

THE

SIRIUS[®]

Puppy 1 Homework Guide



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IMPORTANT POINTS FIRST

Congratulations on your new puppy. We wish you many years of enjoyment together. Right now, though, there is so much to do that simply cannot be postponed. Whereas you can teach basic manners at anytime in your dog's life, socialization, especially with people, and preventing predictable behavior problems are *BEYOND IMPORTANT* and *EXTREMELY URGENT* and must be accomplished during puppyhood, primarily *before* you attend puppy classes.

SIRIUS provides extensive homework so that; 1. You may start training your puppy at home prior to the start of the class and practice between classes and 2. All class time may be devoted to the matter at hand, i.e., your puppy socializing with people (and other puppies) and you learning how to teach off-leash basic manners, rather than you sitting on a chair with your puppy on-leash, listening to the instructor lecture for much of the hour.

Many exercises are much easier, quicker and safer when conducted at home, especially socialization with people and other puppies/dogs and teaching quick sits and downs, rock-solid stays, reliable recalls and off-leash following and heeling. There is no hurry to walk your pup or visit dog parks. First train your pup in your house and yard and then, go on walks and visit parks, gradually building the level of distractions from week to week. Otherwise, walks and off-leash play can quickly turn an unprepared pup into an out-of-control, hyperactive loon that will quickly become an out-of-control, hyperactive adolescent dog.

Most of the information that you need to know to raise a good-natured and well behaved companion is contained in the two books and two videos that you receive upon registration in SIRIUS® Puppy Classes — *BEFORE You Get Your Puppy*, *AFTER You Get Your Puppy*, *SIRIUS® Puppy Training* (video) and *SIRIUS® Adult Dog Training* (video). Please read the books and watch the videos. Make sure every family member reads the books and watch the videos together. The two books clearly itemize your puppy husbandry priorities in terms of urgency and importance and the videos illustrate the process in action. This homework presents the same material but in a week-to-week, how-to format.

Using food lures and rewards is the easiest, quickest and most enjoyable way to teach your pup to respond to your requests quickly, reliably and happily. Food lures teach your pup to follow your hand movements (handsignals), which help to teach the meaning of verbal commands.

Food rewards teach your pup that it's *cool to comply*. However, we don't want your puppy's good behavior to be contingent on you having food in your hand or pocket and so, we'll teach you how to: 1. Phase out food lures as your pup learns the meaning of handsignals and verbal commands and 2. Phase out food rewards in favor of much more-powerful and effective *life-rewards* (walking, sniffing, playing, etc.) and *interactive games* (Tug, Fetch, Hide 'n Seek, etc.).

However, *the use of food for Classical Conditioning never stops*. Classical Conditioning helps puppies build confidence when confronting all the things that seem scary in the Real World, especially the actions of children, men and strangers but also, loud noises, novel stimuli, unfamiliar places etc. For example, using food rewards is the only viable means for a stranger to convince a dog (that is scared of strangers) that there is nothing to be scared about. The stranger can hardly hug the dog for reassurance. Instead, if the stranger tosses a few pieces of kibble and the dog eats the kibble, it is just a matter of time before the dog begins to trust the stranger.

No Food Bowl! No Treats!

During the initial phases of training, you are going to use a LOT of food lures and rewards and so don't use fatty, salty, sugary, preserved treats. Instead, weigh out your pup's daily ration of kibble in the morning and put it in a container for family and friends to use as lures and rewards in training — for Classical Conditioning, socialization, handling and teaching basic manners. At the end of the day, soak the remaining kibble in water, stuff the mush into Kongs and place them in the freezer overnight to give to your pup the following day.

When kibble is handfed or extricated from a Kong, your puppy perceives the kibble as a “treat” and so, you need not resort to using high calorie, commercial treats with chemical preservatives and other additives. (Read the label!) Also, haphazardly feeding treats independent of your puppy's behavior will dilute the power of kibble rewards. Our personal recommendation for training “treats” is Ziwi Peak kibble. Apart from being one of the best dog foods on the market, the unique shape allows you to break each piece of kibble into eight pieces and so, just five pieces of kibble give you 40 food rewards to play with.

I absolutely cannot overemphasize this point:

Do NOT feed your puppy from a bowl.

Instead, use the kibble as food lures and rewards for training and use leftovers to stuff hollow chewtoys. *Feeding from the hand and chewtoys has the quickest, greatest and most indelible effect on your puppy's behavior and temperament than any other training method or technique.*

We have a list of over 101 beneficial uses of a piece of kibble. To name just a few: To teach pee, poop, settle down and shush on cue; to teach come, sit, down, stay, heel, beg, bow, back-up, roll over, high five, fetch, find (chewtoy, car keys, Jamie, Rover, etc.); to love children, men, strangers, other dogs and other animals; and to reward your puppy when you catch him/her in the act of doing something right.

Welcome to the easiest, quickest and most enjoyable way to train your puppy — *Science-Based Lure-Reward Training.*

Prevention is Paramount

Preventing predictable behavior problems is paramount — teaching your puppy where to eliminate, what to chew, when to bark, how long to bark and how to enjoy time spent at home alone. Teach household rules the very first day your pup comes home. Otherwise your pup will likely break rules that it didn't even know existed. With too much freedom and insufficient supervision, education and guidance, puppies will most certainly develop bad habits that will quickly devastate their quality of life. And yours.

Puppies that soil the house or chew destructively are usually ostracized to a utility room or the back yard, where, with even less supervision and guidance, and, lonely and bored, they resort to barking, digging, running amuck and escaping to pass the time of day. Neighbors complain about barking and so, the now adolescent dog is confined to the garage or basement. Sadly, far too many of these dogs are surrendered to shelters, confined to a cage to wait hopefully for a second chance. Come on ... What about a first chance — a stellar, first class education — in your home right now? We've made it pretty simple for you and it's a whole lot of fun. Follow the early-confinement management schedules in the two books and your pup will look forward to enjoying full run of your house for life.

Yes, certainly behavior problems may be resolved in adulthood but as Kelly, our SIRIUS Director, always says, "Good habits are just as hard to break as bad habits. And so, why not just teach good habits from the outset?"

Socialization is Supreme

Socialization with people is beyond important and extremely urgent. Once puppyhood has passed, you will not be able to turn back the clock. Whereas you can teach basic manners and resolve behavior problems at anytime in the dog's life, although the older the dog and the more entrenched the bad habits, the more difficult and time-consuming the resolution, ***socialization must be accomplished during puppyhood***. For example, whereas resolving fearfulness and/or reactivity in a three-month-old pup usually takes just a matter of days, rehabilitating five-month-old adolescent dogs often takes several months and year-old adult dogs usually require several years to see improvement. Rehabilitation of most fearful and aggressive adolescent and adult dogs is certainly possible but the process is difficult, extremely time-consuming, not without danger and usually far beyond the experience and time-constraints of most owners. More disturbing, every day the anxious and fearful dog has to confront its biggest fear — people. A miserable quality of life.

How/why does this happen? I think because nearly every puppy appears to be friendly and confident and so many breeders, veterinarians and owners think that socialization is unnecessary. The effects from insufficient early socialization do not become apparent until later in life, usually around four and a half to five months of age by which time, the optimal socialization window has closed and rehabilitation is difficult and time-consuming. Consequently, there are far too many adult dogs that hide when visitors arrive and become anxious and fearful when meeting strangers on the street, or when restrained and examined by veterinarians and groomers. Some dogs do not tolerate nail-clipping, teeth-cleaning, or grooming and don't even like being touched, handled or hugged by some family members. All so sad. What's the point of living with a dog you can't hug? Raising a puppy to be an adult dog that is friendly, confident and bomb-proof around people is as easy as it is enjoyable.

This homework is designed to teach you how to give your pup the necessary confidence to live in our world without fear and anxiety and especially to thoroughly enjoy the company and actions (often weird and scary) of people, extra-especially, children, men and strangers.

Home and Family First!

Give your puppy the benefit of a *First Chance* education. Teach household rules so that your puppy is welcome to remain in your home for life.

Make sure you raise your puppy to trust and have the confidence to be trustworthy around *all* family members, friends and visitors. Confidence is the greatest gift that you can give. Being wary or fearful of people will destroy your puppies quality of life, and yours.

PRIOR TO START OF CLASS

@ Home — Indoors and Outdoors

PREVENTING BEHAVIOR PROBLEMS

Management (confinement), education and guidance from the very first day your puppy comes home will ensure that your pup may enjoy free run of your house for life. A single housoiling or chewing mistake is a disaster, since it heralds many more to come and so:

1. *When you are away from home*, confine your puppy to a Puppy Playroom (ExPen, bathroom, or utility room) with a bed, toilet, water and a Kong stuffed with food.
2. *When you are home*, confine your puppy to a Doggy Den (crate) with a stuffed Kong. Set the alarms on your smart phone to remind you *every hour on the hour* to release your puppy to eliminate and then enjoy a 100% supervised play/training session. Give your puppy another opportunity to eliminate after play/training and then pop the pup back in the crate with another stuffed Kong.

Confining your puppy to a playroom when you are away:

1. Prevents mistakes around the house
2. Maximizes the likelihood that your pup will develop an insatiable chewtoy-habit (a good habit) because the Kong is pretty much the only thing to play with and of course, it's stuffed with food
3. Facilitates housetraining.

If the confinement area is long and narrow with a bed at one end and a toilet at the other, your puppy will naturally want to use the toilet area because puppies have a strong preference to eliminate as far away from their sleeping area as possible.

Short-term confinement to a crate:

1. Prevents mistakes around the house
2. Maximizes the likelihood that your pup will become a Kongaholic
3. Enables you to *predict when* your puppy needs to eliminate.

Housetraining is hardly rocket science, if only you knew when your pup needs to go. Just handsomely reward your pup for eliminating in the right spot. However, if you don't know when your pup needs to go, it is unlikely you'll be there to reward the pup and it is unlikely that the pup will choose the right spot. Confining your puppy to a crate (for an

hour at a time) temporarily inhibits elimination (because puppies would rather not soil their sleeping area) and so, maximizes the likelihood that your pup will eliminate immediately upon release when you are there to give instructions and rewards.

Knowing *when* your puppy needs to go, enables you, 1. To take the pup to the right spot, 2. To teach the pup to “go” on cue, 3. To check that the puppy actually goes, 4. To inspect and clean up the deposits and most importantly, 5. To reward your pup for eliminating in an appropriate toilet area.

Every hour on the hour, say, “Let’ go *Outside*”, open the crate, snap on a leash (so your pup does not wander elsewhere), hurry (so your pup doesn’t “go” *en route*) to a designated toilet spot outdoors,

1. Say, “Pee and Poop”, or a command of your choosing
2. Stand still and wait and
3. When your pup eliminates
4. Effusively, effervescently, effectively and appreciatively praise and reward your pup with multiple pieces of kibble.

TIP: If, the Doggy Den (crate) is *inside* the Puppy Playroom as a bedroom, Say, “Let’s go *Toilet*”, open the crate door and encourage the puppy to run to the toilet at the other end and then, say “Pee and Poop”. This set-up is ideal for dogs that are going to use a permanent indoor toilet area.

10% of training is good forethought and management to stack the deck and ensure that the puppy gets it “right” and doesn’t make mistakes, but *90% of training is rewarding your puppy for getting it right.*

And so the puppy thinks, “*Why didn’t they just tell me that I can cash in my urine and feces for Ziwi treats?*” Precisely! Now your pup will be more inclined to hold it until you’re there to direct the proceedings and dole out the food rewards.

But what if the puppy gets it “wrong”? Well, that’s really *your* fault. Go back and reread the instructions. Houstraining should be errorless. However, should your pup ever try to pull a quickie during a play/training session, simply say, “Toilet” or “Outside!” Corrections must always be instructive so that they help correct the problem. A housesoiling correction must communicate *where* the pup should eliminate, i.e., either in an indoor *toilet* or *outside*. Mindlessly screaming, grabbing the puppy, or rubbing the pup’s nose in the mess only teaches the puppy to be wary of eliminating

in your presence, which, of course, makes houetraining a big challenge. I mean, what's the pup to think? That after pooping you want it to nose-tamp the feces into the carpet pile? Silliness.

TIP: Knowing the scary prevalence of housesoiling and further considering both the messiness of the problem and the sad realization that most people couldn't effectively praise a moribund eggplant let alone a dutifully peeing puppy, we strongly advise that for the first few weeks, *every time your puppy does the right thing in the right place at the right time, calmly praise and then count out 10 Ziwi food rewards.* Yes, 10!

Kong Habit — Regularly providing your pup with Kongs stuffed with food is the easiest, simplest and quickest, yet most effective means to reprogram your pup's brain in the least amount of time. A strong Kong habit pretty much prevents many major behavior problems — destructive chewing, excessive barking, hyperactivity and separation anxiety.

Each piece of food that the pup extricates from the Kong rewards your puppy for what he/she is doing at the time: 1. For chewing the Kong (and not shoes, clothing, furniture and other household items), 2. For lying down calmly (instead of running about and getting into trouble), 3. For being quiet (not barking).

Moreover, a Kong habit provides your pup with a hobby to help wile away the time when left at home alone.

TIP: It's a good idea to play some sound tapes while your puppy is happily preoccupied chewing a Kong. Fireworks and thunderstorms are the two biggies that scare adult dogs. The earlier you do this the better, especially with known sound sensitive breeds (e.g., all sheep dogs and shepherd dogs). For the first few days, play the sounds softly. Gradually increase the volume from day to day. Music and television noise is also good.

Maintain your puppy's housing arrangements until 100% trustworthy around the house, probably until at least five or six months of age, maybe even longer. If there is a single housesoiling or chewing mistake, go back to total management for at least a month, i.e., confinement to a Puppy Playroom when you're away from home and confinement to a Doggy Den when you are home.

TIP: Confining your puppy to a Puppy Playpen and Doggy Den, prevents mistakes around the house. Additionally, you need to “puppy

proof” your house for supervised play/training sessions. For example, roll up the carpets and place all tempting objects out of reach.

