PUPPY – TRAINING BASICS

At what age can I start training my new puppy?
You will be training your puppy from the moment you bring it home and start to house train. Puppies start learning from birth. Good breeders encourage handling and socialization from birth. Some training can begin as soon as the puppy can open its eyes and walk. Young puppies have short attention spans but expect them to begin to learn simple obedience commands such as ‘sit’, ‘down’ and ‘stay’, from as young as 7 to 8 weeks of age. (Ask for our handouts on ‘Rewards - learning and reinforcement’, ‘Puppy training – sit, down, stand, and stay’; and ‘Puppy training – come, wait and follow’ for training on the specific tasks).

Formal dog training has traditionally been delayed until 6 months of age. Actually this juvenile stage is a very poor time to start. The dog is beginning to solidify adult behavioral patterns, dominance behavior is beginning to emerge, and behaviors learned in puppyhood may need to be changed. In addition anything that has already been learned or trained incorrectly will need to be undone and retaught.

When training is started at 7 to 8 weeks of age, use methods that rely on positive reinforcement and gentle teaching. Puppies have short attention spans, so training sessions should be brief, but daily. Puppies can be taught to ‘sit’, ‘down’, and ‘stand’ using a method called food-lure training. We use food treats to entice the dog to follow its nose into the proper positions for ‘sit’, ‘down’, ‘stand’, and ‘stay’ (See our handout on teaching sit, down and stand).

How do I get started using food lure training?
Small pieces of food or a favored toy can be used to motivate your puppy to perform most tasks. Provided the reward is sufficiently appealing, the puppy can be prompted to get the desired response by showing the puppy the reward, giving a command, and moving it to get the desired response. For example, food held up over the puppy’s nose and moved slowly backwards should get a ‘sit’ response; food drawn down to the floor should get a ‘down’ response; food brought back up should get a ‘stand’ response; food held out at a distance should get a ‘come’ response; and food held at your thigh as you walk should get the puppy to ‘heel’ or ‘follow’. By pairing a command phrase or word with each action, and giving the reward for each appropriate response, the puppy should soon learn the meaning of each command. The use of rewards and the specific training commands are covered in separate handouts on Rewards – learning and
reinforcement for dogs and cats; Controlling stealing and teaching the “give” command; Teaching – sit, down, stand and stay; and Training puppies – come, wait and follow.

**How often should I give the command?**

Ideally you should give the command phrase once and then use your food to move the puppy into positions. Once the puppy has performed the task, add in verbal praise and an affectionate pat, which are known as secondary reinforcers (see below). Some trainers also use clickers as secondary reinforcers. If the puppy does not immediately obey on the first command, then you are likely proceeding a little too quickly. If you keep repeating the command, the puppy will learn that several repetitions are acceptable before it needs to obey. Keeping a leash attached can help to gain an immediate response if the puppy does not obey.

Remember that early in training your puppy does not know the meaning of the word. Therefore you could just as easily teach your puppy to sit with the word bananas, (or sit in any other language) as you could with the word sit. The key is to associate the word, in this case “sit”, with the action of placing the hind end on the floor.

**How should I phase out the lure and food rewards?**

At first you are going to let the puppy see the food in your hand so that you will have her attention and can use it to guide her into position. As your puppy begins to comply more readily, you can start to hide the food in your hand, but give the command and repeat the motion or signal that she has learned to follow. Soon the puppy will come to expect the treat each time she performs the task. Then, signal and give the command, but when she performs the task, reward only with praise and give the puppy an affectionate pat. Next, you can begin to vary the frequency, giving praise with ‘good dog’ and perhaps patting each time, but giving the food randomly, perhaps every 3 or 4 times. In time, the puppy should respond to either the hand signal or the command.

Over time, the words “good dog” or the affectionate pat become secondary reinforcers. Because they have been paired with food in the past, they take on more meaning and become reinforcement in themselves. It is important to use secondary reinforcement because you will not always have food with you when you need your pet to obey. In addition, if you rely on food to always get your puppy to comply, you will have a puppy that will only do the task when you have a treat.

At first training may begin in designated sessions throughout the day, with a variety of family members. All rewards should be saved for these training sessions. Over time however, you should begin to ask your puppy to perform the tasks at other times.

**How much time should I spend training my puppy every day?**

You do not necessarily need to train in a set session daily. Rather, integrate these tasks throughout the day. A goal to strive for is at least 15 minutes of training every day. These can be short 5 minute sessions spread throughout the day. Try to have all family members ask your...
puppy to do these tasks. Remember to try and train in every room of your house. You want your puppy to ‘sit’, ‘lie down’ and ‘stay’ everywhere, not just in the training location.

Use these training tasks as you integrate the puppy into your life. For example, ask your puppy to ‘sit’ prior to receiving her food, ‘sit’ before you let her in or out the door, and ‘sit’ before you pet her. These are times when your puppy wants something and is more likely to comply. In this way you are training your dog all the time, throughout the day and also establishing yourself as the leader, the one who controls the resources. Training your puppy prior to getting each reward also helps to prevent problems. Having your puppy sit before getting a food or treat prevents begging, while teaching your dog to sit before opening the door can prevent jumping up or running out the door. Be creative. The time you spend training your puppy now will pay off when you have an adult dog. To have a well-trained dog, you need to be committed to reinforcing the training tasks on nearly a daily basis for the first year of your puppy’s life. The more you teach and supervise your puppy, the less opportunity it will have to engage in improper behaviors. Dogs do not train themselves, when left to choose their behavior they will act like dogs.

**What can be done if my puppy is too distracted or excitable to control?**
Training should begin in a quiet environment with few distractions. The reward chosen should be highly motivating so that the puppy is focused entirely on the trainer and the reward. Although a small food treat generally works best, a favorite toy or a special dog treat might be more appealing. It might also be helpful to train the puppy just before a scheduled mealtime when it is at its hungriest. For difficult puppies or headstrong puppies the best way to ensure that the puppy will perform the desired behavior and respond appropriately to the command is to leave a leash attached and to use a head collar for additional control. In this way, the puppy can be prompted into the correct response if it does not immediately obey and pressure released as soon as the desired response is achieved (see our handout on ‘Management devices in dog training’). Clicker training is also an excellent way to immediately and strongly reinforce the desired response (See our handout on ‘Rewards – learning and reinforcement’).

**Should I also consider training classes?**
Pet owners who are novices at training can begin a training program with these few simple steps. It takes repetition, time and perseverance for the puppy to be able to predictably and reliably respond to commands in a variety of situations. The training class serves many functions. Of course trainers can demonstrate techniques and help guide you through the steps in training. They can help advise you on puppy training problems, and can help you advance your training to more difficult exercises. The puppy will be learning in a group situation, with some real life distractions. And, considering human nature, the pet owner who takes his or her dog to a puppy class, will be forced to practice (do their homework) throughout the week, if they do not want to fall behind by the next class. A training class is a good place to meet and talk to other new puppy owners and see how all puppies behave.

Training classes for young puppies are also an excellent way to socialize your new puppy to a variety of people, other dogs, and stimuli, in a controlled environment. In addition, you will learn
how to prevent problems before they can begin, or deal with them as they emerge, rather than having to find a way to correct problems that have already developed. Your puppy might also make some new friends of the same age. You could then visit these friends (or vice versa) with your puppy for social play and exercise sessions. Since the primary socialization period for dogs ends by 3 months of age, puppy socialization classes are most valuable for puppies 8 weeks of age and older. If all puppies in the class have had initial vaccinations, are healthy and parasite free, the health risks are low and the potential benefits are enormous. Discuss when to start and the location of classes in your area with your veterinarian.

This client information sheet is based on material written by Debra Horwitz, DVM, Diplomate ACVB & Gary Landsberg, DVM, Diplomate ACVB
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1-2-3-4 Handling

Raising a Guide Dog Puppy with L.A. Southwest Guide Dog Raisers
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1-2-3-4 Handling
approved by
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WHAT IS HANDLING?
1-2-3-4 Handling is a process the Raiser uses to teach a puppy to remain calm and compliant while his body is handled. There are four different positions in which the Raiser places the puppy while the Raiser completes certain handling techniques. The four positions are:
1. Sit (also called the Calming Sit)
2. Stand
3. Layover
4. Long Down

A puppy's ability to tolerate being touched and handled by a person is not automatic; it must be taught. Many puppies do not like their legs and body to be handled. It is essential that Guide Dog puppies allow different kinds of physical manipulation.

WHY SHOULD I DO HANDLING?
• Handling helps the puppy learn how to behave when others touch him, such as during grooming, a veterinarian examination, or while removing a foreign object.
• Handling helps teach the puppy self-control and the proper relationship between people and the puppy. Early positive patterning of appropriate behavior during handling makes it easier to work with the puppy when he is older and larger.
• Handling helps build the puppy's trust and strengthens the bond between the puppy and Raiser.
• If anything unusual is noticed during the 1-2-3-4 Handling, report to your Leader.

HOW OFTEN SHOULD I DO HANDLING?
Handle your puppy EVERY DAY he is with you right up until he returns to San Rafael. For baby puppies, two or three times a day is ideal.

RAISER TIPS TO USE THROUGHOUT 1-2-3-4 HANDLING
• Frequently praise, talk to and stroke the puppy throughout positions 1, 2 and 3. Position 4 is completed using a more authoritative demeanor. Motions are slow and deliberate. The goal of all positions is to end with success.
• During positions 1, 2 and 3, use a calm, low, soothing voice and focus on the puppy. Do not excite the puppy or encourage him to become wiggly.
• Relax and breathe regularly, communicating your calm, relaxed attitude to the puppy.
• Complete all positions slowly. Do not rush. The positions you are teaching your puppy are ones he will use for life; thus, a calm happy start is important.
• Use collar corrections or distractions as needed. For example, if the puppy gets mouthy, redirect his focus and/or give a light collar correction. Then, note how the puppy was able to get access to your hand and readjust your position until he settles down.
• Use "Big Hands" (flat palms with fingers slightly spread) to place the puppy back in position if he moves. Big Hands communicate your confidence and leadership.
POSITION 1: SIT

1.1 Kneel on the floor or sit on a couch. Be sure the surface in front of you is not slippery. Use a carpet or mat under the puppy, if needed. A non-slippery surface helps the puppy relax and be less fidgety.

1.2 Sit your puppy in front of you, facing away from you and as close to your body/couch as possible. Puppies often back out of what they think may be a stressful or new situation. With the puppy facing outward and against something, he cannot back away. Praise.

1.3 Loop your thumb under the puppy's collar to enable you to control the puppy or give a correction if he mouths or pulls away.

1.4 With your free hand, gently and very slowly stroke the puppy's chest upward and/or downward using Big Hands. Praise.

TIP: This position, along with the slow, gentle stroking, is called the CALMING SIT and can be used anytime the puppy is too energized, especially in public.
1.5 Examine each ear.

- Place your hand with the thumb under the collar so that your fingers support the puppy's muzzle.

- For body sensitive puppies only, apply light pressure at the base of the ear opening. Once the pup accepts this touch, continue with deeper ear examination. *Praise*.

- Insert your finger in the opening of the puppy's ear canal. If a large amount of dark brown, smelly wax comes out, consult your Leader. Never use a Q-tip or similar object.

- Smell the ear for signs of an infection. If there is a sour odor or if the ear is red, dry, and/or leathery, consult your Leader.

- Massage the ear from the base toward the tip, using gentle strokes.
1.6 Examine the nose and each eye for signs of redness or discharge.

- Place your hand with the thumb under the collar so that your fingers support the puppy's muzzle. Examine each eye, using the thumb and middle or index finger of the other hand to spread the skin above and below the eye. *Praise.*

- With the fingers of your free hand, gently massage the area around the puppy's eyes by moving the balls of your three central fingers in a slow, circular, clockwise motion. Stay about one inch from the puppy's eyes. After one rotation, lift fingers, move location, and repeat. *Praise.*

- If a discharge from the eyes or nose is present, consult your Leader.

1.7 Massage the gums; examine the gums/teeth.

- Some puppies may not be ready for a full mouth exam. For those puppies, gently massage the outer surface of the flew with a slow circular motion using the balls of your fingers. Gradually, over a period of days, work in until the puppy comfortably allows access. *Praise.*
• Lift the flew and gently massage the puppy's gums with one or two fingers, using small clockwise motions. This will prepare the puppy for brushing the teeth. *Praise.*

• Lift the flew and look at the teeth and gums. It may take a few days for comfortable access. *Praise.*

• Check the gums for bleeding, swelling, redness or looking excessively white.

• Check the teeth for black/discolored teeth, missing or broken teeth, an adult tooth overlapping a baby tooth, or bleeding or swollen gums.

• Bring your hand up under the muzzle. Using your thumb and middle finger, gently press in the sides of the back of the mouth to cause the mouth to open. Examine the inside of the mouth. *Praise.*

• Report problems or concerns to your Leader.
1.8 Check both front paws.

- Keep your thumb under the puppy’s collar to correct if puppy mouths.
- Move your other hand down a front leg to the paw.

- Check between the toes for bumps, bruises, cuts, foxtails, etc. *Praise.*

- Gently press each nail as if you are going to "present" the nail for clipping. *Praise.*
The puppy begins in the Sit position.

2.1 **Stand the puppy** using one or more of the Stand Techniques described on pages 14-16 of these guidelines.

2.2 Starting at the neck, **stroke the puppy**, moving along the shoulders and back to the end of the tail. Your hand is "cupped" over - not pressing on - the spine as you go to the end of the tail. Give the tail two very gentle tugs as you move to the end. *Praise.*
POSITION 3: LAYOVER

Layover is the act of placing the puppy down on its side with its legs facing outward in preparation for further examination. The picture shows a puppy in a completed layover. As you do the layover, you may stand, kneel, stoop, or sit next to the side of the puppy, depending on your preference and agility.

3.1 Place the puppy in the layover position using the method suggested by your Leader.

Layover Method A is used for young puppies that do not yet know the Down command.

- Place the puppy into a Sit facing left or right. Shift puppy onto inside hip. Place one open hand on the outside shoulder near the elbow. The other open hand is on the inside shoulder in the same position.

- Slide the open hand that is on the inside shoulder down the leg, folding the leg inward. While doing this, exert enough pressure on the puppy with both hands to lift him slightly and guide the puppy into a down-on-side position. Praise.

Layover Method B is used for puppies that know the Down command.

- Give the Down command. Once the puppy is down, gently position the puppy on his side with his legs extending outward away from you. Praise.
3.2 After the puppy is on his side, place your thumb under his collar. Stroke and praise him. Correct any attempts to get up with a collar check or by repeating the Layover Method you used.

3.3 Gently lift the puppy’s back leg and check his tummy. Stroke his tummy slowly while giving praise in a calm voice. Take your time. TIP: Some people use a special word when looking at the tummy which the puppy later associates with the action in a positive way.

3.4 Check both back paws thoroughly as you did the front paws (1.8). BEFORE allowing the puppy to get up, proceed immediately to the Long Down (Position 4).
POSITION 4: LONG DOWN

The Raiser's demeanor during the Long Down is very important because the Long Down emphasizes the Raiser's confidence and leadership. Here are a few pointers:

- NO stroking or talking. You are establishing a relationship of mutual trust and respect, yet on your terms. You are not mad at the puppy, just establishing leadership. Remain calm.
- Do NOT stare at the puppy. Limit eye contact. Looking slightly to the side works better.
- Breathe regularly.

**NOTE:** The Long Down is never an appropriate technique to use in public. Instead, use the Calming Sit (see 1.4), distractions, or other focus activities for a puppy that is acting out.

The puppy begins in the Layover Position. The Raiser is standing, kneeling, stooping, or sitting next to the side of the puppy.

4.1 Using Big Hands (flat palms with fingers slightly spread), move your hands to the puppy's shoulder and thigh areas while exerting a very light pressure with your open palms and fingers. Use just enough pressure for the puppy to accept the position, settles down and, finally, sighs or relaxes. Do not apply too much pressure. Do not push.

4.2 The puppy's head is to remain on the ground. If the puppy struggles or lifts his head, keep one open hand on the thigh and move the other hand to the pressure point below the ear at the curve of the jaw. With gentle pressure on this spot, move the head back down on the ground. You may also take hold of the flat collar to provide extra support when repositioning the head.
POSITION 4: LONG DOWN

4.3 When the puppy has accepted the Long Down and has relaxed, lift your hand a few inches above the thigh but remain ready to place it back if the puppy moves about. Your other hand remains lightly on the puppy’s shoulder.

![](image1)

4.4 Slowly lift your hand a few inches from the shoulder but remain ready to place it back if the puppy moves about. The desired outcome is for the puppy to lie quietly on his side.

![](image2)

4.5 After an appropriate amount of time (3 to 10 seconds for little puppies or up to a minute or two for older puppies), stand up and walk away. If using a table, lift the puppy to the ground and walk away. Say nothing. Let the puppy get up when he is ready. If the puppy comes to you for approval, you may pattern/cue/say "Sit" before giving praise.

![](image3)

USE OF THE LONG DOWN

The Long Down may very occasionally be used for a puppy that is acting out and is not responding to corrective techniques. Use of the Long Down is never appropriate in public. Instead, use the Calming Sit (see 1.4), distractions, or other focus activities.

Use of the Long Down never involves force or anger. If the Long Down is overused, used inappropriately, or executed incorrectly, the puppy could become submissive with negative behaviors or may become aggressive toward the handler. Always consult your Leader.
STAND TECHNIQUES

In patterning the Stand behavior, Raisers are initially patterning the puppy to stand in response to touch and a slight forward pull (gentle arcing motion) on the collar. The verbal Stand command is not given for the babies, just the touch cue. The Stand command is used in later weeks, according to your Leader's direction. Eventually, the puppy will learn to stand in response to only the verbal command or touch.

Begin by using the "Tummy Circle" technique and progress to the "Touch the Spot" or "On Command Only" technique. You may not need to use all the techniques listed here in order to teach your puppy to “Stand” on command. Use those techniques to which your puppy responds best and which work best for you.

All techniques below begin with the puppy in a Sit position and the Raiser standing next to the side of the puppy. The Stand position is not to be achieved by picking up the puppy and placing him in a standing position unless the puppy is being placed on a vet table.

TUMMY CIRCLE
1. Move your hand over the top of the puppy's back and place it underneath on his tummy at, or a little bit below, his navel.
2. Apply a slight, circular, upward pressure under the puppy's tummy as if mixing a thick pancake batter by hand. This causes/patterns the puppy to stand.
3. If the puppy starts to Sit, repeat the slight circular pressure. Do not lift or pull the puppy up into a Stand.
4. Praise.
ARM UNDER THE PUPPY
1. Keeping your palm down (parallel to the ground), move your arm under the puppy just in front of his back legs in the tuck area. Your hand will end up on the outer side of the puppy.
2. Lift your arm a bit. When the puppy feels your arm under his body, he will automatically rise.
3. Lower your arm a bit. If the puppy struggles, raise your arm again until he is still.

THIGH SLIDE
1. Palm facing you, slide your hand down the inside of the puppy’s thigh that is closest to you. Continue across the thigh towards the rear, causing the reflex action of standing.
2. *Praise.*
STAND TECHNIQUES

TOUCH THE SPOT
1. This technique is used after successful responses to those techniques on pages 14-15.
2. From either side of the puppy, lightly touch the puppy’s “tuck” (the spot on the torso slightly in front of the thigh).
3. *Praise*.

ON COMMAND ONLY
1. Say "Stand" without touching any part of the puppy. You may cue the puppy to move with either a step forward or a slight forward pull on the collar.
2. *Praise*.

