these important steps in detail below.

Before we jump in, a word of advice: please...never use a crate to punish. Going in the crate and spending time in the crate should always be a happy, positive experience for your puppy (and, hopefully, for you as well)!

### *How to select a crate*

**Size:** A crate should be large enough so your puppy or dog can lie down and turn around in a tight circle. If it is big enough to lie down in, it should be big enough to sit in without their head hitting the top, too. It is important not to choose a crate that is too large to provide a cozy "den" feeling. If you have a puppy that will grow into a large dog, I suggest buying a full-size crate that will fit him as an adult, and using a piece of plywood or other puppy-chew-safe material to block off a section just big enough for your puppy's current size. This can be expanded as the puppy grows. There are also wire crates sold with interior barriers that can be moved and then removed to make the space the right size.

**Type:** There are many models of crates, including fancy wooden ones that look like furniture, deluxe steel wire folding styles, and the molded plastic airplane travel variety. Many puppies are very strong chewers - pick the model that is safest for your particular puppy (smaller breeds and serious chewers, and nervous/anxious puppies may do best in the plastic ones.) The steel wire strength varies between brands and models. Wood or wicker is generally not advised for a puppy or dog who is not already crate trained.

**Cost:** Crates can cost anywhere from \$30 to \$200 and up, depending on the size and durability.

**Bedding in the crate:** Puppies can be amazingly strong chewers! If you are leaving the puppy unsupervised in the crate, make sure you use a chew-proof bed (like a metal-frame hammock bed) or chew-proof crate pad. Your puppy might be fine with a blanket for weeks and then one day not just chew it, but eat it! That can be fatal, or require costly and painful surgery to cut open their intestine to remove a blockage.

**Covering the crate:** Some puppies feel most secure in a crate that is dark and cozy, like a den. Do not cover a crate with a blanket or sheet, even partially. Puppies can pull a blanket into their crate through even a tiny gap! There are safe ways you can make your puppy's crate more den-like, while making sure they have plenty of air and it stays a comfortable temperature. For example, you can use thick cardboard or wooden boards, laying them on the top and leaning them against a few of the sides - on the outside, out of puppy teeth reach.

### *Where do you put the crate?*

Some people prefer to put the crate where they spend the most time, like in the kitchen or living room. Smart puppy owners also have a crate in their own bedroom, right next to their bed. A new puppy will be happiest and feel safest if he's sleeping with his new family like he was when he was sleeping with his mom and littermates. Some puppies accept that you're right there (remember, do not reward or pay attention to noise) and settle right down. For others, it can take a few nights... have I mentioned earplugs yet?

### *Get ready to introduce your puppy to the crate for the first time*

You and your puppy should think of the crate as his special place where he is safe and happy. Some owners prefer to use the terms "den" or "house" or whatever helps them to think of it as a safe, calm place, which helps their puppy feel that way, too.

First, give your puppy a nice long exercise-and-play session, until he seems tired... or until you are tired! Let him drink at the end of the play session.

Second, take away all food and water thirty minutes to an hour prior to crating your puppy, and make that time a quieter "winding-down" time with you.

Third, take the puppy outside to give him a chance to go to the bathroom. This is not playtime. Have the puppy on a leash

and walk in small circles, encouraging him with verbal praise for any sniffing, and use the training word you've chosen to get them to go potty (see Chapter Three for more on that). If you leave him outside alone, you will not know if the puppy has gone, and you might miss the all-important chance to praise the puppy for going to the bathroom outside.

Now you're ready to introduce the puppy to the crate!

### *Introduce your puppy to the crate: first day trial runs*

The first day, start with a few trial runs of your puppy going in the crate. During these short periods of introduction, do not shut the crate door. How do you get your puppy into the crate? Ideally, you never force a puppy into a crate. How you get the puppy into the crate will depend on the age of the puppy.

A very young puppy (three months and under) can usually just be gently picked up and placed inside, or you can easily lure him into the crate by tossing in a treat. Give lots of verbal praise when the puppy is in the crate, saying things like "What a good puppy in the crate! Good puppy!" Use a calm-but-happy voice. Even if the puppy leaves right away, quickly say at least one "Good puppy!"

For puppies four months old and older: first try luring him inside by throwing in a treat or toy. If the puppy will not go all the way into the crate, try creating a trail of treats leading into the back of the crate. If regular treats are not enough of a lure, you might need to try special treats, such as bits of hot dog or chicken. If that fails, it may be that your puppy isn't hungry enough to be lured, so stop trying and wait a few hours, withholding treats and food. Then, at feeding time, put the bowl in the middle of the crate, close the puppy with you in the room with the crate, and sit and wait. Even one paw in the crate is a step forward! You should verbally praise this step. At the next feeding time, again try the trail of treats, and place the food bowl in the back of the crate, and sit and wait. At this point you just want to let the puppy go into the crate, eat, and leave (so do not close the door). Then, in a few hours, try tossing the treats in again.

### *Closing the door*

Once the puppy goes willingly into the crate for a treat tossed in (or to get to his food bowl in the back) a few times in a

row, you are then ready to try closing the door for a few short sessions. Fill a hollow rubber toy with wet and dry dog food (there are dog toys made especially for this purpose). Let the puppy smell the food in the toy, and then place the food-stuffed toy in the back of the crate. Do not use a rawhide or any other toy he cannot have safely when unsupervised. If the puppy doesn't go in to get the toy, toss treats in the crate or place a few treats in the food bowl in the crate and softly close the door once he's inside. Give him lots of praise and then calmly walk away. I find it best to walk out of the room, but I leave my door open just a crack so I can secretly look in and see how the puppy is doing.

If you have a whole day free to devote to crate-training, you can feed your puppy all of his meals and treats (again, use the hollow rubber toy) inside the crate, and close the crate door while he's eating. So, three times on the first day, you'd put your puppy into the crate for 10-15 minutes at a time (it depends on how good a toy-destuffer he is) and then let him out just a few minutes after he finishes the food in the toy (IF he is quiet... see the next section!).

### *Don't give in to whining or barking*

This can be the hardest part of crate training, at least for the humans involved! However--and this is important--you should never, ever let your puppy out of the crate when he is whining, crying or barking. This is crucial, especially in the beginning stages of training. If you give in to the puppy's noise and open the crate, he will learn that all he has to do to get you to open the crate is make noise, and he will keep trying that technique if it worked once! If you took your puppy outside to potty, fed him, and you've chosen a safe crate where he cannot get injured, there is no reason he needs to come out when he is crying. If you are ready to take the puppy out during one of your day-one introduction crate sessions, wait until he is quiet!

