

PUPPY LESSONS eBOOK



TRAINING GUIDE FOR PUPPIES

2022 Rev.03

www.CHQDogs.com



Puppy Lessons

Lesson Topics:

- Wellness & Prevention
- Communication
- Socialization
- Acquired Bite Inhibition
- Smiling Leash
- Take It / Drop It
- Rules of Tug
- Doggie Zen
- Borrow (Drop)

Recommended Gear:

- Puppy & their meal
- A variety of tiny treats
- Toys separately designated for chewing, tugging & chasing
- Flat collar or body harness
- Flat leash (4'-6')
- A portable mat
- Puzzle toys & stuffable hollow chew toys
- Clicker (optional)

Students (with puppies 20 weeks or younger) are welcome to attend classes in person after receiving puppy's 2nd round of vaccines.

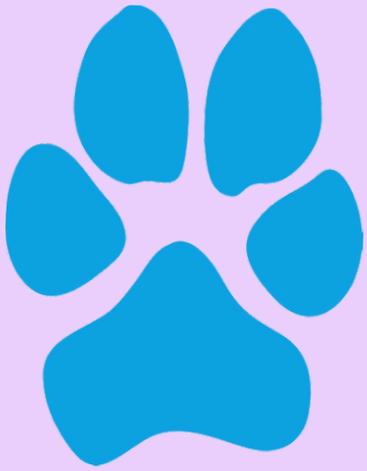
Virtual attendance is also available. Please follow veterinary guidance on activities appropriate for your puppy.



AKC Title Considerations

Class participants may consider testing for an American Kennel Club Virtual Home Manners title via remote session (fees apply). AKC's S.T.A.R. Puppy Test available to puppies that attend & graduate from in person Manners One class before they are one year old. AKC Trick Titles also available by in person or virtual consult.

All information subject to change.



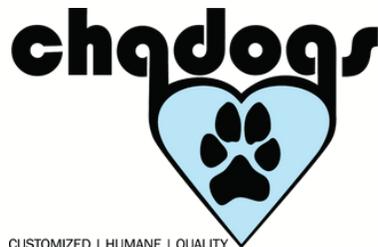
Welcome to CHQDogs' Puppy Lessons eBook!

Congratulations! Adding a puppy to your family is an exciting time! With patience and consistency we'll make it through house training, puppy biting and important developmental milestones. The social isolation experienced as a result of covid-19 has limited a lot of puppies' exposure to novelty. This deprivation can lead to fear related behaviors in adulthood. Our sessions are an opportunity to introduce puppies to what will be an ongoing initiative towards socialization pet guardians are to continue beyond classes. This document is intended to to serve as a guide to expand on topics covered in sessions plus those we may not have time to discuss during appointments. If you have any questions, please don't hesitate to ask!

I look forward to learning with you,

Carly Davis, CPDT-KA

Chautauqua County, New York
(716) 268-1421
carly@chqdogs.com
www.chqdogs.com



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WELLNESS

Bringing a puppy home means agreeing to be responsible for them.

This is a commitment between one and two decades (*on average*). Throughout the life of our companions their **WELLNESS is priority number one!** If an animal does not feel well, their behavior can reflect that. Wellness can be addressed in separate components:

MEDICAL WELLNESS

Veterinary Care

Routine Exams & Vaccines

Preventative Care

Follow the medical and nutritional guidance of a licensed Doctor of Veterinary Medicine



PHYSICAL WELLNESS



Exercise (*appropriate to the dog's level of development*)

Access to warmth and fresh water

Rest

Gentle Grooming

MENTAL WELLNESS

Enrichment and breed specific outlets such as sniffing & digging

Ditch the Food Bowl! 

Relationships built with trust

Security

Positive Reinforcement Training



PUPPY PROOF YOUR HOME!

Correct the environment – not the dog!

Your puppy is a toddler with teeth! **Be proactive** so you don't have to be *reactive*!

