

# urbanpuppy



urban  
DOG TRAINING

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# SOCIALISATION



In order to raise a behaviourally healthy puppy proper socialisation is critical. Without it many dogs end up shy, fearful, rude or even aggressive. In order to be effective, a socialisation programme must involve introducing your puppy to people, other animals and environments in a fun and positive manner. If your puppy shows signs of fear in a new situation DO NOT CODDLE HIM. Instead jolly him up, encourage him by using a happy tone of voice and reward him with yummy treats as his confidence grows.

Socialisation should occur between the ages of 8 to 18 weeks, this is often termed the 'Critical Period for Socialisation'. Your puppy will readily accept new people, animals and different environments and take them in his stride at this age. If left until after 18 weeks of age socialisation can be a long and often difficult process.

## Humans

Your Puppy needs to meet humans:

- 🐾 Of all ages – Adults Male and Female, Babies, Toddlers, Children, the Elderly and Crowds

- 🐾 With different ethnic backgrounds
- 🐾 People wearing, hats, sunglasses, carrying bags/umbrellas, men with beards/moustaches, people with weird hairdos, disabled people, people on crutches/with walking sticks etc
- 🐾 Joggers, Cyclists, Skateboarders, Rollerbladers, Prams, Shopping Trolleys and Motorbikes

## Other Animals

Your puppy needs to meet:

- 🐾 Other dogs (puppies and adult dogs)
- 🐾 Cats
- 🐾 Birds
- 🐾 Horses
- 🐾 Livestock (Cows, Sheep etc)

## Strange Environments

Your puppy needs to experience new and different environments such as:

- 🐾 Shopping Centres/Markets
- 🐾 Construction Sites

- 🐾 Train/Bus Stations
- 🐾 Busy Streets
- 🐾 Vet Clinics/Grooming Salons/Pet Shops

### Different Surfaces:

Your puppy needs to walk on different surfaces such as:

- 🐾 Wet Grass
- 🐾 Pebbles/Gravel/Sand
- 🐾 Steel Grates/Manhole Covers
- 🐾 Tiles/Pavers/Cobbles/Bitumen

### Loud Noises

Your puppy needs to become comfortable around loud noises such as:

- 🐾 Fireworks
- 🐾 Thunder

- 🐾 Power Tools
- 🐾 Yelling or arguing
- 🐾 Door slamming
- 🐾 Sirens

### Household Items

You need to introduce your puppy to normal household items such as:

- 🐾 Vacuums/Brooms/Mops
- 🐾 Stairs
- 🐾 Doorbells
- 🐾 Telephones
- 🐾 Loud music/TV
- 🐾 Hair Dryers
- 🐾 Mowers/Blowers



# LEADERSHIP

Leadership is one of the most critical, yet often misunderstood, aspects of dog ownership. Without good leadership from you your puppy can grow up to become:

- 🐾 A bossy, obnoxious, hyperactive, destructive delinquent
- 🐾 A shy, neurotic, withdrawn, fearful mess
- 🐾 An anti-social, aggressive, potentially dangerous menace

**To be able to function properly puppies of all ages and sizes require the following:**

- 🐾 Good Leadership and Communication
- 🐾 Physical and Mental Exercise
- 🐾 Good Healthcare and Nutrition

Good leadership and the proper training of your puppy will build a lasting foundation for a rewarding, lifelong friendship. A good

puppy school can help you acquire the knowledge and skills to train your dog to become a confident, happy and well behaved companion.

Part of your responsibilities as a good leader to your puppy includes teaching him to do the following:

- 🐾 Calmly accept handling, restraint, grooming and examinations
- 🐾 Chew, Bark and Dig appropriately
- 🐾 Allow all humans to handle his food, toys and bones
- 🐾 Eliminate (toilet) on cue in a designated area
- 🐾 Walk politely on lead
- 🐾 Greet humans and other animals appropriately
- 🐾 Be well mannered indoors – whether you are home or not
- 🐾 Perform basic behaviours such as 'Sit', 'Drop', 'Watch', 'Leave It', 'Give' and 'Come' on cue



# TRAINING SHOULD BE FUN

Training should be fun for both you and your dog so train your puppy using only Positive Reinforcement Methods. Reward based training is an effective and easy to follow technique based on the sound scientific principles of learning theory. Teach your puppy in a positive, nurturing environment.