If you walk towards the crate and he starts barking or loudly whining, walk away and wait for him to be quiet (which will usually last only for a few seconds), and then run quickly to open the door during that quiet moment. Earplugs can help humans get through this; we know it's hard to hear your beloved puppy crying. But remember, you are doing this so you'll have a safe place to leave your puppy when you cannot watch him, and eventually he'll like it!

## When to use the crate

This brings us to the subject of when to use the crate. After the first introduction day, your puppy should take all of his naps in the crate and sleep there at night. Puppies should never be crated for more than eight hours at night. During the day, your puppy can be crated only one hour for each month he's been alive (so a two-month-old puppy should only be crated for two hours at a time without a potty/play break). The remainder of the time, the puppy should be in the company of his new owners (on a hard-surface floor until housebroken), being cuddled, played with, socialized, loved and cared for in his new home.

## How long to crate?

At bedtime on the first night, put the puppy back into the crate with an indestructible chew toy (I like to use the same hollow rubber toy that can be stuffed with treats, but use it empty at bedtime). Since the puppy's body has yet to learn to "hold it", he may only be able to sleep for four or five hours at a time. Don't worry--gradually, he'll be able to sleep longer and longer, eventually up to eight hours. Puppy bladders and bowels are just not mature enough to hold it much longer than that. However, some puppies simply cannot go longer than two or three hours, even at night, without urinating. If the puppy has been crated for at least two hours, and is circling and whimpering, he may have to eliminate. Take him outside, but keep the session short and quiet. Do not socialize with the puppy. If he eliminates, give him lots of praise and then take him right back inside and crate him again; if he doesn't, no praise and back into the crate.

Remember, just like with babies, mornings come very early with young puppies. At around four months of age, the puppy's bladder should start to mature and he will start sleeping longer at night. Just remember: once you have put the puppy in the crate after a middle of the night potty break, don't take him out for least two hours. If you do, you are teaching him that whimpering will get him what he most likely was wanting - your company and attention. Your puppy must learn that nights are for sleeping and his sleeping place is the crate. Once he learns this lesson - and it usually takes about two to four nights - he will begin to look at the crate as his sleeping place. One day you will look for your puppy and find him curled up in the crate, where he went by himself to catch a few zzz's!

Once you have crate-trained your pup, you can use the crate to keep your house safe from your puppy's curiosity-chewing, and your puppy will be safe from the myriad of dangers that lie waiting for lonely, bored, and curious puppies. Think of it as a crib or playpen for your baby dog. Keep your home and your puppy safe - use a crate!



# ch. 3

## housetraining your puppy

At two, three and even four months of age, puppies are too young to completely control their bladder and bowel habits. A dog of any age who has not been housetrained needs time to physically be able to learn to “hold it”. Your job is to create opportunities for your pup to go in the correct place, get praise and treats, and repeat this experience enough times for it to become habit.

Young puppies may take several months to become housebroken. You can help them by:

- Always take your puppy out FIRST THING in the morning, before you do anything.
- Always take your puppy out FIRST THING after eating a meal, and after she wakes up from naps.
- Set up a regular schedule of sleeping, eating, and going outside.
- Set up a “puppy room” or playpen as an area where the puppy can be safe when unsupervised (until she is housebroken).

At first, set a timer for 30 minutes, and take your puppy out each time the bell rings. As she gets older you can increase the time. You only need to stay outside with her for a few minutes. Learn to read her body language. Often puppies will start circling or sniffing around, or holding their tails a certain way - if you see your puppy doing what she does before she goes to the bathroom, get her outside FAST! When she finally goes where you want, it's party time! Give her lots of praise and treats!

### *Praise, not punishment*

If she has an accident inside, don't make a big deal of it. Puppies will have accidents. She should be kept in an area where accidents are okay (like a kitchen or other room with a hard-surface floor for easy clean-up). Once she discovers that going inside gets no reaction, but going outside gets praise and treats, she'll try to hold out for the better option!

Never yell at your dog or push her nose in her messes, swat her with a newspaper, or make loud noises with cans/pennies if she has an accident. She is very young. Human babies don't learn to use the toilet until they are two or three years old, right? Using punishment may well teach your dog not to go to the bathroom in front of you, which will make taking her on walks a lengthy and unpleasant process. She may cower and appear to be “sorry” when you yell, but she's just reacting to your yell, not to what she did ten minutes or an hour ago.

Please don't give your unsupervised puppy full run of the house or access to a non puppy-proofed room at this young age. When you can't watch her, put your puppy in a puppy-safe room, a dog run with shade, water and toys, or crate-train her (see Chapter 2).

Pick up the puppy's water and food after 8 PM, and take her outside to relieve herself just before bedtime. DO NOT let her loose in the house during the night. She should be confined either in her puppy-proof room or crate -- see “how long to crate” in the chapter on crate training above.

Be sure to clean up the areas in the house where your dog has already messed. Dogs will mess again if they can smell where they've previously marked...and their noses are very strong. Use an enzyme-based detergent (like those sold in pet stores to clean up pet messes), not one that contains ammonia or vinegar, which reacts with urine and will make it smell more.

### *Going on command*

Select a phrase like “Get Busy” or “Go Potty” that you can use to tell your dog or puppy to go to the bathroom when and where you want her to. It's easy to teach her, but some dogs take longer than others to understand. Use it just like you use any verbal command - like “Sit,” you say it before you want the puppy to do it, and then if she does, give her lots of praise and treats. It should be said in a happy tone of voice, and never as a punishment. Also, if you catch the puppy in the act of “getting busy” in the correct spot, you can say “Get busy!! Good puppy! Get busy! Good good!!” so she associates that phrase with what she is doing.



# ch. 4

## puppy socialization

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Socialization means being exposed to a variety of people and situations and becoming accustomed to them. For young puppies, the period between four and twelve weeks of age is a critical stage for socialization. Puppies who are not sufficiently socialized during this time are very likely to grow up fearful and unsure of themselves, people, and their environment. Since fear is often at the root of aggressive behavior, proper puppy socialization is critically important.