Remember: Early confinement allows freedom for life, whereas unsupervised freedom early on often leads to progressive relegation and confinement and maybe a search for a “second chance”.

SOCIALIZATION WITH PEOPLE

Whether or not you are aware of your puppy’s prior socialization history, from now until your class starts, *invite at least 25 people per week to handle, train and play with your puppy at home*. Family, friends and neighbors first; invite all the people who are likely to come into contact with your puppy as an adult. It’s Puppy Party time! Three or four times a week have a Puppy Party and invite half a dozen or so people. Make it festive. Offer refreshments.

Whenever a guest or guests come to the house, make sure that the puppy is supervised at all times to check that the puppy is not overwhelmed and not getting into mischief. Don’t just let the puppy run amuck.

IMPORTANT: If your pup is less than three months of age, make sure all the guests remove their outdoor shoes before entering your house so that they do not contaminate your house with potentially infected feces (parvovirus) or urine (distemper) that they may have stepped in.

Hugging & Handling (Restraint & Examination)

There is little difference between hugging and restraint, or between stroking/petting and examination, other than the puppy’s perception of the person. Puppy’s people-perception is dramatically, favorably and indelibly improved when the people offer “treats” and so, provide all guests with a small bag of Ziwi kibble with the instructions to only give a half or a quarter piece of kibble at a time. Spruce up the men’s food bags with a few tiny pieces of chicken and add lots of tiny pieces of chicken and a pinch of freeze-dried liver powder to the children’s food bags. And so the pup thinks ... “I just love visitors, especially the men. But I really loooooove the children.” It’s really that simple.

TIP: When you get a new pup, it’s a wonderful idea to roast a turkey so that you can freeze plenty of left-over meat in small bags to thaw out and cut up into tiny pieces to augment the bags of kibble. Real meat is much healthier than most packaged treats, cheese, or hotdogs etc.

Come and Sit — Teach your guests how to get the puppy to Come and Sit before they touch or handle the pup. 1. Say, “Puppy, Come Here”, 2. Waggle a food lure between finger and thumb and 3. As the puppy approaches, 4. Praise and then, 1. Say, “Puppy, Sit”, 2. Move the luring hand (palm upwards) up in front of the pup’s nose and 3. When the pup sits, 4. Praise and offer the food as a reward. Ask each person to repeat the Come-Sit sequence several times in succession.

Repeated Come-Sit sequences are the quickest means to get your puppy to bond and feel comfortable with family, friends and strangers, especially children and men.

“Scary” Stimuli — Most puppies are slightly perturbed by a number of predictable stimuli — being touched on certain parts of their body, people staring or trying to take away bones, food and valued objects and especially certain types of people and their actions. Dogs seldom bite for a single reason but rather when a number of scary stimuli happen at the same time. For example, when 1. An unfamiliar 2. Child 3. Touches the dog’s collar when 4. The dog is chewing a bone. We call these subliminal bite triggers and the most common are: 1. Grabbing Collar, 2. Ears, 3. Muzzle, 4. Paws/Nails, 5. Crotch, 6. Hugging/Restraining, 7. Staring, 8. Valued Objects, 9. Children, 10. Men, 11. Strangers and 12. People’s “Weird” and “Scary” Actions — such as sudden movements, running, screaming and falling down, i.e., most everything that children do, especially children who are scared of dogs.

A puppy’s reaction to these “scary” stimuli becomes more pronounced as the pup grows older and so, we are going to start desensitizing eleven of the twelve “scary” stimuli today. We’ll take #12 gradually because most unfamiliar people, especially children and men, are pretty weird and scary to puppies as they are. However, the socialization sessions will become wilder and woolier from week to week until there is nothing that will phase your bombproof dog. “Ashes. Ashes. All fall down” and your puppy thinks, “Wonderful! They always give me loads of treats whenever they play this game in Puppy Parties.”

Pass the Puppy Routine — Each person handles the puppy in turn: #1. Hold the Collar and offer two food rewards. #2. Examine both Ears and offer a “treat” for each — most people only handle pup’s left ear with right hand. #3. Open the Muzzle to examine the teeth and give a “treat”. #4. Handle all four Paws, especially the nails and between the toes — one “treat” for each paw. #5. Handle the crotch and give a “treat.” #6. Hug

the Puppy and get the pup to calm and settle in the person's lap — worth several “treats”. #7. Stare in the puppy's eyes, offer a final food reward and then pass the puppy to another person. As a separate exercise, have each person practice #8 Off - Take it – Thank You + food reward with a chewtoy.

Off & Take It — with food in your hand. When we use food as a lure, we want the puppy to follow the lure but not bite, or even touch, your hand with the food. The process is simple. Hold a piece of kibble in your fist in front of the pup's nose. Say nothing, do nothing and ignore your puppy's mouthing and pawing. Simply wait for the pup to cease contact with nose, tongue, jaws or paws. The instant your pup ceases contact, say, “Take it” and offer the food. Repeat this over and over gradually increasing the period of non-contact before giving the food. Once your puppy gets the idea, calmly say “Off!” before presenting your hand with the food.

Off, Take It & Thank You — with Valued Objects, e.g., Chewtoy, bone, pig's ear, toys. It is very wise to test that your puppy will gladly relinquish valued objects (food and toys) as early as possible. Do not wait until your puppy is five months old to find out that you have a problem. Do it now! We are going to teach the puppy the Token System — that all valued objects may be exchanged for food rewards and then ... they usually get the valued object back again. This exercise quickly builds confidence and your pup will be unlikely to feel the need to protect and defend valued objects from people later in life.

With an object in hand, say, “Off!” and praise your puppy for not touching and then, say “Take it” and let the pup take the object. After just a couple of seconds, say, “Thank You” and hold one hand under the puppy's muzzle to take the object and offer three food rewards with the other hand. Repeat over and over. Not only does this exercise teach puppies to happily surrender objects that they consider to be valuable but also, it helps to teach puppies to take and hold objects that they may consider to have no value, such as tug toys and balls.

If you have any problems getting your puppy to relinquish the chewtoy, tell your Instructor as soon as you get to class.

Remember: Most young puppies like most people and enjoy their company but as they grow older, puppies and adolescent dogs *often* become wary of *some* people, especially men, children and strangers. The progression is usually gradual. Initially the puppy becomes standoffish

and shy and is slow to approach and may back away from some people. Eventually, the puppy becomes wary, fearful and eventually reactive — growling, snapping and maybe biting. Usually the fear starts with one or two people but then quickly generalizes to all children, or all men unless you intervene quickly.

The development of fears and phobias later in life is a normal developmental process — utterly predictable, easily preventable (with sufficient socialization) and pretty quickly resolvable in puppyhood. But you have to act quickly. The younger the pup, the easier and quicker the resolution. So be on the lookout for early warning signs that something is amiss.

Early-Warning Signs of Fear

- Slow approach or no approach
- Not accepting a food treat, especially from strangers
- Ears back, tail between legs
- Running away
- Hiding
- Violently struggling when held
- Continually growling/snapping when handled
- Growling/snapping around valued objects

“It’s just a phase; she’ll grow out of it.” — Do not ignore these early-warning signs. Indeed, this is a predictable developmental phase, but the puppy’s behavior will last a lifetime if you do nothing to resolve the developing problem. Being fearful and especially, being fearful of people, is extremely stressful for dogs and severely batters their quality of life. So let’s just solve the problem right away.

Come-Sit+Food — Asking a puppy to Come and sit and take a food reward is actually an extremely powerful temperament test. If a puppy/dog doesn’t approach quickly, happily and willingly, something is wrong. And if a puppy doesn’t take a food treat, then something is really wrong. For example, if your pup gladly takes food from you but not from a child, or a male friend, what is your assumption? Most likely your pup is “not sure about”, or scared, of the other person.

Come-Sit+Food is not only a powerful insight into your pup’s feelings and social preferences but also, the procedure offers the quickest and easiest solution to the problem. If your pup is shy or fearful around any

person, have this person exclusively handfeed the pup's daily allotment of kibble. That means, no food from you. Any food from you and you'll sabotage the whole process. Have the person toss food to the puppy from a distance, then handfeed and then practice a Come-Sit sequence, so that the person always backs away from the puppy and the puppy is always rewarded for approaching. With young pups, it usually only takes a single session before the person becomes your pup's new best friend. However, if you delay the process for a month or two, rehabilitation would most likely require several months of dedicated work.

If your pup is scared of something in the environment, give your puppy lots of time to hide and peek and eventually check it out. Do not force your puppy. It is scared. Praise when your pup approaches and sniffs the scary stimulus and then call your puppy to you. A known routine, like Come-Sit is very reassuring for pups when they are a bit scared. After a few pats, let your puppy investigate again.

Don't Panic — Struggling a bit when held, occasional growling and snapping and incessantly mouthing and biting are all quite normal for young puppies. However, these behaviors would be inappropriate for adolescent and adult dogs and so, we'll nip them in the bud right away. See BITE INHIBITION exercises below.

Super Important: Bite Inhibition

Puppies bite! And thank goodness they do. Biting lots in puppyhood is how puppies learn to have gentle jaws so that they never cause harm as adults. Most people are hung up on "reactivity" rather than actual danger, i.e., people are often more concerned about growling, snarling, snapping and lunging rather than whether or not the dog has ever caused harm. Dogs are really not much different from people. Yes. Of course they have disagreements and arguments and occasionally get physical, but they hardly ever cause any physical damage. Whether or not adult dogs cause physical damage when they bite people or fight with other dogs depends on the level of bite inhibition that they learned as puppies.

Dogs learn bite inhibition naturally and of all the "dog bites" recorded each year, in 95% of instances the dog's teeth never break the skin! However, we want to make sure that your puppy's jaws are 100% safe.

It is impossible to raise a dog to never be reactive to people or other dogs, because people do some very weird things around dogs, things that we wouldn't dream of and so cannot include in a socialization program. For example, who would ever think of tripping and head-butting an

Airedale that was chewing a bone? What child would think of jumping off a coffee table and using a sleeping Malamute as a landing mat? Who would think of running to answer the phone and piercing a sleeping Rottweiler's thigh with stiletto heels? Yup! Life can be unpredictable, scary and painful. However, no damage was done in any of the three "bite" cases above. In fact, the Malamute and Rottweiler both reacted but their teeth never even touched the skin.

Teaching bite inhibition is surprisingly easy, i.e., teaching puppies that *when* they react, whether out of fear or pain, to *never* inflict damage on people, other dogs, or other animals. The level of bite inhibition is always the single most important prognostic factor that determines the speed and ease of resolving biting and fighting problems.

We'll guide you through this process week by week: 1. To teach your pup not to hurt when biting, 2. To teach your puppy to "bite" gentler and gentler, so that your pup mouths rather than bites, and then, 3. To teach your puppy to stop mouthing when requested and finally, 4. To teach your pup never to initiate mouthing.

For the time being though, please rest assured that the *more* your puppy bites and mouths in puppyhood, the *safer* its jaws will be in adulthood. All you have to do for the moment is yelp whenever your puppy hurts you. No need to scream and frighten the wits out of your pup but you must let your pup know that it hurt.

Puppy's First Veterinary Visit

Most puppies enjoy their first visit to the veterinary clinic. Others may be a wee bit scared. However, as your puppy grows older, the vet clinic often becomes associated with being restrained, poked and prodded. This is not cool. Being scared of veterinary visits does not augur well for mental and physical wellbeing, especially with a sick and/or geriatric dog. And so, we are going to make sure that your puppy associates the veterinary clinic as the place where "treats" rain from the sky — a canine candy store.

A puppy's first physical examination takes about five minutes and so ask your vet to delay the examination until the end of the visit. Specifically ask the vet to count out and dispense 20 treats before even touching the pup and then to give: another 20 treats for cuddling (restraining) and stroking/petting (examining); 10 treats when carrying the puppy on a quick guided tour of the clinic; and then 10 more treats during the examination. Ask the vet to let the puppy to investigate every piece

of equipment before use, e.g., thermometer, otoscope, stethoscope and especially the ophthalmoscope.

Most vets are pretty savvy about behavior and training and will be only too happy to oblige. I would suggest though that you take your own “treats” for the vet to give to your pup — Ziwi Peak kibble, with each piece of kibble broken into four pieces. (60 treats during the visit = just 15 pieces of kibble. When your puppy leaves the veterinary clinic, I want it to look back lovingly at the sign over the door — “Mom & Pop’s Treat Dispensing Clinic”.

BASIC MANNERS

Before every training session, make sure that your puppy has eliminated. After each training session, give your puppy another opportunity to pee and poop.

Sit, Down, Stand & Stay-Delays

What we want is lightning-fast body position changes and rock solid stays. If your pup doesn’t have a solid comprehension of the basic building blocks of training — Sit, Down and Stand — recalls, following/heeling and stays will suffer.

Teaching Verbal commands is as Easy as 1-2-3-4

1. Stand perfectly still when giving the verbal command, “Sit”
2. Then lure with food held between thumb and fingertips
3. As soon as pup Sits
4. Praise profusely and Reward from non-luring/signaling hand.

Sit: Hold hand (palm upwards) in front of pup’s nose and slowly move hand (plus food lure) upwards and backwards over the pup’s muzzle

Down: Hold hand (palm downwards) in front of the pup’s nose and slowly move hand downwards from nose to toes and then hold it in position just in front of the pup’s front paws

Stand: Hold palm of hand in front of pup’s nose and slowly move hand away from puppy. When the puppy stands, lower the lure a tad beneath the pup’s chin to angle the head downwards, (otherwise the puppy will stand and then sit).

Randomize Sit, Down and Stand.

- *How many position changes will your pup perform in 15 seconds?*
- *How many successive position changes will your pup perform for just a single food reward?*

Stay-Delays — After luring the puppy into each new body position, praise and delay giving the food. The *longer* you hold on to the food, the *longer* the puppy will remain in a brief stay. Maybe count out the praise in “good dogs” — “Good dog one, good dog two, good dog three ... etc.) If your puppy breaks position, simply repeat the verbal command and handsignal to get the puppy back into position as quickly as possible.