Put basically, you should reward your puppy's good behaviour and ignore any bad behaviour such as jumping up, stealing your things and toileting inside.

**Remember** – the hallmark of a good leader is the ability to control without the use of physical force or intimidation.

## PHYSICAL EXERCISE

Puppies, like dogs, require regular exercise. Providing your puppy with exercise is one of your responsibilities as a dog owner and is an essential component to keeping your puppy mentally and physically healthy. A bored or under exercised puppy will quickly discover alternative outlets for excess energy such as destructive chewing, digging and barking.

While it is important to avoid strenuous exercise until your puppy's joints mature there are many ways to exercise your puppy and strengthen the bond between you:

- 🐾 Brief games of fetch
- 🐾 Leisurely 10-20 minute walks
- 🐾 Games of Hide and Seek
- 🐾 Treasure Hunts
- 🐾 Chase games – where your puppy chases you!
- 🐾 Play with other puppies or well mannered older dogs
- 🐾 Gentle tug games – once you have taught your puppy to 'Give'

**Remember** – a tired puppy is a good puppy!



# MENTAL EXERCISE

Just as your puppy needs an outlet for physical exercise, he also needs a way to exercise his brain. A lack of mental stimulation is the main reason many puppies engage in undesirable behaviours such as digging and destructive chewing. They are often left alone for long periods with nothing to occupy them. There are numerous ways to provide mental exercise for your puppy:

## Rotate toys daily

Keep your puppy's interest in his toys pricked by rotating his toys daily. Have a collection of approximately 25 toys that includes store bought toys, plastic bottles, butter or ice-cream containers, and food dispensing toys. Give your puppy approximately 4-6 toys per day.

## Food dispensing

Use your puppy's daily food rations as a way to entertain him. Don't feed him from a bowl, place the food in a food dispensing toy such as a treat ball, Kong or Buster Cube and have him work for his food. You can make your own food dispensing toys from milk bottles, toilet roll cores (place a treat inside and fold the ends in) etc. Hide his food around the house and send him on a treasure hunt. Freeze his food on a warm day and serve as a dogsicle. Scatter his dry food on the lawn like chook-feed and have him hunt for his dinner. Provide him with a raw bone or a pig's ear a couple of times a week.

## Digging Pit

Teach your puppy to dig appropriately by providing him with a children's clam shell and filling it with sand or dirt. Bury hidden treasures such as food and toys in his new digging pit and let him discover them. Praise and reward him for digging in his legal digging pit!

## Visitors

Get a friend or relative or hire a dog walker to come in daily and play with your puppy. This will help break up long lonely days waiting for you to come home and give him something to look forward to!

# MANAGEMENT

Setting your puppy up for success is crucial to your success in raising a well mannered puppy. Do not put your puppy in positions where he can make bad choices.

## SUPERVISE, SUPERVISE, SUPERVISE!

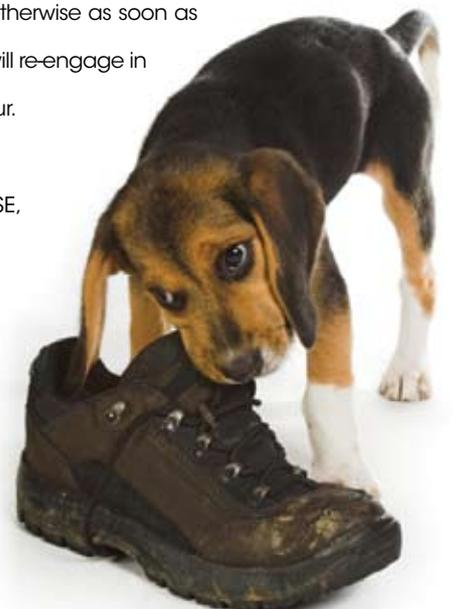
An unsupervised puppy can quickly get into trouble resulting in harm to your property or worse, death or injury to your puppy! There are many dangerous, even deadly things to a puppy in the average home – puppies have chewed on electrical cords and power points, choked on curtain cords, ingested poisons or suffocated in plastic bags. Don't let this happen to your puppy!