TIP: With these techniques, you may also simultaneously use the puppy's collar to assist in standing. Take hold of the puppy's collar and pull forward with a gentle arcing motion. Using the collar only as a cue works best with older puppies with more experience.
If you have any questions or concerns as you use these Handling techniques, always contact your Leader.

Handlers/Photographers
Leader/Raiser Pat, Raiser Gail, Raiser Trish

Guide Dog Pups Loden, Glee, and Satchmo
101 Things You Didn’t Know Could Harm Your Pet

Make your home a safer place for your pets by keeping them away from the following hazardous household items, plants, foods, objects and trouble areas.

**Household Items**

1. Non-steroidal anti-inflammatory medications (ibuprofen, aspirin, etc.)
2. Acetaminophen (Tylenol)
3. Cold and flu medications
4. Antidepressants
5. Vitamins
6. Home insect products
7. Rat and mouse bait
8. Bleach
9. Diet pills
10. Disinfectants
11. Fabric softener
12. Lead
13. Lighter fluid
14. Mothballs
15. Anti-cancer drugs
16. Solvents (paint thinners, etc.)
17. Flea and tick products
18. Drain cleaners
19. Liquid potpourri
20. Slug and snail bait
21. Oven cleaner sprays
22. Lime/scale remover
23. Fly bait
24. Detergents
25. Tobacco products

**Harmful Foods**

You should never let your dogs or cats eat any of these foods. Be sure to store them where your pets can’t find them.

26. Avocados
27. Chocolate (all forms)
28. Coffee (all forms)
29. Onions & onion powder
30. Garlic
31. Grapes
32. Raisins
33. Macadamia nuts
34. Alcoholic beverages
35. Moldy/spoiled foods
36. Salt
37. Fatty foods
38. Gum, candies, or other foods sweetened with xylitol
39. Tea leaves
40. Raw yeast dough

**Objects**

These household objects can cause puncture wounds, choking, or internal organ damage to your pets. Make sure they aren’t left lying around.

41. Balls (specifically balls that are small or have a smooth outer coating
42. Batteries
43. Bread twist ties
44. Buttons
45. Coins
46. Cotton swabs
47. Glass
48. Hair pins
49. Jewelry
50. Nylons
51. Paper clips
52. Plastic wrap
53. Socks
54. Rubber-bands
55. Sharp objects (knives, razors, scissors, nails, needles, etc.)
56. String, yarn, or dental floss
57. Towels
58. Wax
Plants

Do you have any of these plants in or around your home? If so, make sure they are in places where your pets can’t reach them, or consider getting rid of them altogether.

59. Common Plants

Aloe  Aster Lily  Mountain Laurel
Amaryllis  Elephant Ears  Narcissus
Andromeda Japonica  Emerald Fern  Needlepoint Ivy
Asian Lily  English Ivy  Nephthys
Asparagus Fern  Eucalyptus  Nightshade
Australian Nut  Ferns  Oleander
Autumn Crocus  Fiddle-leaf Philodendron  Panda
Azalea  Gold Dust Dracaena  Peace Lily
Belladonna  Florida Beauty  Philodendron
Bird of Paradise  Foxglove  Poison hemlock
Bittersweet (American & European)  Glacier Ivy  Precatory Bean (rosary pea)
Black Locust  Gladiolus  Privet
Branching Ivy  Golden Pothos  Red Emerald
Buckeye  Heavenly Bamboo  Rhododendron
Buddhist Pine  Honeysuckle  Ribbon Plant
Caladium  Hurricane Plant  Sago Palm
Calla Lily  Hyacinth  Satin Pathos
Castor Bean  Hydrangea  Schefflera
Ceriman  Iris  Striped Dracaena
Clematis  Jerusalem Cherry  Sweetheart Ivy
Cordatum  Jimson Weed  Tulip
Corn Plant  Kalanchee  Water Hemlock
Cycads  Lantana  Wisteria
Cyclamen  Lilies (all Lilium species)  Yew
Daffodil  Lily of the Valley  Yucca
Daylily  Lupine
Devil’s Ivy  Marble Queen
Dieffenbachia  Morning Glory
Dumbcane  Mother-in-Law

Trouble Areas

Dogs and cats are more likely to be injured in these areas of your home. Keep your pets away from these places or watch them closely when they’re near them if you can.

60. Balconies – Tall balconies without safety railings, or railings spaced too far apart, can lead to a dangerous fall.

61. Bath tubs or sinks – Small pets can drown in full bathtubs or sinks.

62. Doors and windows – Dogs and cats can run away if they find an open door or window. They can also get seriously injured if they run across a busy road. Windows should have screens to prevent cats or other pets from falling out.

63. Electrical cords – Your pets can be electrocuted if they bite or chew on electrical cords that are plugged in.

64. Fireplace – Your pets can be burned by the flames or get sick if they eat the ashes.

65. Toilets – Toilet water is not healthy for pets to drink; always remember to close the lid. Make sure you leave plenty of clean, fresh water for your pets if you must leave them home alone.

66. Washer and Dryer – Your pets can crawl into a washer or dryer without your knowledge; close the doors to these appliances when you’re not using them.
Outside the Home

*Make sure your pets are safe as they enjoy the outdoors by keeping them away from these potential dangers.*

67. Algae* – can be found in ponds or other bodies of water; certain forms can be toxic.
68. Antifreeze/Coolant* – some types of antifreeze or coolant products contain ethylene glycol, which is highly toxic to dogs and cats, even in small amounts.
69. Fire pit/Grill – Flames can result in serious burns and ashes can cause illness if ingested.

70. Fences or gates – Your pets can run away if they find openings in damaged fences or gates. They can also get hurt or strangled if they get stuck.
71. Deck lattice – Your dogs or cats can get stuck in the openings under your deck and possibly be strangled.
72. De-icing salts – Some formulations may contain chemicals that are hazardous to pets if ingested in large amounts. Look for “pet-friendly” de-icing salts.
73. Compost (particularly if moldy)
74. Gasoline*
75. Oil*
76. Pesticides*
77. Cocoa bean shell mulch fertilizer*
78. Swimming pools and hot tubs – Never leave your pet unattended near uncovered pools, even if they can swim.

*All contain chemicals that may cause serious illness depending on the circumstances of exposure.

Holiday Hazards

*Help your pets enjoy the holidays safely by keeping them away from potential problems on these special days.*

79. Alcohol – alcoholic beverages are toxic to pets and should NEVER be given to them during the holidays or at any other time.

Valentine’s Day

80. Flowers and Candy – Many types of flowers and plants found in bouquets are harmful to dogs and cats if they are ingested (see our list of hazardous plants).

Easter

81. Fake grass – This colorful “grass” may look appetizing to your pets, but it could cause them to choke or obstruct their intestines if ingested.
82. Small toys and other plastic items – If swallowed, small toys and plastic Easter eggs can cause your pet to choke or even damage their intestinal tracts.

4th of July

83. Fireworks – Fireworks can scare your pets making them run off, or cause serious injuries if detonated near them. Many formulations are also toxic if ingested.
Halloween

84. Repeatedly opening doors to greet trick-or-treaters can increase the chances of your pets running out. Keep an eye on their whereabouts at all times. If feasible, keep cats in a secure area or closed room when opening doors.
85. Candles – Pets are naturally curious, and may be attracted to the bright lights of the flame in dark areas. Dogs and cats could either burn themselves by the flame or knock the candle over, starting a fire.
86. Xylitol – Candy or gum sweetened with xylitol is toxic and should be kept away from your pet.
87. All forms of chocolate can be harmful to your pet, potentially resulting in poisoning or even pancreatic inflammation from the high fat content.

Thanksgiving

88. Bones – Turkey, chicken, and other small animal bones are very different from the large bones you find at the pet store. These small bones splinter easily and can cause serious internal damage if swallowed, so NEVER give them to your pet.
89. Hot containers – Your dog or cat will most likely become curious when they smell something cooking. Keep an eye on hot containers so that your pet does not tip them over and get burned.

Christmas

90. Holiday plants – Christmas Rose, Holly, Lilies and Mistletoe are all toxic to dogs and cats.
91. Ribbons – It may look adorable, but placing a ribbon around your pet’s neck may cause them to choke.
92. Bubbling lights – Older forms of this attractive decoration may contain methylene chloride, which is a highly toxic chemical.
93. Fire salts – Contain chemicals that could be harmful to pets.
94. Angel hair (spun glass) – Can be irritating to the eyes and skin, and could cause intestinal obstruction if eaten in large amounts.
95. Christmas tree water – Stagnant tree water or water containing preservatives could result in stomach upset if ingested.
96. Decoration hooks – Can cause blockage and/or trauma to gastrointestinal tract if swallowed.
97. Styrofoam – Can cause your pets to choke if swallowed.
98. Ornaments – These can look like toys to cats and dogs, but they can cause serious injury, especially if your pets break or swallow them.
99. Tinsel – Can cause choking or internal trauma if swallowed.

New Year’s Eve

100. Balloons and Confetti – These fun New Year’s party decorations can cause your pets to choke or obstruct their intestines if ingested. Keep an eye on your pets when they’re around these items or move them to an area that is not decorated.
101. Loud noises – New Year’s is typically a noisy holiday. Unfortunately, loud noises frighten pets and can cause them to run off. Keep your pets in a separate room, away from noisemakers, music, and other loud sounds that may startle them.
YOUR CHOICE Affects Your Dog's Choice.
A case of BARKING at other dogs

1. You think: My dog is looking at the other dog. She must want to say hello!
   Your dog thinks: He is staring at me. This is scary. He might attack me. I can't look away.

2. Don't be shy! It's OK! He wants to be your friend. Say hi to him!
   Your dog thinks: What is my mom thinking? I am scared! But I have no way to escape when she is holding onto this leash.

3. Get away from me!!!
   You think: What bad manners! She needs to be punished to understand this is bad behavior!
   Your dog thinks: My mom is angry! This is scary! It must be because of that dog approaching us. Next time when I see a dog, I will bark and growl much earlier!

4. Stop it! Bad dog!!!
   Your dog thinks: Stay away! Or else!!

Dogs don't always want to greet and/or play with other dogs even if they look at another dog. When they feel fear, they may find it hard to turn away. You can choose to help your dog feel safer and prevent undesirable behavior.

Let's go over there!

In the early stages, Help your dog keep distance from other dogs, or help your dog focus on something else that is pleasant - treats, a toy, or you - to avoid escalating her fearful and excited feelings. If your dog is unable to look away from the other dog and continues to react, then she needs more distance and more help. Please talk to a professional trainer using science and reward-based dog training techniques.

Your dog can make better choices if you make better choices!
Let's learn more about dogs and positive reinforcement training!
YOUR CHOICE Affects Your Dog's Choice.

GRRRR

- A case of GROWLING to guard a toy -

YOUR CHOICES

Do nothing

Understand your dog's feelings, play for a WIN-WIN outcome

Punish the behavior
Take away the toy

STEP 1. Follow this procedure:
1. Show a treat and say “Give me your ball”
2. Wait for him to voluntarily open his mouth to let go of the toy
3. Say “Good Boy!” and throw a treat away from the ball
4. Throw the ball!

YAY!!

YOUR DOG THINKS:
When I give up my ball, good things happen!
My person doesn’t mean to rob me of my ball.

YOUR DOG THINKS:
I told my person I was uncomfortable. He did not acknowledge my feelings.

YOUR DOG LEARNS:
I should growl when I feel uncomfortable

YOUR DOG LEARNS:
I have nothing to lose when giving up my ball to my person. Good things happen.

YOUR DOG WILL GROWL WHENEVER HE DOESN'T WANT TO DO ANYTHING

YOUR DOG WILL CHOOSE WORSE BEHAVIOR

IT'S MINE!!

SURE!

Your dog can make better choices if YOU make better choices!
Let's learn more about dogs and Positive Reinforcement Training!

The most common cause for nuisance behaviors in dogs is boredom. Dogs are social creatures and crave attention and affirmation.

Ignoring a dog for long stretches at a time and then reprimanding him for seeking attention is counterproductive. Reprimands are a form of attention. Behaviors that earn the dog attention will increase in frequency. Reprimands only confuse the dog.

1. **Keep your dog busy: give him something to do.**
2. **When you take breaks, (please) don’t forget to pay attention to your dog.**
3. **Teach/reward your dog to relax on his bed.**
4. **Give your dog exercise, play and mental stimulation every day.**
Behavior is a constantly evolving true science just like internal medicine, oncology and human psychology. To change a pet’s behavior requires a dedicated owner and a patient professional team. The team may consist of your veterinarian, a trainer, a behaviorist, etc.

It is important to realize that though anyone may call themselves a “trainer”, a “dog/cat whisperer”, a “dog/cat psychologist” there are actually very few truly qualified and up-to-date experts. Even recently graduated DVMs have been known to institute the “puppy roll” in an attempt to show the fearful pup dominance. This is no longer recommended by true behaviorists and can have dangerous and unintended consequences. Though entertaining, some of Cesar Milan’s techniques are outdated and can set some patients back in their therapy.

Within any profession, there are individuals that have varying level of interest and competency. Although a veterinarian may be a fantastic dermatologist, they may be a terrible trainer. Alternatively, a trainer may be great with your dog but they may not be so good with cats.

In today’s society, we have repeated requests for places that clients can send their pet to be trained. The metroplex has an abundance of these places that range from terrible to acceptable. Notice, NONE are terrific. Training pets is 99% training pet parents! This is not the best way to approach most pets training or behavior issues. The best way is a SMALL class with a certified trainer that you communicate well with people and pets. The same techniques are not effective with all people or pets and you may have to try several before you find the correct match.

With significant behavior issues such as aggression, society and liability issues may require the professional to inform you in writing that your pet is dangerous or label the patient’s medical report to inform staff. As pet lovers/parents these alerts and notices can be very difficult to hear/read and acknowledge. Please be assured that these actions are taken out of necessity to keep people safe, pet parents from being mis-informed and pets from being un-necessarily quarantined.

A local board eligible veterinary behaviorist is Amanda Florsheim, DVM 214-663-4022

Behavior Resources

www.apdt.com - association of pet dog trainers - has other references, CDs and can search for trainers by zip code
The best TV show - “It’s Me or The Dog” - Victoria Stilwell - she also has a book and a website http://positively.com
http://abortonline.org/videos.php - an excellent source of videos and articles on many common issues
http://www.essentialx.com - a DVM author who champions the low stress handling we encourage
http://texasvetbehavior.com - the only FT Texas veterinary behaviorist, located in the Houston area, accepts referrals

“Don’t Shoot the Dog! The New Art of Teaching and Training” by Karen Pryor
“The Power of Positive Training” by Pat Miller
“The Other End of the Leash” by Pat McConnell
“Fight! A Guide to Dog-Dog Aggression” by Jean Donaldson
“The Culture Clash” by Jean Donaldson
“Feeling Overnumbered? How to Manage and Enjoy Your Multi-Dog Household” by Karen B London and Patricia McConnell
“Control Unleashed - Creating a Focused and Confident Dog” by Leslie McDevitt
“Click to Calm Healing the Aggressive Dog” by Emma Parsons
“Fiesty Fido” by Patricia McConnell and Karen London
“Living with Kids and Dogs ....Without Losing Your Mind” by Colleen Pellar
“How to Behave So Your Dog Behaves” by Sophia Yin
“Animals Make us Human: Creating the Best Life for Animals” by Temple Grandin
“Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior” by Temple Grandin
“Way to Go! How to Houstrain a Dog of Any Age” by Karen London
“Parenting Your Dog” by Trish King
“Canine Body Language: A Photographic Guide to Interpreting the Native Language of the Domestic Dog” by Brenda Aloff

For Cats:
“Getting Started: Clicker Training for Cats” by Karen Pryor
“Here Kitty, Kitty” by Catherine Crammer
CALM and RELAXED? or SHUT DOWN?

Calm, attentive, responsive

- Ready for incoming signals!
- All cool, slow down, ok?
- Ok
- Soft faces and bodies, wiggly
- Belly rubs!
- Lying down, OFFERING belly, soft and wiggly body
- This is a positive memory!
- Responding to handler and environment, free and easy body movement

Frozen, unresponsive

- Tucked in, staying very still
- Help. Need space
- Lying down, OVERWHELMED ("Flooded")
- "whale eye" Ears pinned
- Tense face and body
- Lying down, FORCEFULLY RESTRAINED to have belly exposed - stiff scared
- Staying very STILL, guarded posture
- Tail tucked
- Overwhelmed, unresponsive and avoidant
- It's useless.

Body Language References

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CRATE TRAINING – A SAFE HAVEN FOR YOUR DOG

**Why might my dog need to be confined?**
Dogs are highly social animals that make wonderful pets. They can be effective as watchdogs, are excellent companions for play and exercise, and are sources of affection and comfort. However, with the lifestyle and schedule of the majority of families, dogs must learn to spend a portion of the day at home, while their human family is away at school, work, shopping or engaging in recreational activities. During those times when you are away and unavailable to supervise, the pet may still feel the need to chew, play, explore, eat, or eliminate. These behaviors can be very distressing and damaging to the home. Confining your dog to a play area with its toys is akin to putting a young child in its playpen; while teaching your dog to relax and sleep in its crate or bed would be similar to putting your baby in its crib when its time for bedtime or a nap.

**How can this misbehavior be prevented?**
Preventing inappropriate behaviors when you are absent involves both scheduling and prevention. Scheduling means insuring that the pet has had the opportunity to play, eat, and eliminate before you leave it in its confinement area or crate. By maintaining a regular daily routine and timing your departures (or other daily commitments) at a time when your dog would normally be napping or playing with its own toys, there should be minimal resistance to confinement. Prevention involves keeping the pet in a confined area where it is secure, safe, and can do no damage to itself or your possessions.

**What are my options for confinement?**
Depending on the structure of your home, it may be possible to confine your dog to a limited portion of your home, by closing a few doors, or putting up some child gates or barricades. The dog can then be allowed access to the remaining areas of the house. Another option is to use avoidance devices that keep the pet away from selected areas (see our handout on ‘Behavior management products’). If dog-proofing is not possible when you have to leave your dog unsupervised, you might need to confine your dog to a single room, pen, or crate. This smaller confinement area not only provides safety for the dog and protection of the home from damage, but also provides a means of teaching the dog what it is supposed to chew, and where it is supposed to eliminate i.e. setting up for success rather than attempting to punish what might be undesirable, but normal play, exploration, scavenging or elimination.

**Isn’t crate training cruel?**
Crate training is neither cruel nor unfair. On the contrary, leaving the dog unsupervised to wander, investigate, destroy, and perhaps injure itself is far more inhumane than confinement. Insure that the crate is large enough for your dog to stand, turn and play with its toys. Proper
timing and scheduling can help your dog to adapt. Be certain that your dog has had sufficient play, exercise, attention, and an opportunity to eliminate before confinement, and that you return before the dog next needs to eliminate. Ideally the pet should be placed in its crate at times of the day when it is due for a nap, or when it normally amuses itself by playing with its own toys. Although confinement should be used when you cannot supervise your dog, when you are at home you must try to keep the pet with you (except during the pet’s nap times), as this is the only way to train and reinforce desirable behavior and direct the pet away from undesirable behavior. Be sure not to require your pet to be confined longer than wait to eliminate.

**What are the benefits of crate training?**
Confinement training has many benefits. It keeps your pet safe and prevents damage to household possessions. The crate also provides a place of security; a comfortable retreat where the dog can relax, sleep, or chew on a favorite toy. Confining the pet to a crate or room, when the owner is not available to supervise can immediately prevent behavior problems. If the puppy is crated when it is napping or playing with its own toys, the risk for over-attachment and separation anxiety might be reduced. While in the crate the puppy learns to spend time away from the owners napping or engaging in play behavior When you are at home, supervision and rewards can be used to prevent undesirable behavior, and to teach the dog where to eliminate, what to chew, and what rooms and areas are “out of bounds.”

