

**Puppy Raiser**

Training Manual

Canine Support Teams, Inc. 24480 Jenny Lane • Murrieta, CA 92562 Phone

951.301.3625

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART I: AN INTRODUCTION TO TRAINING

Section

# PUPPY RAISER TRAINING PROGRAM

## The Best Start

Page

## 1

**2**

## Puppy Raiser Responsibilities 3

* + *Financial Responsibility 3*
  + *Reporting Requirements 3*
    - *Veterinary Reports 3*
    - *Vaccination Schedule (found in front of the manual) 3*
    - *Training Reports 4*
  + *SDIT Equipment 4*
    - *The SDIT Jacket 4*
  + *Feeding Your Dog 4*
    - *Food Information Guide 4*
    - *Tips for Transitioning Your Dog to New Food 5*

#### Basic Obedience Training 6

#### Socialization 6

* + - *Public Places 6*
    - *Puppy Raiser Outings 8*

## Monitoring Your Dog 8

* + *Crate Care 8*

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART II: CANINE PERSONALITY DEVELOPMENT & COMMUNICATION

Section Page

## Puppy Personality Development 1

 *Stages of Development* 2

 *Developmental Transition* 2

 *Critical Period of Socialization* 3

 *Applied Behavioral Stages of Development* 3

## Canine Communication 5

 *Body Language* 5

 *Examples of Commonly Observed Dog Language* 7

 *Puppy Play* 8

**PUPPY RAISER TRAINING MANUAL**

## Dog Personality Development

All clients hope that their SDIT will develop into a well-behaved, good-natured service dog. Without a doubt, appropriate education is the single most important factor to ensure this outcome. The nature of the dog's socialization and training depends very much on the changing physical and mental capabilities and constraints during the various stages of personality development from birth to maturity.

Ease of learning changes considerably throughout a dog's development. Just as very young puppies commonly experience difficulties trying to master and remember new obedience instructions, older dogs often show similar severe learning constraints when attempting to change their behavior and temperament. For example, it is much harder to teach an older dog good habits, if he has already been allowed to develop bad ones. Moreover, modifying behavioral problems becomes progressively more difficult as the behavior becomes more ingrained.

Socialization, confidence building, and temperament training must be accomplished during puppyhood. So many training and behavior problems begin within the first week the puppy is at home, so be ready to teach from day one. Think ahead — a spoonful of prevention is worth buckets of cure. Without a doubt, education is the key to effortlessly and enjoyably raising a good-natured and well-behaved adult service dog.

To allow a dog to achieve full potential, handlers must have a plan for their dog's educational curriculum and social agenda. It is the intent of this manual to identify what you need to know and what to do for the Puppy Raiser Program.

### PUPPY RAISER TRAINING MANUAL

* + - *Stages of Development*

Following John Paul Scott and John Fuller's pioneering studies on dog behavior, puppy development has been traditionally divided into five, fairly distinct stages.

1. Neonatal (birth - 2 weeks)
2. Transitional (2-3 weeks)
3. Socialization (3-16 weeks)
4. Adolescence (13 weeks - 6 months)
5. Adulthood

A neonatal or newborn pup is equipped to do little but suckle and sleep. During the transition period the pup's eyes and ears open and he begins to move about. The puppy becomes progressively more aware of his environment, such that by the end of the third week, littermates begin to establish important social relationships, which are the harbingers of the social hierarchy of adult dogs.

* + *Developmental Transition*

Scientists divide development into separate stages largely for descriptive convenience. However, development is a continual and dynamic process. Dog’s do not abruptly leave one stage and enter another, rather the progression is smooth and the stages overlap considerably.

During the transitional stage the puppies are getting their first very fuzzy experience with the world as their senses sharpen. Their eye sight acuity extends farther and farther each day (at first they can only see a few feet) and their hearing becomes sharper. During this stage the puppies are still focused on their mother but begin to interact with each other and observational learning from their litter mates, mother, and anybody else they identify with begins.