Below are some very basic guidelines for socializing your puppy. The overall plan is to slowly introduce your puppy to noises, people, and places, and to make the experiences enjoyable. It doesn't do any good to expose your puppy to, say, a room full of very loud children who pull on the puppy's ears - that's terrifying, not socializing! As you expose your puppy to noises, places and people, praise or reward the puppy for any appropriately friendly response. If your puppy responds fearfully to anything new, remove your puppy from the cause but avoid 'reassuring' him or her, which is actually praising the puppy for acting scared. You also want to make sure to stop any unwanted behavior while you are socializing. Jumping up, biting, or barking should all be cut short by ending the socialization, and trying again more slowly and from further away, working toward being well-behaved in the situation in which he was previously misbehaving. Practicing obedience commands while in new situations can keep the puppy focused on you and the commands, and help avoid unwanted behaviors.

Keep in mind that until his last series of puppy vaccinations are complete and effective, your puppy must be kept safely away from areas where unvaccinated dogs may have roamed. Typically this is around four months of age, but make sure to check with your veterinarian. Please don't take him to parks, on walks, or allow him to make contact with the ground, other than in your yard and house, until that time.

**Noises:** If your puppy lives in a quiet room, set up a CD player to play normal household noises: doorbells ringing, vacuum cleaners running, doors slamming, toilets flushing, music playing, etc. Start out at a low volume and over time raise it to a real-life level. Bring your puppy to different rooms so he can hear the noises and acoustics of various spaces. Take him for a pleasurable ride in the car to expose him to outdoor sights, sounds and smells. Further widen his horizons by taking him for an outdoor walk in your arms.

**To get your puppy used to seeing new places:** Take car rides (using a crate is best), visit friends, pet supply stores, and, once vaccinated, parks, beaches, outdoor cafes, the veterinarian's waiting room, everywhere and anywhere dogs are allowed.

**To get your puppy used to meeting new people:** Aim to introduce your puppy to at least one new person a day for the first few weeks. A store clerk, the mailman, your neighbors, your neighbors' kids, friends, family, strangers walking down the street, etc. Encourage petting, and as with noises and places, praise or reward the puppy for any appropriately friendly response.

**To get your puppy used to meeting other animals:** If you want a dog who is friendly towards other animals, such as dogs and cats, you'll need to find a way to regularly expose your puppy to them. Training class is a great place to introduce your puppy to other dogs. Puppy-training classes that allow off-leash socialization are wonderful! When your puppy is older, obedience training is a good way to get your puppy to practice focusing on you in a distracting environment, so you can continue your puppy's socialization on into adulthood and new situations.

Cats can help 'train' a puppy to keep his nose and teeth to himself, but you should reinforce the cat's verbal and physical cues by using gentle but firm restraint (the leash works well) coupled with a command like "leave it". Always reward your puppy for leaving the cat alone.

**To get your puppy comfortable with people around his food bowl:** This technique can be used for puppies - and dogs of any age that will eat out of your hand safely. Begin by feeding your puppy a few of his meals one handful at a time, out of your hand. Next, try putting a handful of food in his bowl, letting him eat, then putting another handful into the bowl. In this way, your puppy will associate your hand coming towards the bowl with a positive thing (more food) not a negative (the food bowl is going away). Rotate feeding so that all humans (children included) do this at least once a week. If your puppy exhibits food bowl guarding (like growling, body blocking, freezing, etc.), consult a professional trainer.

If you have questions about puppy socialization, consult with your pet trainer or behaviorist.



# ch. 5

## teaching basic commands

Teaching commands is important to your puppy's safety, and the act of training can be a wonderful bonding tool for you and your puppy. At a minimum, your puppy should learn to sit, stay, come when called, and (for older puppies) to walk on a leash. These four basics are essential for keeping your puppy safe! You can start teaching "come", "sit", and "stay" when your puppy is eight weeks of age. Here are some tips for effective training:

**Try never to repeat a command.** Repetition has a dulling effect. Continuing to give a command ("Sit! Sit! Sit!") while your puppy ignores you will teach him that you'll give him attention if he does the opposite of what you're asking.

**Say, "Come here!" in a fun, high tone of voice every time the puppy starts running towards you,** and give the puppy lots of verbal/tummy rubs/food rewards whenever he comes running to you. Crouching down encourages him to run to you, too.

**Say, "Good sit!" every time the puppy sits for the first week.** Then, begin asking for a sit, and use a treat to lure your puppy into the correct position, using these steps:

1. Holding a treat, lure your puppy toward you.
2. Move the hand holding the treat over the puppy's head toward his tail.

The goal is to get him to look up and back, forcing him into a sitting position to keep looking at your hand. You can also use your other hand or a wall to gently stop the puppy from backing up as you lead the nose up and back. Do not push down on his behind to 'make' him sit. You want to teach him to sit on his own!

**Never use intimidation as a tool.** If the puppy does something undesirable, you can use a calm, firm "no", but avoid a harsh tone and never yell or use physical punishment. Punishment and yelling serve only to make your puppy afraid of you. Cowering does not mean your puppy 'knows' he did something wrong, he is just reacting to your voice right at that moment and showing submission. It will not help him learn the right thing to do. If your puppy is cowering when you are verbally correcting him, use a softer tone of voice, and focus on rewarding the positive and avoiding/redirecting negative behaviors. Or try a method called clicker-training, which is 100% positive-reinforcement-based, highly effective, and really fun! You can find all kinds of information about clicker-training online, and there are also many books written on the subject.

**Be consistent.** Always use the same command to elicit the same result. Don't use the same word to mean two different things. When you say "down" do you mean lie down or get off the counter? When you clap, does that mean "come here" or "stop chewing on that sofa leg"?



# ch. 6

## teaching your puppy bite inhibition

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Teaching bite inhibition is one of the most important items for any pup. Mouthing and biting is a normal part of being a puppy, but this behavior is not acceptable in an adult dog.

The pup must be taught to inhibit the force of his biting behavior so that he develops a “soft mouth”, and then to inhibit the frequency of his mouthing, so that the adolescent and adult dog learns never to mouth or bite any person (or their clothing).

The program outlined below is appropriate for puppies (up to about 18 weeks, with their first set of teeth) that have not yet learned to inhibit their playful biting. For this program, it is important that EVERYONE who interacts with your dog, (i.e. ALL family members and ALL other people) follows the same rules. Children should be closely supervised to ensure that they are following the rules, too. Your puppy must learn that he should not mouth or bite ANYONE.