**Will cage confinement help with house-training?**
Crate training is one of the quickest and most effective ways to house-train a dog. Since most dogs instinctively avoid eliminating in their sleeping and eating areas, dogs that use their crate as a bed or “den” will seldom eliminate inside unless they have been left in the crate for too long or they are excessively anxious when confined. Crate training can also help teach the dog to develop control over its elimination. As soon as your dog is released from its crate, take it to the designated area and reward elimination at acceptable locations. Since the crate prevents chewing, digging, and elimination on the owner’s home and property, owners of crate trained puppies have fewer behavior concerns, the puppy receives far less discipline and punishment, and the overall relationship between pet and owner can be dramatically improved. For further details see our Puppy – Housetraining Guide.

**Will the crate provoke barking?**
The crate can also be a useful way to reduce or eliminate distress barking. Rather than locking the puppy up and away from the owners at nighttime or during mealtime, the puppy can be housed in its crate in the bedroom or kitchen. In this way the puppy cannot get into mischief, and is less likely to cry out or vocalize, with the owners in the room. Of course if the puppy is not napping and you are available to supervise your puppy should be out and about with you watching closely to insure that it comes to no harm and does not get into mischief. Distress vocalization is far more likely for owners that lock their puppy out of harms way in a laundry or basement with no access to them. When and if the owner then goes to the puppy to quiet it down or check it out, the crying behavior is rewarded.

**Are there other benefits to caging?**
Throughout its life, whether traveling or boarding, your dog may require crate confinement for varying periods of time. Dogs that are comfortable with crating are more likely to feel secure, and far less stressed, should caging be required. By bringing along the dog’s bedding or its own crate for boarding or veterinary visits, the pet may feel even more settled and relaxed.

**PUPPY CRATE TRAINING**
What type of crate or confinement area works best?
A metal, collapsible crate with a tray floor works well, as long as the crate is large enough for the dog to stand, turn, and stretch out. Some dogs feel more secure if a blanket is draped over the crate. A plastic traveling crate or a homemade crate can also be used. Playpens or barricades may also be successful as long as they are indestructible and escape proof.

Where should the cage be located?
Because dogs are social animals, an ideal location for the crate is a room where the family spends time such as a kitchen, den, or in a bedroom where the dog might sleep at night.

How can crating or confinement become a positive experience?
Most dogs quickly choose a small area, such as a corner of a room, in a dog bed, or on or under a couch, where they go to relax. If your puppy has just recently been adopted from the breeder, kennel or pet store, crate training should be relatively easy, since your puppy is likely already accustomed to sleeping in a pen or crate. The key to making the crate the dog’s favorite retreat and sleeping area, is to associate the crate with as many positive and relaxing experiences and stimuli as possible (treats, chew toys, bedding) and to place the dog in its cage when playing with new toys, during scheduled rest and sleep periods or even as a feeding area. You must therefore plan and be aware of the dog’s schedule, including its needs for exploration, play, food, and elimination, so that the dog is only placed in its cage, when each of these needs is fulfilled. You must then return to the dog to release it from its cage before the next exercise, feeding or elimination period is due. A radio or television playing in the background may help to calm the dog when it is alone in its cage, especially during the daytime. These may also help to mask environmental noises that can stimulate the dog to vocalize. The crate should not be used for punishment.

How do I crate-train my new puppy?
Introduce the puppy to the crate as soon as it is brought home and as early in the day as possible. Place a variety of treats in the cage throughout the day so that the puppy is encouraged to enter voluntarily. Bedding, toys and water can also be offered to the puppy in the open cage. Food might also be placed in the pen or crate if you wish to also designate it as a feeding area.

Choose a location outdoors for the puppy to eliminate. Take the puppy to the location, wait until the puppy eliminates, and reward the puppy lavishly with praise or food. After some additional play and exercise, and when you feel its time for your puppy to take a nap (or when you see your puppy begin to settle down for nap), place the puppy in its crate with water, a toy and a treat and close the door.

If the puppy is tired and calm, it may take a “nap” shortly after being placed in its crate. If not, be certain to provide a few novel and stimulating toys or chews for play. In this way the crate serves one of two functions – as your puppy’s bed (crib) or your puppy’s play area (playpen).

Leave the room but remain close enough to hear the puppy. Escape behavior and vocalization are to be expected when a dog is first placed into its crate. If the “complaints” are short or mild,
ignore your puppy until the crying stops. Never release the puppy unless it is quiet. This teaches that quiet behavior, and not crying will be rewarded. Release the puppy after a few minutes of quiet or a short nap.

A brief disruption may be useful to deter crying if it does not subside on its own. A shaker can (a sealed can filled with coins or marbles) can be tossed at the crate when the pup barks. Other methods include water sprayers or alarms (audible or ultrasonic). The owner should remain out of sight. By plugging in an alarm, tape recorder, or hair dryer beside the crate and turning it on with a remote control switch each time the dog barks, the dog can be taught that barking has unpleasant consequences whether the owner is present or not. When the barking ceases, the disruption is stopped. Bark collars and alarms that are activated by the barking are also available for persistent problems. These techniques must be used with caution, since it can exacerbate the vocalization problem of a very anxious pet.

Repeat the cage and release procedure a few more times during the day at each naptime and each time your puppy is given a toy or chew with which to play. Each time, increase the time that the dog must stay in the crate before letting it out. Always give the puppy exercise and a chance to eliminate before securing it in the crate.

At bedtime, the dog should be exercised, secured in its crate, and left for the night. Do not go to the dog if it cries. Remote punishment can be used to deter crying. The crate might remain in the same place as it has been during the day, or might be moved (or a second crate used) to the bedroom.

If the pup sleeps in one end of its crate and eliminates in the other, a divider can be installed to keep the puppy in a smaller area providing the puppy is not required to spend more time in the crate than it is capable of holding its urine or stool. If the puppy must eliminate, it does not matter how small the area is; the puppy will have to eliminate.

Never leave the puppy in its crate for longer than it can control itself or it may be forced to eliminate in the crate.

If the pup must be left for long periods during which it might eliminate, it should be confined to a larger area such as a dog-proof room or pen, with paper left down for elimination. As the puppy gets older, its control increases and it can be left longer in its crate.

Although there is a great deal of individual variability, many puppies can control themselves through the night by 3 months of age. During the daytime, once the puppy has relieved itself, a 2-month old puppy may have up to 3 hours control, a 3-month puppy up to 4 hours, and a 4 month old puppy up to 5 hours.

A crate is not an excuse to ignore the dog!

CRATE TRAINING ADULT DOGS

What is the best technique for crate training older pets and adult dogs?

For adult dogs or older puppies that have not been crate trained previously, set up the crate in the dog's feeding area with the door open for a few days. Place food, treats, and water in the
crate so that the dog enters the crate on its own. Another alternative is to place the crate (or a second crate) in the dog's sleeping area with its bedding. Once the dog is entering the crate freely, it is time to close the door for very short periods of time. Some dogs might do better if a pen, or confinement area with barricade (child gate).

Using the same training techniques as for ‘sit’ and ‘stay’ training, have the dog enter its crate for short periods of time to obtain food, treats, or chew toys. Once the pet expects treats each time it enters the crate, train the dog to enter the crate on command (e.g. kennel!), and have the dog remain in the kennel for progressively longer periods of time, before the dog is allowed to exit. Give small rewards each time the dog enters the cage at first, and give the dog a favored chew toy or some food to help make the stay more enjoyable. At first, the door can remain open during these training sessions.

When the dog is capable of staying comfortably and quietly in the crate begin to lock the dog in the crate at nighttime. Once the dog sleeps in the crate through the night, try leaving the pet in the crate during the daytime. Try short departures first, and gradually make them longer.

Is crate training practical for all dogs?
An occasional dog may not tolerate crate training, and may continue to show anxiety, or even eliminate when confined. These dogs may adapt better to other types of confinement such as a pen, dog run, small room, or barricaded area. Of course, if the dog is being left alone for longer than it can control (hold in) its elimination, it will be necessary to provide an area much larger than a cage, so that the pet has a location on which to eliminate, away from its food and bedding.

Continued anxiety, destruction or vocalization when placed in the crate may indicate separation anxiety. The intervention of a behaviorist may be needed.
CHILDREN AND PETS

The birth of a baby or adoption of a new child is associated with a great deal of anxiety, excitement, and stress for not only the family, but also the family pet. Some dogs and cats can have a difficult time adjusting to these changes, especially if this is your first child, but preparation and planning will help.

How is my pet likely to respond to the new arrival?
There are so many different variables that it is impossible to accurately predict the way that any pet might get along with children. However, there are considerations that give some insight into how your pet might react.

How much exposure has your pet had previously to children? How has your pet reacted when it has been exposed? The most serious concern would be with a pet that has previously reacted aggressively or fearfully with children. If there have been previous problems you should consult with a veterinary behaviorist to determine the situations that have previously led to aggression, and the safest way, if any, to make the transition. If the pet’s previous problems were with a specific child, a specific age group or under specific circumstances, it may be possible to design a program that emphasizes safety and works to adapt the pet gradually to stimuli and situations that are similar to the previous situations in which the pet was aggressive to a child. A desensitization and counter-conditioning program (see our handout on behavior modification) may improve or resolve the pet’s anxiety prior to the arrival of the child. In addition, there must be a means for physically and verbally controlling the pet so that safety can be insured when the child and pet are together.

The next most serious concern is the pet that has had little or no exposure to young children or babies. Without any prior experience it is difficult to predict how the dog may react. A lack of early socialization to children may lead to some initial anxiety or fear associated with the sights, sounds and odors of the new child. If there are no unpleasant experiences when the child first arrives, and the first few introductions are made positive, there may be no problems. Even if a pet has shown no previous problems when interacting with children, keeping all introductions positive will help to get the relationship between your pet and your new child off to a good start.

One final concern is the growth and development of your child. As your child progresses from being carried to one that rolls, crawls, and begins to walk, and so on through childhood, some pets may have trouble adapting to one or more of these changes. Fear, dominance challenges, possessive displays, and playful behaviors could result in aggression. Anxiety or fear could lead to anorexia, compulsive disorders (e.g. flank sucking, acral lick dermatitis), or destructiveness (e.g. house-soiling, marking, chewing, digging). Remember, regardless of how your pet may
respond, a dog and a young child should never be left alone unsupervised.

**What can we do to prepare for the new arrival?**

Behavior problems (destructiveness, house-soiling, compulsive disorders, increased demands for attention, generalized anxiety) may not develop directly from the arrival of the child, but rather from the changes in the household, associated with the new arrival. With nine months or more to prepare for a baby’s arrival, the best way to minimize problems and help the pet to cope is to make changes gradually so that they have been completed prior to the arrival of the child. Consider any changes that you may need to make in the pet’s schedule, housing, play, exercise, or attention, so that adjustments can begin to be made well before the baby’s arrival. Design a daily routine of social times and alone times that can be practically maintained after the baby arrives. Be certain that the program meets all of the dog’s needs for physical activity, social contact and object play / chew toys. Set up the nursery in advance and if the pet is to be kept out of the room, access should be denied before the child’s arrival. Otherwise, if your intention is to allow your pet to continue to enter the room when supervised, begin to accompany your pet into the nursery, so that it can adapt to the new odors and new setup. The dog should be allowed to investigate the baby’s room, blankets, and new furniture, and praised or given a small food treat so that it can develop a positive association with each of these new cues.

For dogs, reviewing or upgrading obedience skills is essential so that you can safely and effectively control your dog in all situations (see our handout on learn to earn). Obedience training should be reviewed every day, in a variety of locations and circumstances. Practice each command in different rooms of the home, in the yard, while out on walks, and when visitors come to the home. Concentrate on those commands that are presently the least successful, using prompts and rewards to achieve success and then gradually shaping the response so that the pet stays for progressively longer times, comes from greater distances and will heel and follow even when there are distractions. Any existing behavior problems should be resolved before the arrival of your baby. Using a head halter will facilitate control and the learning of these tasks.

**Is crate training advisable?**

It also might be prudent to teach your pet how to be comfortably confined in a safe, secure and relaxing area. With new children in the home, unexpected visitors and the other disruptions that go with a changing household it would be beneficial if the dog were able to be placed in another location without showing distress or anxiety. Start with teaching the dog how to settle on command (see our handout on teaching settle) in a comfortable and out of the way location. Once the dog can do this well, try placing a baby gate on the doorway while you are also in the room but occupied doing other things such as watching television or reading. It might help to provide the dog with a stuffed chew toy to make the time more enjoyable. Once the dog can stay with you in the room for a long period of time, try sitting just on the other side of the gate. Finally, slowly move your chair down the hallway so that the dog can learn to remain calm and comfortable as you move away. Be sure to vary the time the dog is confined prior to be released and only release the dog when it is calm and quiet, never when it barks and whines. The goal is for the dog to learn how to be comfortable in a separate, safe and secure location without you while you are home. (Also see our handout on crate training)
Are there more specific preparations that I can make as the time of arrival approaches?

Some pets might become anxious of, or fearful toward, any of the new and different stimuli associated with the sights, sounds, or odors of the new child. New activities associated with childcare can be practiced in front of pets so that they can become familiar with them. Tape recordings or videos of babies crying, holding a doll wrapped in a blanket, taking your dog for a walk beside a stroller or baby carriage, or even going through the motions of changing a diaper and applying baby powder will simulate some of the experiences to which your pet will soon be exposed. If there is any sign of anxiety associated with any of these situations, then more formal reward-based training should be practiced and repeated until the pet exhibits no problems in the presence of the stimuli. By providing a favored chew toy, giving a food reward, or providing extra affection during these activities, your pet may actually learn to enjoy these new stimuli.

Once your pet shows no fear or anxiety in some or all of these situations, you may want to enlist the help of some friends or relatives with young children. Dogs can be taken for a walk while the child is rolled in the stroller or carriage. A baby can be carried around the home or nursed in the presence of the dog and children should be encouraged to play at the opposite end of a room or yard from where the dog is situated. The dog must be well controlled, preferably with a leash and head halter, and given food rewards and/or play to keep the association positive. A wire-meshed or plastic basket muzzle could also be applied to ensure additional safety, especially when being exposed to new situations. By the end of the visit it may even be possible to let the dog interact with the child but only if it remains friendly and shows no fear or anxiety.

Is there anything special I should do for my cat to prepare for the arrival of a child?

For cats, the most important adaptation is to any changes that will be needed in the cat’s home. Although fear and anxiety to the sights and sounds of a new baby are possible, adapting to changes in the household are often the most trying for cats. For example, obtaining new furniture, altering the cat’s feeding, sleeping, elimination or play areas, and trying to keep the cat out of certain locations such as the crib, should all be considered before the arrival of the baby. To reduce the chances of the cat marking new furniture, the first few introductions to the new areas should be well supervised. Once your cat has investigated and rubbed against the new furniture, spraying is far less likely. Similarly, when the crib or cradle is first set up, the cat may wish to mark the area, or investigate, or even to sleep in the crib. Booby trapping areas (see our handout Controlling undesirable behavior in cats – the role of punishment) can teach the cat to stay away from the areas of concern, well before the baby arrives in many situations pheromones can help keep the cat calm and prevent spraying.

Remember, each of these techniques are intended to help the pet adapt to changes in the household or lifestyle before the arrival of the baby. Once the baby arrives, there will be far less time to deal with the needs of the pet, and there will be additional variables to which your pet will need to adapt. Even if your pet does begin to exhibit fear or anxiety, during this pre-arrival training, such anxiety will not be associated with the presence of the child. The cat will have no reason to develop animosity to the new child.
**What should be done when the baby arrives?**

Progress gradually, avoid any situations that might lead to fear, anxiety or discomfort in the baby's presence and make all associations and experiences in the baby's presence positive. Maintain or even increase the amount and type of training, exercise, and play. When necessary use your pre-trained confinement area when you need to concentrate on the baby without interruption.

Even a curious and affectionate pet may have some problems adjusting to the new arrival. Jumping up to greet when the baby is being carried, barking during the baby's sleep or nap times, raiding the diaper pail, licking the baby's face, or cuddling up to sleep against an infant who is still unable to shift position are just a few of the concerns and potential problems that pet owners may need to deal with. Keep your pet's nails well trimmed. Supervise all interactions between the pet and baby. Keep the pet out of the baby's room during nap and sleeping times. Ensure that your dog is well controlled and responsive to obedience training commands. For some dogs, leaving a leash attached (preferably to a head collar) is a useful way to ensure additional control.

The most important aspect of retraining is to reward the pet for obedient and relaxed behavior in the presence of the child. In many households there will be less time and energy available for the pet. While focused on the child, or attending to the chores associated with parenthood, the pet may be ignored, disciplined for approaching too close, or confined to a different area of the home. Your pet may still receive its play, exercise, affection, food and attention, but often not until the baby is finally asleep or is under the care of some other family member. Many pets soon learn that the presence of the baby is a time for inattention, confinement, or even punishment, while the absence of the baby is a cue for "good things" to happen. This must be reversed. Every effort should be made to allow the pet into the room for food, play or affection when the baby is present. Feed the pet when the baby is being fed, or have another family member give affection to the pet, play with the pet, or do some reward training (stay, go to your mat) when the child is in the room. Take your dog outdoors for play or a walk when you are taking the child out. The goal is to teach the pet that positives or "good things" are most likely to happen in the presence of the child and to avoid any negative association with the child.

**What should be done if aggression arises?**

Such behavior is very upsetting, regardless of its reasons. An immediate decision on whether to keep and work with the pet or remove it from the home must be made. Dogs targeting children may be motivated by fear, dominance, possessive, redirected, playful or predatory aggression. Such aggression (particularly predatory and fear) may arise immediately when the child is brought into the home, or may begin as the child becomes more mobile (e.g. fear, predation, possessive, play) or when the child grows a little older and begins to challenge the dog (fear, dominance, possessive, play). Cat aggression toward children can be fear-induced, redirected, territorial, or play/predatory. For most aggression cases, especially those directed toward children, the guidance and advice of a behaviorist is strongly suggested since it will be necessary to make an accurate diagnosis, determine the prognosis (the chances of safe and effective treatment) and guide you through a treatment program. Although some cases may be treated quickly and safely, most cases require extensive precautions to prevent injuries and a great deal of time, effort and commitment. Regardless of reason for aggression, biting dogs should be leashed (attached to the owner) preferably with a head collar, muzzled and closely supervised or crated in the presence of small children. Aggressive cats should be confined away from small children except when they are in a carrier, on a leash and harness, or well supervised and either calm or otherwise occupied with food or toys. For a discussion of specific
types of aggression ask for our other handouts.

**How can I teach my children to be safe around pets?**

Although there are no rules that will guarantee safety, there are important guidelines that can be followed to reduce the chances of problems and the risk of injury. The first rule of thumb is to avoid doing anything to the dog that you might not want your child to do. This would include physical punishment, rough play, or teasing. Children must be taught how to interact with and handle their family pet including how to approach, pat or lift small pets. Wherever possible, play sessions and training should include the children with the supervision of a parent. This can begin from the time the dog is a puppy by attending puppy classes and obedience classes that include all members of the family. If the pet has not previously exhibited possessiveness of food or toys, the adults can practice with the children approaching the dog at its food bowl, patting and giving favored treats, along with teaching the give or drop command for favored treats. It may be best to use a leash and head halter during this training if there is any concern that the dog might resist or become anxious.