- Teach your puppy to be a chew toy-aholic! Ditch the food bowl and stuff kibble & wet food into hollow chew toys. Go for the *Goldilocks* effect. Offer challenges that are *just right*! Start out with just a few smears of wet food inside a kong with some pieces of kibble. If your puppy says it's too easy, make it harder. When your puppy is ready for a challenge, a frozen stuffed hollow chew toy can buy you some much needed puppy free-time! Ease them into the challenge so they don't give up.
- SUPERVISE YOUR PUPPY! Rolled up newspapers are for whacking humans that weren't watching their puppy closely enough. If your puppy starts to make a mistake, quickly and gently redirect them.
- Keep your puppy out of trouble by keeping trouble away from your puppy. Puppy proofing means counters are clear and the only things on the floor are intended for the dog.
- Exercise pens, crates and baby gates are your *second* best friend while raising your best friend! Crates & gates allow you to safely contain the puppy when you cannot actively supervise them.



REWARDS & PUNISHMENTS



REWARD THE BEST, REDIRECT THE REST

“No” is not enough information.



Positive reinforcement refers to adding something the learner finds pleasant that makes them more likely to do whatever they did the moment before receiving a reward. Dogs don't make the connection when rewards (*or punishments*) are delayed more than a few seconds. A word like “yes” followed immediately by a food treat marks an *exact* moment as demonstrated in the video below:

“Yes”, wait a beat, Treat
Yes/Treat your puppy for random acts of good behavior such as:

- Being quiet
- Sitting
- Lying Down
- Eye Contact



What about “No”?
Saying “no” simply isn't enough information. “No” doesn't tell your puppy what you would like them to do *instead*.



Sometimes our puppies can push our *buttons* and be a real pain! Access to you is a reward for your puppy. Issue rewards wisely and be on the lookout for the good stuff. Engage, play games, give food rewards. When your puppy acts like someone you don't want to be around, get away... “no more iPad!” (*the human is the iPad in this metaphor*). NEVER use physical punishment. Remove *yourself* instead!



Reengage when you've both cooled down.



PUPPY BITING

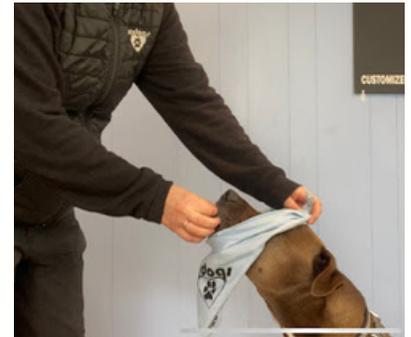
Acquired Bite Inhibition

What is Acquired Bite Inhibition? ABI refers to a dog's learned ability to control their jaw force. Some breeds are capable of exerting upwards of 500 pounds per square inch (*while human jaws have ~125PSI*) and ANY dog can bite. Timely feedback in puppyhood develops jaw pressure awareness.



Firstly: be proactive:

- Be on the lookout for random acts of good behavior you can reward. A puppy that's doing "nothing" is being good - but it's easy to miss. When we miss an opportunity to reward "nothing", dogs can get attention through behaviors that have a history of getting noticed. Nipping is sure to get a rise out of you! Take note of their *witching* hour and channel that energy into a game or puzzle toy.
- Remove temptation. Avoid loose clothing or footwear that your puppy could confuse for a toy. Encourage your puppy to chew on appropriate toys BEFORE they turn you into a chew toy!
- Direct your puppy's energy to appropriate activities. See the lesson on tug which can serve as an "on/off" switch to let them know when it is OK to grab something with their teeth.
- When putting on a collar or harness, lure the dog's head through, as demonstrated in the image above. Place food at the puppy's nose to preoccupy the bitey end. Feeding while dressing has the bonus of building good associations through positive reinforcement.
- "**Show & Throw**" treats to occupy the bitey end of the puppy while you put on your shoes or do chores as demonstrated in this [video](#). 