This program is broken down into three steps, to be followed in order:

1. No painful bites
2. No pressure with teeth
3. No mouthing at all

Make sure that everyone who interacts with your dog follows the rules and that everyone is aware what stage has been reached. It may be helpful to put a sign up indicating what stage you are working on so that everyone can be consistent with your dog.

Puppies normally develop bite inhibition through interaction with their littermates. When a puppy bites another puppy too hard, the second puppy will yelp and discontinue playing. In this way the first puppy learns not to bite so hard. When you take a puppy from his litter, you must take the place of littermates, and need to continue the teaching.

### **Step 1. No painful bites**

Humans can act like a littermate to let your puppy know when he has bitten you too hard. You can yelp in order to startle him, and then walk away and ignore him for about a minute. Ignore means no looking at, speaking to, or touching your dog! If necessary you can leave the room for that minute (a “time out”) so that he has no chance of play-biting you while you are ignoring him.

Dogs vary in their general sensitivity and it is important that you startle your dog appropriately when he bites. If, when you yelp, your dog immediately comes back to bite you again, then you are not startling your dog enough: Try a louder yelp

or try shouting “Ouch!” Similarly make sure that you do not startle your dog too much. If your dog runs away and hides when you yelp, then you are most likely yelping too loudly; next time, try a quieter yelp.

### **Step 2. No pressure with teeth (gentle mouthing only)**

Once your dog has learned that painful bites are unacceptable and has stopped that behavior, you can progress to training your dog that any pressure of his teeth against your skin is unacceptable. Use the same procedure of yelping and then ignoring for about a minute.

### **Step 3. No mouthing at all**

Once your puppy has learned that he should not exert any pressure with his teeth against your skin you can progress to training your dog that ANY mouthing at all is unacceptable.

Depending on the age and temperament of your puppy, the time it takes to reach step three will vary from a week or two to a few months. Here are some guidelines to help speed the process along:

- Never hit your dog (his nose or any other part of him) in response to his mouthing or play biting! Not only is this unnecessary, but also it will likely encourage him to continue biting you, either in play or in self-defense.
- Don't forget to provide appropriate chew toys and bones for your dog and praise him for chewing on these. In this way your dog will learn not only what is unacceptable, but also what is acceptable in terms of using his mouth.
- You may find it helpful to use a non-toxic taste deterrent (available from pet-supply stores) on your hands or clothing while you are going through this program. First make sure that the product is actually distasteful to your dog (some dogs like the taste of taste deterrents). Also, some use peppers and may sting your skin, so read the labels carefully.

Once your dog has successfully completed all stages of bite inhibition you will want ensure that your dog continues to have good bite inhibition throughout life. Therefore it is a good idea to handle his mouth daily (open it and touch his teeth and tongue) and reward him for being gentle.

# ch. 7 stop destructive chewing

Puppies and dogs most often destroy and chew things out of boredom, frustration or anxiety.

There are mild displays of this behavior that are to be expected, especially in puppies and young or high-energy dogs - a puppy chewing a shoe, or a dog ripping apart one of her toys. There are also more extreme levels of this behavior, where the dog will hurt himself or do serious damage to doors, walls, furniture, or other household items. Below is some general advice and common solutions to mild to moderate destroying and chewing behaviors. We suggest consulting with a professional dog behaviorist or trainer if your dog or puppy is doing extensive damage.

## *How to avoid & stop destructive chewing*

**1. Physical Exercise.** Many dogs and puppies chew because they are bored and have excess energy and/or anxiety. Chewing is fun and a stress reliever for them! You can help eliminate this kind of chewing by giving your puppy more daily exercise. Just like you would do, build up the length and difficulty of your dog's "workout" which can be any kind of athletic activity - walking, running, hiking, playing ball, running around the yard with a dog friend. Just keep in mind that you will need to MAINTAIN the amount of exercise you give them, pretty much EVERY DAY. Even if its just 10 minutes a day, you'll need to stick to it. If you take up morning walks with your dog for a few weeks and then stop, the chewing will very likely return.

**2. Mental Exercise.** Exercising a dog's MIND is just as important in warding off chewing boredom as physical exercise. Things like obedience training, learning new tricks, agility classes, walks in new neighborhoods, visits to friends house, and joy rides in the car can be very mentally stimulating for your puppy.

**3. Chew toys.** Many dogs and puppies chew because it is an instinctive desire. Giving them something appropriate and desirable to chew on can eliminate their chewing on things you don't want them to! There are many commercially-produced chew toys to choose from - knowing the strength of your dog's chewing will help you to pick the correct one. Hollow, chewable rubber toys which can be stuffed with food and treats and even frozen can provide many hours of amusement, as can fun, fillable balls which the pet must roll around to get the treats out.

**4. Redirection.** If you catch your dog chewing on something inappropriate, you can say "no" and offer him one of his chew toys. It can help to have seven different chew toys, and place out a "new" toy each day, taking up and putting away the "old" toy at the end of the day. Dogs just love getting something "new" - it's more interesting and therefore it keeps their attention longer. It may take some trial and error to find a chew toy that he likes more than what he's chosen (your table leg, for example). You can make your household items less desirable by spraying them with a dog-safe chew deterrent, keeping the dog out of the area with those items, or covering the items with tin foil as a temporary solution to get him in the habit of chewing on his chew toys instead.

Using these four steps should solve most chewing problems very quickly, and your chewed-up shoes will soon be a thing of the past.



# ch. 8

## teaching your dog recall

Recall is when your dog or puppy comes to you when called. It is one of the most important things you can teach your dog. Even if your dog obeys nothing else, having her come to you when called can save her life or avoid a dog fight or other dangerous situation.

First, decide exactly what words you'll use to call your dog. Keep it simple, like "Come!" or "Here, girl!" Everyone in your household should agree on exactly what word or words will be used. Imagine your dog is somehow running into traffic—you will need to be able to remember the command word immediately! Use a whistle only if everyone who will ever be calling the dog can do the exact SAME whistle, and only if it is louder than you can yell. Training recall with an actual metal or plastic whistle works, but chances are you will not have it handy in an emergency situation. For that reason, I prefer to use the human voice.

To teach your recall word, start out by saying it in an upbeat-but-confident tone. Try not to use a high-pitched inviting-to-play tone. Remember, if your puppy is running into traffic, your tone is NOT going to be fun and high pitched!