### PUPPY RAISER TRAINING MANUAL

* + *Critical Period of Socialization*

Some researchers have termed the socialization stage as the “Critical Period” because it is so incredibly important for the dog's behavioral development. Indeed, the period of socialization is critical in terms of its crucial importance in producing a friendly companion and/or service dog.

After the eyes and ears have opened, the pup is literally bombarded with new and intriguing stimuli and experiences, which exert a maximum and long-lasting effect on shaping the dog's future personality and temperament. However, socialization period is not restricted to 3-16 week time constraints as suggested by original researchers, dogs are continually socializing. During this early period, they are imprinted by their experiences and are learning what is normal. This is the stage when observational learning is at its peak, and dogs are interested in watching. As they age dogs become much more interested in just doing their down thing.

When socialization continues, dogs become even more socialized, whereas when socialization is discontinued (e.g., when dogs are kenneled, or not walked regularly), dogs gradually de-socialize until eventually they may become fearful, asocial, or even antisocial. If, as an adult the dogs are to be expected to amiably socialize with other dogs and people; then puppies need to be exposed to a wide variety of social and real world experiences. This might sound obvious, but all too often, the obvious is neglected.

* + *Applied Behavioral Stages of Development*

From a perspective and especially with regards the ease of training and the prevention of potential behavior and temperament problems, development could be simplified into three stages.

1. Socialization
2. Adolescence
3. Adulthood

### PUPPY RAISER TRAINING MANUAL

The period of socialization and training lasts for the dog's entire life. Behavior never remains the same, it is always changing — sometimes for the better and sometimes for the worse. No matter how friendly and well behaved your dog, always continue socializing and training — there is always room for improvement. Perfection is a worthy, yet elusive goal. Moreover, if the dog's education is discontinued, his demeanor will likely deteriorate. Indeed, a dog may become a delinquent virtually overnight when he collides with adolescence, or he may become crotchety during old age.

Doggy adolescence is an abrupt and cataclysmic, yet extremely protracted period of change, starting as early as 18 weeks and sometimes dragging on until three years of age. Inadequate socialization and training during puppy-hood makes its mark during adolescence.

Characteristically, minor puppy rambunctiousness becomes manifested as major- league unruly behavior — jumping up, pulling on leash, hyperactivity, incessant barking and heavy duty, household destruction. More disturbingly, the puppy's lack of confidence may rear its ugly head as fearfulness and/or aggression to other dogs or people.

Luckily, incipient adolescent problems may be nipped in the bud by intelligent puppy training. However, even if your adolescent dog still remains a paragon of puppy good manners and exquisite temperament, do keep socializing and training. Remember, early socialization during puppy-hood has enabled you to continue to socialize and control your dog as an adolescent. If, on the other hand, a puppy's early education was insufficient or inappropriate, adolescence usually represents a period of frantic retraining. Otherwise, the problems will get worse as the dog grows older — much worse in fact and the dog will have to be released from service.

Puppy socialization, is the hallmark of successfully raising a well-adjusted canine companion and service dog. Certainly socialization, training, and education last forever, but from a couple of important practical considerations, (namely the puppy's current residence and his level of immunity), early puppy socialization and training may be divided into three separate sub-stages; each with differing yet quite distinct objectives.

**PUPPY RAISER TRAINING MANUAL**

## Canine Communication

We spend a great deal of trying to teach our dogs our own languages, but very little time trying to learn theirs. When it comes to understanding our dogs’ behavior, it is often much easier to predict what a dog will do and when and why if we could understand the signals that accompany behavior. Since dogs don’t speak our language, most of these are physical.

Puppies learn most of the basics of communication with other dogs in just a few weeks after birth. Between three and eight weeks of age, puppies are learning the social structure of the liter and mother. They learn by trial and error what it takes to be an acceptable puppy within the canine family, which is itself a sort of miniature pack. If a puppy didn’t learn these signals at such a young age, he couldn’t survive, a misinterpreted message could result in a dog fight with a tragic end for the uneducated puppy.