NEVER allow your puppy unrestricted access to your home, not even for one minute! If no one is available to supervise your puppy put him in a crate, a playpen, a puppy-proofed area or simply attach his lead to your waist and keep him with you. This way you can go about your daily business confident in the knowledge that no harm will come to your puppy or your belongings. As your puppy matures you can gradually allow extra privileges in the house.

## Interrupt and Redirect

If you catch your puppy in the act of an undesirable behaviour, such as chewing on a table leg, interrupt him using 'Ah Ah!', if necessary clap your hands together loudly near him. This should interrupt him. At this point it is critical that you redirect him onto something appropriate for him to engage in, otherwise as soon as you turn your back he will re-engage in inappropriate behaviour.

**Remember** – SUPERVISE, SUPERVISE, SUPERVISE!





# CRATE TRAINING

Crate training is a must for any puppy, regardless of size. When properly introduced, crates will become a safe haven for dog to retreat to where they enjoy spending time. Crates are a much better alternative to a puppy-proofed room such as a bathroom or laundry because they are portable and your puppy can stay with you without getting into trouble. He can watch you like TV as you go about your business.

## Crate training helps with the following:

- 🐾 Housetraining (puppies are less likely to soil where they sleep)
- 🐾 Destructive Chewing (your puppy cannot destroy your furniture when he's crated)
- 🐾 Settling (crates teach your puppy about quiet time)
- 🐾 Preparation for stays at Vets, Groomers, and Travel

## CRATE TRAINING FREQUENTLY ASKED QUESTIONS:

### What size crate should I buy?

You should purchase a crate that is big enough for your puppy to stand up, turn around and lay down. If a crate is too large your puppy will soil up one end and sleep in the other. If you want to buy a crate that allows for your puppy to grow then block one end with something solid such as an esky or a box. Currently there are a few companies making crates with special dividers in them, ask your pet store about these.

### What sort of crate should I buy?

For puppies the best choices are moulded plastic crates (like you would use for airline travel) or collapsible wire crates. If buying a wire crate cover it with a blanket or towel. This provides a secure environment for your puppy.

### How long should I crate my puppy for?

Your puppy should sleep in his crate at night. During the day do not crate him for any longer than his age in months plus one. For example a 3 month old puppy can be crated for four hours. For nighttime crating this means you will need to set your alarm for the puppy's time limit and get up to take him outside for a toilet break.

### My puppy cries when I put him in the crate, what should I do?

If your puppy is whining he may need to go to the toilet. Take him outside and give him the opportunity to eliminate, avoid too much interaction with him though. If he eliminates reward him and have a quick game before crating him again. If he has already eliminated then you must ignore his cries, no matter how sad or cute he looks! Giving him attention when he is whining for it only teaches him to whine for attention. Wait until he's quiet and then go to him.

### How to introduce a crate

When you bring home the crate, act very interested in it. Stick your head inside and make happy noises. If your puppy investigates and goes inside say 'Yes!' and reward him with a yummy treat.

- 🐾 Feed him all his meals in the crate
- 🐾 Give him a Kong, a bone or a pig's ear to chew on in the crate
- 🐾 When he goes into the crate of his own accord reward him handsomely with attention and treats
- 🐾 Ignore him for a few minutes when he comes back out
- 🐾 When he's not looking, leave tasty morsels of food in the crate for him to discover when he ventures inside again
- 🐾 Put his favourite toys inside the crate
- 🐾 Do not allow children near his crate - the crate is your puppy's safe haven AWAY from pestering children

Once your puppy is comfortable with entering the crate begin closing the door for very brief periods - perhaps while you feed him his meal. Gradually build the period of time that your puppy is confined inside is crate with the door closed until he is happy and comfortable inside with the door closed for long periods.