- *How long can you get your pup to “stay” in each position?*

Handsignals — After a few successful repetitions, try using verbal commands and handsignals only, i.e., with no food lure in your signaling hand. First say, “Sit” and after a short half-second pause, signal Sit. The handsignals are similar to hand movements when luring — palm upwards to Sit, palm downwards to Down and palm away from muzzle to Stand. If handsignals don’t work after the third attempt, transfer a piece of food to your signaling hand and lure.

Praise, but don’t give a food reward if a food lure was necessary, give two food rewards (from the non-signaling hand) if your pup responds to a handsignal and give three food rewards if your pup responds to a verbal command. If you want a trained pup, for the next couple of weeks, handfeed dinner when randomizing Sit-, Down- and Stand-Stays

- *How many handsignals will your puppy respond to in a row?*
- *How many verbal commands will your puppy respond to in a row?*

Off-Leash Recalls

Repetitive 1-Step Come-Sit Sequences — Hold one piece of kibble in your signaling hand and several pieces in your other hand:

1. Say, “Puppy, Come”
2. Take one huge step backwards, enticingly wagging the food lure, (do be careful when stepping backwards!)
3. As the puppy approaches
4. Praise and immediately,
 1. Say “Sit”
 2. Lure/signal Sit

3. As soon as your pup Sits in front of you

4. Praise, take the pup's collar with your signalling hand and give a food reward from your the other hand. Always reward your puppy from your non-luring (non-signaling) hand.

At first, reward each one-step Come-Sit sequence after the Sit, then try two successive Come-Sit sequences for a single food reward, and then three, four, five ... etc.

Practice in different rooms of the house and in the yard. Repeat the above sequence over and over and over. After just a half-dozen successful Come-Sits, only give food rewards for the *quicker* Recalls and *quicker* Sits. As a rule of thumb, never reward your pup for more than 50% of responses; it would be really silly to reinforce below-average performances!

- *How many successive Come-Sit sequences will your pup perform for just a single food reward?*

Now give it a go with verbal commands and handsignals only, i.e., without a food lure in your signaling hand. Again, if three successive handsignals don't work, use a food lure.

Calmly praise (i.e., say "Thank you") but don't give a food reward if a food lure was necessary, praise with feeling and give two food rewards (from the non-signaling hand) if your pup responds to handsignals only and praise profusely and give three food rewards if your pup responds to a verbal command.

- *How many successful handsignal-only Come-Sit sequences will your pup perform in a row?*
- *How many successful verbal command-only Come-Sit sequences will your pup perform in a row?*

Yo-Yo Recalls — Call your puppy back and forth between two people — Come and Sit. First try with food lures, then verbal commands and handsignals only (i.e., no food lures) and then with verbal commands only. Be animated.

Off-Leash Following & Heeling

Off-Leash Repetitive 1-Step Heel-Sit Sequences — Hold several pieces of kibble in your left hand and one piece in your right hand and with your puppy sitting by your left-hand side:

1. Say, "Puppy, Heel"

2. Move your left hand from left to right in front of your pup's nose, take one huge step forwards and stand still,
3. As soon as your pup steps forward
4. Praise and immediately,
 1. Say, "Sit"
 2. Signal Sit with your right hand across the front of your body
 3. As soon as your pup sits by your left-hand side
 4. Praise and offer a piece of kibble from your left hand.

If this is difficult to visualize, watch the videos. Practice in different rooms of the house and in the yard. Repeat the above sequence over and over. At first, reward each one-step Heel-Sit sequence then try two successive Heel-Sit sequences for a single food reward, and then three, four, five ... etc.

- *How many successive Heel-Sit sequences will your pup perform for just a single food reward?*

Now try with handsignals only, i.e., with no food in either hand.

Off-Leash Following — Entice your pup to follow you from room to room around the house and in the yard. Go on, give it a go without any food lures or rewards. You've got a puppy and so let's be excited and enthusiastic and make it FUN! If you have difficulties, then maybe use a chewtoy.

Fun recalls and the off-leash following games that we are going to play are the foundations for off-leash control and leash-walking. Pulling on-leash is not really the issue. Just cut the leash and you'll find out what the real problem is — you no longer have a dog by your side! It is so important to teach your pup to *want* to come, follow and stay close when off-leash, so that your pup will walk calmly and happily by your side whether on-leash or off-leash.

Go To Bed/Crate

1. Say, "Puppy, Go To Your Bed"
2. An accomplice tosses a couple of pieces of kibble inside the crate
3. To entice your puppy to run to the crate
4. Praise when your pup enters the crate and eats the kibble

Call your pup to come and sit and repeat the above sequence over and over. As soon as your pup gets the idea, practice from different parts of the room and then from different rooms. Tie a Kong stuffed with

moistened frozen kibble inside the crate and call your puppy back and forth between the Kong (in the crate) and yourself. You might have to go back to using food lures and rewards for the first few trials to get the puppy to come.

What to Expect in Class

SIRIUS Puppy classes are taught off-leash with a maximum of 12 (average=7) 12-18 week-old puppies of all sizes, types and breeds.

Why off-leash? — Our classes are taught off-leash so that your puppy may meet and socialize with people. That's why we ask for the whole family to attend. Some of you may not have children and it is vital your puppy meets children right away, especially children who have been taught how to act around puppies. Additionally, the puppies may play with each other so that they develop stellar bite inhibition. Finally, you learn how to train your puppy off-leash, which is important because you live with your puppy off-leash.

The first session is intentionally chaotic so that you immediately see the problem — that your puppy runs away when off-leash — so that you can learn how to teach your pup to remain calm and focussed and stay close. If the pups were on-leash in class, pulling on-leash would be perceived as the problem and many of you would likely resort to using halters and harnesses as management tools. These would soon become crutches, inhibiting you ever mastering off-leash control. But pulling on-leash is not the real problem. Just drop the leash and you'll see the problem — your pup runs away. Consequently, we first teach dogs to come, follow, focus and stay close while *off-leash* so that the dog is more likely *to walk calmly by our side when on-leash*.

Little Pups - Big Pups / Fearful Pups - Boisterous Pups

It is so important that little pups learn how to act around big pups and that big pups learn how to act around little pups and that they both learn this as soon as possible. Medium-sized dogs usually become much better socialized than small or large dogs. Owners of large dogs can be overprotective, not wanting their large pups to hurt others and of course, owners of small dogs are often overprotective, not wanting their puppies to get hurt. We have had over 100,000 puppies go through SIRIUS classes and we have never had a single puppy seriously harm another. When left to their own devices, puppies generally work it out and get along. It is such a wonderful relief to know that your large dog

is gentle and safe with little dogs, or that your little dog is confident and therefore unlikely to be attacked by large dogs.

Recently, there has been a trend to offer classes for small pups only. Whereas this may sound like a good idea, it isn't. Far too many little pups become big fish in little ponds and quickly develop an over-inflated demeanor, which can get them into trouble if they are rude and feisty with big dogs in the real world. Or, an unsocialized pup may run and scream on encountering a large dog for the first time and this may be just too much of a provocation for the other dog if it is similarly under-socialized.

Yes, some pups may be a bit fearful (or really scared) in class and other pups may be a bit too boisterous. That's why we teach puppy classes; so we can see the warning signs early on and resolve the problem quickly. It would be a disaster for you not to find out that your puppy is fearful until it is four-and-a-half to five months old. At that age, building confidence would take several months.

WEEK ONE

@Home (Indoors & Outdoors), Friends' Homes and Car Trips

There is no hurry to walk your dog in public places. Your puppy will soon have pretty good immunity against Parvovirus and Distemper but for the time being, stick to safe places. Private homes and yards, your car and your arms. If you live in a middle- to high-income (high vaccination) neighborhood, the sidewalk in front of your house should be pretty safe. However, always make sure to carry your puppy in high-risk areas, such as veterinary clinic car parks and waiting rooms, sidewalks close to animal shelters, and in low-income (low vaccination) neighborhoods.

Your puppy can take in a lot of the real world by visiting other people's houses and yards and taking short car trips around the neighborhood, in the countryside and downtown. Park so that your pup can watch the world go by. Maybe carry your puppy on errands to the bank or hardware stores.

PREVENTING BEHAVIOR PROBLEMS

Your puppy is still much too young to be given unsupervised run of the house. Remember: Early Confinement → Freedom for Life!

Housetraining — Continue long-term confinement to a Puppy Playroom when you are away from home and short-term confinement to a Doggy Den when you are home to prevent mistakes around the house and predict when your puppy needs to go, so that you may teach your puppy to eliminate on cue. Give your puppy a toilet opportunity every hour on the hour. Say, "Let's go Toilet/Outside", open the crate door, snap on the leash and hurry to the toilet area and:

1. Say, "Go Pee and Poop"
2. Stand still and wait
3. As soon as your puppy eliminates
4. Praise profusely and offer three food rewards. (Five for pooping). Above all, be happy that your puppy has just done the right thing, in the right place, at the right time and ... on cue.

Chewing — Gently praise whenever your puppy is settled down, calmly and quietly chewing a chewtoy. Taking the good for granted and moaning and groaning at the bad is a ghastly and destructive human foible. So

many of us focus on misbehavior, even though 90% of training comprises rewarding your puppy for getting it right.

Barking — For alarm barking, say “*Good dog. Thank you. Shush!*” and then instruct your pup, “*Get Your Chewtoy.*” For recreation barking, simply say, “*Shush!*” *Get Your Chewtoy*”. No need to shout. Simply redirect your puppy’s attention to the chewtoy, which will reinforce lying down and silence.

Remember: The Power of Stuffed Chewtoys — to train your puppy to: 1. Chew chewtoys, 2. Settle down calmly and 3. Quietly for extended periods of time while you’re away from home, or otherwise busy/preoccupied when at home.

SOCIALIZATION WITH PEOPLE

Host a Puppy Party once or twice this week. Make it festive, wear costumes, play music. It’s important to continue having at least 25 people a week come to the house to meet, handle, train and play with your puppy. For this week, concentrate on inviting family, friends and neighbors. Again, please ask guests to take off their outdoor shoes before coming indoors.

During Puppy Parties, it is vital that one owner pay attention to the puppy at all times to make sure that the pup eliminates on a regular basis and to check that the puppy is not overwhelmed. If the pup ever looks a little scared or upset, have everybody sit down and be quiet. Call your pup to come and sit for a reassuring hug and then have each guest call the puppy to come and sit to check that the pup is happy to approach everybody.

TIP: Make sure to invite the type of people who maybe are not around now but could be around in the future. For example, if your kids have just flown the nest, invite lots of children to your Puppy Parties because your puppy will likely encounter grandchildren later in life. (Yes, I know, your last dog was brilliant with children. Of course. Your last puppy grew up with children. This one isn’t.) Similarly, if you are living alone, think who you might share your home with in the future. Roommates? Spouse?

Teach all guest the Greeting Routine, Handling Routine and Training Routines (from Teaching Basic Manners section below).

Greeting Routine — Remember always have visitors instruct your puppy to Come and Sit and offer kibble before petting and handling. Come,

Sit and taking kibble is a powerful temperament test that reveals how your puppy feels about different people. For example, if your pup happily accepts kibble from you but refuses to take it from another person, most likely your puppy feels uncomfortable around that person.

Pass the Puppy Handling Routine — with thorough examination of ears, muzzle and paws and eye-contact when cradled and when hugged

Off – Take it — with food in the hand. Now the puppy is getting the idea, say “Off” before presenting the food in your fist and count out the seconds of non-contact. Teach guests the routine and have them practice with the puppy.

Off – Take it - Thank You — Practice with toys (tug toy, ball, squeakies etc) to teach the Token System to increase the toys’ value for teaching manners. Practice with valued objects (stuffed chewtoy, stuffed bones, meaty bones, pig’s ear, etc.) to determine whether your puppy is developing any incipient tendency to protect valued objects. We want to know now, while it is so easy to do something about it. Please don’t wait. *Any problems getting the puppy to relinquish the valued object, inform your Instructor right away.

TIP: Plush toys and squeaky toys are NOT chewtoys. A chewtoy is made of natural products (bone, rubber, etc), indestructible (so it cannot be consumed) and hollow (so it may be stuffed with food). A puppy may be left alone to play with chewtoys. However puppies can quickly destroy (and consume) squeaky toys and plush toys and this is a very dangerous habit. Never let your puppy have squeakies and soft toys when unattended. Squeakies and soft toys (e.g., stuffed animals) and tug toys and balls are special toys to be enjoyed by you both. They are simply the best training aids. For example, teach Tug and/or Fetch and there’s your free fast and reliable recall.

BITE INHIBITION Stage I: No Pain!

Never forget, the more your puppy play-bites, the safer its jaws in adulthood. During early development, all social animals teach each other to inhibit the forceful use of their weapons, including teeth, claws, horns, and with humans, fists and sticks etc. Play stops abruptly whenever one youngster hurts another. Once the over-the-top individual has calmed down and apologized, play resumes at a calmer pace. This is wonderfully illustrated if you film puppies playing together (or a puppy playing with an older dog) and fast-forward the play back. The play is episodic — periods of frantic play interspersed with time outs. (In fact,

this is a major reason we train puppies off-leash, so that we may integrate numerous short training interludes into the play session.)

We are going to teach puppies to be calmer when playing and especially, not to bite so hard. Eventually, hard puppy biting becomes gentle mouthing, which is easier to control. The first rule is: No Pain! Yelp and say, “Off!” whenever your puppy hurts you. There is no need to shout and certainly do not compound matters by grabbing your puppy, or trying to forcefully hold the puppy on its back. Your puppy is out of control and you need to teach your pup control, not to fight back. I like to say something like, “Ow! That hurt. Off!” (We have previously taught “Off” when handfeeding.) Then instruct your pup to come, sit and lie down to regain control. If your pup is slow to approach, you were too overbearing. So, chill and back up, get small and sweet and call your puppy. Repeat Come-Sit a few times so your puppy regains confidence around you and then resume playing again ... until the next time the puppy hurts you.