* + - *Body Language*

A dog’s ears, tails, and eyes are extremely important in canine communication. Canine behavior and its’ language are in the most basic terms either dominant or submissive. A third category might be playful, which is give-and-take of the first two.

If you learn what your puppy is really saying to you, you may be in for some surprises and for some delightful two-way communication with your friend. You may be shocked to discover just how much of your body language your dog has learned about you! Dogs don’t stop observing the language around them when they leave their littermates; your behavior cues are as important to your dog as the dog’s are to you.

### PUPPY RAISER TRAINING MANUAL

The relationships between body language, signal and meaning are summarized in the following table.

|  |  |  |
| --- | --- | --- |
| Body Part | Signal | Meaning |
|  | | |
| Snout-Parted Teeth | Mouthing | Greeting; Excited: Warning |
|  | Face Licking | Subordination; Domination |
|  | Paw Licking | Stress; Boredom |
|  | | |
| Paws | Play Bow (rump up) | Inviting Play |
|  | Solicitation Gesture (shake) | Please |
|  | Approach and Retreat | Uncertainty |
|  | Pawing a Person | Attention Seeking; Control |
|  | Scratch after Elimination | Visual Marking |
|  | Digging | Expose Treasure; Bored |
|  | | |
| Tail | Up, Waging | Happy |
|  | Circling Wag | Excited; Uncertain |
|  | Up Quivering | Nervous Friendly |
|  | Tucked | Fear; Submission; Obedience |
|  | Broad Sweep | Anticipation; Pre-attack |
| Body | Trembling | Excitement; Fear; Anxiety |
|  | Hackles Up | Fear; Posturing |
|  | Shaking Fur | Relaxing; Smoothing Coat |
|  | Freeze | Calming; Threatening |
|  | Mounting | Domination |
|  | Urine Dribble | Submission |
|  | Slow Movement | Tense; Calming |
|  | Turning Body Away | Calming; Trust |
|  | Arcing (approaching at angle) | Calming |
|  | Splitting Others | Calming; Dominant |
|  | Sitting | Calming; Removing Sniff Access |
|  | Laying/Rolling | Calming; Deference |

### PUPPY RAISER TRAINING MANUAL

* + - *Examples of Commonly Observed Dog Language*

1. Friendly Attitude. High-held tail, wagging at medium speed (breeds with docked tails may seem to wag their entire hindquarters), an open mouth and perhaps an extended tongue. The dog may even seem to be grinning slightly. It is looking right at you for eye-to-eye contact.
2. Play Bow. Any or all body language may proceed play posturing. Typically, though, it is indicated with the front legs extended forward so the dogs’ head is close to the ground, while their backside is up in the air.
3. Alert Stance. Ears up, head high, neck arched with eyes wide open. It can be either submissive or dominant. The alert posture is neutral. Dogs use it for greeting one another.
4. Submission. Submission is where the dog does everything it can to make himself appear smaller, including putting their ears back and flat, crouching down and putting his tail between his legs.
5. Distance. Space between dogs is their safety net. It allows time for further communication before actual contact, including the change from the dominant stance to on of submission if necessary.
6. “Time to notice me”. One method of getting one’s attention is the “nose stab” inserted under your elbow and the lifted, sending your arm flying into the air. This can be a problem for a person who has little or no strength in their arms.
7. Mock Fighting. Dominant and submissive posturing between dogs in rough housing stimulates fighting behavior. In this case, the two dogs engage in mock growling and tooth-baring, perhaps knocking their open mouths together or grabbing legs, tails, and flanks.
8. True Signs of Aggression. Growling or curled lips, exposing fangs. Be sure not to confuse this with submission.