PUPPY BITING

Acquired Bite Inhibition *continued*

"Although some puppy bites may be quite painful, they seldom cause serious harm. However, occasional painful puppy bites plus your appropriate feedback are absolutely essential for your puppy to develop reliable bite-inhibition and a soft mouth. Moreover, it is essential that your maturing pup receives repeated feedback regarding the force of its bites before it develops jaws strong enough to cause real damage." - Dr. Ian Dunbar

Focus on **force** before **frequency**. Gentle mouthing is ok while the puppy is under 6 months. As they gently mouth you, calmly allow it to happen for a short time. When jaw pressure increases, loudly exclaim "OUCH!" & freeze. We want to interrupt the nibbling behavior, but not scare or intimidate. They will learn to be more careful. Responses of the puppy may include:

A) Puppy stops biting and pulls back looking a bit alarmed. This is the response we want as it means they heard our feedback. Take a short play break and a moment to "lick your wounds". Reengage when they are calm or move on to another activity.

B) Puppy continues hard biting. If so, say "BYE" & walk to the other side of a gate or door where they cannot reach you. Reengage when the puppy is calm or move on to another activity.

OUCH...

◦ A common mistake is pulling away too quickly. A fast movement can instigate a game of chase. Remain still when you "OUCH!"

Access to you is a huge reward to your puppy. We are teaching them that they lose us when they play bite us too hard. They will learn to play more gently in order to keep us in the game!

The instructions above are **for grown-ups**.  For tips on kids & dogs see end of eBook.

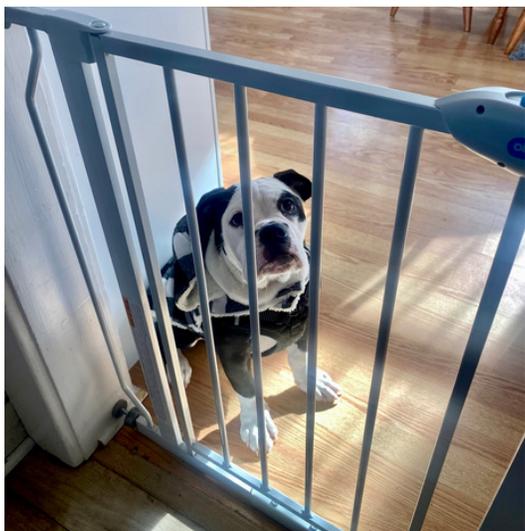


QUICK SOLUTIONS

An ounce of prevention is worth a pound of cure.



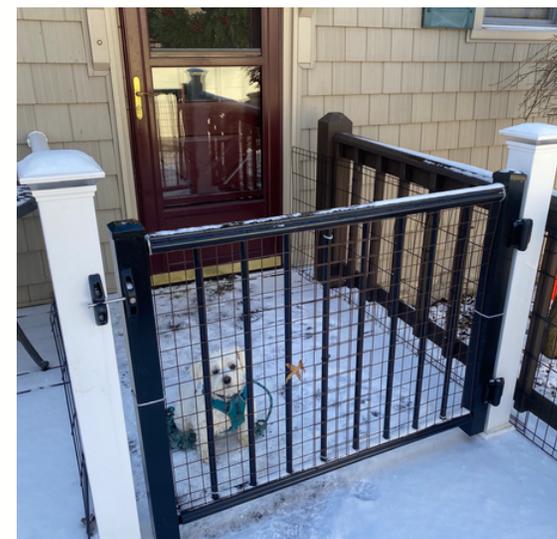
This bonus page includes some images of great solutions shared by wonderful families!



The first several weeks with a puppy and their needle sharp teeth can be ruff! When the nips get to be too much, a well placed baby gate allows you to say “bye” and escape to the other side until they’ve calmed down. A young English Bulldoge pup’s sweet face seems to say “I’ll be more gentle next time!”