Now some puppies may just bite you again when you yelp. “*Whoopie! I’ve got a human-squeaker here!*” Your pup is really out of control and so, it would not be smart to grab your pup to try and put it back into a confinement area. Instead, play with your puppy in a confined space — the puppy playpen or a small puppy-proofed room. If your pup does not respond appropriately to your yelp and bites you again, simply say, “Time out” and leave. Puppies, especially boisterous puppies just hate to lose their playmate. Give the puppy just a couple of minutes to reflect on the situation and then go back inside and ask your pup to come and sit in order to make up. If you cannot control your pup, get a trainer to come to your house right away.

Absolute Rule: Only allow your puppy to bite (and later mouth) your bare hands. Your hands are sensitive and so you can give precise feedback when bites hurt, or are harder than normal. Do not let your puppy mouth your arms or clothed parts of your body. Your arms are not very sensitive, and clothing, especially gloves and shoes, mask the real pressure of the bite. Never let your puppy mouth hair or clothing, places near your body where you don’t feel pain. Allowing your puppy to bite hair or clothing would train the pup to bite harder and harder very close to your body.

BASIC MANNERS

Make sure that your puppy has eliminated before each training session and give your puppy another opportunity to pee and poop after each training session.

Sit, Down, Stand Positions and Stays

Sit-Down-Sit-Stand-Down-Stand Sequence — Rather than teaching puppies to Sit, Down and Stand, (they know how to sit, down and stand), we're teaching them to respond reliably and promptly on cue. Moreover, each body-position change is different, depending on the current body position. For example, it is more challenging to teach Down from a Stand than from a Sit and it is more of an effort for the puppy to Sit-up from a Down than to Sit from a Stand. Consequently, we teach each body position (Sit, Down and Stand) from the other two. Hence the Sit-Down-Sit-Stand-Down-Stand Sequence. Eventually, you'll need to teach each command from any and every other body position to make sure your puppy always sits when requested.

Use a food lure to make sure your puppy quickly changes from position to position and delay giving a food reward as long as possible, so that you get quick responses and lengthy stay-delays in each position. Always reward from the non-luring hand. For each position change:

1. Request, 2. Lure, 3. Response and 4. Reward

- *How many seconds does it take for to lure a S-D-S-St-D-St sequence?*
- *How many Puppy Push-ups (Down-Sits) can you lure in 30 seconds?*
- *How long can you get your puppy to stay when sitting? When lying down? When standing?*

Phase Out Food Lures — Practice with Verbal Commands and Handsignals only, i.e., with no food in your signaling hand. Puppies love food and they respond to movement. Food lures get your pup to focus on your luring (signaling) hand. Puppies learn handsignals quickly because they are already fluent in that language — body language. So, just go for it. Say, "Sit" and then give a flamboyant handsignal without a food lure. Offer two food rewards (from your non-signaling hand) whenever your pup responds appropriately to a handsignal. You no longer need food in your signaling hand and so, put it in your pocket or a food pouch.

- *How many seconds for S-D-S-St-D-St using handsignals only?*
- *How many seconds for S-D-S-St-D-St using verbal cues only?*

- *How many verbal commands were required for each response?*

Remember, Sit, Down and Stand are the basic building blocks of all training. This exercise must be lightning-fast—bap!-bap!-bap! Otherwise, recalls, leash-walking and stays will suffer. If three successive verbal commands don't work, use a hand signal. If three successive hand signals don't work, use a food lure.

Begin to Phase Out Food Rewards — Ask More for Less! Try and get more and more responses for fewer and fewer food rewards. Try and get better and better responses for fewer and fewer food rewards. Only reinforce above-average responses (“Thank you”), offer better rewards (praise with feeling and two pieces of kibble) for even better responses and award the very best rewards (“Wooo Hoo!” and five pieces of kibble) for the very best responses.

Off-Leash Recalls

Repetitive 1-Step, 2-Step & 3-Step Come-Sit Sequences — around the house and yard.

When the puppy sits, praise, take the collar (to prove that you can) and then give the food reward. And so, your puppy learns, “I just love it when they grab my collar!”

Repeat the Come-Sit sequences with no food in your signaling hand. Only praise and offer food rewards for recalls that are considerably better (quicker) than average.

- *How many Come-Sits will your puppy do for a single food reward?*

Yo-Yo Recalls — Make sure only one person talks to the dog at a time. Ask the puppy to “Come” and “Sit-Stay” and then say, “Puppy, Go To Name (of other person)” and remain absolutely still and silent while the other person calls the puppy. Do NOT move and do NOT repeat the “Go To...” command, otherwise the puppy will pay attention to you and not listen to the other person. This is especially important when children are calling the puppy. Nothing crushes self esteem in a child more than a puppy that won't listen. Have one parent stand behind the child to help them get the pup's attention to help guide the child's hand signal.

Following, Heeling & Walking

Multiple 1-Step, 2-Step & 3-Step Off-Leash Heel-Sit Sequences — in different rooms in the house and in the yard.

Off-Leash Following — Entice your pup to follow you around the house from room to room and in the yard. If your pup runs on ahead, turn around and head off in the opposite direction. If your puppy slows down, speed up. If your puppy stops and sits, increase the distance and then squat down and pat your hands on the floor. This exercise is counter-intuitive; most people accommodate to their puppy's actions. And so the puppy learns: "I can get my owners to follow me simply by speeding up." "I can get my owners to wait for me simply by slowing down". "If I sit, my owners will perform a recall." The idea is not for you to follow the puppy but to entice the puppy to follow you.

You've gotta be on the ball for this exercise and it can be a bit exhausting and so, frequently instruct your pup to Sit and occasionally to Sit- or Down-Stay so that you can have a breather.

On-Leash Heeling and Walking Indoors — It is a really smart plan to practice heeling and walking your puppy on-leash indoors before going for a walk outdoors. Frequently change speed and instruct your puppy to sit every 10 seconds or so.

Go To Bed/Crate and Settle

As before, practice "Go to your Bed" from different parts of the room and from different rooms. Make sure there is a stuffed Kong tied inside the pup's crate.

TIP: Also, practice with a small easily portable bed/mat to teach the puppy to settle down in any room in the house, anywhere in the yard and when traveling (in the car and in other people's houses and hotels).

WEEK TWO

@ Home (Indoors/Outdoors), Sidewalk in front of your house and Car drives

PREVENTING BEHAVIOR PROBLEMS

Housetraining — Instruct your puppy to eliminate after being released from confinement, before meals, after meals and play/training/exercise sessions and especially, *before* walks. If your puppy eliminates at home prior to the walk, your pup won't leave urine burns on neighbor's lawns and you can clean up the poop and dispose of it in your trash can rather than carrying it with you on the walk. Additionally, if your puppy eliminates before the walk, the walk becomes a reward that reinforces speedy, on-cue elimination. Teaching your puppy to eliminate on cue prior to walking allows you to avoid the risk of ending walks as soon as your pup eliminates, especially on cold and rainy days, when rushed, or during a commercial television break.

Chewing — Get in the habit of periodically praising your puppy when settled down calmly and quietly and especially when chewing a chewtoy. When practicing Off – Take it - Thank You with chewtoys, instead of saying “Take it”, say, “Fetch Your Chewtoy” and toss the toy on the floor. With each repetition, toss the toy a little farther away, so your puppy learns the habit of going to get the toy.

Most domestic dog activity, including pacing, barking and destructive chewing happens during the hour after you leave home in the morning and the hour before you return home late afternoon. By giving your pup a stuffed chewtoy when you leave home, the pup will settle down quietly to chew the chewtoy.

When you come home, as soon as your pup has eliminated, say, “Fetch Your Chewtoy”. Try to withhold homecoming greetings and affection until your pup has a chewtoy in his mouth. And so your puppy thinks, “Wow! My owners just love me to death whenever I have a chewtoy in my mouth.” After a couple of weeks, in anticipation of your return home late afternoon, your pup will likely grab a chewtoy and settle down while waiting for you.

Barking — Get in the habit of periodically praising your puppy when settled down, calmly and quietly. For alarm barking, say “Good dog. Thank you. Shush!” and then instruct your pup to “Fetch Your Chewtoy”. For recreation barking, simply say, “Shush! Fetch Your Chewtoy”.

SOCIALIZATION WITH PEOPLE

At least two Puppy Parties again this week and ask each previous participant to bring a friend so that your puppy gets to meet lots of different people. Suggest that people wear costumes (e.g., mail carriers, police, clowns etc.) and maybe act a little silly. And let's have some music and dancing; it's time to get your puppy used to the weird things that people do.

Maybe take the party outdoors to the backyard or the front of your house. (Leash your pup if the area is not fenced.) While you practice position-changes, come-sits, stays and heel-sits back and forth in front of your house, you can also perfect meet-and-greets with your party guests. It is much easier to teach your pup how to greet people in a mannerly fashion if the people know what to do.

Teach all new guests the Greeting Routine, Handling Routine and Training Routines (from Teaching Basic Manners section below). Teach new guests Off – Take it with food in the hand.

Pass the Puppy Handling Routine — With thorough examination of ears, muzzle and paws and eye-contact when hugged, when cradled on lap and in Relaxed-Sphinx Down-Stay (Sphinx front with rearquarters rolled onto one hip).

Off – Take It - Thank You — with pig's ear, bones and chewtoys (to keep check that you pup is cool about relinquishing and sharing valued objects) and with tug toys, squeakies and balls (to amp up the value of the toys as training lures and rewards).

When working with valued-objects, start with the least valuable, e.g., chewtoys, then more valuable, e.g., stuffed chewtoys, and then the most valuable, e.g., bones and pig's ears etc., Repeat Off - Take It - Thank You several times with each item and handsomely praise and reward your pup with several pieces of kibble each time your pup relinquishes an object. Your puppy will soon learn that you are not “stealing” the item but rather, temporarily holding it while treats are consumed. Your puppy might think, “How polite; she says Thank You. How generous to offer so many treats in exchange for my bone. How reassuring to know she's keeping my bone safe while I enjoy the treats. And then she gives my bone back. No dog would do that. I'm just so happy to let my human take and hold my bones and toys anytime.”

Should your puppy ever grab an inappropriate object such as, your shoes, the curtains or an electrical cord, say, “Off”, pick up the object and then instruct, “Fetch your Chewtoy”. Then puppy-proof your house properly.

Practicing Off - Take It - Thank You effectively prevents the development of object guarding and playing Fetch and Tug is an enjoyable way to practice. Your pup is only too happy to offer the ball because then you’ll throw it again. Your puppy will happily relinquish a Tug Toy because only then will you resume playing.

To increase the secondary reinforcement value of balls and tug toys, ask your puppy “Sit” - “Off” - “Take it” - “Hold it” (count out the seconds) - “Thank you” before every enjoyable activity, such as belly rubs, couch snuggles, offering a bone or stuffed chewtoy, putting on the leash prior to walks, taking off the leash in parks and of course, before playing Fetch or Tug. No need to offer food rewards when your pup relinquishes the object, the subsequent enjoyable activity is reward enough. In no time at all balls and tug toys will become your puppy’s favorite possession, which increases their value as training lures and rewards and especially for classically conditioning your puppy to be calm and confident when meeting other dogs on walks.

Remember: Any problems getting your puppy to release a toy or valued object, contact your Instructor right away.

BITE INHIBITION Stage 2: No Pressure

This week you need to teach your puppy not to exert any pressure at all while play-biting. Do not wait for play to crescendo with a painful bite. Normally, the strength of a puppy’s bites become progressively harder as play continues and so, yelp and take a time out when a bite is just below your pain threshold. As the process continues, progressively decrease the strength of a bite that you are willing to accept. Eventually, your puppy’s play-biting will become play-mouthing. No doubt your puppy is thinking, “Oh dear! My owner is such a wimp, I can bite a Shih Tzu harder than that!” And that’s exactly what we want the pup to think — that our skin is extremely sensitive.

TIP: When you feel play is escalating, take a short time out for a brief training interlude to calm your puppy down and then play will resume at a more sedate pace. A quick position-change routine or a down-stay would be ideal. If you cannot get your puppy to focus and comply, discontinue play and contact your Instructor right away.

BASIC MANNERS

Body Positions and Stays

Randomize Sit, Down and Stand — with varying length Stays in each position

Handsignals Only — i.e., no food lures but you may reward the pup for better responses from your non-signalling hand. If three successive handsignals do not work, use a chewtoy, toy, or food as a lure.

Verbal Commands Only — i.e., no body movement, no handsignals and no food lures). If three successive verbal commands do not work, use a handsignal.

It is very easy for pups to learn handsignals because they understand the language — body language. The initial use of food lures was to get the puppy to watch your hand movements (signals) so that you may use handsignals to teach your puppy verbal commands. Learning the meaning of verbal commands is much more difficult for pups.

TIP: Stand absolutely still when giving a verbal command. If you move, your puppy will selectively attend to your movement and this will “block out” what you say. For example, if you signal at the same time as speaking, the puppy will pay attention to the handsignal instead of the verbal command.

TIP: Timing!!! Give a verbal command and then after half a second, give a handsignal. Remember, verbal instructions are much harder for pups to learn than handsignals and so, if the verbal command precedes the signal, the puppy will learn that the verbal command predicts the Handsignal and so, might muse: “Ah ha! Every time they say that word “Sit”, (which I don’t really understand), they signal me to Sit. Well I know that sitting makes my owner happy and so, I’m not going to wait for the handsignal, I’m just going to sit when they say “Sit”.” i.e., the puppy has now learned the meaning of the word “Sit”. And this is really what the initial stage of training is all about — to teach puppies the meaning of human words for doggy behaviors and actions, i.e., to teach the puppy ESL.

- *How many Puppy Push-ups will your puppy do for the prospect of a single food reward?*
- *How many S-D-S-St-D-St sequences can your pup do in 30 seconds?*

- *Test your puppy's verbal comprehension: See if you can get your pup to perform a S-D-S-St-D-St sequence using just a single verbal command for each body position change.*
- *How many seconds can you get your puppy to Sit-Stay, Down-Stay and Stand-Stay?*

Off-Leash Recalls

Repetitive 1-5 Step Come-Sit Sequences around House and Yard —

Only reward the fastest recalls and quickest sits. Make sure that you have an ultra-reliable recall before you let your dog off-leash in a park. If you just let your puppy run amok, the pleasure of the distractions will quickly destroy training.