If your puppy toilets inside his crate do not punish him, instead revise your toileting schedule to ensure that you are not asking him to hold it for longer than he can.

**HOUSETRAINING FREQUENTLY ASKED QUESTIONS:****How long can my puppy 'hold it'?**

Generally your puppy can hold it for his age in months plus one. Therefore a three month old puppy can hold it for 4 hours. However, your puppy will still need to go after mealtimes, immediately upon waking and after a period of play.

**What should I do if I catch my puppy toileting in the house?**

You must NEVER punish your puppy or rub his nose in it; this will only frighten him and make him anxious about toileting in your presence. If he refuses to toilet when you are around you cannot reward him for making the correct choice. If you catch him in the act simply take him outside to finish toileting. Then reward him for finishing off outside.

**What are the signs that my puppy need to toilet?**

Whining, pacing, circling, sniffing and squatting are all signs that your puppy may need to toilet. Be sure to be on the lookout for these signals.

**How do I clean up my puppy's 'mistakes'?**

Clean with a mixture of vinegar and water or a specialised cleaner available from pet stores such as Urine Off. Do not use ammonia based cleaners or bleach as they may attract your puppy back to that spot in the future.

**What do I do when I go to work and leave my puppy home?**

Ask a friend or relative to come over and take your puppy outside for toilet breaks. You can also employ the services of a dog walker/sitter to take your puppy outside for a toilet break. Alternatively, if your puppy toilets on grass you can purchase a piece of turf and place it in a kitty litter box (or something similar) as an indoor 'toilet' for your puppy to use through the day. It is best to set your puppy up for success and always provide opportunities for him to toilet outside in his designated area.



# HOUSE TRAINING

The secret to housetraining is good management, keen observation skills and rewarding your puppy for toileting correctly.

You should take your puppy outside every two hours, 5-10 minutes after meals or water, immediately upon waking from a nap and immediately after a play session. It is best to take your puppy outside on lead and stay with him until he toilets. This way you can immediately praise him and deliver a yummy treat. If you allow him to wander around on his own a) he will toilet anywhere he feels like and b) you may not see the exact moment he toilets and therefore praise and treats will not be associated with the act of toileting.

Avoid interacting with him until he has done his business, keep him focused on the job at hand! Once he has toileted you can reward him with a brief play session inside.

Crate training is very useful when housetraining your puppy since puppies are far less likely to soil their crates. When you let him out of the crate take him to his toileting area immediately, if he toilets allow him some free time (supervised of course), if not return him to his crate for 10-20 minutes before trying again. He will soon make the association that once he toilets he gets free time.





## HANDLING

Now is the ideal time to teach your puppy to become accustomed to and enjoy being handled. Your puppy needs to learn to be handled for a variety of reasons that include:

- 🐾 Grooming
- 🐾 Checking for Fleas/Ticks
- 🐾 Examination
- 🐾 Administering medication

Introduce your puppy to being handled gently by a number of people, paying particular attention to his:

- 🐾 Ears
- 🐾 Paws
- 🐾 Mouth
- 🐾 Tail



Reward your puppy for remaining calm and confident through the handling process.

**Tip** - Never put a squiggly puppy down! If you pick up your puppy and he squirms and wriggles to get down, patiently wait until he calms down before placing him gently on the ground. If you let him down when he's squirming you are teaching him to act up in order to be put down.

## BITING MOUTHING

Puppies explore the world with their mouths and your hands and arms are often on the receiving end of those needle-like puppy teeth! It is natural for your puppy to try to entice you into a game with a playful nip as this was how he enticed his littermates into playing. However, if he bit too hard while engaging with his littermates they let out a yelp and snubbed him. This is how he learned to inhibit his bite in order to keep the game going. Bite too hard and the game stops. You need to act in the same manner with your puppy to teach him that human skin is fragile & must be treated as such. You do not want your puppy to stop biting altogether, you simply want him to inhibit his bite & bite softly.

Children are more often on the receiving end of puppy biting and mouthing. This is not a dominance or hierarchical issue. It stems from children being more excitable and noisy around puppies – this makes them targets for puppies that want to play! If your puppy is biting your children ensure that they interact calmly with your puppy at all times.