**Tip #1:** If you have already tried to get your dog to come with you using the word "come" more than a few times and it hasn't been working, PICK A NEW WORD before starting this training! "Treat", "Front", "Here", or "Cookie" are some ideas. Once you have her completely trained to recall for the new word, you can add in the word "come", ("Treat come!") and then eventually go back to just "Come."

Next, find something your dog really likes to use as a lure and a reward. Treats are the easiest, but some dogs are disinterested in treats. You may have to try many kinds of treats to find one that she really, really likes. Or try doing the exercises below at mealtime, carrying her food bowl. Doing these exercises right before a meal is very effective! Some dogs really do prefer verbal praise or a toy to a treat. If your dog is not interested in any treats you try, nor in praise or toys, you may need the help of a trainer or behaviorist to work on finding a highly motivating reward before you work on training recall.

For our treat-loving friends, divide up the treats (or their meal) into 10 or 15 portions or pieces. Start by just feeding the dog a few treats out of your hand and praising her. Then take a step backwards and show her the treat, encouraging her to take a step forward to get the treat. The first day, just repeat the one-step-and-treat 10 times. Move around as you walk backwards for those ten steps, rewarding each step towards you!

The next day, as you step back, incorporate your chosen recall word (we are going to use "come" for the rest of our example) and reinforce the treat-giving with verbal praise. So, you take a step back at the same time you say "come," show the dog the treat to lure her to take a step towards you, and reward the step with a treat and a "good dog." Repeat this exercise around your home and yard where she is comfortable. Do this for a few days, once or twice a day. You can also reach down to touch the dog's collar too, so she'll get used to you securing her (either for safety, in an emergency, or to attach her leash before a walk). Then you can start taking more than one step backwards before feeding the dog the treat. So step-step "come," stop, treat, "good dog." Step-step, "come", stop, treat, "good dog." On the next day, increase the number of steps.

When your dog is following you around attentively, waiting for the treats, you are ready to move on to training recall when her attention is not on you. Do a few rounds of normal recall exercises, giving her treats to reward her success. Then, stop and do something boring to the dog, as if the session were over, but only do it long enough for the dog to get a few feet away from you. Then give your "come" command, and have the treat or reward ready for when she does! Gradually over the next week, lengthen the times you are doing something boring, getting farther and farther away from your dog. You can also randomly reward her "coming" to you throughout the day too, repeating the command as she approaches and then giving her a treat. If she's involved with something really interesting, like watching a squirrel in a tree or playing with a toy, and you get her to come on command, make the reward REALLY big, with lots of treats and praise.

Now you are ready to increase the distractions by going outside! You can practice "come" with a 10-foot leash attached to her collar (NEVER off leash until totally trained) outside your home, or even on a 6-foot lead out on a walk, anywhere you might be going with your dog.

Try to do the first few sessions outside your home in a low-excitement area, such as on your block where you walk all the time, and then graduate to areas with more going on, such as a park or other places with lots of people and other dogs. You don't want to make the whole outing be about recall, or it will become repetitive and boring. Limit yourself to a maximum of three recall exercises per outing. Begin the verbal praise with her first step towards you, and give the 'payoff' treat reward when she reaches you.

**Tip # 2:** Do not use your command word unless you can ensure your dog will obey. For example, if you tell your dog to "Come!" in a real-life situation (not while training) and she does not come, do not repeat yourself. Instead go and get your dog, and go back to positively reinforcing her training in less challenging situations.

It can take many weeks of practice to train your dog to come to you around multiple or very compelling distractions. Remember, practice makes perfect, and a solid recall makes it possible for you and your dog to safely enjoy many more activities and a richer life together.

# ch. 9

## teach your puppy to walk on leash

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Puppies and dogs don't automatically know how to walk politely on a leash; you need to train them to do so. Properly leash-training a puppy or dog takes a lot more than just clipping a lead to their collar or harness and expecting they'll follow you as you walk (this comes as a surprise to many new dog and puppy owners). Puppies may just sit there as you pull on them, looking confused, or may take off after an interesting sight or smell, pulling you along behind them. This doesn't have to happen!

In this section, we'll cover the basics of teaching most dogs and puppies how to walk next to you, following at your side without pulling. This technique is for dogs who aren't too shy or too hyper (if you have a very shy or hyper dog, consult a trainer). This step-by-step technique is written to be as easy-to-follow as possible, so you and your dog can be happily walking on-leash together very soon!

This technique is one way I leash-train my foster puppies and dogs who are interested in food or treats. Keep in mind that "treats" can be pet food treats, but also verbal "treats" (i.e. verbal praise), and/or playing with a highly valued toy.

Some puppies/dogs pick up walking on-leash really quickly. This chapter explains a slower schedule (about two weeks long) for pups that might need a bit more patience in learning to walk next to you on leash without pulling. So it's easier to follow, for the exercises below, we'll call your puppy/dog "Rover".

### 1. Get rover used to dragging a short lead around

Don't hold on to the leash; just attach it to his collar and supervise him (safely indoors or in your fenced yard, of course). I use a 4-foot length of lightweight cotton rope (so there's no leash handle to get caught on things), soaked in a commercially available foul-tasting solution that discourages chewing. Tie or clip it to Rover's collar, and immediately start a game with a toy, feed him treats, and/or work on teaching "sit" and "come" while you walk around to make "leash time" fun, and to distract him from the new sensation of the rope dragging on his collar.

Do about 5 sessions a day, each 5 minutes long, for about 5 days. This works best in a place that Rover is used to, like his own fenced yard or kitchen, so he is focusing on you, not on new interesting smells.

**Trainer's Tip #1:** Our trainer highly recommends not using "retractable" extending leashes for teaching any sort of leash skills. The changing leash lengths will often teach unskilled leash walkers to pull to get more slack!

### 2. Get Rover used to someone holding the end of the lead

After 5 days of playing and ignoring the rope dragging, pick up and hold the end of the rope while you do more 5-daily

5-minute play/training sessions. Try your best to NOT PULL ON THE LEAD! So sometimes he'll be following you, other times you'll be following him. Do this for another few days.

### 3. Teach Rover that tiny tugs on the rope mean come towards you

Try this on yourself... if someone pulls steadily on your arm, what is your natural reaction? To pull away from them! This is the same for puppies and dogs. So use tiny tugs, not a steady pull. I like teaching a word for this, and I use "here"... I find this blends well into "heel" later if you'd rather use that word for the command to walk next to you without pulling. These sessions I make shorter, about 2 minutes. You can add them on to the end of your #2 exercise after a day or two of those.