TIP: Frequently interrupt your pup's play with a quick recall, every time your pup comes and sits you may reward your pup by saying "Go Play", i.e., play and other distractions now become effective Life Rewards to reinforce training. Life Rewards are much more effective than food rewards and so, integrate numerous extremely short training interludes into your pup's off-leash activities. The more times you interrupt your pup's play, the more times you can mega-reinforce training.

Yo-Yo Recalls in House and Yard — Call the pup over longer distances between two people at different ends of a hallway, in different rooms, or maybe one person indoors and the other in the yard. Each time the pup comes and sits, ask for something different — a short Stay, a S-D-S-St-D-St sequence, or a few Come-Sits or Heel-Sits.

TIP: Dog-friendly motel hallways are just brilliant for this exercise — a wonderful safe training space — good parking, air conditioning when warm, heating when cold. Enter through a side door and go up to the second or third floor and you'll find a long, empty hallway to practice.

Round Robin Recalls between Family and Friends at Home — Again, make sure that only one person at a time gives instructions to the pup. Control is transferred by clearly instructing the pup to go to another person, "Go To Jamie" for example. Then Jamie is in control and calls the pup to come and sit a perform a short routine before instructing the puppy, "Go To Lily". Now Jamie must standstill and be quiet because Lily is now in charge of the puppy.

Following, Heeling & "Walking"

Off-leash Following around the House — Change pace, direction and stop frequently. Speed up to entice a lagging puppy to follow, praise

when the puppy is close and try and walk as slowly as possible when the pup is close to your side. Change direction by going from room to room, circling the dining room table, weaving between chairs and with many about turns. Instruct the puppy to Sit frequently and occasionally perform a short routine — multiple Heel-Sit sequences, or Sit, Down and Stand with varying length stays in each position.

This is all in preparation for walking your puppy on leash. If you go for a walk with insufficient preparation and you simply walk at the same pace in the same direction amidst all those distractions, you'll quickly lose your puppy's attention and your puppy will begin to forge ahead and eventually pull on-leash. Before you walk your pup on leash, practice off-leash following to make sure that your puppy is happy to walk by your side.

Off-Leash Open-Field Following in your Yard — or in any other safe (fenced) areas, such as your puppy's friends' houses and yards. You lead and your puppy follows. Frequently change speed and direction with numerous right-turns, left-turns and about-turns. Essentially, whenever the pup tries to improvise on your following pattern, you do the opposite (to accentuate the pup's misdirection) and quickly. If the puppy slows down, speed up. If the puppy forges, about-turn. If the pup drifts left, turn right and if the pup drifts right, turn left. And so, the puppy learns, "Wow! I really have to pay attention to my human, she's going off in every which way." Now you're the leader and the pup is the follower.

Off-leash 1-5 Step Heel-Sit Sequences — around the house and yard and in other safe (fenced) areas.

On-Leash Heeling and "Walking" — First practice around the house and yard and then try a walk outdoors. One of the biggest training problems when walking on sidewalks is that you cannot make many turns — turn left and you're in someone's front yard and turn right and you're in the street! Consequently, to keep your puppy's attention, it is important to change pace frequently and stop frequently (many Sits). Instruct your pup to sit every ten yards or so and occasionally perform a short routine to grab your pup's attention — a rapid position-change sequence or some snappy 1-Step Heel-Sit sequences and the occasional stay. Make the walk dynamic and you'll keep your pup's attention. Again, if you walk at the same pace in one direction, your pup will quickly learn to forge and pull and likely will pay you no attention at all. The idea was for the two of you to walk together.

Eventually you'll learn how to integrate on-leash walking and heeling so that for the most part, the puppy can amble and sniff on a loose leash but on occasions, heel by your side, when crossing streets for example. For the meantime though, heel your puppy when in motion but standstill while you let your puppy sniff on a loose leash. It is so much easier to focus on keeping the leash loose if you are stationary. Teaching a puppy to walk on a loose leash is actually much more difficult than teaching a puppy to heel by your side.

TIP: Rather than walking round the block, walk back and forth in front of your property. A circular walk has infinite, novel distractions every step. By walking back and forth with numerous about turns, you are covering the same ground and you'll find it will be easier to keep your pups attention (and keep your pup by your side).

Go To Bed/Crate — Try this exercise all around the house, in different rooms, in the yard, in family and friends' houses and in your car. It is safest for your puppy to be confined in the car, either in a crate or sitting on a portable bed in the seat with a doggy seat belt.

TIP: Before driving your puppy any long distance, it is a good idea to accustom your puppy to settling down in a crate with a stuffed chewtoy, while the car is stationary.

WEEK THREE

@Home, Friends' Homes, Around the Block and Outside Dog Parks

PREVENTING BEHAVIOR PROBLEMS

Housetraining — Maintain the schedule. Don't let up. Cue your puppy to eliminate when released from confinement, after meals or drinking, after play/training/exercise and especially, before walks. Every time you give your puppy a number of food rewards for eliminating, you are giving your puppy a good reason to "hold it" and wait for you to be there. Aside from physical relief, there are few fringe benefits to eliminating alone, whereas when you're there, the pay off is a bunch of food rewards. Most probably your puppy thinks, "If only they had just told me that I can come in my urine and feces for food rewards, I wouldn't have wasted it on the carpet!"

Cuing your puppy to eliminate before walks is important. For many pups/dogs, the walk becomes a good reason to inhibit elimination because, especially on cold and rainy days, many a walk is abruptly terminated as soon as the dog eliminates. Essentially, "ending the walk" punishes the dog for peeing and pooping. So the dog "holds" to prolong the walk, only to let it all come out when back at home. On the other hand, if the puppy eliminates prior to a walk, then the walk becomes the best of possible rewards to reinforce prompt elimination on cue. Also, if the puppy poops before walking, you can clean up and dispose of the waste in your trash can and don't have to carry a bag of dog poop with you.

Chewing — Play Fetch with chewtoys and make it FUN! So your puppy thinks, "Wow! My owner's just like a Golden, She's so easy to please. All I have to do is pick up a chewtoy and she's gets all silly on me." Should your puppy grab any inappropriate item, say "Thank you", take the item, and then instruct "Find your Chewtoy" and mega-praise your puppy once it has a chewtoy in its mouth.

Instruct your puppy to take and hold a chewtoy, tug toy, or ball before all enjoyable activities. If taking the tug toy is always followed by every conceivable wonderful activity, your puppy will love the tug toy better than anything else. Via this process, the tug toy (a primary reinforcer in its own rite) becomes empowered as a mega secondary reinforcer that is extremely effective for teaching manners and for classically conditioning your puppy around other dogs.

Barking — By now, your pup may be barking more frequently. Feeding adult dogs only from stuffed Kongs reduces the number of barks by 90% within just a day or two, and so, continue feeding your pup from Kongs. If you find that your puppy empties the chewtoys too quickly, you might want to consider purchasing an AutoTrainer — a computerized, automatic food delivery system. The AutoTrainer has a pretty sophisticated algorithm but basically, the device monitors your puppy's behavior and periodically delivers kibble if your pup is settled down quietly and calmly. If your puppy barks, the computer lets your pup know that it heard the bark by sounding “Uh Oh!” and then delays the delivery of the next food reward. The most wonderful thing about the AutoTrainer is that it keeps your dog company during the many hours that you are away from home. The AutoTrainer is a brilliant product for preventing and resolving separation anxiety. Most anxious dogs quickly form an attachment to the machine and lie down next to it. It's kind of sad that a dog bonds to a machine but it just goes to show how lonely they are.

SOCIALIZATION WITH PEOPLE

Your puppy will likely meet lots of strangers while heeling/walking around the block and training outside of dog parks. However, in addition to knowing how to meet and greet strangers courteously, every dog needs a core social group of people that it thoroughly loves and feels completely at ease with. So, let's just invite the usual suspects to this week's Puppy Parties — family, friends and neighbors, so that your puppy can relax and enjoy some quality time. Make sure that all of your guests remember that every interaction is a training interaction and that they should get the puppy to come and sit before petting the pup and give a whole bunch of food rewards when handling the puppy.

Pass the Puppy Handling Routine — With thorough examination of ears, muzzle and paws and eye-contact when hugged, cradled and in Relaxed-Sphinx Down-Stay as well as an examination of belly (belly rub) when Down on Side.

From now on the Puppy Party should be a permanent weekly fixture on most people's calendars. Suggest people come in costume, have music and refreshments. Be festive. Maybe a barbeque in the yard or watch a ball game on TV. Again, make sure one family member is in charge of supervising the puppy for the entire time to make sure the pup doesn't get into mischief and snaffle all the hotdogs. At this juncture, it is unlikely that the pup will be overwhelmed, but if the festivities become

too much for the puppy, ring a bell and everyone sits down quietly. Then play round-robin recalls to check that the puppy is OK and is happy to approach everyone when called.

Move the party outdoors for a trip around the block. Walk counter-clockwise with the puppy and have all of the guests walk clockwise spaced out in ones and twos and threes.

Take your pup on lots of drives around the neighborhood and to urban and rural areas. Park outside supermarkets, playgrounds, schools and soccer and basketball pickup games so your puppy has a good long time to watch and take it all in.

BITE INHIBITION Stage 3: Cease Mouthing on Cue

Now that your puppy is gently mouthing rather than biting, it's time to teach your pup that, whereas play-mouthing is OK (because it's essential), mouthing must stop instantly upon request. You've laid the groundwork for this exercise by teaching "Off" with food, chewtoys, bones, pigs' ears, interactive toys (tugs and balls) and other valued objects. Praise your puppy when playing gently, then say, "Off" and ask your puppy to sit. Maybe offer a food reward, or play tug or fetch but the best reward of all, let your puppy resume mouthing again.

The secret to controlling all "high drive" behaviors is to stop them and start them several times in succession. By letting your puppy re-engage in favorite activities after ceasing, the activity, which used to be an uncontrollable problem, now becomes a very effective reward to reinforce stopping that very behavior. Thus the dog learns that having to stop playing doesn't mean "stop forever" but just "stop for a while". With most doggy behaviors it is just so much easier (and smarter) to put them on cue, rather than trying to suppress them altogether.

TIP: If you're still having problems reducing the force of your puppy's biting behavior, you may want to consider using a soft plush toy (stuffed animal) to teach your puppy to be gentle. Basically alternate playing with a tug toy and encouraging the dog to bite hard and hold on and a soft toy, which you pretend is a real animal and so, you ask your puppy to be gentle and not to bite. You and your puppy practicing with a soft toy is a lot better than your puppy practicing with a kitten or a child. Watch the video: Mr. Mousie & Mr. Carcass — <http://www.dogstardaily.com/videos/mr-mousie-mr-carcass>

SOCIALIZATION WITH OTHER DOGS

In addition to having a core social group of people, a young puppy desperately needs of core social group of other puppies and dogs and so, consider an additional party for some of your puppy's newfound friends from Puppy Class and maybe some favorite adult dogs. A core social group will help your puppy build confidence around other puppies and dogs. In addition to meeting and greeting unfamiliar dogs, it is really important that your puppy meets the same puppies and dogs on a regular basis and so, make this a weekly get together at different puppies' houses, or for Sunday afternoon park visits and trail walks.

Come and Sit — Always have your puppy come and sit when meeting other dogs on walks. Say, “Look, there’s another doggie” pull out the tug toy, take two quick steps backwards and use the tug toy to lure your puppy to sit and focus on you and not the other dog. When your puppy turns around and comes and sits it presents a polite and calmer picture to the other dog, especially since your pup is now looking at you and not rudely eyeballing the other dog. Let the other dog sniff your puppy first and if both dogs look calm and friendly, tell your puppy, “Say Hello”.

This greeting procedure is so important that it is a smart idea to practice on walks when other dogs are not there. At least every 25 yards, instruct your puppy to come and sit — that would be over 200 training sessions in a three-mile walk. Around other dogs, it is so important that the Come-Sit-Watch routine works like clockwork. A marvelous plan is to practice with your pup's core social group, so that all of the people and puppies/dogs know the routine. Half of you walk clockwise around the block and the other half counter clockwise. The first lap is the hardest but thereafter it works like a dream.

Using a tug toy is better than using food when around other dogs because you do not know whether an unfamiliar dog is going to be protective around food. Another dog's tug toy is less provocative. But of course, *you* know the tug toy is not just a tug but rather an empowered super-mega secondary reinforcer, which increases the speed and power of classical conditioning and so, your puppy quickly learns, “I just love it when I meet other dogs, my owner always whips out my favorite toy.”

Puppy License to Misbehave — *Socialized* adult dogs will give young puppies a lot of leeway and will let them do all sorts of naughty and inappropriate things, such as jumping on them, biting tails, running like a whirling dervish, eye-balling, chewing bones etc. However, your

puppy's License to Misbehave is about to expire at about 16-18 weeks of age, whereupon older dogs require respect and manners. And so help your puppy learn how not to engender the wrath of other dogs.

Left to their own devices, socialized adult dogs teach manners to four- and five-month-old puppies surprisingly quickly. Some dogs can teach puppies to calm down, slow down, avert gaze, stand still, sit-stay or down-stay in a single session without even a whisper of a growl. This is absolutely fascinating to watch.

BASIC MANNERS

Positions and Stays

Randomize Sit, Down and Stands with Verbal Commands —

Try verbal commands first but follow up with a hand signal if the verbal command doesn't work. No food in your hand or on your person. Either put some food rewards on a shelf, or have an assistant hold the food to reward your pup whenever you say, "Good Dog". It is vital that your puppy learns that just because you don't have food on your person doesn't mean that he isn't going to get any.