### PUPPY RAISER TRAINING MANUAL

* + *Puppy Play*

It’s fun to watch puppies at play, especially if you understand some of the language involved. During play, puppies are learning the complicated body, vocal and scent language of the litter, their more serious mistakes are corrected by the mother. By five weeks, the puppies are trying out in play all the postures, sounds, actions and reactions that will be their method of communication with other dogs for the rest of their lives. We must be careful however, when we get our puppy home, not to let them play with adult dogs unsupervised, as they can easily be injured.

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART I: AN INTRODUCTION TO TRAINING

Section Page

* + - *Puppy Play 8*
    - *What Your Dog is Telling You 9*
    - *Canine Stress 9*
      * *What are the Signs of Stress? 9*
      * *How Do You Avoid Stress? 10*

## Attachments

Attachment 1 CST *Puppy Raiser Agreement*

*Vaccination Schedule*

**PUPPY RAISER TRAINING MANUAL**

# 1.0 PUPPY RAISER TRAINING PROGRAM

This manual was developed with assistance from previously prepared CST documents and from Dr. Ian Dunbar and his website, [www.dogstardaily.com](http://www.dogstardaily.com/). Dr. Dunbar’s training methods closely align with Canine Support Teams (“CSTs”) training program and objectives.

The purpose of this manual is to train you to train your puppy. The intent is for you to turn in a healthy, well-rounded, obedient, and social puppy to enter advance service dog training. Above all, we want you, as well as your puppy, to succeed!!

Your puppy-in-training will grow up very quickly. Knowing how to train the puppy right will ensure a good natured and well-mannered service dog. Some form of training is necessary for all handlers to learn how to control their dogs' body position, location, and activity.

Certainly, all aspects of obedience training may be accomplished at any time in the dog's life, but it just so happens to be easier, quicker, and more enjoyable to train a dog as a pup. In fact, by using modern psychological, dog-friendly, and CST training methods, basic manners may be taught when your pup is just three months old.

Since good habits are just as hard to break as bad habits, handlers **MUST** teach their puppies appropriate and acceptable behavior right from the outset. Specifically, they need to modify the dog’s behavior as to *what* to chew, *where* to eliminate, *where* to dig, *when* to bark, *how to* walk nicely on leash, and *how to* greet people.

In addition, socialization and bite inhibition however, have pressing deadlines. Unlike obedience training and behavior modification, socialization and bite inhibition training **MUST** be accomplished during puppy-hood. Preventive intervention is the key. Prevention is easy, efficient, effective, effortless, and enjoyable, whereas trying if not addressed early may result in your dog being released from service.

Good habits are as hard to break as bad ones. If you follow these simple guidelines, your dog’s transition into your home will be a piece of cake for both you and your puppy.

If not already established, there are several things, which need to be accomplished. You should:

1. decide where in your bedroom your pup will sleep, and make room for a crate;
2. purchase the necessary equipment, such as grooming supplies, bowls, toys, treats and food;
3. determine where the puppy will eliminate, and try to stick to the regime;
4. go over these guidelines with your family members so that everyone understands what needs to be done in order that each person is consistent with the others in dealing with the pup;
5. chose a veterinarian and then inform them about your new project.

Always give the puppy time to relieve themselves **BEFORE** entering the house. Take it to the place where you will want it to go regularly.

**PUPPY RAISER TRAINING MANUAL**

## 3.0 Handler Responsibilities

We welcome you to the CST Puppy Raiser Program and hope that you will enjoy working with your SDIT. CST has a few policies concerning your SDIT that you need to be aware of in order to help ensure your success and the puppy’s safety. By entering the CST Puppy Raiser Agreement, you agree to comply with the policies discussed herein.

#### Along with this manual you will receive;

1. A copy of your Puppy Raiser Agreement
2. Vaccine Schedule
   * *Financial Responsibility*

You are responsible for providing financial support for your dog. This support includes, but may not be limited to, the following.