While your dog may appear to tolerate or even enjoy handling from people of all ages, you must teach your child how to meet, greet and handle animals. The child will be safest if taught to avoid hugging, tugging on the leash, collar or tail and handling around the eyes, ears and muzzle. Even if the dog is familiar it is best to avoid reaching toward the head or face-to-face greetings.

Children must also be taught that strange pets may not behave in the same way as their family pet. A simple rule is that the child should NEVER approach another family’s pet without being given permission and then to approach slowly and avoid reaching for the head and face. Children should be taught to avoid pets entirely if they are displaying any signs that might indicate fearfulness (shaking, ears back, tail between legs, crouch, trying to escape) or aggression (growling, showing teeth, barking, hair standing on end). Although most children would be tempted to run away from an aggressive dog, they should be taught to stand still like a tree, with the arms against the body, and avoid eye contact and yelling or screaming. If the child is on the ground they should curl up and cover their head and ears with their arms and fists, and remain still until the dog moves away. Any threatening dog or bite should be immediately reported to an adult.

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This client information sheet is based on material written by Debra Horwitz, DVM, Diplomate ACVB & Gary Landsberg, DVM, Diplomate ACVB

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CLASSICAL (PAVLOVIAN) CONDITIONING

BEFORE
- CS = Conditional Stimulus
- Neutral signal
- No emotional meaning
- NO RESPONSE

US = Unconditioned Stimulus
- Trigger for hardwired emotions related to survival
- REFLEX: SALIVATION

DURING
- CS + US
- Reflex or Respondent Behavior
- repeat many times

AFTER
- Antecedent/Trigger
- Conditioned Response
- LIKE!

CLASSICAL COUNTER CONDITIONING

BEFORE
- TRIGGER
- FEAR: barking, growling
- JOY, ANTICIPATION

DURING
- TRIGGER
- FEED HIGH VALUE TREAT
- *Every single time, 1-2 secs AFTER dog sees/hears trigger
- random intervals, many times

AFTER
- TRIGGER
- FEAR REPLACED WITH JOY
Counterconditioning: Fear of Fireworks

1. PREPARE IN ADVANCE: Use low volume recorded noise to start.
2. Use a high value (very delicious) known food.
3. Timing is important. The eating comes AFTER the aversive stimulus.

START EARLY to make it easier for your dog

COMMON MISTAKE
When GOOD STUFF comes BEFORE THE SCARY STUFF, the food can be associated with the bad stuff and lead to stress/nausea for the dog. This also does not change the dog's fear of fireworks.

DISCLAIMER: This is a rough guide. Please work with a professional.
Does My Dog Love Other Dogs?

Just like people, dogs have different levels of tolerance for other dogs.

As a dog matures, he or she will often quite naturally become less social and tolerant. There are many developmental changes that happen between sexual and social maturity, and most dogs will continue to display these changes until two to three years of age. Proper facilitation of dog-dog introductions and friendships can change your dog’s sociability for the better over time, and bad experiences can quickly make things worse. Good leadership and direction is important to set your dog up for success with their species.

**DOG SOCIAL**
I generally LOVE all dogs, even the ones who get in my face and do rude, annoying stuff. I am either a PUPPY or a VERY SOCIAL ADULT.

*Most puppies start here*

**DOG TOLERANT**
I get along with most dogs. I am generally tolerant of rude behavior, and stay pretty calm on leash. I’m cool and relaxed, and have good communication skills.

**DOG SELECTIVE**
I have dog friends but am picky about new dogs. Seeing unfamiliar dogs when I am on leash is really stressful. I don’t cope well with some types of dogs or styles of interaction. I need human supervision, positive guidance, and proper introductions.

**DOG AGGRESSIVE**
NOPE. Not into other dogs. If I have to select 1 or 2 dog friends, I am super sensitive around them too, and may act like a jerk when triggered. I need extra management and patience from my humans, whom I love more than dogs!

DISCLAIMER: the percentages are very rough and fluid estimates.

A dog's social tolerance changes over time and is flexible and manageable!

#adoptdontshop #respectfordogs

Source: paws4udogs.wordpress.com/2017/02/16/understanding-dog-dog-sociability
Signals

- Alert
- Scared
- "Please..."
- "Peace!"
- Nose lick
- (Big yawn)
- "Peace!"
- "Peace!"
- I'll be no threat
- I'll be no threat
- I'll be no threat
- Curve
- Wiggle
- Let's play!
- Submission
- Cute harmless puppy
- You will give me attention or food
- Ears flat round face
- Don't get mad, Dad...
- Head turn
- Mmm... pepperoni stick...
HOW NOT TO GREET A DOG

Most people do this stuff and it stresses dogs out so they BITE!
I don’t care how cute you (or your kid) think Boogie is. Please show him some respect.

1. DON’T
   Lean over the dog & stick your hand in his face

2. DON’T
   Lean over the dog & stick your hand on top of his head

3. DON’T
   Grab or Hug him

4. DON’T
   Stare him in the eye (This is an adversarial gesture)

5. DON’T
   Squeal or shout in his face

6. DON’T
   Grab his head and kiss it (This is an invasion of space)

Doing this to a dog who doesn’t know you is like a perfect stranger giving you a great big hug and kiss in an elevator. Wouldn’t that creep you out? And wouldn’t you have the right to defend yourself?

THE CORRECT WAY:

* No Eye contact
* Let the dog approach you in his own time
* Keep either your SIDE or BACK towards the dog (non-threatening posture)

* Pet or stroke him on the SIDE of his face or body. Or on his back.

www.doggiedrawings.net Lili
If We Can Teach Wild Animals

WITHOUT FORCE or PUNISHMENT

A WHALE to PEE in a CUP
A HYENA to GIVE BLOOD
A LION to ACT IN THE MOVIES

A TORTOISE to COME WHEN CALLED
A WALRUS to do SIT-UPS
A FISH to PLAY SOCCER

A RAVEN to SPY
A GIRAFFE to STAND on a SCALE
A RAT to detect TUBERCULOSIS

A RHINO to SMILE for TEETH-BRUSHING
A CHICKEN to WIN TIC-TAC-TOE
A SEA OTTER to GO TO HIS CRATE

We can also train our BEST FRIENDS without force or punishment.

The drawings above were inspired by REAL LIFE examples of Clicker Training and Operant Learning. No force, intimidation, pain or “dominance” was needed or used in training these animals.

References: www.doggiedrawings.net/animaltraining
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Normal Puppy Behavior

You are not getting a new pet, you are getting a new family member, and the puppy needs to be treated as such. Sometimes people assume that if they are home, they’re supervising their pet, which may or may not be true. Watching television, checking email, etc is not supervising your average puppy. Puppies learn differently. You can teach two puppies exactly the same way, and one will get it and one won’t. Some puppies like to be interactive and explore things, and some do not. It takes work to have a puppy be a good pet. Work plus time equals a good pet. Look at it as an investment in your family.

A puppy will chew and may cause damage to furniture, clothes, or your home if the activity is not redirected properly. We suggest that you put away all shoes and keep the closet door closed – a puppy can’t distinguish between old and new shoes. Animals like to explore with their mouth, so they’re going to bite on their owners, and that behavior needs to be stopped even though it can seem cute.

When a puppy is young it needs to be taught the way you want it to behave when it is older. People tend to forget that behavior that seems fine or cute in a puppy, can be very undesirable in a larger, older pet. But, if you say, “Come on puppy,” and it jumps in your lap and is rewarded for the behavior and later the puppy is punished for jumping in your lap, the puppy becomes confused. We need to emphasize that we want a dog that lives by the house rules from the beginning and will be a long term companion in the home with a good understanding of the “house rules”. These should be instituted from the first week the puppy is in your home.

Example House Rules.

1) Don’t get on the furniture
2) Don’t run out the door.
3) Don’t bark inappropriately
4) Don’t jump on people
5) Come when called
6) Don’t bite

In the process of teaching your puppies, it is always a good idea to make sure that you help us to treat your pet in the future. It is always frustrating to owners and medical staff if the pet thinks that treating an ear infection is a form of punishment. Pretend with the puppy when young to remove sticks from their mouth, clean their ears, have their nails trimmed, etc.

From 3-12 weeks of age we have the “golden period” of socialization and learning. A short but intense period of training will pay off richly later in life.

Puppies need time to get used to their new family and they need time to learn what they’re supposed to do. Someone needs to spend ten minutes in the morning walking the puppy or going outside with it. Someone has to come home at lunch and let it out. At 5pm the puppy needs to be walked and exercised and toileted again. The family needs to spend 5 minutes every day teaching it to sit or come, they have to walk or take the puppy out to eliminate after mealtime. They need to engage it in appropriate play on a daily
basis. Someone has to pick up the toys. All those things add another hour or more to the
day, but spread throughout the entire family, it is doable. We also see more behavioral
problems with puppies obtained in the winter (i.e. Christmas puppies). Positive training
methods are best – teaching what we want rather than reprimanding what we don’t. **Set
up your puppy to succeed.** This may mean setting up a play pen with plenty of toys and
paper for the puppy to eliminate on so it’s not always getting in trouble and taking the
time to supervise the puppy so it learns the house rules and where to play, eliminate and
rest.

Structure and consistency are extremely important. Do not allow a 6-12 week old puppy
to roam the entire house. Make sure you establish boundaries.

Sniffing new things is rewarding to dogs, encourage this as a positive experience. On a
walk for example, teach THE puppy to walk beside you and sit on command. Then when
you come to a corner likely to have interesting smells, give the pup permission to sniff
and eliminate. This prevents the puppy from pulling the owner around to get to
interesting smells the entire walk.

Puppies are not trying to take over the world. Their behavior isn’t about dominance; it’s
about discovering the boundaries and learning the rules in the environment in which they
live. They’re asking, “Can I do this”? The answer may be, “Why don’t you do this
instead?” **Puppies learn rules we are consistent about teaching them.** This is how you
ask for things, by sitting quietly and waiting. This is where I want you to do when I eat
dinner, bath the kids, etc. If the boundaries are clear, the pup will not become anxious.
Often the misbehavior is the puppy performing the behavior at the wrong time or the
wrong place.

Often puppies raised in a family with young children need to learn the same rules as the
children. An “inside” voice and “inside” manners are needed. They can run with the kids
and chase the ball outside, but when they come in the house, things should calm down. If
you do not have a fenced yard, find a place where you can safely let the puppy off the
leash and teach it to come using rewards and fun times. Exuberant play is an important
need for puppies, but they shouldn’t be knocking everything off the coffee table or trying
to solicit play while the kids are doing their homework. Puppies and children can play in
the right place together with supervision and structure.

**Discipline** – Often noise is enough of a deterrent. Whether you say “Eh, eh.”, clap your
hands or rattle a can with pennies inside and the redirect the behavior. So, if the puppy
was starting to chew on the table leg, make a loud noise and redirect the chewing to
something appropriate. Then stay in the room and repeat as necessary. We tend to leave
our young puppies expecting perfection in a room a lot sooner than we would leave a
toddler.

Harsh punishment just makes a puppy anxious and afraid; you want the puppy to look
forward to being with you. We also don’t want a puppy that is frightened when reached
for because of inappropriate punishment.

Keep a jar of treats in the kitchen and once and a while shake it and say “come puppy”
When the puppy comes, tell it to sit, give it one treat and then put the jar away. Say,
“good puppy”. Then, if the puppy starts to misbehave, the owners pretend not to see it. They calmly walk to the kitchen and go thru the treat jar process. The idea is to get the puppy away from the scene of the misbehavior and give it a chance to start over. You “are not rewarding the misbehavior; but the come and sit behavior.”

**Attention seeking** – often times if a puppy is biting your hand and you say, “no, stop that” and push the puppy away, the puppy may pursue the biting as play, start barking and escalate it’s behavior. Often times, these are associated with the end of the day when everyone returns home. Recognize the puppies’ needs and prior to spending time with the email, snail mail, etc- Take the puppy outside to eliminate, then throw a ball or go for a walk before asking the puppy to be calm and come inside. Give the puppy attention inside when it is calm and obedient instead of when it is unruly and attention seeking.

Chewing in young puppies is often associated with teething. Obviously, chew toys are extremely important, but it’s my opinion that chewing cannot be eliminated in young puppies. It must be redirected.

**If the puppy gets into things it’s not supposed to and you’re in another room, then shame on you – not shame on the puppy.** The puppy doesn’t know what it can and cannot explore with its mouth until you teach it. When you are home you need to actively supervise the puppy and provide adequate chew toys. If destructive chewing occurs when you are away, then you need to meet the needs for play and exploration for your puppy before you leave, and provide a safe, secure environment while you’re gone.

Another basic training step is to “Come”. If the puppy runs away or gets in a situation it shouldn’t the owner should always be able to say, “Come, puppy.” Children are great at this – they have treats, call the puppy, and reward it when it comes. If every time an owner calls the puppy, it is placed into a crate for 6 hours, it will soon learn to not come when called. If most of the time, it is called and told to sit and gets a treat, it will quickly learn to come when called.

**Sometimes we condition the puppy that when it’s being calm and quiet, nobody pays attention to it.** When it’s rowdy, it gets lots of attention. We want to change that so when the puppy is quiet and chewing on its bone, somebody rubs its ears and says, “Oh, you’re the cutest puppy ever.” Puppies soon learn that calm behavior and chewing their bones gets attention.

We also need to teach puppies to settle down and be quiet. Owners can come up with a verbal command, such as “Go settle down in your bed”. When they give this command, they give the puppy a food-stuffed toy and put the puppy in the bed. They start out keeping the puppy there five minutes, work up to ten minutes and eventually a couple of hours. Then when they have company, they can say, “Go settle down in you bed” and everyone will be amazed that the dog does it. The puppy has learned that if it can settle down for a while – good things happen – and then it can come back to join the family.

**Crate training is not only essential, but aids the entire learning process.** A crate is the puppy’s home --- bedroom and all. They learn very quickly to love their crate.
Socialization has a 3-12 week window. Optimizing this period by exposing the puppy to positive situations related to their future lifestyle, such as seeing children in a positive way, will help them later. Often a new puppy is a young couple’s first step to starting a family. There can be problems with the puppy and children that the couple may have later, if the puppy is not exposed to children in this stage. Consider taking the puppy to other homes with children or having the children come to their home several times a week. The same token applies to visitors in general. **If you want the puppy to get used to visitors, have visitors come several times a week.** We don’t want to expose the puppy to children who tease or hit it inappropriately. Also, children who fall on the puppy or poke it or are excessively loud may frighten the puppy, which can lead to defensive or fear-based behavior later. That means parents need to supervise carefully if they have a young puppy and young children in the home. If there is an infant in the home, someone should manage the puppy when the baby is around, having it sit quietly and giving it treats or petting it, engaging it in positive, but quiet, behavior. So the puppy thinks, “Gee nice things happen when the baby is around, but I understand that I can’t just romp around and jump on the baby”.

People also need to think out of their normal environment when it comes to socializing their puppy. If your mail is delivered by the street, have the mailman throw a treat to the puppy so it learns that it doesn’t need to go into a frenzy every time the mail comes.

**Also be aware of situations that may be too much for a puppy.** Taking a puppy to a pet superstore and letting 10-12 people surround it could overwhelm it and create a fear association. Learn to read your pet’s emotional state. If the pupils are dilated, the ears pinned back and the body crouched low to the ground, this isn’t a good socialization experience. The puppy needs to calmly be removed from the situation. Many puppies will approach something slowly, back up and then go forward again – this is generally ok; the puppy at first was wary, but learned that the situation was fine.

It helps puppies to learn to calmly sit and stay on command, wearing a leash, next to the owner. Puppies are rewarded for being calm and obedient and begin to develop a comfort zone. Later, puppies can go into new situations and know what to do. The “stay” command is especially important. When puppies associate staying in place with safety, whether it is a stand, down or sit command, they are easier to examine in the clinic. We can remove a burr from it’s’ feet, treat its’ ear, or do routine body care. The puppy understands that its’ safe when under the command control. However, the control needs to be positive based. If you are using fear or intimidation with a command system, you don’t get the safety –zone benefit.

A safety – zone can be created with leashes, collars, head collars, body harnesses, etc – anything that lets the puppy know the owner is in control. It’s similar to the secure way children feel when we hold their hand or pick them up. If a puppy is wearing a leash or a harness, it’s connected to someone who is saying, “I’m in control. Everything is fine.” Again, the owner needs to assess the situation and if it seems to overwhelm the puppy, it is best to leave before anxiety and fear become apparent.

**Housetraining**

It’s important to keep the puppy nearby at all times. One way is with a tie-down. Look for the puppy to become restless- to move around or start whining. These are signs
usually associated with a full bladder or bowel. Take the puppy outside to eliminate in the preferred place. Use a verbal command, such as “do it here, and do it now.” Take the puppy to the appropriate location, and reward it when it eliminates. The reward is not for the emptying the bladder or bowel --- that’s self rewarding. It’s for doing it at the right location on command. A big mistake people make is to quit going outside with the puppy too early in the process. They let it out and when it comes back, they give it a treat, thinking they have rewarded elimination, when all they have really done is rewarded coming back into the house. Puppies quickly learn that if they go out the door, nothing good happens, but when they come back in, great things happen. Owners need to go outside with the puppy, witness elimination, and when that is reliable, he or she may be able to watch from the doorway to verify elimination. Key here is TIME. Owners must spend time over seeing and interacting with the puppy to read its body language. If you don’t learn to watch and read your puppies body language, housetraining can be very difficult and frustrating. Typically pets need to go after eating or drinking a lot. The stomach fills and the colon must empty. This is a very well developed reflex in all infants. Capitalize on this reflex for house training. Schedule feedings and eliminations accordingly.

Occasionally, clients will take their puppy out every few hours and when it comes back in the puppy eliminates in the house. What is happening is that the puppy isn’t going out when it really needs to and is confused. When it’s outside it has no idea why: it’s just having a fun time with the owner. The solution is to keep track of when the puppy actually needs to eliminate and then take it out to the potty area at those times. Reward when it actually does go outside. If the puppy does not go within about 5-10 minutes, the puppy needs to come back in to the house under leash or crate control for about 30 minutes before it’s taken back outside again. The owner should also keep track of when accidents are likely, so that during those times the puppy can be restrained or confined. Remember, every time the puppy eliminates in the house – this is self rewarding. The learning is instantaneously. Punishing it half an hour later when you find the puddle does not teach outside elimination.

General rule of thumb, a puppy can stay crated one more hour than its age in months during the day before it needs to eliminate. Working families can expect mistakes if the pet is crated for 8-9 hours/day. Preferably, the pet is let out at least every 4 hours. Try a exercise pen with a crate in it as an alternative. The pen is covered in papers and will hopefully use the papers for elimination.

**We offer puppy daycare for potty training parents – if you can not manage multiple trips home during the day.**
Should I buy pet insurance for my pet? It’s a question many pet owners ask themselves. The answer is not always easy. Veterinary medicine has improved exponentially over the past several years. Many diseases that would have been unmanageable or fatal in the past can now be treated. Pets can have kidney transplants, heart surgery, lithotripsy, laser disk ablation, and many other advanced procedures that were unavailable even a decade ago. The list of new drugs available for improving the quality of life of our pets is phenomenal. All of these improvements, however, come with a price tag. Surgery for an intervertebral disk rupture may be $2500 to $3000. A prolonged hospital stay for severe pancreatitis could be as much as $5000 to $6000. Heart surgery may run $10,000. Pet insurance may make some of these treatments financially possible for pet owners faced with expensive, “life and death” treatment decisions.