Randomize Sit, Down and Stands with varying length Stays in each position with verbal commands, using a tug toy as a lure (only if necessary) and a game of tug as a reward. Reward handsomely when your pup responds to verbal commands without a signal. Comprehension of verbal commands is essential because this is the only way you can communicate if your puppy is not looking at you.

Sit-, Down- and Stand-Stays *until Released* — Success depends on:

1. Solid comprehension of the instructions "Sit", "Down" and "Stand"
2. Praising profusely and rewarding occasionally from pocket/bait bag while pup stays
3. Releasing your pup from the stay, e.g., "Free Dog", or any other obedience command, such as, "Heel", or "Go To Your Bed"

A Release Command is absolutely essential if you want your pup's full attention. A successful stay is one in which your puppy stays in position until released. A short five-second stay until released is far more valuable than a much longer stay which the puppy eventually breaks, especially if the puppy has a good time after breaking the stay. Watch your puppy all the time. You can relax when you release your pup. If your pup looks away, or breaks the stay, instantly correct your pup by calmly reinstructing, e.g.,

“Rover, Sit” and then resume praising once more when your pup is back in the stay position.

- *How many seconds will your pup Sit, Down- and Stand-Stay until released?*

Keep track of your puppy’s personal best scores each day. Whenever your puppy beats a personal best, meaningfully praise, “Goooooooooooood dog”, calmly release and then celebrate with a game of tug or a number of food rewards. Have competitions with family and friends.

Distant Verbal Sits around the House and Yard — Puppies learn differently from people. By now your puppy should understand the meaning of the word “Sit” if in front of you, or by your side, but it probably won’t understand when at a distance. The goal is to eventually teach your puppy to sit any where, at any distance and no matter what is going on. A Distance Sit is a much better emergency command than a recall.

Calmly but clearly, say, “Puppy, Sit”, when your pup is at a distance. It is unlikely that your pup will respond and so, quickly walk towards the pup repeating the verbal instruction followed by handsignal. Eventually, you will be close enough for your puppy to understand. When the pup eventually sits, say “Thank you” (not too enthusiastically), call your pup to you and reinstruct, “Puppy, Sit”. Because you now have your pup’s attention and you are close, your puppy will likely sit following a single verbal command and so, praise enthusiastically and say “Go Play”. Then repeat the procedure several times. You’ll find that with each repetition, your puppy will sit after fewer and fewer commands and when farther and farther away. Eventually your pup will sit at a distance following a single verbal command and so, you may praise and say, “Go Play” immediately. From now on, when your puppy is off-leash, every 20 seconds or so, instruct your pup to sit and if your pup sits following a single command, immediately say, “Go Play”. Food rewards are no longer necessary because Play is a much better reward. And with play, you can reward your dog as much as you like without your puppy getting fat.

Off-Leash Recalls

Practice numerous, multiple-step Come-Sit sequences around the house, yard, in friends’ yards and in other safe (fenced) places. Only reward the fastest recalls and the quickest sits.

- *How many Come-Sit sequences will your pup do for a single food reward?*

- *How many Come-Sit sequences will your pup do for a game of Tug?*

Restrained Yo-Yo Recalls — One person holds the puppy and another person calls and holds the pup for a recall back to the original person. Restrained Recalls create a catapult effect which speeds things up.

- *Who can get the puppy to come quickest?*

Round-Robin Recalls — By refining the timing, your puppy will learn the names of family and friends. Only one person instruct the puppy at a time. Say “Puppy Go To ...” and pause for half a second before saying the “Name” of the person. The puppy knows to go to a person but has no idea to whom until you say the name. The anticipation encourages the puppy to pay much more attention to what you say. After you say the “Name” of the person, that person calls the puppy to come and sit before instructing the pup to go to another person. Round-Robin Recalls enable the pup to learn the name of all family members and close friends.

Recalls during Play — Practice in your pup’s friends’ yards and other safe (fenced) areas. Every one or two minutes, interrupt play by calling your puppy. Once your puppy comes and sits, say “Go Play”. Again, food rewards are unnecessary because play is a much (MUCH) more effective reward.

Following, Heeling & Walking

Off-leash Multiple-Step Heel-Sit Sequences — Practice around the house, yard and in friends’ yards and in your pup’s friends’ yards. Try practicing with another pup, or in a fun, distracting environment so that you may use “Go Play” as a reward. Use a tug toy in your left hand to lure your pup to heel and switch to the right hand to lure your pup to sit. Practice off-leash and on-leash.

- *How many Heel-Sit sequences will your pup do for a single food reward?*

Off-leash Following around House and Yard — Make it snappy with frequent sits and frequent changes of speed and direction — left turns, right turns and about turns with an occasional Sit-Stay to take a breather. Animatedly encourage and praise your puppy. Use a tug toy or ball as a lure if necessary.

Off-Leash Open-Field Following in large (fenced) areas. — Pretend you’re a Wide Receiver and your dog is the Corner back. Try to get away from your dog by making sudden changes of speed and direction.

This exercise is exhausting and so have frequent Sits, position-change sequences and stays for you to take a breather.

On-leash Heeling and Walking — First practice repetitive multiple-step Heel-Sit sequences back and forth in front of your residence then stand still and instruct your pup to “Walk on”. Let your pup sniff while you are standing still so you can concentrate praising your pup for having a loose leash. Then set off around the block. Alternate Heeling and Walking. You need to have your wits about you when teaching a pup to walk on leash because the environment is ever changing. If your puppy gets too distracted and boisterous when walking and sniffing:

1. Stand still and let the puppy sniff while you are stationary,
2. Instruct the pup to Sit-Stay or Down-Stay (so your pup can take in the environment without it changing),
3. Switch to Heel-Sit sequences, or
4. About-turn and head back the way you came over familiar territory with distractions that are no longer as distracting as they were on first exposure)

TIP: When walking your puppy on-leash, ask your puppy to sit whenever five feet in front of you. (Don't wait for the leash to become tight.) Praise your pup for sitting and then walk up to stand in heel position and then do a few snappy, short Heel-Sit sequences before instructing your pup to “Walk on” again.

When walking or heeling change speed frequently. Teach your puppy “Steady” and “Hustle: 1. Say, “Hustle”, 2. Speed up and 3. As your puppy speeds up, 4. Praise your puppy and then, 1. Say, “Steady”, 2. Slow down and 3. As soon as your puppy slows down, 4. Praise calmly. Alternate “Hustle” and “Steady”.

Before Sits, 1. Say “Steady”, 2. Slow down, 3. Say “Sit”, 4. Signal “Sit” (if necessary) and then 5. Stop and you'll find your puppy sits by your side. If you abruptly stop and then say “Sit, your pup will be too far ahead and so will sit crooked in an attempt to look back at you.

Actively make on-leash walking and heeling FUN! Engage your puppy! And engage your inner puppy! It's no good walking in a straight line at the same old speed; your pup will quickly get bored with you and look elsewhere (ahead and sideways) for stimulation and entertainment. Keep things fresh ... frequent changes in speed and direction, alternate Heeling and Walking, with oodles opportunities for your pup to perform

Distance Sits, S-D-S-St-D-St, Come-Sit and Heel-Sit Sequences and long Stays and occasionally enjoy a game of Tug.

TIP: Outside of a dog park is a marvelous place to train — loads of distractions (other dogs and smells) but contained by a fence so you can practice walking, heeling and stays a good 40 yards back from the fence. Once you have good attention and control, try at 35 yards, then 30 and so on until your puppy works well right at the fence line. Frequently, let your pup “Say Hello” and greet the other dogs through the fence as a reward.

Go To Bed/Crate and Settle around house — Practice in different places around the house and yard and in the car (while stationary). Practice long settle downs in the crate or on a mat with a stuffed Kong or during your mealtimes, while reading, working on the computer, in the yard (in preparation for picnics) and car (while stationary). Also practice for trips in the car, with another person driving while you monitor your pup’s behavior and give appropriate encouragement and praise.

WEEK FOUR

@Home, Other Homes, Neighborhood, Trail Walks, Car Trips

PREVENTING BEHAVIOR PROBLEMS

Housetraining — Even though you’ve pretty much phased out the necessity to use food lures and rewards for basic training exercises, keep offering food rewards during housetraining. Now though, the quality of your praise and the quantity of food rewards should reflect the speed and quality of the “job”. Always say “Good dog” when your puppy pees or poops on cue. However, show especial appreciation for a speedy performance, offer one piece of kibble for each second of peeing more than 2 seconds and give three pieces of kibble for pooping on cue.

Chewing — Continue offering your puppy chewtoys stuffed with kibble each time your puppy is confined to the crate or long-term confinement area. Additionally, play Find and Fetch the Chewtoy during play/training sessions, so that later in life when your puppy enjoys full run of your house, your puppy will go in search for a chewtoy if one is not immediately apparent.

When you return after being away from the house, ask your puppy to grab a chewtoy before releasing it from the crate and taking it to a toilet area to eliminate. Later in life when your housetrained and chewtoy trained puppy has full run of your house when left at home alone, when you return home, delay greeting until your puppy has grabbed a chewtoy. A dog’s daily activity, including barking and destructive chewing, happen predominantly right after being left at home alone and immediately prior to your return. Most dogs sleep for most of the day. Offering a couple of stuffed chewtoys keeps your dog focused when you leave home. If you delay greetings when returning home, when your pup wakes up late afternoon and starts to become active again in anticipation of your return, it will likely “think”, “Yippee! My owner’s coming home! Oh! I better grab a chewtoy otherwise they might ignore me again.”

Barking — Continue using stuffed Kongs and an AutoTrainer to reduce the frequency of barks and remember to praise whenever your puppy is calm and quiet but also, teach your puppy to “Shush” on cue.

Whenever your puppy alarm barks, say “Thank you Puppy” and “Shush!” and then “Find your Chewtoy” and eventually, your pup will stop

barking when you say, “Shush” in anticipation of you saying “Find your Chewtoy”.

Generally though, it is difficult to always be on the ball and train a puppy in the course of everyday living and so, it is a better idea to troubleshoot teaching “Shush!” The obvious problem here is that you cannot teach “Shush!” unless your pup is barking. Consequently, first teach your puppy to “Speak” on cue, which facilitates teaching “Shush”:

1. Say, “Puppy, Speak!”
2. Have an accomplice knock on the front door or ring the door bell
3. To prompt your puppy to bark and then
4. Praise and bark along with your puppy — they love that and then,
 1. Say, “Puppy Shush!”,
 2. Waggle a piece of kibble in front of your puppy’s nose so that
 3. Your puppy sniffs and stops barking —it’s physically impossible to sniff and bark at the same time and then,
 4. Calmly praise, “Good shush one, good shush two, good shush three...” before giving the kibble as a reward.

Repeat the Woof/Shush sequence over and over, increasing the shush-time by a second with each repetition. Once “Shush!” causes your pup to be quiet for a count of ten “Good shushes”, you’re pretty much home and dry because after ten seconds, most dogs have forgotten what prompted them to bark in the first place.

SOCIALIZATION WITH PEOPLE

When walking your puppy, always carry food for classical conditioning your pup to people. Whenever you see another person, instruct your puppy to sit, praise and offer a number of food rewards. If anyone would like to meet your pup, demonstrate how to get your pup to come and sit before petting and give them some food rewards to give to the pup.

Troubleshooting Front Door Greetings

By now your puppy is hopefully mannerly most of the time but may still go ballistic when people come to the house. So let’s have a Puppy Party to teach your pup mannerly front door greetings. Beforehand, instruct all of your guests what they have to do.

When the first guest arrives and rings the door bell, likely your dog will become active and bark. Say, “Puppy, Sit and Shush”. At this stage of the game, it doesn’t matter if it takes a while for your pup to calm down and sit quietly. (There’s no hurry to open the door because you know who’s there.) Once your puppy is focused, say, “Enter” as a cue for your guest to come in and stand perfectly still. Praise profusely if your pup remains sitting. If your puppy makes a dash for the person, simply reinstruct your pup to sit. It is essential that your guest does not move, or otherwise acknowledges the pup. When you are satisfied with your puppy’s performance, instruct, “Say Hello” as a cue for the guest to call the puppy and request and signal the pup to sit.

If the puppy sits after a single request, the guest gives five food rewards in a row. If more than one command is necessary, once the puppy eventually sits, the guest says, “Thank you Puppy” and then takes one step backwards and asks the puppy to Come and Sit once more. The guest may have to repeat the Come-Sit routine until the puppy sits following a single request, whereupon the pup receives the five food rewards. Then, ask the guest to leave through the back door and come round to the front of the house and ring the doorbell once more. Repeat the process until the puppy’s greeting is perfect for this guest. Then, repeat the whole procedure with the next guests. Throughout the course of the party, remind your guests to periodically leave the house to ring the door bell again.

Pass the Puppy Handling Routine — With thorough examination of ears, muzzle and paws and eye-contact with Puppy in a Stand-Stay and an examination of belly in a Bang!-Stay.

Sit - Off - Take it with Kibble — Instruct your pup to Sit and eat a piece of kibble before every enjoyable activity, so as to empower the kibble as a massive secondary reinforcer for classically conditioning your puppy with people, especially with children. For example, have your pup sit and offer kibble before dinner time, couch time, play time, chest scratches, belly rubs, and after numerous times after sitting during walks and play sessions.

Food Bowl Exercises

Your pup should have mastered a number of impulse control exercises when taking food and around valued objects and so, this would be a good time to work with your pup around a food bowl because eventually, you’ll no doubt feel that your puppy is sufficiently trained for your lifestyle and you’ll probably start feeding from a bowl.

Measure out a daily allotment of kibble into a bowl. Your puppy may get extremely excited at the sight and smell of a whole bowl of food so work slowly to build up your pup's confidence around the food bowl. Start with the Delinquent Waiter Routine. Pick up your dog's bowl and walk to the place where you are going to put it on the floor, hold the bowl high and ask your puppy to sit. Once your pup sits, put the bowl on the floor, say, "Chow" and walk away. Your puppy will eagerly investigate the bowl. But the bowl is empty. (You put the kibble in *a* bowl not the puppy's bowl.) After a minute or so, say "Thank you" and pick up the empty bowl, walk over to the kibble, place one piece in the puppy's bowl, ask your pup to sit, put the bowl on the floor, Say "Chow" and walk away again. "An *amuse bouche* from our chef." Repeat this process half a dozen or so times, with each "course" comprised of just one piece of kibble and your puppy will literally beg for you to approach and pick up the bowl.