While Rover is on a slack lead, give a tiny tug (think of someone tapping you on the shoulder to get your attention) and immediately say "here" and then TURN YOUR BODY AWAY while you reward him with a treat, so you are not directly facing Rover. Think about this: if you are out walking with your dog on leash, are you facing your dog head on? No, you will be walking along with Rover beside you or a little behind you, and when you want to go a new direction, when you step away, Rover may feel a tug on the leash as you are not facing him.

Rover doesn't even have to move towards you at first. Think of it like "Hey, (tiny tug) look HERE I have a treat for you in my hand next to my leg!" Also, by immediately, I mean right after each other, it's like a tug-"here!". Timing in training is so important! Over the next few sessions or possibly sooner, you will see Rover quickly associate a tiny tug with a treat, and at the tug, will look up at your treat hand and even move towards it.

### 4. Get Rover to follow you after a tug

Now you can add a small step away from Rover in between the tug and treat. Take a small enough step so the leash is still slack after the step. So... tug-"here!", step, treat. Look mostly where you are going, not at Rover. You are luring him to follow you. After Rover moves towards you one step, next time add another step away... tug-"here!", step, step, treat. Rover eventually will be following right along next to you, anticipating that treat! HOORAY! YOU TAUGHT HIM TO WALK ON LEASH! Now you just need to cement that behavior for longer durations and in new places, so keep reading.

Walk around doing this exercise, starting with 2-minute sessions, gradually adding more steps between treats and lengthening the sessions up to 5 minutes. If Rover loses interest because of too many steps (or he's full of treats), stop the session for at least a few hours until he's hungry again, or until the next day.

## 5. Get Rover to walk on-leash in other places

It's one thing for Rover to walk on-leash next to you around your kitchen or yard, and quite another out in the "real world" with new exciting/scary distracting sights, sounds and most importantly for a dog - smells! Gradually try one new location at a time. During the first few sessions in a new place, do your best to have Rover really hungry so he's more likely to focus on you and your treats, like first thing in the morning before his breakfast.

**Trainer's Tip #2:** Dogs don't generalize well, so be patient if it seems like Rover totally forgot how to leash walk! He didn't, he just needs to set the behavior in a new environment and you're there to help him with that. Patience and gentle, positive energy will help him realize he can walk on-leash just as he did in his kitchen, but now in this new, awesome environment. Be prepared with higher-value treats (meaning something he'll go crazy for) as you move to the outdoors. The greater the distractions, the greater the rewards should be.

The first new area could be your front yard, or a short stretch of sidewalk right in front of your house. Repeat steps 3 and 4 until he is walking and following you. You can also add other training exercises (like sit, come, etc) while in that new area. This might take a number of sessions/days.

Try to pick a quiet time for the new area when you'll be less likely to have people or other dogs adding to the distractions.

You might want to start off by letting him have a minute of 'free time' while on leash but not focusing on you, to smell the entire new area before you start "work".

**Trainer's Tip #3:** Plan a few "free time" sessions (at times YOU decide) during your walks when he can just relax, be a dog, sniff and engage in silliness! That way he won't try to force those times himself. Use a command word to signal the start of the free time like "free" or "sniff and then when free time is done, another word to start walking again, like "walk" or "let's go!"

Don't let Rover pull you around! If he starts pulling, get him to refocus on you. If he won't refocus, take a step back to the kitchen/yard and do another few days of reinforcement, then try the new area again. Teach him that he can only sniff and explore if he's NOT pulling on the leash. You will have to be the judge, and the positive, patient leader.

Soon you will be walking along with Rover happily next to you on his leash, wherever you want to go!

**Trainer's Tip #4:** Once Rover is walking with you on-leash, you can start paring down the treats. Sometimes he gets one for walking on leash next to you, sometimes he doesn't. This selective reinforcement will keep him interested, just in case he's about to get a treat. It's kind of like humans when we play slot machines—we keep feeding those dollars into the machine, even though we only occasionally get money back!

Is it time  
for a walk?



# ch. 10

## introducing your puppy to adult dogs

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**Note:** This technique is for introducing your puppy to DOG-FRIENDLY adult dogs. If you do not know if the adult dog is good with other dogs, or if the adult dog has ever shown aggression to another dog (growling, snarling, barking), please do the introduction with a trainer or behaviorist present.

Many people think getting or visiting a puppy will 'liven up' their older dog. Most older or calm/quiet dogs are quite content as they are and may be intolerant and very unhappy with a puppy's boisterous behavior. In multi-dog households, a new puppy can throw off the balance and everyone might need some reminding of his or her training. The best match for your dog is usually another dog with a similar temperament and energy level, but if you do end up with a puppy and older dog, here are some suggestions to get their relationship off to the best start!

### *Get ready*

Make sure your dog(s) are current on all their vaccinations, including bordetella (kennel cough), especially if the puppy is coming from a shelter or rescue kennel, or has been exposed to other dogs within the last 2 weeks that were from a kennel. Get your veterinarian's recommendation on whether total separation (quarantine) is needed and for how long. There are many potentially fatal diseases that puppies can be 'incubating' that will not appear for up to two weeks. Also, treat your current dogs for fleas and other parasites as recommended by your vet.

### *Total separation*

Just having the new puppy in the house is enough for your older dog to get used to, without having to deal with the puppy jumping all over him and his toys, bed etc. Try to have the puppy's starter room be one that your adult dog does not use for sleeping or eating and one that is puppy-proof (bathrooms work well), or use a crate. Feed, play and train the puppy separately, giving equal time to both dogs. Depending on your adult dog's reaction, the total separation period could be an hour, or a week, or more. You want your adult dog to be able to be right next to the puppy in the crate, or on the other side of a screen door or baby gate, and the adult dog should eventually be calm and disinterested.

### *First introduction*

Ideally, the first introduction should be on neutral and unfamiliar territory, such as a street or park you don't usually visit. But if the puppy has not completed his vaccinations ask a friend if you can use their yard.