On the other hand, pet insurance has some drawbacks. All pet insurance companies are in the business of making money. This means that most policy holders will pay more in premiums than they recoup from claims. If this were not true, the company would be bankrupt. In general, people should not think of pet insurance as a way to save money on veterinary expenses. Also, pet insurance companies vary greatly on what they cover. This is especially true for genetic or breed-related problems, preexisting diseases, and the age of the pet. Pet insurance is also not going to keep you from having to pay the veterinary bills at the time of service. Veterinarians and veterinary hospitals have neither contracts nor negotiations with pet insurance companies, and most, if not all, pet insurance companies take days to weeks to process claims. The pet owner must foot the bill initially and be reimbursed by the insurance company later.

So, here’s list of questions to ask yourself to assess your need for pet insurance.

1. If my pet had a severe illness or trauma, could I afford to do what I would like to be able to do for my pet? Don’t forget to factor in multiple pets. Unfortunately, they can all get sick together. If the answer is no, you might consider pet insurance. If the answer is yes, you might be better off putting the money you would have spent on premiums in a “pet emergency fund” instead. Your veterinarian can help you speculate on treatments you would like to be covered for and their costs.

2. What do I want my pet insurance to cover? Some companies offer partial coverage on routine wellness items such as vaccines, heartworm prevention, and dental prophylaxis. Some cover genetic disease such as hip dysplasia but with restrictions on age or amount covered. Some companies cover chronic disease but only for a limited time or fixed dollar amount. Lifetime coverage, coverage per illness, or coverage per year can also vary greatly between companies. Of course, the more coverage you purchase, the higher the premiums. The type of coverage you want will help you determine which pet insurance company and which insurance plan will best suit your needs. Your veterinarian can help speculate on which genetic or chronic diseases to which your pet may be susceptible.

3. Am I willing to take on the hassle of the paperwork and phone calls needed to get claims processed? In the human world, hospitals handle a great deal of the paperwork for health insurance claims. This is not true for pet
insurance. Pet owners are responsible for filling out claim forms, getting appropriate signatures and documentation, and mailing claims.

So, if you choose to look into pet insurance, the following websites will provide an excellent review of different companies and what’s available.

www.healthypet.com/PetCare/PetInsurance.aspx

www.pet-insurance-university.com/

www.petinsurancereview.com/

http://www.healthypet.com/PetCare/PetInsurance.aspx

http://www.pet-insurance-university.com/

http://www.petinsurancereview.com/

If you found this information to be helpful or if you feel it was incomplete, please email feedback to admin@ahrdvm.com.
Playing With Your Dog

Dogs (and people) love to play! Playing with your dog is one of the best ways to reward him for a job well done. Done correctly, play can help a stressed dog relax and a distracted dog focus.

Every dog is different, so get to know what sort of play your dog enjoys. Just like some people enjoy wrestling and roller coasters while others enjoy reading and board games, different dogs will have different preferences. Try to find the level of excitement that’s “just right” for your dog. Avoid play that gets your dog so ampéd up that he can’t think or calm down. On the other hand, if your dog is bored by your attempts to play, try upping the level of excitement or changing to a different game. There are lots of different ways to play with your dog! Here are a few common favorites:

One-on-one games

CHASE is a great one-on-one game! Just make sure to have your dog chase you instead of chasing your dog. You don’t want to accidentally teach your dog to run away from you.

TAG, YOU’RE IT!

Many dogs like gentle tag games, where you tap, poke, or push your dog away from you, then run in the opposite direction, encouraging him to catch up.

Toy games

FETCH! is a fun option. If your dog likes to play “keep away” once you’ve thrown the ball or Frisbee, try playing with two toys. As soon as your dog drops the toy in his mouth, throw the second toy.

Contrary to the popular myth, TUG won’t make your dog aggressive. In fact, playing tug is a great way to teach your dog to control his mouth when he’s excited! Just make sure to teach your dog to start and stop the game on cue so that you can control the fun and he doesn’t think your winter scarf or bag of groceries is a potential tug toy.

Food games

For less-playful dogs, food can be stuffed in hollow toys like KONGS and BUSY BALLS for home-alone fun.

Nose games

Dogs have a great sense of smell, and letting your dog use his nose is a great game! Toss a piece of food on the ground in front of him and tell him to FIND IT!

As he gets better at the game, you can start tossing the food farther away, into grass or carpet, or even hide it ahead of time for a doggy scavenger hunt.

Training games

Training can be a great way to play with your dog. Approach training sessions as games. The more you smile and laugh while you train your dog, the more your dog will love listening to you.

CLICKeR TRAINING is one example of a fun and effective dog training method.

Concept and Words by Sara Reusche www.paws4u.com

Drawings by Lili Chin www.doggiedrawings.net
Puppy classes offered every Saturday from 10am-11am in our Rowlett lobby.

- $25 for 1 Saturday session
- $100 for 4 Saturday sessions
- $150 for 6 Saturday sessions

The training will consist of learning how to communicate with your puppy, early obedience, and behavior imprinting. Some topics covered in puppy classes are as follows:

- puppy calming massages for early puppyhood bonding
- potty training strategies for the stay at home and working parent
- the importance of simulated nail trims, ear cleanings and tooth brushing in the early months to make life less stressful for teen and adult years
- importance of a controlled feeding routine and nutrition
- education on use and benefits of various tools to make life as a puppy parent easier (crate, x-pen, gentle leader, tie downs, obstructed bowls, appropriate toys, etc.

Puppies must be up to date on vaccinations up to what their age allows. A CSR will review vaccination history before the beginning of class. You will sign in upon arrival and pay Wayne directly with cash or credit.

Please call or email Wayne Dooley, KPA CPT to sign up or inquire!

972-859-0737

waynedooley@sbcglobal.net

http://ahrdvm.com/articles/client-education/articles/rowlett-dog-training-the-dog-trainer-guy
Sit. Stay. Good Dog.
Next class forming now

Puppy classes that fit your schedule, budget and needs!

For more pricing and additional information, visit:

http://ahrdvm.com/dog-training
PUPPY HANDLING AND FOOD BOWL EXERCISES – PREVENTING PROBLEMS

What are handling exercises and why might they be useful?
Exercises that use gentle and positive handling can help to increase the enjoyment and decrease any fear associated with handling and restraint. In addition, they provide a means for achieving a relaxed state, which might then be used if the dog begins to get excited or aroused. Verbal exercises can and should also be used to help achieve a relaxed state (See our settle exercise handouts). While the physical contact and attention you provide may be sufficiently reinforcing for most puppies, food treats can also be paired with handling to mark and reward the desirable response. One important principle to always keep in mind is that the hand should always be an indication that something good is about to happen (e.g. the hand is a friend). This means that physical punishment and forceful handling must be avoided.

At what age might handling exercises begin?
Young puppies should be handled regularly, at least a couple of times a day. In fact, puppies that are handled each day from birth onward are generally faster to develop, more able to handle stress, and perhaps more social than those that have not been handled regularly. Therefore obtaining puppies that have been reared in a home environment with regular handling would be very beneficial.

From the time you first obtain your new puppy, you will want to engage in frequent handling simply to provide regular and positive physical contact from family members. Over time, handling should progress to all parts of the body, including mild forms of restraint, to gradually and positively accustom your puppy to procedures that might be needed later in life. For example, gentle handling around the muzzle, face and ears might help prepare the puppy for teeth brushing and cleaning of the ears and face. Similarly, stroking and rubbing all areas of the body can help to accustom the dog to grooming, while handling the feet can help to prepare the puppy for nail trimming. Training the dog to be lifted and carried, or to roll over on its side or back for a tummy rub can also be valuable exercises to insure safety in later handling. Remember to keep each handling exercise positive; a few food treats given with each exercise can be helpful. Ending the session when the puppy is relaxed and calm can help in establishing these handling exercises as one method of settling your dog when it gets excited. These exercises are not intended to force your puppy to accept handling; in fact forceful handling is likely to lead to escape and defensive behavior, and fear and anxiety about further handling. Therefore each session should end on a calm note and must not proceed beyond a level that the puppy will not tolerate.
**What type of exercises might help to adapt my puppy to handling?**

There are three important areas where working with your puppy and planning ahead can help avoid future problems. These are body handling, food bowl handling and toy handling.

**Body Handling**

You will do yourself and your new pet a favor by teaching your new puppy to allow you to handle his body. Throughout the life of your dog, there will be times that you need to restrain your dog, lift your dog or handle various parts of the dog’s body. This may become necessary when its time to brush your dog’s teeth, trim its nails, give medication, or clean its ears. Yet if you have never handled an adult dog these simple tasks could become impossible. Handling also serves to simulate the physical communication that is exhibited by a bitch controlling her puppies or a leader dog over a subordinate group member. The young puppy must be taught to feel comfortable with this type of handling.

Gently handle your puppy daily. Pick a time when your puppy is calm, such as just after a nap. Do not try to start a body handling exercise when your puppy is excited, rambunctious or in the mood for play. Place the puppy in your lap and touch the feet, open the mouth, look in the ears and under the tail. All the while, praise your puppy for being good, even offer a few tasty food treats. Be sure to keep initial sessions very short, since you want your puppy to succeed and not struggle. If the session is too long you run the risk of the puppy struggling and getting free. This is not the message you want your puppy to learn. Gradually increase the amount of time you control your puppy so that no struggle ensues. Soon the puppy will allow and perhaps anticipate these handling sessions. All family members should participate in this exercise. An adult should supervise young children. If you see any hesitance or reluctance on the part of the puppy, you will want to repeat the exercise until you can accomplish the handling without resistance. Do the same exercise a little more gently or in a slightly different location, give some tasty treats for compliance, and progress gradually to more difficult situations. Never force the puppy to the point that it exhibits fear or attempts escape. On the other hand if you do not gradually overcome the resistance, the puppy may never allow the handling as an adult. Over time your puppy should allow you to place pressure on the back of its neck while it is in a down position, to roll it onto its side, to grasp its muzzle like you might administer medication and to be lifted (if it is small enough). These forms of handling should not be used for punishment.

**Food bowl handling**

Another important exercise is to acclimate your puppy to having his food and possessions touched by humans. Dogs in the wild will guard their food to prevent its loss, but that is not necessary in the home. You need to teach the puppy that you are not going to take away the food and not give it back. Handle the food bowl while your puppy eats, pet your puppy and every now and then lift the bowl, place in a special treat, and return it. Similarly, when walking past the puppy while it is eating, you can place a treat in its food bowl, or reach down, pat the puppy and give a treat. This way the puppy learns to tolerate intrusions and disturbance while it eats and will not be startled and react aggressively should something unexpected happen when eating. If the treat
you add is tasty enough, the puppy may even look forward to your approaches during feeding. If any growling should occur you should seek professional guidance immediately. If there is competition with other dogs over food, the puppy should be fed separately or perhaps even in another room.

**Toy handling**

You should also practice gently taking toys from the puppy. Quietly and calmly place your hand on the toy and tell your puppy “give” as you remove it from its mouth. Then say ‘thank-you’ and return the object as you tell your puppy to ‘take it’. Repeat this training task multiple times daily in multiple locations. At times take the object and offer a treat instead. If the puppy enjoys chasing the toy, you could also play a chase and retrieve game. It is generally best to schedule play times regularly throughout the day rather than allowing the puppy to initiate games of tug and chase. In this way, attention-seeking behavior is not reinforced, and toys can be used as a reward for desirable behavior. In fact, toy-handling exercises can be used to teach the ‘give’ command. If the puppy learns that something good comes when relinquishing objects, you should soon be able to handle any toy that your puppy has. Your puppy will learn that it is okay for you to handle its possessions, and that you will give them back. The puppy should then be unconcerned should you need to remove something from the mouth. Occasionally there are likely to be items the puppy really wants, such as very delectable food items or chew bones. If the puppy protects these items, lure the puppy away with another treat and go back and get the items. Avoid giving them to your puppy in the future.

**What if my puppy resists?**

Some puppies resist certain forms of handling and may try to escape or even become defensive. Although these forms of handling should initially be avoided, it should be your long-term goal to overcome this resistance through positive reinforcement and shaping. To achieve success, especially with puppies that resist, follow a few basic guidelines:

1. Begin these exercises when the puppy is in the mood, but not necessarily when the puppy is demanding affection or attention, as this might reinforce demanding and attention seeking behavior. Wait for a time when the puppy is calm and quiet, perhaps just as it is awakening from a rest time. In addition, if you give the puppy all the affection it wants, whenever it wants, then there may be times when it is resistant and doesn’t want any more. Therefore the first rule of thumb is to use a “learn to earn program” (see our handout) where affection and social contact is given as a reward for desirable behavior. Try giving a ‘sit’ or ‘lie down’ command when the puppy seems to want attention and then give the affection as a reward. Another option is to call the puppy (e.g. come) or go to the puppy to give attention when it is resting quietly on the floor or when it is chewing on a favored toy. Be aware of any threats or anxiety however, as this might indicate emerging possessive behavior.

2. Ensure that the puppy is enjoying itself during petting and affection. Try to and your session with the puppy relaxed and still in the mood for more, rather than when the puppy resists and indicates that it has had enough.

3. Shape gradually more desirable responses by beginning with the type of handling that the puppy enjoys and craves (e.g. stroking the head, rubbing the
belly) and progress to other areas of the body such as around the muzzle, the back of the neck, the body, the legs and feet, the belly and around the tail.

4. At any point, if the puppy resists or objects, you should attempt to settle the puppy down and stop the exercises. While we do not want to force the puppy to accept something that it does not like, we also do not want the puppy to learn that escape or biting will be a successful way to end the session. A head halter might be considered for further training to ensure a successful conclusion to each session.

5. If you have encountered resistance during a previous session, determine the puppy’s limits and use food treats or favored toys to distract the puppy as you begin to handle these areas. Once the pet associates the handling with something positive you can proceed slowly, always ending on a positive note.

6. Ultimately you will want to progress to procedures such as turning the dog onto its side back or belly, lifting, brushing or combing the coat, brushing the gums and teeth, trimming the nails or even taking the dog’s temperature. Therefore handling exercises should be designed to achieve these goals while the puppy is still young and manageable by progressing very slowly and using favored rewards for distraction and counter-conditioning (see our handout) whenever necessary, to ensure a positive outcome.

7. Continue to progress by proving your puppy against the types of handling that it may one day need to confront. At this point, verbal commands may also be useful. For example, lifting may be proceeded by the “up” command and your dog can receive favored rewards while being carried. During a “down” exercise you might consider adding some light pressure downward on the neck or back (as might happen if a child were to rest against the dog). During standing the tail might be lifted or handled; during the sit the muzzle might be gently grasped; and during the sit, stand or down, gentle hugging might be practiced. While it is generally advisable to avoid these types of handling, as a rewarded exercise during training these forms of physical restraint can be valuable learning experiences.

How can I progress to nail trimming?
Nail trimming in a sense is just a progression of the above exercises. Unfortunately, dogs that are sensitive about having their feet restrained and those that have had an unpleasant nail trimming experience can be difficult to improve.

For training, you should take the pet’s favored rewards and use them to gradually accustom the pet to nail handling and trimming. Once the pet will lie or sit quietly and comfortably for rewards, the steps might be to progressively associate favored toys and rewards with a) handling the feet b) putting a small amount of pressure on each toe during handling, c) having a nail trimmer in hand while handling feet; d) touching the nail trimmer (or a metal nail file) to the toes while holding them in place e) snapping the nail trimmer after touching each toe f) gently snipping or filing the end of each toe. You will need to progress as quickly or as slowly as your dog will tolerate, always ending on a positive note. A head halter can help ensure restraint and eye contact, and where necessary can be used to close the mouth and prevent escape. Until the pet is used to having its nails touched, filed or trimmed, it is advisable to avoid any excessive restraint or traumatic nail-trimming events, as these may be difficult to overcome once they have been experienced.

How can I progress to teeth cleaning?
Although dental toys and dental foods and treats can be useful, brushing of the pet’s teeth and treating the gums of pets with dental problems are procedures that your dog
should learn to accept and hopefully enjoy. Once the pet will lie or sit quietly and comfortably for rewards, the steps might be to progressively associate favored treats, flavored spreads and flavored tooth pastes with a) handling and rubbing around the muzzle b) lifting the lips and using a food-flavored toothpaste on the outer surfaces of the teeth (if the pet resists you might want try beginning with a food spread such as cheese or pate) c) using a finger, finger brush, cloth or gauze square to rub the toothpaste along the teeth d) increase the sessions to longer rubbing and cleaning of the outer surfaces and e) moving to a tooth brush if possible. Alternative products such as dental chews, dental sprays, dental wipes, etc., may prove more practical for some owners. Associating rewards with the sessions, before, during and after, can help keep dental care a positive event.

This client information sheet is based on material written by Debra Horwitz, DVM, Diplomate ACVB & Gary Landsberg, DVM, Diplomate ACVB
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Puppy Aptitude Test

puppy (color, sex) ______________ litter ______________ date __________

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<thead>
<tr>
<th>TEST</th>
<th>PURPOSE</th>
<th>SCORE</th>
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<tbody>
<tr>
<td>SOCIAL ATTRACTION:</td>
<td>Place puppy in test area. From a few feet away the tester coaxes the pup to her/him by clapping hands gently and kneeling down. Tester must coax in a direction away from the point where it entered the testing area.</td>
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</table>
| Degree of social attraction, confidence or dependence. | -Came readily, tail up, jumped, bit at hands.  
-Came readily, tail up, pawed, licked at hands.  
-Came readily, tail up.  
-Came readily, tail down  
-Came hesitantly, tail down.  
-Didn't come at all. | 1  
2  
3  
4  
5  
6 |
| FOLLOWING:         | Stand up and walk away from the pup in a normal manner. Make sure the pup sees you walk away. |       |
| Degree of following attraction. Not following indicates independence. | -Followed readily, tail up, got underfoot bit at feet.  
-Followed readily, tail up, got underfoot.  
-Followed readily, tail up  
-Followed readily, tail down.  
-Followed hesitantly, tail down.  
-No follow or went away. | 1  
2  
3  
4  
5  
6 |
| RESTRAINT:         | Crouch down and gently roll the pup on his back and hold it with one hand for a full 30 seconds. |       |
| Degree of dominant or submissive tendency. How it accepts stress when socially/physically dominated. | -Struggled fiercely, flailed, bit.  
-Struggled fiercely, flailed.  
-Settled, struggled, settled with some eye contact.  
-Struggled then settled.  
-No struggle.  
-No struggle, straining to avoid eye contact. | 1  
2  
3  
4  
5  
6 |
| SOCIAL DOMINANCE:  | Let pup standup and gently stroke                         |       |
| Degree of acceptance of social dominance. | -Jumped, pawed, bit, growled.  
-Jumped, pawed.  
-Cuddles up to testor and tries to lick | 1  
2  
3 |
### ELEVATION DOMINANCE:
Bend over and cradle the pup under its belly, fingers interlaced, palms up and elevate it just off the ground. Hold it there for 30 seconds.