## FOOD BOWL MANNERS



It is important to teach your puppy to remain calm around food and to look forward to humans approaching his food or bowl. To achieve this there are a number of things you can do:

- 🐾 Feed your puppy some dry food in his bowl & approach him with tasty morsels of chicken, placing them in his bowl as he eats
- 🐾 As your puppy is eating his dry food pick up his bowl, put some chicken in it and give it back to him to continue eating
- 🐾 As your puppy is eating his dry food approach him and give him pieces of chicken out of your hand
- 🐾 When your puppy is chewing a bone approach him and take his bone away briefly, hand him some yummy chicken and then return his bone to him
- 🐾 Always feed your puppy in busy area of the house, do not let him get used to being alone with his food as can encourage food aggression

By doing the above exercises your puppy will learn that a human approaching him while he is eating is something to look forward to!



# COMMANDS

## Responding to Name

Teaching your puppy to respond to his name is the basis of training. If your puppy will respond happily to his name then you have his attention. You simply cannot ask your puppy to do anything for you until you have his attention. Do not use your puppy's name in a negative way, this only teaches him that his name is a punishment and he will stop responding reliably.

Call your puppy's name several times a day and when he responds by looking at you throw him a treat. Teach him that his name is the sweetest sound he can possibly hear.

## Watch Me

The 'Watch Me' cue is useful for keeping your puppy focused on you, especially in distracting situations. It also teaches your puppy that making eye contact with humans is rewarding.

To teach 'Watch Me' show your puppy a yummy treat then slowly draw the treat up to your nose, between your eyes. When your puppy makes eye contact say 'Yes!' and reward him with the treat. When your puppy is responding reliably you can begin pretending you have a treat as you point to your nose – as your puppy makes eye contact say 'Yes!' and reward with a treat from your pouch/pocket. If you are certain that your puppy will make eye contact when you point to your nose you can begin adding the cue 'Watch Me' just before he looks at you. Say 'Yes!' and reward eye contact.

## Sit

All puppies should be taught to 'Sit' on cue. Sitting will eventually turn into your puppy's way of saying 'please'. Your puppy should be asked to 'Sit' for anything that he wants.

To teach your puppy to 'Sit' hold a yummy treat in your hand and place

your hand in front of your puppy's nose. Gradually draw the treat up and back towards the puppy's rear. In order to continue looking at the treat your puppy will need to 'Sit'. As soon as his rear makes contact with the ground say 'Yes!' and reward with the treat. Do this several times until your puppy is responding reliably. You can then begin to pretend you have a treat in your hand and reward the puppy for sitting in response to your hand movement. When you are certain your puppy will sit in response to your hand movement you can then add the word 'Sit' just before your puppy sits.

## Drop

Teaching your puppy to drop is useful because it helps teach him to settle down.

To teach your puppy to 'Drop' on cue hold a yummy treat in your hand and place it in front of your puppy's nose. Slowly draw the treat down to the ground and out along the ground in an 'L' shape. As your puppy's belly touches the ground say 'Yes!' and reward him with the treat. Do this several times until your puppy is responding reliably. You can then begin to pretend you have a treat in your hand and reward the puppy for dropping in response to your hand movement. When you are certain your puppy will drop in response to your hand movement you can then add the word 'Drop' just before your puppy drops.

If your puppy will not drop using this method it may be useful to use a yummy treat to lure him underneath your knees as you sit on the ground.

## Leave It

Teaching your puppy a 'Leave It' cue will go a long way towards maintaining your sanity!

To teach your puppy a 'Leave It' cue, simply show him a yummy treat in your hand and close your hand around the treat. Offer your closed hand to your puppy; he will most certainly mug your hand in an effort to get at the treat. You must not move your hand away; you must wait your puppy out patiently. When he gives up, even for a second, and moves away from the treat say 'Yes!' and reward him with the treat. When your puppy is reliably leaving your hand alone when you offer it you can begin to add the cue 'Leave It' as you offer your hand out to him. Say 'Yes!' and reward with the treat.