Adolescent Weimaraner & senior Cattle Dog mix are occupied with a “Go Find It” kibble scatter in the grass outside the hula hoop while a 3 year old works on his words inside the hoop. Nice set up, Mom!



An “airlock” keeps a Coton de Tulear/ Schnauzer mix from running off from his senior guardian.

This dog can be fast and hard to find in the snow with his cotton white fur!

HOUSE TRAINING

Peeing and Pooping at the Designated Potty Area

Our dog's **health** is always our top priority and responsibility. Since dogs cannot tell us with words that they are unwell, it is important to pay close attention to their elimination habits and discuss any health concerns with their veterinarian.

The Rules of Prevention:

- SUPERVISE, SUPERVISE, SUPERVISE. This means if the puppy cannot be actively watched by you, they are contained in a pen, gated off in the room with you or attached to you by a leash.
- Puppy is immediately taken to their d.p.a or *designated potty area* at key times: after they wake up, after let out of their crate, after a play session, after mealtime. If you see them making moves like they have to go such as circling or squatting, follow the potty rules **immediately** - even if they *just* went outside or are *midstream*. Worry about the mess later.

Potty Time: Tell the puppy “outside!” and head to the potty area with 3 AMAZING treats (*such as cheese or liver*). Direct their attention and yours at the door to the d.p.a. Get your puppy excited at the door in an effort to get them to make some noise. The excitement is to get them started on notifying you when they need to go out, and some dogs can learn to ring a bell - but that comes with time. It is your responsibility to get them out BEFORE they have an accident.

- Bring your puppy to the same door **every time**.

- Leash them up and take them directly to THE spot you want them to go. Stand there and don't move. Just be a tree - plant your roots, remain in place, hold the leash and wait for them to potty. Don't give the puppy any interactions. Quietly wait.
- Continue to watch the puppy to make sure you don't miss them in action. After they go potty and are completely done... tell them how amazing they are and **give the puppy THREE treats within THREE seconds** of the deed! Be warned, the puppy gets nothing for pretending to potty. Rewards later than 3 seconds after the action are too late. The puppy earns the fun walk AFTER they potty.

The Rules of Mistakes: If you catch the puppy *going* in the house, kindly interrupt them in their tracks with a cheerful “Outside!”. Invite them to the d.p.a. door or gently scoop them up. Take the puppy immediately to the “d.p.a.” to empty their waste tank. Then follow the Rules of Potty (*above*). If you find an accident after the fact... YOU messed up and YOU missed an opportunity to TEACH the puppy where to go. Pick up a rolled up newspaper and give *yourself* a whack on the head for not supervising your puppy. Do better next time forgetful human!



NOVELTY TIME

Exposure to unfamiliar People, Places & Things

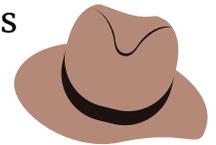
"The ability to not just tolerate, but easily accept different settings, objects and situations makes all the difference in a puppy's life, and in yours as well." - International Association of Animal Behavior Consultants

Safely introduce your puppy to new sights, smells, sounds, and surfaces:

NOVELTY TIME: Each day, set aside about 15 minutes to introduce your puppy to someone, somewhere or something at their own pace.

Encourage them to "check it out" and never force the issue. If they choose to engage, tell them how wonderful they are and issue a food reward at the novel item or person - **do not** lure or pull a reluctant dog. Allow them to move away. Novelty time is achievable at home with some creativity:

- set up a space (such as a spare room) you can rotate daily with odd things like holiday decorations, sporting gear, gardening equipment, tools, strange surfaces, whatever you can think of that doesn't present a hazard. Take short field trips and let the treats rain down as your puppy explores!