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<tr>
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<th>Purpose</th>
<th>Score</th>
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<tr>
<td>RETRIEVING: Crouch beside pup and attract his attention with crumpled up paper ball. When the pup shows interest and is watching, toss the object 4-6 feet in front of pup.</td>
<td>Degree of willingness to work with a human. High correlation between ability to retrieve and successful guide dogs, obedience dogs, field trial dogs.</td>
<td>1</td>
</tr>
<tr>
<td>TOUCH SENSITIVITY: Take puppy’s webbing of one front foot and press between *finger and thumb lightly then more firmly till you get a response, while you count slowly to 10. Stop as soon as puppy pulls away, or shows discomfort. *Do NOT use fingernail.</td>
<td>Degree of sensitivity to touch.</td>
<td>8-10 counts before response. 6-7 counts before response. 5-6 counts before response. 2-4 counts before response. 1-2 counts before response.</td>
</tr>
<tr>
<td>SOUND SENSITIVITY: Place pup in the center of area, testor or assistant makes a sound. (Also can be</td>
<td>Degree of sensitivity to sound.</td>
<td>-Listens, locates sound, walks toward it barking.</td>
</tr>
<tr>
<td><strong>SIGHT SENSITIVITY:</strong></td>
<td></td>
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<tr>
<td>Place pup in center of room. Tie a string around a large towel and jerk it across the floor a few feet away from puppy.</td>
<td>Degree of intelligent response to strange object.</td>
<td></td>
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<tr>
<th><strong>STRUCTURE:</strong></th>
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<tr>
<td>The puppy is gently set in a natural stance and evaluated for structure in the following categories: Straight front Straight rear Shoulder layback Front angulation Croup angulation Rear angulation</td>
<td>Degree of structural soundness. Good structure is necessary.</td>
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<th><strong>Temperament:</strong></th>
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<th></th>
<th>1</th>
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<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degree of structural soundness. Good structure is necessary.</td>
<td>good</td>
<td>fair</td>
<td>poor</td>
<td></td>
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<td></td>
</tr>
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**Interpreting the Scores**

**Mostly 1's** A puppy that consistently scores a 1 in the temperament section of the test is an extremely dominant, aggressive puppy who can easily be provoked to bite. His dominant nature will attempt to resist human leadership, thus requiring only the most experienced of handlers.
This puppy is a poor choice for most individuals and will do best in a working situation as a guard or police dog.

**Mostly 2's** This pup is dominant and self-assured. He can be provoked to bite; however, he readily accepts human leadership that is firm, consistent and knowledgeable. This is not a dog for a tentative, indecisive individual. In the right hands, he has the potential to become a fine working or show dog and could fit into an adult household, provided the owners know what they are doing.

**Mostly 3's** This pup is outgoing and friendly and will adjust well in situations in which he receives regular training and exercise. He has a flexible temperament that adapts well to different types of environment, provided he is handled correctly. May be too much dog for a family with small children or an elderly couple who are sedentary.

**Mostly 4's** A pup that scores a majority of 4's is an easily controlled, adaptable puppy whose submissive nature will make him continually look to his master for leadership. This pup is easy to train, reliable with kids, and, though he lacks self-confidence, makes a high-quality family pet. He is usually less outgoing than a pup scoring in the 3's, but his demeanor is gentle and affectionate.

**Mostly 5's** This is a pup who is extremely submissive and lacking in self-confidence. He bonds very closely with his owner and requires regular companionship and encouragement to bring him out of himself. If handled incorrectly, this pup will grow up very shy and fearful. For this reason, he will do best in a predictable, structured lifestyle with owners who are patient and not overly demanding, such as an elderly couple.

**Mostly 6's** A puppy that scores 6 consistently is independent and uninterested in people. He will mature into a dog who is not demonstrably affectionate and who has a low need for human companionship. In general, it is rare to see properly socialized pups test this way; however, there are several breeds that have been bred for specific tasks (such as basenjis, hounds, and some northern breeds) which can exhibit this level of independence. To perform as intended, these dogs require a singularity of purpose that is not compromised by strong attachments to their owner.

The remainder of the puppy test is an evaluation of obedience aptitude and working ability and provides a general picture of a pup's intelligence, spirit, and willingness to work with a human being. For most owners, a good companion dog will score in the 3 to 4 range in this section of the test. Puppies scoring a combination of 1's and 2's require experienced handlers who will be able to draw the best aspects of their potential from them.

Important note from Wendy Volhard...regarding the Touch Sensitivity test - Do not use your fingernail when performing this test. Press between the finger and thumb lightly then more firmly until you get a response.
PUPPY HOUSE TRAINING GUIDE

How long will it take to housetrain my puppy?
All it requires are a few basic rules to house-train puppies within a short amount of time, sometimes only a few days to a few weeks. This does not mean that the puppy will be able to be trusted to wander throughout the home without eliminating. What the puppy should quickly learn is where it should eliminate, and the consequences of eliminating indoors when the owner is supervising. However, anytime your puppy is unsupervised and eliminates indoors, this can further delay successful housetraining since the puppy will have learned that there are alternate indoor elimination areas that can be used without untoward consequence. The goal of housetraining is to encourage and reinforce desirable elimination. Do not focus on trying to teach your puppy where it is not allowed to eliminate, as there are literally hundreds of locations in your home where your puppy might have to be deterred.

What site should I choose?
It is advisable to select a site that has an easy access to a direct route to the outdoors. Puppies may more easily learn where to eliminate if a single location is used. Over time, the location, the substrate and the small amounts of residual odor help to establish a more regular habit of returning to the area. If you do not have immediate access to the outdoors (e.g. high rise living) or your schedule requires that you leave your pet longer than it can control itself, you can follow the same procedures outlined below, but will instead take your pet to its litter area, rather than to the outdoors. Paper training, discussed below, is another option. However, it may be more difficult to train your pet to eliminate at one site (e.g. indoor litter) and also expect it to eliminate in other sites (e.g. outdoors).

How do I housetrain my puppy?
A. Puppies have a strong urge to eliminate after sleeping, playing, feeding and drinking. Take your puppy to its selected elimination area within 30 minutes of each of these activities. In addition, although some puppies can control themselves through the entire night, most puppies need to eliminate every 3 to 4 hours during the daytime. With each passing month, you can expect your puppy to control itself a little longer between elimination times. The puppy should be taken to its elimination area, given a word or two of verbal encouragement (e.g. ‘Hurry up’) and as soon as elimination is completed, lavishly praised and patted. A few tasty food treats can also be given the first few times the puppy eliminates in the right spot, and then intermittently thereafter. This teaches the puppy the proper place to eliminate, and that elimination in that location is associated
with rewards. Some puppies may learn to eliminate when they hear the cue words (‘Hurry up’).

B. If you take your puppy to the elimination site and your puppy is only interested in playing and investigating the environment, after about 10 minutes take the puppy indoors and strictly supervise until you can try again approximately each half hour. Always accompany your puppy outdoors, so that you can be certain that it has eliminated. Be certain to reward elimination immediately upon completion and not when the puppy comes back indoors.

C. When indoors, your puppy must be supervised so that you can see when it needs to eliminate and immediately take it outdoors to its elimination area. One of the best techniques is to leave a remote lead attached. Should pre-elimination signs (circling, squatting, sneaking-off, heading to the door) occur, immediately take the dog to its elimination site, give the cue words, and reward the puppy when it eliminates. If the puppy begins to eliminate indoors you must be supervising so that you can immediately interrupt the behavior, such as with a verbal reprimand or shaker can. Then take the puppy outdoors to complete elimination at the proper site. Rather than use punishment to deter undesirable elimination, the goal is to train the puppy where to eliminate though supervision and rewards. Watch the puppy closely for signs it needs to eliminate and soon the puppy will learn to exhibit these signs to get your attention that it needs to go outdoors.

D. When you are not available to supervise, the puppy should be confined to its confinement area (see our handout on ‘Crate training’). Be certain that your puppy has eliminated, and has had sufficient play and exercise before any lengthy confinement. If the confinement area is small enough, such as a pen or crate, many puppies will have sufficient control to keep this area clean. This means that when you come to release the puppy from confinement, it must be taken directly to its elimination area. Puppies will generally avoid soil their crate if they are used to their crates as a sleeping or play area. However, puppies that are anxious or distressed about being confined to the crate are likely to soil. In addition, if the area is too large the puppy may soil a portion of the confinement area. If the puppy needs to be left for longer than it can control itself, it should be confined to a small room or pen where paper is spread over the floor for elimination except for a corner in with the puppy’s bed and feeding area. Once the puppy starts to limit its elimination to some selected areas of the paper, unused areas can be taken up. For owners that intend to continue to use paper for training, the puppy should be supervised when released from confinement, and returned to the paper (and reinforced) for elimination.

Why does my puppy refuse to eliminate in my presence, even when outdoors?

Puppies that are disciplined and punished for indoor elimination rather than reinforced for outdoor elimination, may soon begin to fear to eliminate whenever you are present, regardless of the location. These puppies do not associate the punishment with indoor elimination; they associate the punishment with the presence of the owners. For some puppies, standing quietly off to the side may allow them time to eliminate. It is best if you can be close by, but each puppy is an individual and some may need more space than others before feeling comfortable enough to eliminate.
What do I do if I find some stool or urine in an inappropriate spot?
There is no point in punishing or even pointing out the problem to the puppy. Only if the puppy is in the act of elimination will it understand the consequences (rewards or punishment). In fact, it is not the puppy that has erred; it is the owner who has erred by not properly supervising. Put the puppy elsewhere, clean up the mess and vow to supervise the puppy more closely in the future.

How can I teach my puppy to signal that it needs to go out to eliminate?
By regularly taking the dog outdoors, through the same door, to the same site, and providing rewards for proper elimination, the puppy should soon learn to head for the door each time it has to eliminate. If you recognize the signs of impending elimination and praise the puppy whenever it heads for the doorway, the behavior can be further encouraged. Puppies that have been interrupted or reprimanded on one or more occasions as they begin to eliminate indoors, may begin to try to sneak away, whine or show some form of anxiety when they feel the urge to eliminate, but cannot escape from the owner’s sight. If you can pick up on these cues, and take the puppy directly to the outdoors for elimination and reward, the puppy may consistently begin to show these signals when he or she needs to eliminate, and may even begin to take you to the exit door. Further into the process, some puppies can be taught to ring a bell prior or bark to let you know it needs to go outside to eliminate. For either of these to be effective, you first must constantly supervise your puppy so you can see the signs of a full bladder or bowel (restlessness, agitation) and quickly take them to the exit location, ring the bell or get them to bark and go outside. Over time the puppy should learn that the signal would get the door open. However, do not rely on signaling until it reliably happens or the puppy will end up eliminating indoors instead.

When will I be able to trust my puppy to wander loose throughout the home?
Generally you will want your dog to have been error free around the house for about a month before you can begin to decrease your confinement and supervision. The first time you leave the puppy unsupervised should be just after taking the dog outdoors for elimination. Gradually increase the length of time that your dog is allowed to roam through the home without supervision while you are home. If the dog has been able to go unsupervised for a couple of hours without an “accident”, it might then be possible to begin going out for short periods of time. Of course, if the dog still investigates and chews, then confinement and supervision may still be necessary.

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BITING - PUPPIES

Why is my puppy nipping and biting family members?
Although often thought to be a teething behavior, nipping, mouthing and biting in young dogs is generally a form of social play. Teething is more likely to involve gnawing or chewing on household objects. The first thing you must do is to provide a regular daily routine that includes ample opportunity for play. Social play with people could involve controlled chase and retrieve games, as well as long walks or jogging. Although wrestling and tug-of-war games can be fun, for puppies that already have a problem with excessive play biting, these games may lead to play that is too rough or rambunctious. In controlled circumstances however, these games may be acceptable (see below). Puppies need to learn to inhibit the force of their bite, commonly known as bite inhibition. This is something they start to learn while with their littermates. It is one reason that puppies should not go to new homes until 7 - 8 weeks of age and they have had time to practice social skills with other dogs. However, even after puppies have been adopted into the new home, it can be extremely beneficial for the puppy to have regular interactive social play periods with other dogs or puppies in the home or in the neighborhood. (See our handout ‘Play and exercise in dogs’ for additional information).

How can I stop play biting?
Provided the dog is receiving adequate play, attention and exercise, you can turn your training to bite inhibition. One of the things that puppies need to learn is how much pressure from their jaws causes pain. Without this feedback, a puppy does not learn to inhibit the force of its bite. Because all dogs can and will bite at some time, this lesson is vital for human safety.

How is this lesson taught? When puppies play with each other, if one puppy bites another too hard, the bitten puppy will yelp, and may also stop playing and leave. This sends the message to the puppy that its bites were too hard and if it wishes to continue to play, it needs to be gentle. However, people often do not send this message to their puppy. In the beginning, they might allow the puppy to chew and bite on them without reprimands and the puppy assumes that the behavior is acceptable. Children appear to be most vulnerable because their attempts at stopping the biting may not be properly timed or sufficiently abrupt to stop the puppy from biting. In fact a child’s response is often seen by the puppy as an invitation to increase its level of chase and play. Adult supervision or a head halter for training (discussed below) should help to insure more immediate success.

The message people should send is that mouthing and chewing on hands is painful. All family members must consistently follow the rules for the puppy to understand and learn what is considered desirable behavior and what is not. However, regardless of the technique, you cannot expect the play biting to cease until you first insure that you are giving regular and sufficient opportunities for play at times when the puppy is not play biting. If the puppy begins to play bite or chew and tug on clothing, then ignoring the puppy or walking away may be sufficient. If all family members are consistent in their responses, the puppy should quickly
learn that play biting actually leads to inattention rather than play. In fact, all forms of play and attention soliciting behavior should be ignored, as these can quickly escalate into more intense biting. You should be the one to schedule and initiate play sessions and not your puppy. If you teach your puppy to sit or lie quietly before each play session, you should soon have your puppy trained that these behaviors, and not play biting, will be rewarded with a play session.

If ignoring the puppy or saying “off” and walking away does not stop the biting, then you will need to work on discouraging the behavior. Begin by teaching each family member to emit a sharp ‘yip’ or ‘ouch’ as soon as biting begins so that the puppy backs off. Cease all play and attention immediately. This sends the message to the puppy that the bites are painful and that biting will cause play to be terminated. Another option is to use a sharp ‘off’ command while briefly pushing forward with the hand to back the puppy away (no hitting). Alternately, a sharp ‘off’ and quickly backing away can be effective. Most important is that the play should cease. The command ‘off’ followed by the immediate removal of play can act as a form of punishment with the word ‘off’ soon teaching the dog that if it continues to bite, play will be withdrawn. This training usually works for those family members that are a little more forceful and assertive, and who are immediate and consistent in their training. If the puppy persists, chases or immediately repeats the behavior, closing a door and walking out of the room can help to teach the puppy that nipping leads to immediate inattention.

**What if yelping does not help?**
Other techniques are often suggested for play biting. Some involve harsh discipline, like slapping the puppy under the chin or forcefully holding the mouth closed. Remember, pain can cause aggression and cause the puppy to become anxious, fearful or perhaps more excited. These techniques also require that you grab an excited puppy; not an easy thing to do! Some puppies may even misinterpret the owner’s attempts at punishment as rough play, which in turn might lead to an increase in the behavior. Physical methods are therefore not recommended. Owners, who cannot inhibit the puppy with a yelp, could consider a shaker can, water or air spray, noise alarm, or ultrasonic device, as soon as the biting becomes excessive. The loud noise or spray is used to startle the puppy, who will likely back up and stop biting. When that happens the puppy should immediately be praised and gentle play and interactions resumed.

The use of a head halter with a remote leash attached allows the puppy to play and chew, but a quick pull on the leash can immediately and successfully close the mouth and stop biting without any physical force. By simultaneously saying “no biting”, most puppies will quickly learn the meaning of the command. As soon as the puppy stops and calms down, the owner can allow play to resume, as long as biting does not begin again. This is one of the quickest and most effective approaches to stop the biting and get immediate control of the muzzle and mouth, and is useful for owners that are not gaining sufficient verbal control.

Remember that play biting is a component of play behavior in puppies. Play is a form of social interaction. Realize that your puppy is trying to play with you even though the behavior is rough. To ensure that you are in control, be certain that each play session is initiated by you and not
the puppy, and that you can end each session whenever you choose. One effective strategy when the play gets too rough is to immediately end the play session and leave. Social withdrawal can be a very powerful tool. Leave the puppy alone long enough to calm down. If upon your return the wild playing begins again, leave again. Although it is tempting to pick the puppy up and take it out of the room, this interaction may be interpreted by your puppy as additional play and the biting may continue as you carry the puppy to a confinement location. Keep track of which types of play seem to get the puppy too excited and these should be avoided to help prevent biting behavior.

**Can I play tug-of-war games with my puppy?**

Games of tug and pull can be a good way for the puppy to expend energy while playing with family members. In this way the puppy can be given an acceptable outlet for pulling, biting and tugging rather than on the clothing or body parts of people. In addition, the tug of war game provides an opportunity to teach the puppy to give up toys on command. However, tug of war games are only acceptable if they remain under your control, or if play biting and over exuberant behavior increase. Select a few tug toys for playing this game and be certain that you are the one to start each session. It might be best to keep the toy(s) out of the puppy’s reach until its time to play the game. Throughout the play session, particularly if the puppy gets too excited or begins to grab hands or clothing, have the puppy settle down and give up the toy before allowing play to continue. Food rewards can also be used at the outset to encourage the puppy to stop the give up the toy. At the end of each tug session, teach the puppy to give up the toy and reward with a favored chew or feeding toy. If successful, this type of play provides you with a means of controlled interactive play, as well as teaching the puppy to give up the toy on command.

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SOCIALIZATION AND FEAR PREVENTION IN PUPPIES

What is socialization?
Socialization is the process during which the puppy develops relationships with other living beings in its environment. While socialization takes place throughout the first year of life, the first 12-16 weeks seem to be the most important time for young puppies to learn about their environment. Two other important terms in a pup’s development are “habituation” and “localization”.

What is habituation?
As all animals develop there are numerous stimuli (sounds, smells, sights and events) that when unfamiliar can lead to fear and anxiety. Habituation is the process whereby dogs get used to repeated stimuli, and stop reacting to them provided that there are no untoward consequences.

What is localization?
Localization is the process by which the puppy develops attachment to particular places.

Why are these terms important?
To reduce the possibility of fearful responses as a puppy grows and matures, it is essential to expose young puppies to many stimuli (people, places and things) when they can most effectively socialize, localize, and habituate to these stimuli. Early handling and events that occur during the first 2 to 4 months of life, are critical factors in the social development of the dog. Dogs that receive insufficient exposure to people, other animals and new environments during this time may develop irreversible fears, leading to timidity and/or aggression.

What can I do to improve my chances of having a social, non-fearful dog?

a) Puppy Selection
The genetics of the breed and of the parents in particular play an important role in how sociable, playful, fearful, excitable, or domineering a puppy becomes. Choose a breed and parents (both male and female) that have the type of behavior that you would like the puppy to have. Of course, there is a great deal of variability between individuals, so that breed and parental behavior will not always be indicative of what the puppy will be like. If the parents have been
previously bred, the behavior and health of these siblings from previous litters may provide additional insight into how your dog might grow and develop.

b) Puppy assessment
Avoid selecting puppies that are shy, withdrawn or fearful. But selecting a friendly and non-fearful puppy does not ensure that this behavior will persist into adulthood. In fact, little or no predictive value has been found in assessing puppies under 3 months of age, since these puppies are still developing their social skills and many problem behaviors do not begin to emerge until sexual or social maturity. However, as puppies age these criteria do begin to become more reliable.

c) Early handling
Puppies that are stimulated and handled from birth to five weeks of age are more confident, social, exploratory, faster maturing and better able to handle stress as they develop. Puppies obtained from a breeder or home where they have had frequent contact and interaction with people are likely to be more social and less fearful as they develop. Puppies who have spent large amount of time in pet stores or confined in cages may not have had the environmental stimulation needed to easily transition to a new home.

d) Primary socialization
There is a sensitive period in the development of most species when they develop social attachments with their own and other species, independent of punishment and rewards. In fact, both positive and negative events seem to accelerate socialization. The events that occur during this socialization period determine the puppy’s future social partners, as well as the species with which it feels comfortable. By recognizing the critical time frame in which canine socialization develops, you can help to ensure a healthy social attachment to people and other animals, including other dogs.