Now sit on the floor next to the puppy's bowl and drop in a few pieces of kibble so that your puppy learns: *Your hand comes to give, not to take away.* Then drop in a handful of dried kibble and as your puppy is eating, one by one add some tasty treats to the kibble, such as *tiny* pieces of chicken or bacon. Thus your puppy learns: Your hand makes the kibble meal tastier. Now, as the puppy is eating kibble, periodically, say, "Thank you", pick up the bowl of kibble, drop in three or four tasty treats and put the bowl back on the floor again. Again, your puppy learns: *Your hand makes the meal tastier.* Your puppy will soon learn to enjoy your company at dinner time.

BITE INHIBITION — Stage 4: Never Initiate Mouthing

By now, your puppy's mouthing behavior should be under control. If not, make an appointment for a trainer to come to your house and help you. Right away! If things are going well, there is just one more thing to teach: your puppy must never initiate contact with any person with jaws or paws. This is particularly important when your puppy is around children and strangers and absolutely essential for medium-sized and large dogs, especially if they have been given a "breed reputation" by the media. Small dogs get away with murder but people are much less lenient with larger dogs. And if your puppy is a pit bull, Rottweiler, or German Shepherd Dog etc., some people will panic and object if your dog breaks wind, let alone if it runs up to say hello and paws or mouths the person. No, it's not fair but that's the way it is. Many people are decidedly breedist and so, you must protect your puppy by teaching never to make unsolicited contact with strangers.

When on public property, keep your puppy close to you and under control at all times and most important teach your puppy that Sit is the default setting for greeting any person. Practice on walks and in parks. Best to recruit your puppy core social group of people because they know what to do. Walk round the block or go to a park where the people are already waiting. First practice on leash. As your puppy approaches a person, say “Sit” and then “Say Hello” and the person will say, “Sit” once the puppy is a yard away. Then practice off-leash but keep your puppy close.

SOCIALIZATION WITH DOGS

Whenver you see other dogs on neighborhood and trail walks, instruct your puppy to Come-Sit and pull out the Tug to help keep your pup sitting and focusing on you while the other dog sniffs. Praise your pup and then say, “Say Hello” to release your pup.

Troubleshooting Dog-Dog Greetings — If training just falls apart when meeting other dogs, practice on the street with your puppy’s core social group. Half of the group walks clockwise around the block and the other half counter clockwise. When meeting, have both puppies sit when five yards apart and decide who gets to greet whom first.

Group Trail Walk — Organize regular walks with your puppy’s core social group.

Dog Parks — Do NOT just waltz into the park and let your puppy off-leash. During your first few visits, spend a lot of time outside of the dog park before deciding to go in. Work with your puppy on-leash outside the park first. Run through the same basic warm-up, attention-focusing, exercises — Come-Sit and Heel-Sit sequences plus randomized position-changes with variable length stays in each position. If your puppy is simply too distracted, either work much farther from the park fence (and gradually move closer and closer), or settle down by the fence for 15 minutes or so and give your pup the chance to check out all the other dogs and maybe greet them nose-to-nose through the fence.

Praise your puppy whenever another dog approaches and after a while, you’ll find it’s possible to get your pup to sit before greeting. Also, sitting for a while outside of the park, allows you to check out the other dogs and people in the park.

BASIC MANNERS

Practice in friends' yards, on walks, in the park and outside dog parks.

Positions and Stays

Teach Bang!-Stay and Roll Over — Start first from a Down, then from a Sit and then from a Stand. Remember, the Bang!-Stay competition next week in class. Aside from being a lot of fun to teach, a good Bang!-Stay makes it easy for you (or your veterinarian) to examine the underside of your puppy.

- *How many Roll Overs will your puppy do for one treat?*
- *How long does it take for your puppy to roll over down the hallway or across the yard?*

Randomize Sit, Down, Stand, Bang! and Roll Over — Praise impressive performances — look for speed, precision, pizzazz and panache. For perfection, praise effusively, play tug and even give several food rewards. Never praise or reward more than 30% of responses.

Randomize Sit-, Down-, Stand- and Bang!-Stay-until-Released — A successful Stay is one in which the dog responds with *a single verbal position command*, (e.g., Sit,) *and remains in position, focused on you, until released*. Do not celebrate when you release your puppy. Doing so would teach your puppy that you are also glad that training is over. Instead, periodically, calmly praise your puppy and occasionally offer a food reward *during* the stay. Praise your puppy like you mean it, i.e., with feeling — loving whisper-praise. Release your puppy in a neutral voice, “Rover, Free dog” and ignore your pup for five seconds. And so your puppy learns, “They sure love me to bits when I’m staying; I love stays!”

- *Who can get the puppy to do the longest stay in each position?*
- *Who can get a solid stay with just a single verbal command?*

Recalls & Emergency Distance Sits

Numerous, Multiple-Step Come-Sit Sequences — When letting your puppy off-leash in safe fenced areas, always start with a series of rapid-fire Come-Sits (and Heel-Sits) to get your puppies attention and check that you are in control.

Round Robin Go-To Recalls — To teach your pup the names of family and friends. Timing is the secret to success: 1. Say “Puppy Go To ...” and pause for half a second (to get your puppy’s attention) before saying the

“Name” of the person. 2. The named person should pause for half a second before calling the puppy. The puppy will eventually anticipate being called by the named person because when anyone uses a specific name, the same person always calls. The first time that the puppy runs to a person after being named but before being called is evidence that the puppy is learning the name of the person. Praise and celebrate handsomely.

TIP: This training game is particularly enjoyable if you send your puppy to a person who is hiding. Hide ‘n Seek. Once your puppy gets the idea, you now have your very own family Search & Rescue Dog, who can serve many useful functions. For example, to deliver messages. “Phoenix, come here, take this and go to Jamie please”. Five words/instructions that my Malamute understood — Phoenix, Come, Take, Go To and Jamie — and so, she could go and find Jamie to deliver a note to say that lunch is ready. We used to call it Malamute Mail. Or, you could instruct your dog to find Laurence, who always wanders off on camping trips. Or, you could ask your dog to find Grandma, who has Alzheimer’s and has wandered out the front door. Easy for your dog; the nose knows!

Recalls during Play — Practice in your pup’s friends’ yards and other safe (fenced) areas. Every one or two minutes, interrupt play by calling your puppy. Once your puppy comes and sits, say “Go Play”. Again, food rewards are unnecessary because play is a much (MUCH) more effective reward. Also, practice Yo-Yo recalls during play.

Distant Sits — Practice at home in the house and yard, on walks and during off-leash play. A distance sit is a much better emergency command than a recall. With a distant sit, your pup is immediately under your control and is not running through the environment exciting other dogs or frightening children. Remember, your puppy is now beginning to look like an adult dog. People and other dogs are calmer around a calm, controlled dog.

Following/Heeling — Practice on- and off-leash around the house and yard, on walks (when your puppy gets ahead of you) and numerous times during off-leash play (with you, or with other dogs). Use a tug toy to lure (if necessary) and to occasionally reward your pup for calm walking or snazzy heeling. Alternate heeling and walking whether your puppy is on-leash or off-leash (in safe/fenced areas). Frequently change pace (Hustle and Steady) and direction — right-, left- and about turns in open areas but mainly about-turns if walking on sidewalks (otherwise you might end up in the street). Instruct your pup to sit and look at you at least every 25

yards and occasionally practice position-change sequences. In each walk, take the time for a long settle-down so that your puppy may chill and watch the world go by and you may reflect and enjoy the moment.

TIP: When walking/heeling your pup, frequent about-turns are the best way to keep moving yet calm your pup because your puppy is now walking over the same territory and the many distractions are less exciting.

WEEK FIVE

Yes. There's homework after Graduation!

Here comes adolescence! By now your puppy should be well socialized, well behaved and well trained and so, the transition should go smoothly. However, behavior and temperament are always changing and so be on the alert for incipient problems and nip them in the bud immediately. As always, ongoing socialization and preventing the development of predictable behavior problems are priorities. Housesoiling, destructive chewing, excessive barking, separation anxiety, and fearfulness and reactivity to people or other dogs can quickly ruin the quality of life for both you and your dog.

PUTTING IT ALL TOGETHER:

It is vital that your puppy has established a core social group of people that meet on a regular basis — family, friends and neighbors. People your pup loves to be around and can trust and so, can help you train your pup (because you have trained them). During Puppy Parties have your guests venture out into the neighborhood to wait on sidewalks and in parks for you and your pup to come along. Teaching a puppy how to meet and greet strangers (people and other dogs) in the real world is much easier if the people know how to act around a puppy.

Also, maintain your puppy's core social group of other puppies/dogs, especially maintain friendships made in Puppy Class. Meet up for regular play/training dates at your house or theirs and for group walks and park visits, and certainly coordinate a group enrollment in the same Puppy 2 class. In many ways, the social behavior of dogs is similar to that of people. Dogs have special friends who they love meeting regularly and playing with, rather than always meeting unfamiliar dogs.

Remember: Early socialization was essential so that you could continue to socialize your adolescent dog without fearfulness and reactivity. However, active, intensive socialization must be ongoing, especially throughout adolescence and at least until two or three years of age.

Continue feeding your puppy from chewtoys to prevent the development of destructive chewing and recreational barking habits, to reinforce long periods of calm and quiet to combat adolescent-onset hyperactivity and to give your dog a hobby, i.e., to help prevent the development of separation anxiety when left at home alone.

Practice indoors and in the yard so that you take a trained puppy on walks or to the park. Integrate oodles of short training interludes into your lifestyle and your puppy's. Every interaction needs to be educational and enjoyable, whether at home or on walks and in parks, so that your pup cannot distinguish between play and training — training is fun and play has rules.

Never take your pup's good manners, stellar behavior, or wonderful demeanor for granted. Obviously praise and reward your pup for quick sits, lightning recalls and solid stays but also, continue to animatedly praise your pup for eliminating in appropriate areas and calmly praise your pup when settling down calmly and quietly, when chewing a chewtoy and for just being there with you.

TRAINING AT HOME

Training at home is where you lay the groundwork to prepare your puppy for walks and visits to the park. Puppies/dogs are fine discriminators and situational learners and their performance (compliance) will vary considerably according to who is training, where the puppy is trained and what is going on in terms of distractions and so, train your puppy in as many different places as possible because when you go for a walk, everywhere is a different place. Train in different rooms, upstairs and downstairs and inside and outside.

Practice Multiple-Step Come-Sit and Heel-Sit Sequences

Randomize Sit-, Down-, Stand- Bang!-, Beg- and Bow-Stays — With varying length durations for each position and throwing in an occasional Roll Over for good measure.

Go To Family Members in the House, Yard and on Walks — Have each person direct a unique choreography from your puppy's training repertoire.

Go To and Settle on Mat/Crate — Have your pup practice settling down for extended periods of time in a variety of places with a stuffed Kong or bone, for example, during your mealtimes, while reading, working on the computer, in the yard, car, friends' houses, outdoor cafes, at picnics, etc. Dogs that can settle down calmly and reliably get taken to lots of fun places.

Puppy Parties — Be an ambassador for dog-friendly dog training and demonstrate your puppy's entire training repertoire to all of your guests.

Now it's your turn to be a Puppy Training Instructor to educate and motivate your family, friends and neighbors.

If your puppy's puppy/dog friends come to the party, integrate lots of fun training games into the off-leash play — repetitive Come-Sits and Heel-Sits, Sit-Stay competitions, Recall Races, etc. Most important, instruct the pups to Sit at a distance every minute or so to check that you are in control and to reinforce the distant sits.

Make sure that one person is in charge of supervising your puppy at all times when people come to the house. Some people have some pretty weird ideas about how to act around puppies, and dogs and can be needlessly loud and physical.

Distance Sits — The Secret to reliable off-leash control. For a variety of reasons, a distance sit is a much better emergency command than a recall. Distant sits are more reliable because each prompt sit may be immediately reinforced by telling your pup “Go Play”. Thus, rather than sniffing or playing with other dogs becoming a huge distraction that work against training, these activities now become “life rewards” that reinforce training. Whereas with a recall, you are always trying to call your dog away from the enjoyable activity.

After instructing Sit at a distance, within half a second you know whether your dog is being compliant or not and can take immediate, appropriate action, whereas a lot can happen during a lengthy recall. Your dog may slow down, deviate or get further distracted. “Well, he looks like he's still coming.”

When your dog sits at a distance, every one can see that your dog is instantly under control, whereas, even with an ultra obedient recall, the dog is flying through the environment, which can be a little scary for some people and maybe too exciting (and inciting) for other dogs. Distant Sits are actually pretty impressive to most onlookers.

Once your dog sits at a distance, you have a variety of options. 1. Usually, a prompt sit should immediately be followed by “Go Play”, which, of course, reinforces the reliability of the response. 2. Occasionally, instruct your puppy to Down-Stay (for greater stability), or perform a position-change routine for practice. 3. Recall your puppy. Slowly. “Puppy, Come. Steady.” The recall will likely be reliable because you already have your dog's compliance and attention. Or, 4. If it looks like the environment is becoming unstable — running children, a charging dog, or people on horseback, run up to your puppy and attach the leash, i.e., you do the

recall. Everyone sees that your dog is on-leash and sitting calmly and obediently by your side.

TRAINING ON WALKS AND IN PARKS

Training and socialization are not exercises; they are life itself. If you have separate training and play sessions, dogs easily distinguish between the two and most dogs prefer to play. Instead, play should be an integral component of training and numerous short training interludes should be integrated into play and all of your dog's most enjoyable activities. For example, ask your pup to sit at least every 25 yards when walking and at least once a minute when playing with you or other dogs. Training in numerous different settings will drastically increase reliability.