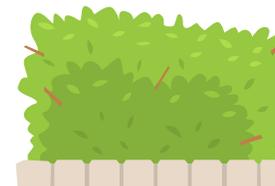
- Alter your appearance. Wear a hat. If your puppy will take treats from you, add to your "costume". If they bark or back away, lessen your disguise or toss treats to them from a distance. Mix it up when they're ready:

- Sunglasses, big back pack,
- Walk with a limp, crutches, a cane, or walker
- Include subtle smells for your puppy to explore, like a bandana from another dog.



- Recruit a helper to power on noisy machinery from a distance while you drop treats for your puppy.

Observe your dog's **body language** and discontinue if they show signs of fear, anxiety or stress as displayed at this linked infographic: [FAS Scale](#)



DRIVE THROUGH PUPPY PEEKABOO

Exposure to unfamiliar People, Places & Things

Before meal time, safely drive your travel-ready pup to an essential business parking lot. Bring along a supply of your puppy's favorite treats or kibble. Park close enough where your puppy can see people at a safe distance. When novel sights appear, calmly tell your puppy how nice they are as you give your puppy a treat (*treat bar open*). Keep the soothing praise flowing as new people or animals move about. Once these "Peekaboo" opportunities are no longer in sight, put away the treats (*treat bar closed*). Act casually until another "Peekaboo" opportunity is visible (*treat bar reopens*). Practice in 5 to 15 minute sessions.

DO NOT:

- Do not force your puppy into the car or continue to practice if your puppy shows signs of stress or fear such as crying, car sickness, excessive drooling or panting.
- Do not drive with your puppy on your lap. This is not safe for anyone!
- Do not permit your puppy to exit the vehicle outside of the home if they are not fully vaccinated or can potentially sicken other animals.

PLEASE DO:

- Condition puppies nervous about travel to like automobiles. Give treats near the car or inside the stationary vehicle. Introduce short trips at their comfort level.
- Consider the safest travel option for your particular dog. Visit centerforpetsafety.org for travel safety tips.
- Proceed with more experiences once your veterinarian issues approval to do so.



#chqpuppypeekaboo

 @chqdogsny 

GOTCHA = (GENTLE) COLLAR GRAB Teach Your Puppy Good Things Happen when...

"Gotcha" refers to gently grabbing a dog by their leash, harness, or collar and providing a consequence the dog finds pleasant. If comfortable with ground "gotchas", small dogs may experience this exercise by being picked up.

STEP BY STEP INSTRUCTIONS FOR "GOTCHA":

- 1) Have a treat ready either in your pocket or within your reach.
- 2) With an empty hand, gently grab the dog's leash, collar or harness (unless they are near a resource... "Dog with a bone = leave them alone!"), happily say "gotcha".
- 3) While your hand is still on the collar, leash or harness, promptly reward the dog with a treat.
- 4) Release the dog... **DON'T BE THE FUN POLICE!**

Aim for 30 random puppy gotchas throughout the day.



chqdogs' "Gotcha Game" VIDEO: <https://youtu.be/tGrXfHoH0oI>



The "Gotcha" Game

Teach your dog collar grabs mean good things!

CHQDOGS.COM

CHAUTAUQUA COUNTY & SCIENCE BASED DOG TRAINING



Why teach a dog to enjoy "Gotcha"?

According to Dr. Ian Dunbar, "Twenty percent of dog bites occur when a family member reaches to grab the dog by the scruff or collar...Obviously, the dog has learned that when people grab the collar bad things often happen. Consequently, the dog becomes hand-shy, plays Catch-Me-if-You-Can, or reacts defensively. It is potentially dangerous to have a dog dodge you when you reach for his collar. For example, you need to know you could effectively grab your dog if he ever tried to dash out the front door."

Build on it! Here is a video that demonstrates a recall exercise using gotcha: <https://youtu.be/4Dctks0GkIoZ> 



DELINQUENT WAITER & IMPULSE CONTROL

How would you like it if someone put their hands all over your food and started poking you while you were eating? Pestering dogs while they are at their dish may be some of the worst advice out there!

To prevent a puppy from guarding their food bowl, give them a *reason* to enjoy it when someone approaches their food bowl!