The primary socialization period for dogs begins at 3 weeks of age and is diminishing by 12 weeks. Peak sensitivity is at 6 - 8 weeks. Fears begin to emerge around at 8 weeks of age, so that beyond 12 weeks of age fearfulness may surpass sociability. Although there is a great deal of variability between breeds and individuals, dogs should be socialized to as many people, animals and situations as possible before the sensitive socialization period begins to wane. However, regular social interactions should continue through adulthood so that puppies do not regress and become more fearful as they grow and develop. The 6-8 month period appears to be another important time where social contact should be maintained or social skills may diminish and fear may escalate. To help a healthy social relationship with other dogs throughout life, dogs should maintain their social contacts with their mother and littermates until 6 - 8 weeks of age.

**What is the best age to obtain my new puppy?**
Since it is critical for the puppy’s development to interact, observe, play and learn with members of its own species, the puppy should remain with its mother and littermates until about 7 weeks
of age. Then when placed in the new home, social contacts can be expanded to new people and species while still in their primary socialization period. Also by this time puppies will begin to develop preferences for elimination sites, so that this is a good age at which to begin house-training. See our handout on housetraining puppies.

What can I do to assist my puppy in its social development?
Generally, there should be little problem with a puppy that is less than 12 weeks of age developing healthy and lasting attachments to the people, sights and sounds in its new home. Your puppy is most likely to become fearful of stimuli that are not found in its day-to-day routine. Make a conscious effort to identify those people and situations to which the puppy is not regularly exposed. For example, if there are no children in the home, you might arrange regular play sessions with children. If you live in the country, make a few trips into the city, so that the puppy can be taken for walks on city streets, or through neighborhood plazas. Conversely, a puppy that grows up in the city might become fearful or aggressive toward farm animals that it was not exposed to during its early development.

Introduce your puppy to as many new people and situations as possible, beginning in its first three months of development. People in uniforms, babies, toddlers, the elderly, and the physically challenged are just a few examples that might lead to fear and anxiety, unless there is sufficient early exposure. Similarly, car rides, elevators, stairs, or the noises of cars, trains, airplanes, or hot air balloons are some examples of events and experiences to which the puppy might be usefully exposed.

One way to facilitate the introduction of the puppy to new situations and people is to provide a reward such as a favorite toy or biscuit each time it is exposed to a new stimulus. Having a stranger offer a biscuit to the puppy will teach it to look forward to meeting people and discourage hand-shyness since the puppy will learn to associate new friends and an outstretched hand with something positive. Once the puppy has learned to ‘sit’ on command, have each new friend ask it to ‘sit’ before giving the biscuit. This teaches a proper greeting and will make the puppy less likely to jump up on people.

Be certain that the puppy has the opportunity to meet and receive treats from a wide variety of people of all ages, races, appearance and both sexes during the formative months and well into the first year of life. There will of course, be times when your puppy is in a new situation and you do not have treats. Be sure then to use a happy tone of voice and encourage your puppy.

If your puppy seems to panic, back off a little and try again later, rather than aggravating the fear. Be sure to identify any emerging fear and work to revisit the situation slowly and gradually using favored rewards to turn the situation into one that is positive.

Is it healthy to take my puppy out in public at such a young age?
There is always a concern about the risks of taking the puppy out of its home before it is fully vaccinated because it may be exposed to infection before the vaccines have had time to become protective. However benefits gained from these new and early public appearances can
be enormous and without them the risk of the puppy developing permanent fears or anxiety is a serious concern.

One solution is to have people and healthy vaccinated animals visit the puppy in its own home, until it is sufficiently vaccinated to be taken out. A compromise is to take the puppy out to meet people and other pets in low risk environments. As long as vaccines are up-to-date, taking the puppy for walks along the sidewalk and avoiding neighborhood parks where stools and urine might accumulate is generally safe.

Another valuable aid is to enroll the puppy in puppy socialization classes. If these classes are held indoors in a room that can be cleaned and disinfected, and all puppies are screened for vaccination and health prior to each class, then these classes provide good exposure to people and other dogs, in a low risk environment. In addition to insuring that vaccines are up-to-date and each puppy is parasite free, perhaps the best way to reduce disease risk in a puppy class is to insure that the owner has owned the pet for at least 10 days before enrolling in the class (beyond the incubation period for most of the serious contagious diseases). Not only do these classes offer an opportunity for play and socialization with a variety of people and dogs, they also help guide the owners into proper training techniques from the outset.

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PUPPY TRAINING: COME, WAIT, AND FOLLOW

How can I get my puppy to ‘come’ when called?

Teaching a puppy to ‘come’ on command is a very difficult but important task. Start early because a puppy that will come when called is safer! In addition, most young puppies do not like to stray too far from their owners. So all it takes is a kneeling owner and a happy ‘come’ command and your puppy may willingly approach (without the need for any food or toy prompt). Similarly most young puppies will automatically come and follow as you walk away. However, by 3 to 4 months of age, as puppies become a little more independent and exploratory, more appealing rewards may be needed. The two most important rules about teaching your puppy to come to you are to set up the puppy for success (so that you never fail) and that each training session is simple, fun and pleasurable. NEVER CALL YOUR PUPPY TO YOU FOR DISCIPLINE!

Start by backing away from your puppy 1-3 feet and wiggle a food treat or a favored toy (prompt) in front of its nose. At the same time say the puppy’s name and ‘come’. Use a happy inviting tone of voice. When your puppy comes to you, praise it lavishly and give the treat or toy. Then repeat. Start by only moving short distances, and then gradually have the puppy come further to reach you. Reinforce this task by calling your puppy over multiple times daily, giving a pat or a food treat and sending it on its way. Try to avoid only calling the puppy to you to bring it inside, to put it in its crate or otherwise end something fun. Be sure to spend time calling the puppy over and then releasing it, this will help the puppy learn that by coming to you, good things happen. Remember it is critical to succeed with every training session. Stay close to the puppy, make certain that there are no distractions and proceed slowly.

Over time, the puppy should be very slowly taught to come from progressively farther distances and in environments with a greater number of distractions. If there is any chance that the puppy might escape or disobey, have the puppy wear a long remote leash (which can be left dangling as the puppy wanders and investigates). Then if the puppy does not immediately obey the ‘come’ command, a gentle tug of the leash can be used to get the puppy’s attention, and a repeated command in an upbeat, happy voice (along with a food or toy prompt) should be able to ensure that the ‘come’ command is successful and rewarding.
How can I teach my new puppy to ‘wait’ or ‘follow’?
Teaching a puppy to ‘wait’ or ‘follow’ are extensions of the other tasks you should have already taught. To teach your puppy to follow at your side (heel), use a food treat, place it by your thigh and entice the puppy both vocally and with the food to ‘heel’. As the puppy follows its nose to stay near the treat, it will also be learning to heel.

For dogs that constantly walk ahead or pull, teaching your dog to follow should begin where there are few distractions, such as in your backyard. To ensure success you should keep a leash or leash and head collar on your dog. Begin with a ‘sit-stay’ command and give a reward. Start to walk forward and encourage your dog to follow or heel as above, using a food reward held by your thigh. Be certain to allow only a few inches of slack on the leash so that if your dog tries to run past you, you can pull up and forward on the leash so that the puppy returns to your side. Once back in the proper position (by your side for ‘heel’ or behind you for ‘follow’), provide a little slack in the leash and begin to walk forward again. Continue walking with verbal reinforcement and occasional food rewards given as the dog follows. Each time the dog begins to pass you or pull ahead, pull up and forward on the leash, and release as the dog backs up. Although the dog could be made to sit each time it pulls forward, the goal is to have the dog return to your side. If the dog “puts on the brakes” and will not follow, all you need to do is release the tension and verbally encourage the dog to follow. Once you have the dog successfully heeling in the yard with no distractions, you can proceed to the front yard and the street, at first with no distractions, until good control is achieved.

How can I teach my dog to ‘wait’?
Although much the same as ‘stay’, this command is important for the dog that might otherwise bound out the front door, lunge forward to greet people and other dogs, or run across a busy street. Begin with ‘sit-stay’ training, until the dog responds well in situations where there are few distractions such as indoors or in your backyard. Next, find a situation where the dog might try to pull ahead, such as at the front door, so that you can begin to teach the ‘wait’ command. Training sessions should begin when there are no external stimuli outdoors (other dogs, people) that might increase your dog’s motivation to run out the door. Use a leash or leash and head collar to ensure control. Begin with a ‘sit-stay’ by the front door. While standing between your dog and the door, and with only a few inches of slack on the leash, give the wait command and open the door. If the dog remains in place for a few seconds, begin to walk out the door and allow your dog to follow. Then repeat, with longer waits at each training session. If however, when you open the door or begin to walk out, your dog runs ahead of you, you should pull up on the leash, have your dog sit, release, give the ‘wait’ command and repeat until successful. Once your dog will successfully wait for a few seconds and follow you out the door, gradually increase the waiting time, and then try with distractions (dogs or people on the front walk). This training should also be tried as you walk across the street, or before your dog is allowed to greet new people or dogs it meets.

To achieve a progressively more relaxed response see our handout on settle exercises. For dogs that pull see our separate handout controlling pulling.

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PUPPY TRAINING: SIT, DOWN, STAND, AND STAY

How do I teach my puppy to ‘sit’ on command?
Using a food treat, hold the food over the dog’s nose and slowly move it up and back over the dog’s head. As the puppy follows the food with its head it will sit down. Now couple the word ‘sit’ with the action. The upward motion of the hand as you hold the food treat also serves as a visual command for the puppy. If the pup lifts its front legs you are holding the food treat too high. As soon as the puppy sits say ‘good sit’ and give the treat. Many repetitions will be necessary for the pup to learn the association. Gradually, as the puppy understands what you want it to do, only give the treats intermittently. You should practice sit in many places throughout your home. It is especially important to teach your puppy to sit by the front door. A dog that readily sits by the front door will do better when greeting guests.

How do I teach my puppy to lie down on command?
Start with your puppy in a sit position. To get the puppy to lie down, take a treat and lower it between the puppy’s front paws and say ‘down’. Usually the puppy will follow the treat and go down. If the puppy does not lie all the way down, slowly push the treat between the paws and if the puppy lies down give it the treat and of course add ‘good dog’. If the puppy stands up, start over.

For some puppies, teaching the ‘down’ command can be very difficult. An alternative method is instead of pushing the food treat backwards is to slowly pull the treat forward. If that does not work, sit on the floor with your legs straight out in front of you and slightly bent at the knees. Take a hand with a treat in it and push it out under your knee from between your legs. As the puppy tries to get the food treat, slowly bring it back under your knee. As the puppy tries to follow, it will usually lie down.

Once the puppy understands the ‘down’ command, make sure that you vary the starting position. You should try to get your puppy to ‘down’ from both a stand and a sit.

How can I teach my puppy to ‘stay’ on command?
Puppies can be taught to stay for short periods of time at a young age. Once they sit on command each and every time they are asked, without the need for food inducements, training can proceed to more difficult concepts such as “stay”.

First the pup is taught to stay without moving as you stand in front for 1-2 seconds. Remember you are actually teaching two things; first, “don’t move” and second, “don’t move when I move”. Initially give the puppy the ‘sit’ command, say ‘stay’ (using a hand as a stop sign can be a good visual cue), take one step away, and then return to the puppy and reward it for not moving. Be very careful that the puppy does not stand up or move as you present the reward because then
you will have rewarded ‘getting up’. Gradually increase the distance by a step at a time and the length of the stay by a few seconds at a time, until the puppy can stay for a minute or more with you standing at least 10 feet away. It is important to set up the puppy to succeed. Proceeding very slowly, and keeping a long lead attached to the puppy so that it cannot run away can help ensure success. Be patient. It can take a week or more of daily training to get a puppy to ‘sit’ and ‘stay’ for 1-2 minutes. Over a few months it should be possible to increase the ‘stay’ to 15 minutes or more, and to be able to leave the room and return without the puppy rising from its ‘stay’. For these longer stays it may be better to use a ‘down-stay’ (lying down and staying in place) combination, and to train the dog in a favored resting or sleeping area.

Once extended ‘sit-stays’ are accomplished, the command can be used to prevent many potential behavior problems. For example, if you practice ‘sit and stay’ by the front door, this command can then be used to prevent running out the door and jumping on company. Have your puppy sit and stay while you place the food on the floor and then give him an OK or release command. This will help establish your leadership and control.

**How can I teach my dog to stand on command?**

Place your puppy in a ‘sit’ position. Take the food treat palm facing up and move it forward and away from the pup as you say ‘stand’. Your puppy should again follow his nose and stand up. Don’t pull your hand so far away that the puppy follows you, but just until it stands up.

**What else can I teach my dog?**

Using the concepts discussed above a dog can be trained to perform anything that it is physically capable of. A ‘down’ or ‘sit’ can be extended from several seconds to many minutes as long as we progress gradually or “shape” the dog’s behavior. In shaping, we determine our ultimate goal, such as a 20-minute stay, and reward successive increments of the behavior until we reach that goal. For example, once the dog will sit for 3 seconds before the reward is given, we can repeat the command and when the puppy sits we wait for 4 seconds before the reward is given. Proceed very slowly, ensuring that the puppy is performing the behavior properly a few times in a row before proceeding to the next step.

To progress to a more relaxed down and stay please see our handout on settle exercises.

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REWARDS: LEARNING AND REINFORCEMENT

The best way to train your pet is through the proper use of positive reinforcement and rewards while avoiding punishment. The goal of training is to "learn" the proper task and/or behavior. The training sequence is to give a command, to get the desired response, and to use a reward to mark and reinforce the correct response. Generally the most difficult aspect of training is to find techniques that immediately get the desired response after each command (See our handout on basic training for more details).

How does learning take place?
Learning occurs by establishing the relationship between behavior and consequences. There can be different possible outcomes of behavior, and consequences can be positive or negative.

When there is a positive relationship between behavior and consequences, the more your pet performs a certain behavior, the more of the consequence it receives. If there is a negative relationship between behavior and outcome, the more of the behavior the pet does the less of the consequence it receives. When we increase a behavior by removing a stimulus this is known as negative reinforcement. For example, when a dog barks at an intruder (such as a letter carrier) the barking has been reinforced because the stimulus (letter carrier) was removed. Negative reinforcement can also be used for training when a pull on a head halter or a spray of citronella is terminated as soon as the desirable behavior is observed.

What is positive reinforcement?
Positive reinforcement is anything that increases the likelihood that a behavior will be repeated. There is a positive relationship between behavior and consequence. The more the pet does a behavior, the more consequence it receives and what it gets is good. This makes that behavior increase.

What kinds of things will a dog consider positive reinforcement?
They will differ from dog to dog. For some it may be a pat on the head, a play session, a fun toy, a walk, or a food treat. The key is to select the reward that motivates your pet. It can be useful to feed your dog, depending on its age, at one or two scheduled meal times. Training sessions can then be performed just prior to mealtime when the dog is at its hungriest. Most puppies can then be motivated with pieces of food. In the same way, toys, play sessions and affection can be withheld until training time so that the dog is “hungrier” for these rewards and so that the pet learns what behaviors will be followed by rewards. The more predictable the rewards, the more
likely for the pet to continue the behavior. On the other hand, if rewards are unpredictable (e.g. affection) the pet will not learn the desired response. Some of the dogs that are hardest to train are those that are difficult to motivate. These dogs may do better with a few special treats that are saved specifically for training sessions (e.g. hot dog slices, small morsels of cheese), or pieces of dog food sprinkled with flavoring such as powdered cheese or garlic. By the way, if there's no good reason to give your dog a treat, don't - it fills him or her up, and accomplishes nothing. Consider these tidbits and biscuits not as treats but as “training rewards”. If these rewards are saved exclusively for training they become more motivating and the pet will learn quickly what behavior leads to that reward. Whenever you are giving the dog something of value from food to a walk, first give your dog a command so that each reward can be earned (See our handout on learn to earn).

**How do I properly use positive reinforcement?**

The proper use of positive reinforcement is more than just giving a treat or a pat on the head. The timing of the reinforcement is very important. Remember, your pet is behaving all the time. So, you need to be sure to reinforce the behavior that you want and not some other. Therefore, closely associate the reinforcement with the behavior you wish to increase. Reinforcement must immediately follow the behavior (within 3-10 seconds). If there is any delay, you run the risk of the pet engaging in another behavior while you are administering the reinforcement. One example is when you teach a dog to sit. You tell your dog to 'sit', and manipulate her into the position. While you are saying ‘good dog’ and giving a food treat, the dog stands up. What has just happened? You have rewarded 'sit' and 'stand up'. Another example is when you are house-training your dog. You send your dog outdoors to eliminate and as soon as the dog is finished, you call the dog back into the house, dry her feet and give it a reward. What happened this time? You just rewarded your dog for coming back into the house and having the feet dried.

**Should I reward my pet every time?**

The frequency of reinforcement is important. The rate at which behavior is reinforced is called the "schedule". There are several different schedules of reinforcement.

A. **Continuous reinforcement.** Every time your pet engages in a behavior it is reinforced with a reward. While this may sound like a good idea, it is actually less than ideal. If you reward a behavior continuously, once you cease rewarding the behavior, it will often stop. But continuous reinforcement is useful when first teaching a new task so that the animal learns the task that leads to a good outcome.

B. **Ratio or variable rate of reinforcement.** The reinforcement does not come after each performance of the behavior but intermittently. This may mean that instead of a reward every time, the pet gets a reward every third time, then perhaps two in a row, then maybe not until the pet has performed the behavior five more times. What happens if you reward this way? Behavior tends to be stronger and last longer. This type of reinforcement is best instituted once the pet reliably knows the task you wish to teach and helps keep the pet responding at a high rate.

Start training new commands or tasks with continuous reinforcement but switch to intermittent, variable rates as soon as your pet is responding consistently.
What if my rewards are not working?
First, you may not be reinforcing the correct task. Remember the example of ‘sit’ and ‘stand up’. Be sure that the timing of your reinforcement is immediately after the behavior you wish to increase. Second, you may be phasing out your reinforcement before your pet has adequately learned the new behavior. Go back to basics and be sure your pet understands what to do. Therefore, until your dog consistently responds to the command, it can be valuable to leave a leash attached so that you can immediately show your pet what it is “supposed” to do. It is also possible that you may be repeating commands several times, or in different ways and thus confusing your pet. Ask for our handouts on training for specific tasks for additional help.

What type of rewards should I use?
Rewards do not always have to be food. For many pets, owner attention can be a reward as can a walk in the park or a game of fetch. In fact, any time your pet is in the mood for some social interaction, and any time you are giving a toy, food or treat, you have the perfect opportunity to first train your pet to a command. If you do not keep track of when and where you give rewards you may actually be reinforcing undesirable behavior (see below). What is important is that it be appropriate and motivating for your pet. Remember, you need not give a “special” reward such as food each time your pet performs a task, but always acknowledge good behavior if only with praise or affection.

Is there a wrong way to reward my dog?
Yes. We may reinforce behaviors that we do not want. Remember that positive reinforcement makes behavior increase. So, there may be times when you may be inadvertently giving reinforcement when the pet is exhibiting a behavior that is undesirable. Giving any form of attention to a barking dog, a dog that is jumping up, or a dog scratching at the back door only serves to reward the behavior. Sometimes people even give a bit of food, pat the dog, or play with it in an attempt to calm it down. What they are really doing however is reinforcing the problem behavior. Similarly you may think that you are punishing your dog when you are indeed reinforcing behaviors. Examples include scolding your dog with an insufficiently harsh tone of voice, or gently pushing the dog away when it is play-biting. What is worse is that when these behaviors are rewarded occasionally or intermittently, the behavior becomes stronger and lasts longer (see above). A reward should never be given unless it is earned.