### Give

Teaching your puppy to relinquish anything he has to you is an important part of leadership and may save your new Italian leather shoes from destruction! NEVER, NEVER, NEVER chase a puppy that has something in his mouth. This will only encourage him to get your attention for a game of chase in the future by stealing your things! It is far better to teach your puppy to give things up to you happily than it is to get into a game of chase or tug with them.

To teach your puppy to surrender items to you it may be necessary to 'trade up'. When your puppy has something in his mouth offer him a yummy treat, he will probably lose interest in the item he has and drop it in order to get the treat. Pick up the object he had and inspect it, if the object is safe for him to play with offer it back to him. Continue to trade him frequently, perhaps offering him other toys as a trade. If the object is forbidden, reward him for giving it up and replace the item with something 'safe' for him to play with such as one of his toys.

### Come

Puppies have a natural inclination to follow their humans around, almost relentlessly! Use this time in your puppy's life to your advantage and begin building his recall. There are many fun ways to do this that can even incorporate games. Play 'Hide and Seek' with your puppy. Hide from your puppy briefly and call him to 'Come' when he finds you reward him with a treat or a quick game. Involve the whole family in this game it is a great way for kids to interact with your puppy. You can also play 'Come Ping Pong' - sit the whole family in a circle around the puppy and take turns at calling him to 'Come'. When he goes to the person that called him he gets a treat and a quick game.

Never call your puppy to punish him or to do something unpleasant to him such as administer medication, clip his nails etc. This will only serve to teach your puppy that coming to you is not a pleasant experience and he will stop responding. Use every opportunity in his daily life to reward him for making the choice to come to you. For example, call him to 'Come' just before:

- 🐾 Feeding
- 🐾 A Walk
- 🐾 A Play Session
- 🐾 A Car Ride (assuming he likes the car!)
- 🐾 Play with other dogs
- 🐾 Cuddle time (assuming he wants a cuddle at the time!)

### Lead Walking

Many puppies resist having a lead attached to them and fight the lead as soon as you attach it to them. Avoid this by attaching a light lead to your puppy and letting him drag it around the room for a while (supervised of course!). Reward your puppy for confident behaviour while the lead is attached.

Now is the time to teach your puppy to walk politely on lead. Many people inadvertently teach their puppies to pull on lead when the puppy pulls and they follow. If your puppy is pulling on lead, stop or change direction and make him follow you. You need to help him to understand that pulling on lead will not get him anywhere as you will refuse to follow. Frequently reward your puppy as he walks without pulling.



# COMMUNITY MANNERS

Remember that as a dog owner you now have a community responsibility to behave in a respectable manner with your puppy at all times. This includes:

## Registering your puppy

All local councils require that puppies are registered by three months of age. However, there are rebates available upon presentation of a desexing certificate from your vet once the puppy has been desexed.

## Picking Up After Puppy

All councils require you to clean up after your dog. You must carry an adequate supply of poo bags with you at all times. You can still be fined if you have already used your poo bag and do not have another one on you.

## Dog Parks

Most councils provide designated off-lead areas for dogs to play in. It is important to use these areas responsibly and do not allow your dog to threaten, intimidate or otherwise make himself unwelcome to people and other dogs using the area. DO NOT take a puppy under 6 months of age to an off-lead area, they are simply too young to cope in these areas before then and may be physically attacked or mentally harassed.

## Leash Laws

All councils require that your dog be on lead in all area except designated off-lead areas. Many councils stipulate that the lead must not be any longer than 2 meters. Retractable leads are unacceptable.

## Meeting People/Other Dogs on Lead

When meeting other people and dogs on lead do not approach unless you have permission to do so. Many people and dogs are uncomfortable around strange dogs, be mindful of this when out walking with your dog.



## Desexing

Please seriously consider desexing your puppy when the time comes – usually around 6 months of age. The world is full of unwanted dogs and one of the largest contributors to this problem is backyard or accidental breeding. Leave breeding up to professional breeders. Speak to your vet for further information about desexing.

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