If you have a dog that is aggressive towards people or pets while on-leash, start with short sessions with the on-leash aggressive dog on a leash just far away enough from the

puppy so they do not react (if in a yard, the yard needs to be big enough that they can be far away enough to be non-reactive). This could be three ten-minute sessions a day, or as many as you have time for. Put their leashes on, bring them outside one at a time, then work on practicing their training commands to keep their focus on you, keeping them far enough apart so they do not react.

If you do not have a helper to hold one of the dog's leashes, use a tie down. Make sure it is a VERY secure tie-down, not just a chair leg! You can use a long, strong leash run through enough cinderblocks that your dog cannot move them with all his strength. Test your tie down first by bringing your crate outside. Put the puppy in the crate, then bring out your dog on leash and attach him to the tie-down. You may want to use a tie down even if you have a helper: Many leash-aggressive dogs will react much less strongly (even not at all) when there is not a person holding their leash. Also, using a harness instead of clipping the leash to the collar can be a huge help, as pressure on their neck can intensify an aggressive response.

If you have more than one dog already at home, introduce them to the puppy one at a time. Start with the most friendly and submissive of your dogs.

For a really young puppy (4 months and under): start by having a friend hold the end of your adult dog's leash, just following your dog around without pulling on the leash. You (or the adult dog's primary caregiver) should hold the puppy in your arms and bring her over to the adult dog. Squat down, holding the puppy in your arms and let your friendly adult dog take a good sniff of the puppy's back end. Try to hold the puppy lower than the adult dog. Make sure the leash on your adult dog is slack, but that the person holding it is ready to pull back immediately if the adult dog attacks. If you have done the complete-separation step, there is very little chance of this happening, but any tension on the collar or leash will transmit to the adult dog, and make him tense. You want a relaxed introduction!

Then, call the adult dog away (do not pull him away), and put the puppy down, holding the puppy on his leash. Allow the adult dog to approach at his own speed. Verbal encouragement, such as "good dogs!" reinforces good behavior and interaction between the two.

If the adult dog wants to stay away from the puppy, do not "force" him to say hello. If the adult dog approaches, and

the puppy jumps on him (which is typical puppy behavior), gently but firmly guide the puppy down on all four paws. If your adult dog growls when jumped on, that is usually an acceptable “correction” for him to give the puppy, but if he snarls, lunges, or snaps, you can correct your adult dog’s overreaction with verbal correction that is appropriate for the severity of the overreaction (see “Allowable Behaviors” below). You need to show your adult dog that you are in control of the puppy, and also in control of him, the adult. Often the adult dog ignores the puppy, and you can allow the puppy to follow the adult dog around, sniffing, as long as the puppy is not bothering him.

If your adult dog shows aggression and will not back down at your command, you may need to do a slower introduction, such as walks around the neighborhood together, with the puppy walking behind (not able to touch) the adult dog. If the aggression continues, consult a behaviorist or trainer. If all goes well, allow the dogs to spend five or ten minutes together and then proceed to the next step.



## Short sessions

Going on walks together is the best bonding technique! Even one or two walks a day provides enough time together for the first week. If all goes well, you can progress to supervised off-leash access to one another, ideally after a big walk together, when both will be more relaxed after the exercise. Pick the largest play area possible so the dogs have room to move around. Remove all toys from the mutual play area to avoid possible fights over toys. End the play session if the older dog repeatedly exhibits 'lay off me' behavior such as trying to avoid the puppy, showing teeth, growling, air snapping at the puppy or, of course, higher levels of aggression.

## Allowable behaviors

Especially before the age of 4 months, or if they have not been around other dogs, puppies may not recognize subtle body language signals from adult dogs that they have 'had enough'. Well-socialized adult dogs with good temperaments can set limits with puppies with a growl or lip curl. These behaviors should be allowed, within reason - once or twice is okay, especially if the puppy "learns" and stops the behavior. Do NOT correct an adult dog that is showing "correct" back-off signals, but do step in to stop the reason for them: don't allow your puppy to continue to harass your adult dog with too-rough or unwanted play. Step in and redirect your puppy's teeth onto a toy and get him to play with you instead, or end the play session completely.

For the most part, dogs adjust to puppies over time, but since the consequences of a problem can be severe, it is wise to follow a slow introduction process as outlined above to ensure all goes well with adding a new puppy to your home.



# ch. 11

## puppies and young children

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Combining the cuteness of puppies and kids seems like an ideal match! However, the reality is that it takes a lot of knowledge, training (of both the young canines and humans), patience, and constant supervision to teach puppies and dogs to interact safely with young children.

Bringing home your new dog or puppy is so exciting! Your kids probably can't wait to meet your new pup. Ideally, you'd wait until your puppy has learned basic commands (see Chapter 5) and bite inhibition (see Chapter 6) before having her meet children. We do understand that's not always possible! Every puppy and child is different in how they will react to each other. Assessing your new puppy and the children she's going to meet, then planning how the meeting will occur, can be the difference between the start of a beautiful friendship or a bad first impression that may be hard to overcome. Here are some tips to help you get your young folks, both four-legged and two-legged, off to a good start.

### *Very young puppies*

Younger puppies, like those under 5 months of age, do not have the mental and physical maturity to be able to refrain from jumping on, scratching, biting, or knocking over a small child in their playful enthusiasm. That's how puppies are supposed to play with their littermates, and they must be taught by their human parent not to play like that with humans of any size. Though a puppy's adult teeth start coming in around 4 to 5 months of age, puppy teething can last up through 7 months of age. Teething is your puppy's way of exploring her world with her mouth and teeth. Puppies' baby teeth are like sharp needles, and they can hurt! They can also do serious damage to a baby or child's soft skin.

The safest way for a very young puppy and young child to meet is when both are supervised and guided. Set up the time for their first meeting when the puppy is tired, like after a big play session. The puppy should be held by an adult, or should be inside a puppy play pen or behind a baby gate. The adult should model for the child how to gently pet the puppy on the puppy's back. If the puppy is sleepy, the adult and child can snuggle together with the puppy sitting on the floor. Young children should not be allowed to pick up or carry puppies. Special care should be taken especially with small breeds, as puppies can be accidentally-but-fatally harmed if a young child drops them.

### *Older puppies*

Older puppies may already have had some experience with children. Many puppies view young children, who often make high pitched loud noises and fast movements, as

fantastic squeaky toys! Or they might see them as terrifying unpredictable creatures that may have unintentionally pinched or pulled an ear or tail. It's important that your puppy's first meeting with your child be a positive experience to help him overcome any previous negative experiences with other kids.