What are other ways in which rewards can be used?
There are other situations where rewards can be most helpful. For example, it may help a puppy or even an adult dog to learn to accept new people if that greeting is always coupled with a food treat. This will help the pet learn that new people bring something good. In other cases, rewards can be used to encourage desirable behavior. Food enhanced toys may encourage a dog to chew on them instead of the household possessions. Removal of a reward as soon as the dog exhibits undesirable behavior is another training tool known as negative punishment (e.g. stopping play when the dog bites too hard). In this example, the reward is used as a punishment since play biting should be reduced or cease since it leads to the reward being removed.
**What type of rewards would I use for my cat?**

Cats respond to training like dogs, however, they seem to need reinforcement at a higher rate than dogs to maintain performance. Food is often the best reinforcement for cats, but many will enjoy play sessions with favorite toys as well. Like dogs, finding small tidbits of human food, or special cat treats with high appeal, may be more motivating than regular food. Train your cat with these treats before mealtime, not after, and feed your cat on a meal schedule not free choice so that it is hungry at training times. Remember to think of toys and snacks as rewards, not as treats. It can be an extremely useful and fun exercise to train your cat to a few simple commands (come, sit, meal time). All it takes is to encourage the behavior (e.g. with a toy or food lure), reward the behavior, and once the cat will respond reliably, add a command. A leash and harness can also help to prompt the cat to get the desired response. These commands can come in very useful when you need to communicate with your cat.

**What is clicker training and how does it work?**

A clicker or an audible tone (found on some remote collars) can be paired with a food reward by consistently sounding it just prior to giving the food until it becomes a conditioned stimulus for food. The value of a clicker is that it can then be used as a reward to immediately mark correct responses in a convenient and precise manner, with the food being given shortly afterwards. By consistently pairing food with the clicker their value can be maintained throughout training. Higher-level rewards, including the clicker, can be used for initial training of new responses, and for counter-conditioning. Once the clicker is predictive of a reward, the clicker can be used as a bridging stimulus. This means that the clicker can be used to immediately as a positive marker of the correct response, and the food reward can be slightly delayed until it is available. For example if a dog were to eliminate outdoors or a cat eliminate in its litter and you were supervising so that you could immediately click, then even if you had to come indoors or go to the refrigerator to retrieve the treat, the pet would still associate the treat with the behavior. Clickers are an excellent way to gradually shape more elaborate or more accurate responses since it is possible to reinforce one small increment of behavior and then with each subsequent session, reinforce responses that are gradually closer to the final goal. In addition to clickers, favored food rewards can be paired with praise, stroking or petting.

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*This client information sheet is based on material written by Debra Horwitz, DVM, Diplomate ACVB & Gary Landsberg, DVM, Diplomate ACVB
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Socializing Your Dog

...refers to providing him with POSITIVE experiences with NEW THINGS. The best way to make sure your dog has great experiences is to include things he loves (like food or toys).

**new people**

Let your dog approach at his own pace, if and when he wants to.

Associate new people with wonderful things.

**other animals**

Always check that the other animal is friendly & tolerant of dogs before you let your dog approach.

Teach your dog how to act politely around other animals by rewarding him for good behavior. Redirect him if he’s pushy or overly excited.

If your adult dog doesn’t want to play with unfamiliar dogs, that’s okay. Adult people don’t want to play with every other person we meet either!

**new things & environments**

To prevent noise phobia (eg, fear of thunder), feed your dog a tiny treat every time the noise happens.

Introduce young dogs to lots of different surfaces.

Take rides in a boat, train car, or elevator.

Visit the vet & groomer’s just for treats and petting.

Teach your dog to enjoy wearing a muzzle by making it into a “treat basket.”

Avoid truly scary situations, such as fireworks.

Visit parking lots and other busy places just to watch the people, animals, vehicles, etc. and feed your dog treats.

Remember: EXPOSURE alone isn’t socialization!

If your dog isn’t having a great time, you could do more harm than good. Dogs don’t just “get over” issues by themselves, so if your dog is shy, worried, or overly excited, leave the situation and work with a professional who can help both of you. If your dog is having a blast and is happy and comfortable, you’re doing a great job of socializing him!
SPACE ETIQUETTE FOR DOGS

To: People with "Friendly Dogs", Off-Leash Dogs, & Retractable Leash Dogs

MY DOG IS FRIENDLY!!!

IT'S OK! MY DOG LOVES EVERYBODY!

MY DOG WAS ONLY BEING FRIENDLY!

GRRRR!!!

NEWSFLASH: Running up to another dog and ignoring requests to go away is not "friendly", it is rude. Just like people, DOGS NEED PERSONAL SPACE. If a stranger came up and put his hand on your body, you'd be allowed to step back, yell, and push him away. Dogs have the same right to enforce their boundaries. Some dogs are called "reactive" because they are more sensitive than others. Reactive dogs are good dogs, they just need more distance and compassionate training. You can help them by honoring their need for personal space.

1. NEVER LET YOUR OFF-LEASH DOG GO UP TO AN ON-LEASH DOG.
2. LOCK RETRACTABLE LEASHES WHEN YOU SEE OTHER DOGS.
3. ASK BEFORE APPROACHING OR PETTING ANY DOG.
4. HAVE COMPASSION FOR PEOPLE WITH SHY OR REACTIVE DOGS.

Please do not chase us. Let us pass without interaction, and keep your judgements to yourself.

inspired by: notesfromadogwalker.com functionalrewards.com
STAY SAFE AROUND THE DOGS YOU KNOW

THEIR BODY

- Pet dogs gently with one hand, collar to tail (not on the head).
- Sit WITH dogs, not ON them.
- DON’T dress up dogs.
- DON’T kiss, hug or pick up dogs.

THEIR FEELINGS

- Learn what dogs are saying and listen when they need you.
- Be kind. Do things dogs like.
- DON’T yell, scare, hurt or tease dogs.
- DON’T be bossy (or make dogs do things they don’t want to).

RESPECT

- Always invite dogs into YOUR space instead of going into theirs.
- Walk away from dogs when they’re in crates or resting anywhere.
- Train and play with dogs using treats and toys.
- Let grown ups take care of dogs when they have something they shouldn’t.

DON’T go up to dogs when they’re eating or chewing.
DON’T put your face in dogs’ faces.
DON’T take anything from dogs...
...EVEN if it’s yours! Ask a grown up for help.

THEIR SPACE

THEIR STUFF

STOP THE 77

STOPTHE77.com
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART ONE: Start in a small, boring space. Go at your dog’s pace.

The most important step in teaching your dog to walk politely on leash is showing your dog where you want him to be while he is on leash. To make things easier for your dog, start practicing in a small, boring space. This improves the odds that your dog will stay close to you.

1. CLICK TREAT CLICK TREAT CLICK TREAT
   Click and treat rapidly a few times in the correct position.

2. CLICK TREAT
   Move slightly out of heel position and wait for your dog to move closer to you.

3. CLICK TREAT
   As soon as your dog moves even the tiniest step closer to you, click and feed at the “ideal” head position.

4. CLICK TREAT
   Repeat until your dog moves into heel position every time you move out of it.

5. CLICK TREAT
   Gradually take more and more steps between clicks and treats. If your dog gets confused, go back to just one step and then increase the number of steps more slowly to help him understand.

6. CLICK TREAT
   Then start changing direction and speed.

7. Next, move to a larger or more interesting space, and start over from STEP 1.
   When your dog can handle STEP 6 in the new space, move to another new space, starting over from STEP 1 again.

CONCEPT & WORDS by Irith Bloom www.TheSophisticatedDog.com

DRAWINGS by Lili Chin www.doggiedrawings.net
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART TWO: Help! My Dog Is Pulling!

If pulling on the leash gets your dog where he wants to go, he’ll keep pulling. To avoid teaching your dog that pulling is a good strategy, use one of the techniques described below.

**TECHNIQUE 1: "I AM A ROCK"

When your dog pulls, stop in your tracks. Wait. As you wait, pretend you have no dog.

When your dog backs up or turns to you, click and feed a treat at your pant seam.

Then move forward again.

**TECHNIQUE 2: "BACK & FORTH"

When your dog pulls, turn around and walk purposefully in the opposite direction.

When your dog catches up to heel position...

Click and treat. Then turn around and continue in your original direction.

**TECHNIQUE 3: "OFF AT AN ANGLE"

This is a great technique for dogs who are very strong. When your dog pulls, simply move away at a random angle that isn’t 180 degrees.

Wait for your dog to catch up to heel position.

Click and treat. Then turn around and continue in your original direction again.

If your dog keeps pulling, the environment is probably too exciting. Go back to teaching your dog polite leash walking in a less exciting place. Then build up gradually to walking on leash in the exciting environment again.

Remember to go back to PART ONE every time you practice in a new place.

CONCEPT & WORDS by Irith Bloom www.TheSophisticatedDog.com
DRAWINGS by Lili Chin www.doggiedrawings.net
Teach your dog to ring a bell

Housetraining some dogs can be especially challenging because they do not learn to clearly signal when they need to eliminate. Teaching a dog to ring a bell when it needs to go outside can be a huge help when housetraining. It takes time but is relatively simple if you follow the following steps:

• Purchase a small bell, and set it near the door through which you usually take your dog out for elimination. Ring the bell immediately before opening the door to go outside with the dog. Your dog should already be leashed so that you can step outside with her as soon as you ring the bell. Do this every time you take your dog outside for several days. Allow your dog to only explore the designated elimination area, otherwise your dog may associate ringing the bell with play time instead.

• Next, suspend the bell at the height of your dog’s nose right next to the door. Gently touch the bell to your dog’s nose, causing it to ring, every time you take your dog outside. Repeat this step for several days.

• At this point, depending on how quickly your dog makes associations, she may begin approaching the bell on her own when she needs to eliminate. If she doesn’t, smear a little bit of cheese or peanut butter on the bell each time you prepare to go outside, and use this to lure your dog toward the bell. Allow your dog to lick the bell, causing it to ring, and then praise your dog as you take her outside.

Once your dog begins ringing the bell on her own, you must take her outside every time so that she learns that making the bell ring reliably predicts being allowed outside.
To Fix or Not to Fix? That is a Very Important Decision

- If you breed, chances of breast cancer are 1 in 4.
- If you spay before the first heat cycle, chances of breast cancer are 1 in 100.

Please consider the following information very carefully. You have a “small window” to make a very important decision for your pet. Female dogs traditionally go into “heat” at six to eight months of age. If a female dog (or cat) has an ovariohysterectomy (spayed) before she has her first heat cycle – her chances of developing breast cancer later in life are 1 in 100. (Great odds of never having to worry about it)

If you decide to breed, it is recommended that all breeds not be bred until they are over 2 years of age. This is the age in which the pet is more mature, more fertile, will be less likely to have a “problem pregnancy” and be a better mother to her pups. This age also allows those breeds with recognized potential for health problems – a well known one being hip dysplasia – to be screened for the disease and certified as negative. If you decide to breed ---- be responsible and make sure that the pups the mating will bring into this world are going to better the breed. Do not produce pets with genetic problems that could have been prevented – that is irresponsible.

If you are willing to take on the responsibility of a canine mating, and the above is taken into consideration, you are also accepting a 1 in 4 chance of your pet developing breast cancer later in life. If you want this dog to be a breeder – you must accept this significant increase in risk. If you want this dog to be a pet – DO NOT BREED.

You can always spay a dog later in life, and if your dog has not been spayed we encourage you. Although the risk of breast cancer can not be decreased, the chances of developing a uterine infection (pyometra) are high in intact females. Female dogs and cats do not go thru menopause. They continue to cycle all their lives. A healthy dog undergoes ovariohysterectomy much better than an aging sick patient with a uterine infection. The reality is some patients with pyometra do not survive the surgery/postoperative complications. Spay early!!!

Please do not plan to breed if:
- you desire a puppy
- you want to make money
- you want to “settle her down”
- you want to experience or have your children experience “birth”.

Please do not plan to breed if your desires are 1) to have a puppy. There are millions of dogs and cats born each year. Fifty percent of all dogs and cats born in the United States are euthanized because there are not enough homes for them. Do not add to this number!! Though you may find homes for all those in your pets’ litter…. Will they be spayed and neutered?? Will the cycle continue or will it stop there?? It is obvious that some of the puppies/kittens born from irresponsible matings displace many of the homes for the millions of puppies/kittens on death row.
Please do not plan to breed if you desires are 2) to make money. The cost of producing a good quality litter can be staggering – often over $2000. This includes feeding the mom and puppies until they are 6-8 weeks of age, first puppy series, OFA or PENN HIP certification for hips, elbows, and thyroid registry, stud fee, and a NORMAL delivery. If mom needs a c-section, add another grand. If you can sell the pups for $350, you need a litter of 6 to break even with a normal delivery and a litter of 9 to break even with a c-section. As you can see, a smaller breed with smaller litters and an increased chance for c-sections is practically impossible to make a profit. Dog/cat breeding is not a profitable business – thus the need for many breeders to resort to puppy mill tactics.

Please do not plan to breed if you want to 3) settle her down. Breeding itself does not settle a female dog. Hopefully the bitch will take care of her brood while they are nursing and this temporarily “focuses” her attention but if her nature is hyperactive, she will still be hyperactive. Coincidentally most pets mature about the same time they are bred and thus appear to have “settled” down due to a litter, when in actuality they have just matured naturally.

Please do not breed if you want to 4) have your children experience “birth”. There are wonderful videos available on human AND animal birth from the internet. No fuss, no mess and no additional pets that need homes. PBS’s NOVA has an excellent video entitled “Life’s Greatest Miracle” which can be purchased and even viewed from PBS’s website for free. It’s chapters are – “Passing on your DNA”; “The Egg’s Journey”; “The Sperm’s Journey”; “The First Two Weeks”; “The Embryo takes Shape”; “Messages in the Genes”; “Feeding the Growing Fetus”; “The Third Trimester”. http://www.pbs.org/wgbh/nova/miracle/program.html

An additional site show pictures of several animals “in the womb”: http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=417909&in_page_id=1770
Training Cats and Dogs to Love Car Rides

Dogs and cats should be kept safe in vehicles either by confining them in travel crates or seat-belting them in place. Without restraint, some dogs won’t wait until arriving at the park to start playing; to them, the car is their moving playground. Other pets are just a nuisance in the car and can distract the owners enough to cause a car accident. Additionally, when the driver is forced to suddenly swerve or stop, unrestrained pets are easily injured.

**Fig.A:** Cats and small dogs can travel in their safe-haven carrier, which should be belted to prevent the pet from being jostled about. A rough ride can cause the pet to become fearful.

**Fig.B:** A dog who won’t be in a travel carrier should be on leash with someone holding the other end or seat-belted so that she remains somewhat stationary.

The First Car Ride

**Fig.C:** Start the car ride with the pet on an empty stomach. Give treats during the ride so that the pet associates it with good things. If she’s hungry, she’ll eat the treats once she’s somewhat relaxed.

**Fig.D:** Hand-feed the treats sequentially or just toss a bunch into the crate or onto the seat. Note that if you’re driving to a veterinary visit, limit the number of treats given in the car so the pet does not get satiated, since food may be used for counterconditioning at the hospital.
Fig. E: If traveling alone, consider using the MannersMinder to dispense treats for both dogs and cats. This works best if they have already gone through part of the protocol for traveling and the animal has been previously trained using the MannersMinder. For dogs who learned to down-stay using the MannersMinder, require the dog to lie down first before having the machine automatically release treats.

Be sure that the first ride is short so that the pet doesn’t have time to get nauseous. And consider the driver’s driving skills—don’t make the pet sick with fast turns and sudden stops. End in a location that your dog or cat likes. For most cats, this means returning home. Practice these short car rides until your pet acts relaxed all the time, then increase the driving distance. Usually, after only a few rides, dogs will be comfortable in the car; cats might require a few more trips.

Fig. F: If the dog gets car sick, consider trying Cerenia (Pfizer Animal Health, New York), an antinauseant (mesorol citrate) for motion sickness. Cerenia should be given at least 2 hours before travel but after food has been withheld for 1 hour, for fastest absorption. Because each treatment lasts 24 hours, it can be given 1 hour after the dog’s dinner the night before the dog will travel in the car. To prevent gastric upset, it should be wrapped loosely in a small amount of food such as peanut butter, spreadable cheese or deli meat slices. Wrapping tightly in food such as placement in Pill Pockets, hot dogs or sausage will delay the absorption of the medication.
### Calorie Count of Popular Pet Treats

<table>
<thead>
<tr>
<th>COMMERCIAL DOG TREATS</th>
<th>CALS/PIECE</th>
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<tbody>
<tr>
<td>Alpo Al’s Grill Treats</td>
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<tr>
<td>Alpo Biscuits</td>
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<tr>
<td>Alpo Variety Snaps</td>
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<td>Appawtizers, Beggin Littles</td>
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<tr>
<td>Appawtizers, Chewrific</td>
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<tr>
<td>Appawtizers, T-Bonz Minis</td>
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<tr>
<td>Beggin’ Chew Large</td>
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<td>Beggin’ Chew Chew Sm/Med</td>
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<td>Bil-Jac Liver Treats</td>
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<td>Hextra Chews</td>
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<td>Medium</td>
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<td>Purina One Beef Jerky Strips</td>
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<th>OTHER “TREATS”</th>
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<td>Banana (1 medium)</td>
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<td>Beef, lean (1 oz.)</td>
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<td>Carrots (1 medium)</td>
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<tr>
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<td>Cottage Cheese (1 oz.)</td>
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<td>Cucumbers (1/4 cup)</td>
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<td>Green peppers (1 medium)</td>
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<td>Tuna, canned in water (1 oz.)</td>
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<td>Turkey breast, lean (1 oz.)</td>
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<td>McDonald’s 4pc nugget</td>
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<td>1 cup 2% milk</td>
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<td>Bacon slice (varies with thickness)</td>
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<td>Peanut butter 1 tbsp</td>
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<td>1 slice bologna</td>
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<tr>
<td>Zucchinis (1/4 cup)</td>
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<tr>
<td>Marshmallows (4 large)</td>
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<th>COMMERCIAL CAT TREATS</th>
<th>CALS/PIECE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquari-yums</td>
<td>2</td>
</tr>
<tr>
<td>Friskies Cat Treats</td>
<td>3</td>
</tr>
<tr>
<td>Friskies hairball</td>
<td>2</td>
</tr>
<tr>
<td>Vitamins</td>
<td>8</td>
</tr>
<tr>
<td>Whisker Lickin’s brand Cat Treats</td>
<td>3</td>
</tr>
</tbody>
</table>

And a reminder to not feed Chocolate, onions, sugar free products that list Xylitol!
What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs’ voluntary behaviors.
- Understanding dogs’ feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!

1. **develop**
   - dog’s self-control

   **WANT!**
   **GOOD BOY!**

   Before or No Training
   Why don’t you do what I say? I have told you so many times!!!
   Why is my person always frustrated and yelling???

2. **develop**
   - a trust relationship

   **GIVE ME YOUR TOY**
   **SURE!**

   Before or No Training
   No! It’s mine!

3. **develop**
   - dog’s self-confidence

   **I’M OK WHEN I CAN’T SEE YOU**

   Positive Reinforcement Training = HAPPY RELATIONSHIP
   You understand me and make me feel safe!