For most dogs, the two biggest rewards are walking/sniffing and playing with other dogs. It is vital that you maximize the use of these life rewards in training, otherwise they will become huge distractions and everything with quickly fall apart. In a nutshell, every single exercise that you have taught your pup needs to be integrated into walks and off-leash play with other dogs: Come-Sits, Heel-Sits, Distance Sits, Hustle/Steady, Right-turn, Left-turn and About-turns, Sit-, Down-, Stand-, Bang!-, Beg- and Bow-Stays, Roll Over, etc. Yup! Your puppy's entire training repertoire.

ON-LEASH WALKS

Before the walk, instruct your dog to eliminate and run through a rapid position-change sequence right before you leave your house and immediately when outside to blow the cobwebs out of your dog's brain. "We're on public property now and your full attention is required." If *you* act more alert and on the ball when on public property, so will your dog.

Frequently Change Pace and Direction — To keep your puppy's attention on the walk, frequently change pace and direction and have your pup sit and focus at least every 25 yards. Include a number of stays per walk and one long settle-down to let your pup watch the world go by. Every time you ask your puppy to sit to check that you have attention and compliance, your pup's prompt responses may be reinforced by immediately saying, "Good dog. Let's Go", or "Heel".

Alternate between Snappy Heeling and Relaxed Walking — Allow your pup to sniff when walking and occasionally, stand still to give your puppy a chance for a thorough olfactory investigation of its favorite spots. Really make heeling stand out as being different — repetitive Heel-Sit

sequences, Hustle, Steady, and multiple about-turns. The more you heel your pup, the better the attention and the calmer your pup will walk on leash. Always ask your pup to come to heel when crossing streets and when passersby approach. Always ask your pup to sit when other dogs or children approach.

When you are outdoors, especially in unexplored territory, you have to compete with the environment for your dog's attention. You have to give your dog a reason to *want* to walk by your side — because you're fun! Don't be snoring-boring by ambling at the same speed in the same direction, otherwise your puppy will forge ahead and eventually pull on leash. If the leash becomes taught, your puppy will be much more likely to be reactive to other dogs, or changes in the environment.

Above All Else — Show Off! Give your well-trained pup the opportunity to demonstrate the entire training repertoire to impressed onlookers. Beg, Bow, Roll Over and Woof on cue are always crowd pleasers. Play tug. Dance with your dog! Don't be embarrassed. You have a well-trained and good natured dog who is really lucky to have you as an owner.

TIP: If you own a breed or type of dog that people are afraid of, tie a pink ribbon and bow round your dog's neck. You'll be surprised how differently people act. "Is he one of them Rottweiler dogs?" "No she's a German Cattle Dog." Then follow with a quick Beg, Bow and High Five and it'll be smiles all around.

OFF-LEASH WALKS

Off-leash walks are what sharing life with a dog is all about. They are especially enjoyable if you walk with friends and family and your pup's friends — other dogs in the household or friends from puppy class. And nothing is better for your dog's physical health and doggy psyche and for your physical and psychological well-being too. Off-leash walks are a wonderful training opportunity because your dog can investigate and sniff and these life rewards can be used to great effect to reinforce manners.

However, do not be in a hurry to let your pup off-leash, especially in unfenced areas. First practice a whole bunch of Heel-Sits and a position-change sequence on-leash to check that your pup is paying attention and that you are in control. Also, integrate short on-leash walking and off-leash and on-leash heeling sessions into your pup's off-leash walk.

Certainly give your pup a chance to investigate and sniff but don't let the pup wander willy nilly all the time, otherwise the great outdoors

will become a massive distraction to training. Instead be a part of your puppy's outdoor experience — integrate many short training interludes into the walk, so that walking and sniffing become life rewards that reinforce training. Frequently instruct your pup to sit (at a distance) and look at you to check that you are in control and then immediately release your dog, “Good dog. Walk on.” On occasions, have your pup sit and stay for a while before releasing. Or, call your pup to you for a short training interlude — a Down-Stay, Woof/Shush,

Practice Open-Field Following in large open spaces — Change speed and direction frequently — whatever your pup does to improvise, you do the opposite, i.e., you lead and the pup follows. Imagine you're a wide receiver and your pup is a corner back and soon you'll have a puppy that sticks to you like glue.

When trail walking — limit change of direction to about-turns. Lot's of them. Don't just keep walking in the same direction at the same speed. On trails, most dogs like to walk in front but occasionally they lag behind to sniff. Set a distance, let's say ten yards, and if your puppy is ever more than ten yards from you, increase the distance rapidly to stretch your puppy's psychological bungee cord. If your puppy is lagging behind, run on ahead and if your pup is forging ahead, about-turn and run (or walk quickly) back the way you came. No need to get the puppies attention. “Wow! That's weird. I thought they were closer than that.” Praise profusely as your puppy gallops towards you.

Hide in the Bushes — On occasions, hide from your puppy. Your young pup is confident in the big wide world because you are there. As soon as your pup realizes it's all alone, the search will begin, sometimes frantically. If your pup is looking for you too far away, shout its name. Don't stretch out the name, otherwise your pup will triangulate on your position. We want the pup to search for you. Your pup will be ecstatic on finding you and so usually any other reward is unnecessary. With young puppies, this is often a one-trial learning experience. “Oh dear! My owners must be as dumb as rocks. I just looked away and sniffed for a moment and when I looked up, they were gone. Lost! Panicked the life out of me. Thank goodness I found them. Guess they just can't be trusted off-leash. I'm never going to take my eyes off them again!”

Yo-Yo Recalls and Go To's — These are a wonderful way to burn off puppy energy, especially if you are not as active as your puppy. Walk 25 yards apart and call your puppy back and forth. You walk one two

miles and your puppy covers 10. When practicing “Go To ___” (different people), occasionally have the people sneak off the trail and hide — a little Search and Rescue training. Children love this game as much as puppies.

Proof Woof/Shush, Find & Fetch and Eliminating on Cue — Practice Woof/Shush on walks so that your puppy will always shush when requested, anywhere, any time. In addition to finding “lost” people, finding lost objects is an enjoyable and extremely useful game. While walking, drop the tug toy or a bunch of keys (not your real keys) on the trail and then stop and say, “Oh no! I’ve lost my keys. Puppy what shall we do? Find the keys! Find the keys!” and then track back and let your puppy sniff them out.

When your pup eliminates, especially if on cue, praise like you mean it, or even sing and dance! I’m being perfectly serious. When I think of all the horrible things that people do to dogs, usually for breaking rules that they didn’t know existed (soiling the house, chewing the furniture, barking, or even jumping up to be friendly), or for not doing things that they haven’t been trained to do (walking on-leash, coming when called, staying, etc.), can’t we just once in a while really celebrate when a dog gets something right? In fact, just dance for the sheer joy of sharing your life with a pup. It usually cracks a smile from onlookers and makes their day a little better too. You’ll learn how to dance with your dog in *Puppy 2* because doggy dancing is the quickest and most enjoyable way to increase your pup’s attention, focus and desire to stay close to you — ultimate off-leash control. I mean, tango, salsa and ballroom dancers don’t leash each other with metal or shock collars.

TIP: Walk trails with a couple of friends and your pup’s friends and your pup will be more likely to stay close — where the action is.

OFF-LEASH PLAY

Dog parks offer a wonderful opportunity to teach your puppy ultra-mega off-leash reliability in a safe (fenced) setting. However, you must be active participant. Playing with other dogs can either be the very best reward in training, OR ... the biggest distraction to training. To maximize it is vital to have training preludes prior to play and numerous short training interludes during play. Take the time to train your pup during your first few park visits and your pup will be calm and mannerly for a lifetime.

Training Preludes

Don't be in a hurry to get in the park and let your pup off leash. Practice the basic exercises outside of the park at a distance where your dog can focus. As you work, progressively decrease the distance to the park fence. Settle down for awhile to allow you and your puppy plenty of time to check out all of the other dogs in the park.

When you decide it's time to enter the park, heel your pup to the gate with lots of attention-getting and calming sits. When you get to the gate, turnaround, walk back and try the approach again. Then do it again. You'll find your dog gets calmer with each approach.

Most parks have double gates and so have your pup sit before going through each gate and immediately on entry to the park. Try to keep your puppy sitting and focused while the other dogs do their thing. If the other dogs' exuberance is just too much for your puppy, leave the park and try the entry again. And then again. You'll find each time that you come into the park, the other dogs pay less and less attention to your pup and so it is easier to train your pup to Sit and Watch.

Once you are satisfied with your puppy's performance and if your pup is sitting and looking at you, take off the leash and say, "Go Play."

On subsequent visits, once inside the dog park, keep your puppy on-leash for a while and perform the basic exercises. Especially, try to get your puppy to sit and look at you while the other dogs sniff. This will become easier with each dog that approaches and especially when the same dogs approach multiple times.

Training Interludes

Frequently interrupt your puppy's play with numerous extremely short training interludes, such as a quick recall or a distance sit. The first time your puppy comes to you, praise, pet and count out half a dozen food rewards, and then say, "Go Play". On subsequent recalls, practice a few Come-Sits, praise, scratch your pup behind the ear (and hook a finger through the collar), count out a few food rewards and then release your pup to play again. Keep doing this over and over. Every time you interrupt play and ask your pup to come and sit, you may reward your pup by saying "Go Play", thus play becomes a huge reward that augments training rather than becoming a distraction that works against training.

The reason why so many dogs are reluctant to come when called is that they think that going to the owner means the end of the play session.

And it usually is. Most owners ignore their dogs when they are playing and call them to put them on-leash when it's time to go home.

Your puppy, though, is learning that spending time with you during the play session is cool — a quickie affection and refreshment break before getting back to play again. Your puppy is learning that play and training are not mutually exclusive. Your puppy is learning that training is fun. And so, now's your time to show off and have your puppy perform the entire training for all to see.

TIP: A Bow-Stay is wonderful for calming other dogs and people. In doggy language, a bow means that I am happy, no threat and would like to play. In Puppy 2, you'll learn how to teach your puppy other calming signals, such as high five and to wag on cue.

The Final Challenge — Dog-Dog Socialization throughout Adolescence

I think you will agree that socializing your puppy with people has been a lot of fun — lots of parties and social events — and no doubt improved your social life as well. Also, teaching basic manners has been easy and worthwhile for both you and your puppy. Keep doing what you've been doing. Your puppy is indeed a lucky dog. Just one more challenge remains: To keep your puppy socialized with other dogs. Nothing ruins quality of life quicker for dogs and their human companions than when a dog becomes reactive to other dogs — restricted on-leash walks, if any, and no more off-leash trail walking and park romps.

From 18 weeks on, continue regular on-leash walks, trail walks and visiting parks with your (now adolescent) dog's core social group of special doggy friends. NEVER take a friendly dog-dog greeting for granted. ALWAYS praise when your dog sees another dog, when another dog passes and when they greet each other. Otherwise, if you ignore your dog's mannerly and friendly greetings but get upset the first time your dog has a scrap, it's as if your dog learns, "Oh dear! My owner is beginning to get upset when other dogs are around." Many owners lose confidence after just one scrap and off-leash dog-dog socialization stops in its tracks and even on-leash walks are restricted because they are too stressful for the owner.

It is essential to be ruthlessly objective when evaluating the seriousness of dog-dog aggression. You must always ask yourself, "Was any damage done?" and the answer is usually, "No. No damage was done." This was just a disagreement, an argument, or a scrap and certainly not a fight to

the death, although it may have sounded like it. Dogs are pretty similar to humans really. It is indeed a rare person that gets along famously with every single other person on this planet. And so it is unrealistic to expect dogs to do so. Most people have disagreements. Most people argue. And most people grab other people and even hurt them in anger. But very few people inflict serious bodily harm. And neither do most dogs.

When puppies and young dogs get into fights, most people blame the other dog — “The other dog attacked my puppy”. On the contrary, if no damage was done, I would say that the other dog taught your puppy or young adolescent to mind its manners. Most probably your puppy eyeballed the other dog, or approached, or approached too quickly. These are serious transgressions that break dog hierarchical rules. Once the puppy license to misbehave is cancelled at about four months of age, when confronting an older dog, the younger dog should stay absolutely still and avert its gaze while being sniffed until the older dog signals it would like to play. This is why we integrate Come-Sit & Watch into walks — (every 25 yards!!!) to practice the routine when no dogs are present so that it is more likely to work when other dogs *are* present. When your dog sees another dog on a walk, say, “Come” and take two quick steps backwards (so your dog breaks eye-contact with the other dog and looks at you instead). Quickly say, “Sit” and whip out the tug toy (empowered secondary reinforcer) and help your puppy to focus and remain sitting. Try your hardest to keep you puppy sitting while the other dog investigates. And praise your pup profusely.

If your dog sits and looks at you, it usually exerts a calming influence over the other dog. Your dog’s body language projects an aura of confidence and lack of concern, (“My owner is much more important than you”), which helps defuse the other dog’s angst. There are never any guarantees for dog behavior (or for human behavior for that matter), but this is by far the best tactic to avert a scrap.

This routine is so important that if you have difficulties when your pup meets other dogs, practice with your puppy’s core social group. Have them space themselves out and walk on-leash in a big circle in a park, or around the block and you and your pup walk in the opposite direction. With several laps you may practice many dog-dog greetings in a single session. It is always much easier to train in controlled settings with known dogs and owners than it is to train in haste in the real moment.

Praising every friendly greeting, or to put it another way, praising every greeting that is not unfriendly, limits the damage that a single scrap does to your psyche and confidence and to your dog's psyche and confidence. If your dog is ever involved in a fight, immediately get your dog back to the core social group. For your dog's future quality of life, it is vital that you see your dog playing again so that you can get back out there and you and your dog can enjoy another walk.

If you are worried about unknown dogs on walks and in parks, immediately enroll in a Puppy 2 class, so your dog may enjoy playing again with other like minded dogs that have reliable bite inhibition and so, will cause no physical harm.

Well, you've reached the end of this Homework Guide. Well done! And Thank you. May we wish you and your dog many years of enjoyable companionship.