If your puppy is trained to walk on a leash, that can be a great place for an older puppy and child to meet - out on a walk. You can use two leashes, and let the child hold one of them so they feel like they're helping and involved in the puppy's care. A leash will also give you some control if the puppy jumps on the child. You can bring a toy along too, if the puppy play-bites. See the next paragraph for more on...

### *Jumping and biting*

Puppies of any age should not be allowed to jump on or put their teeth on a child, ever. But you certainly don't want to punish a puppy for being a puppy! Gently but firmly move the puppy away from the child, and redirect the puppy's attention to a toy. If the child is old enough to understand, explain that if the puppy jumps on him, he should be "boring like a tree", which means he should stop what he's doing and stand still with his arms at his sides. If the puppy bites him, he can say "ouch!" and put a toy in the puppy's mouth instead.

### *Food*

Until your puppy is reliably taking treats as gently as a feather from your fingers, and has been food-bowl socialized, do not allow children near your unrestrained puppy with food. Even very young puppies can be possessive of food in their bowls, or can snatch that ice cream cone from a child's hand, held right at puppy-nose height!

As the months go by and your puppy and your child both mature, you can engage them in activities such as going on walks together, playing fetch together, and if possible, attending obedience training classes together. While having your human and canine kids grow up together is wonderful, careful consideration of what both parties are capable of, managing your expectations, and careful monitoring of interactions as they grow up together will make for a loving family memories for a lifetime.

# ch. 12

## common items poisonous to puppies

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If your puppy ingests any of the items below, call or take him to your vet immediately. **Some can be fatal if not treated as soon as possible.** Keep all these items completely locked away out of dog and puppy reach.

### People food

People food can seriously harm our furry friends, and accounted for more than 15,000 pet poisoning cases reported to the ASPCA Poison Center in just one year! Just because your dog or puppy ate one of these items once and was OK does not mean they will be OK the next time -- depending on the season, fruit ripeness, and other variable factors, the levels of toxins can vary, as well as your pet's resistance when ingesting them. Better safe than sorry, don't let your pet have access or eat any of these items:

- Alcoholic beverages
- Avocado (the toxin is thought to be in the plant's leaves, bark, pits and skin)
- Chocolate (all forms)
- Coffee (all forms)
- Fatty foods
- Macadamia nuts (this nut can cause temporary weakness in a pet's hind legs)
- Moldy or spoiled foods
- Onions, onion powder
- Raisins and grapes
- Salt
- Yeast dough (raw because it expands in stomach)
- Garlic, garlic powder
- Products sweetened with xylitol (i.e. chewing gum or mints)

### Common household and yard poisons

- Animal toxins: ingested toads, insects, spiders, snakes and scorpions
- Blue-green algae in ponds
- Citronella candles
- Cocoa mulch
- Compost piles
- Fertilizers
- Many household and yard insecticides
- Many indoor and outdoor plants and trees
- Plant bulbs
- Swimming-pool treatment supplies
- Fly baits, especially those containing methomyl

- Slug and snail baits, especially those containing metaldehyde
- Peeling paint

### Medications

These are just some examples of common human medications that can be potentially lethal to pets, even in small doses:

- Pain killers (including Advil®, Tylenol®, etc.)
- Cold medicines
- Anti-cancer drugs
- Antidepressants
- Vitamins
- Diet pills

### Common household hazards

- Antifreeze (REALLY DANGEROUS BECAUSE IT IS SWEET TASTING)
- Liquid potpourri
- Some ice melting products
- Rat and mouse poison
- Fabric softener sheets
- Mothballs
- Post-1982 pennies (due to high concentration of zinc)
- Cocoa garden mulch

### Holiday hazards

- Christmas tree water (may contain fertilizer, pesticides, fire retardants or bacteria)
- Electrical cords
- Ribbons or tinsel (can cause intestinal obstruction requiring surgery)
- Batteries
- Glass ornaments

# ch. 13

## puppy supply list

1. Crate (strong wire or molded plastic airline style) or metal playpen. See chapter on Crate Training above for proper sizing.
2. Chew-proof bed that will fit in crate (like the plastic or metal tube frame hammock-style beds)
3. Chew-proof water bowl & food bowl
4. Food: premium-brand puppy food, including canned food for toy stuffing
5. Treats for training
6. Puppy-proof chew toys, like hollow ones that can be stuffed with food
7. Collar, ID tag, & microchip
8. Thick leash (so puppy can't chew through quickly) soaked in...
9. Puppy anti-chew spray
10. Biodegradable poop pickup bags
11. Flea and tick control from your vet

### *Optional items:*

1. Baby gate(s)
2. Enzyme pet clean-up product
3. Newspapers or Puppy Training Pads

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## *your puppy becomes an adult*

A dog is considered a puppy until about 12 months of age. After 12 months they are considered young adult dogs until around two years old, when they officially become adults!

However, certain breeds of dogs are not finished growing or developing at two years old. It's important to note that adulthood in your dog is not a pre-defined age necessarily but rather a marker of how they begin to act. In general, small-breed dogs tend to become adults at around two years old. In large-breed dogs, adulthood might set in closer to three years of age. However, again, it depends not only on the breed of dog but also on the inherent personality. For many dogs, they might seem never to really grow up! Labrador Retrievers, German Shorthair Pointers, and Pit bulls (and mixes) are just some of the many breeds we love that can seem like playful puppies for their entire lives.

Adulthood will be a wonderful, and hopefully long, time in your dog's life. Please remember that all puppies grow up to be adult dogs - they do not stay little puppies forever. The puppy you adopt and bring home will be a part of your life for many years, and it's important to realize that he or she will

grow up and go from being a puppy to being an adult. As adult dogs, they still have many years of companionship to offer and joy to bring to a home, and they are still just as cute and loving! When adopting, it is essential to know that you're committing to a lifetime with a dog, from puppyhood, to adulthood, and through their senior years. Senior dogs make incredibly loyal and easy pets, so loving your dog throughout his or her entire lifespan is key. Dogs need love through their golden years, just as humans do, so please commit to loving your dog, when he or she is a playful pup and when he or she has some gray around the muzzle, too.

And if you're thinking of adopting another dog too, consider adopting an adult dog, especially when adopting a puppy! A well-socialized and already-trained young adult dog makes a wonderful teacher for your puppy, and you will save two lives instead of one.





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