THE DELINQUENT WAITER ROUTINE:

- 1 - approach dish
- 2 - drop tasty treats
- 3 - walk away
- 4 - repeat

more please!



Better yet:

- Hand feed your puppy
- When they're calm, include handling exercises: First touch body part, then feed.

See chqdogs' "[Ditch the Food Bowl!](#)" video for some ideas to engage your dog's brain. Food in a dish is often a wasted training opportunity!



A super foundational skill for any dog is impulse control.

In "Doggie Zen", the puppy must:

Stop stressing about the treat to get the treat.

How to teach Doggie Zen:

- Use a small, shallow cup you can cover with your hand that won't tip over. Put a supply of small treats in the cup.
- Settle down on the floor with your puppy and set the cup on the floor with your hand covering the food.
- Say nothing as your puppy tries to push your hand away from the cup. Be patient.
- The moment your puppy backs off say "Yes", then pick out a food treat from the cup & give it to them.
- Repeat.

Video* 



TAKE IT, TUG, & DROP IT

TUG AS A GAME The Rules of Tug

Tug as a game can work off excess energy and serve as a reward for good behavior. This game is a great bonding experience and training opportunity for your puppy, but play GENTLY and with RULES! Teaching a dog to tug or "take it" on cue can help direct mouthy behavior. The only things to remember are that **the rules must be followed** when playing tug:

- Pick one toy that is THE tug toy. Do not play tug with any other toy than this. Use something long enough that your puppy can hang on and grab without accidentally grabbing your hand. The tug toy is to be put away unless you are playing with your dog in a game of tug. You decide when to play.
- Include a **consistent** "take it" cue (*incorporate the "take it" cue when giving other things to your dog's mouth as well, such as a chew toy*). Drop is described on the next page. We start with **legal** items!
- If at any point during play, your puppy accidentally grabs your hand, hair or clothing, put the toy away. Only resume when your pup has calmed down. They will learn to be more careful.

(see the following pages for how to teach take, tug & drop)



TAKE IT, TUG, & DROP IT

TUG AS A GAME The Rules of Tug *Continued...*

1. So long as your puppy is not jumping on you or doing any other unwanted behavior, right before presenting the tug toy, say “take it”.
2. When the puppy grabs the offered toy with their mouth, praise and tug back and forth playfully (*not up and down as this could injure the dog. Remember to be extra gentle when playing with a puppy*).
3. Next, take out a great treat your puppy didn't know you had. Stop praising and stop pulling on the toy but keep hold of it.
4. With your other hand, put the treat right up close to your pup's nose - practically up their nostril!
5. The smell will prompt the pup to let go of the toy to take the treat (*or you need a better treat*).
6. At the moment your puppy lets go of the toy, say “yes!”.
7. Give the treat to your puppy as you sweep the toy up and out of reach. Go back to step 1 and repeat about 10 times.



When to introduce the “drop it” cue.... the \$50 bet approach:

At the moment you are willing to bet \$50 that your puppy will release the item, say “drop it” right *before* they open their mouth. When they do, say “Yes”, treat & repeat the game. If you’re not ready to place a wager of \$50 that they will let go, stick with holding out for marking their release with “yes” & treat for now. Over time, “tug” could look like this:



The puppy may need more reps to **trust** that they’re going to get the toy back, so long as they are polite. In this exercise, we are building our trust account with our dog. Practice "Drop" as *borrow*. Give the item back more often than not!



BORROW (AKA DROP IT).

SPIT THAT OUT "Rent" for a treat

Puppies LOVE to pick things up with their mouths! All too often, guardians take a reactive approach when the puppy picks up what the human defines as the *wrong* thing. Punishment (*P+*) can lead to a damaged relationship and even aggression*. We can be *proactive* by keeping things we do not want the puppy to have out of their reach and also practicing "borrow" with items the puppy is **allowed** to have. Every time you "borrow" an item and pay a rental fee, then give the item back, you are investing in the trust account with your puppy. Your puppy will be as happy as a Blockbuster video rental store in the 90s!

Step by Step instruction for "borrow": (Video linked below)

- 1) With one hand on the toy, and another with a treat at the dog's nostril, wait for them to release the toy (*or get a better treat*).
- 2) As they open their mouth, say "Yes", feed them the "rental fee" treat as you take possession of the toy.
- 3) GIVE THE TOY BACK as you say "Take It" (*so long as they are being polite - not jumping, not barking*)

One Minute Video Demonstration: <https://youtu.be/VAFsIC32FLw>



By proactively practicing "borrow" regularly enough that 99% of the time the dog gets to have the item back, we are making investments in our puppy's trust account with us. If we fail to puppy proof sufficiently, and find ourselves having to be reactive, we can afford a **gentle** withdraw in an emergency by using "borrow". Take the same approach, but do not give the "illegal" object back. Redirect the puppy to a *legal* dog toy instead. Up your puppy-proofing game and make sure the instances in which the item you "borrow" can be returned significantly more often than the times you have to be the fun police and take the item away. To a puppy - everything is a toy!

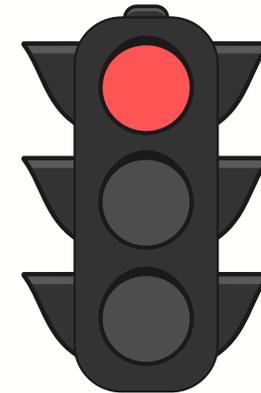


THE SMILING LEASH

LOOSE LEASH WALKING

The Smiling Leash Goes Places... When the Leash is Tight: RED LIGHT

A *Smiling Leash* refers to a leash that is slack. The dog is not pulling and neither is the human. The dog can be in front of you, behind, on the left or right, just not pulling. Moving forward is a reward for the dog. Only give the reward of moving if the leash is loose.



How to teach a *smiling* leash... ([video linked above](#)) 

- with food: when the dog is checking in:
 - mark with "yes" (*or click*) and place the food reward where you would like the dog to be. The [video](#) demonstrates the treat placed outside the handler's left shoe, encouraging the dog to walk at the handler's left side.
- without food: Red Light, Green Light: (for mild pulling)
 - the moment the puppy starts to pull, stop walking (red light). Widen your stance like a snowboarder and bend your knees. Don't budge! When the leash tension lets up, resume walking. Repeat and be consistent.
 - Pulling goes nowhere but a loose or *smiling* leash has options!
 - Where appropriate, I enjoy using  a 15' lead with special handling:



What's Next?

Enroll in CHQDogs' Manners One course for more training including manners like sit, down, stay, leave it and go to place. Learn about Cooperative Care, AKC Trick Titles or resolve problem behaviors in private lessons. Visit chqdogs.com for details or email carly@chqdogs.com

For even more learning opportunities here are some fabulous resources:

- Articles on everything dog from professionals: <https://www.whole-dog-journal.com/>
- Free resources including a video library: <https://fearfreehappyhomes.com/>
- Free ebook from Dr. Ian Dunbar: https://www.dogstardaily.com/files/downloads/AFTER_You_Get_Your_Puppy.pdf
- Kids & Dogs:
 - Family Paws: <https://www.familypaws.com/resources/>
 - The Family Dog (videos): <https://www.thefamilydog.com/kids>
- Courses from Grisha Stewart:
 - Common Behavior Problems: Inside the Home: <https://school.grishastewart.com/courses/common-behavior-problems-inside-the-home?ref=18181e>
 - Empowered Puppy Raising Course with Ahimsa Manual: <https://school.grishastewart.com/bundles/empowered-puppy-raising-with-ahimsa-manual?ref=18181e>
 - Family Safety: <https://school.grishastewart.com/courses/family-safety?ref=18181e>

Puppy Lessons - References Cited

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