1. Purchase of all training, feeding, and grooming supplies. (SDIT Jacket will be supplied.)
2. Health care, including:
   1. vaccinations (including Lyme if the pup will be going camping, boating, hiking, or traveling by airplane)
   2. deworming (as needed)
   3. flea/tick and heart worm monthly care
   4. preventative medications or in the event of illness and injuries
   5. spay or neuter

* *Reporting Requirements*
  + *Veterinary Reports*

We encourage communication with CST about your dog’s health and expect routine care.

* + *Vaccination Schedule (found in front of the manual)*

The Vaccination Schedule indicates when each vaccination is due by puppy age, in weeks. The completed form is to be turned in when the puppy is returned for advanced

### PUPPY RAISER TRAINING MANUAL

training. The handler will be responsible for any outstanding vaccinations that need to be administered prior to the puppy entering the advanced training program.

* + *Training Reports*

Each month between the 1st and 10th a training report is due. Your trainer will provide you with the training form.

The date of your report should be for the month you are reporting on. For example: You are doing the report on August 8, but the time you are reporting on is for the month of July.

Should you have any issues completing the form, please do not hesitate to contact your trainer for assistance.

* *SDIT Equipment*
  + *The SDIT Jacket*

The CST SDIT jacket is a uniform that holds a special meaning. It is an honor for your dog to wear this jacket, and it is an important step in becoming a working service dog. Working service dogs learn that when they are wearing a jacket, harness and/or pack, it is time to work, pay attention, and to be on their best behavior. A jacket means this dog is a “professional”. Wearing a SDIT jacket when socializing your dog distinguishes them from all other dogs. It shows that you and your dog are part of the unique program known as Canine Support Teams.

You can help your dog understand the importance of his jacket by using it correctly. When the jacket is on, it NOT time to play. If you ***are*** going to allow your dog to play, remove the jacket. They should relieve themselves in the jacket only on command.

* *Feeding Your Dog*
  + *Food Information Guide*

Dogs have individual nutritional needs, depending on their age, breed, and other factors, such as, the degree to which they tend to gain weight. Your instructor will select the right food for your dog. If ever your dog needs to change food, follow the CST guidelines for transitioning to new food.

### PUPPY RAISER TRAINING MANUAL

* + *Tips for Transitioning Your Dog to New Food*

Making an easy transition to a new diet for your dog is the key goal when introducing a new food. Some dogs experience digestive upset because of consuming a new food, so ideally, you should introduce any new food gradually. We recommend a 7-10-day transition period, using the following guidelines.

 For the first 2-3 days, feed 3-parts current food to 1-part new food.

 For the next 2-3 days, feed 2-parts current food to 2-parts new food.

 For the next 2-3 days, feed 1-part current food to 3-parts new food. In 7-10 days, the transition to your new dog food is complete.

It is important to carefully measure the amount of food you feed your dog, using the feeding directions on the package as a guideline, to ensure you are not overfeeding. Also, avoid feeding table scraps, as this will not encourage begging, but may also cause digestive upset.

### PUPPY RAISER TRAINING MANUAL

#### Basic Obedience Training

You are required to attend at least two training classes each month. These will be offered at the CST facility. This is VERY important. In addition, from time to time, puppy play, and one-on-one classes may be held at the CST facility. In some circumstances you may be allowed to take classes at a location near you if you do not live in the area.

#### Socialization

Socialization, or lack of it, will help dictate the success or failure of a service dog. The world can be a big, scary place to a dog. It is important that they become familiarized with as many of life’s happenings as possible. Take your SDIT out on trips, 2-3 hours maximum at a time. *\*Please refer to chapter 3, section 3 Socializing your Dog” in this manual.*

* + *Public Places*

Once your dog is reliably housebroken, has good manners, and has received all required vaccinations, the dog may be taken into publicly accessible buildings and businesses. However, if you are planning a trip outside of your local area, please call you r trainer to ensure SDIT are permitted.

Always carry your CST SDIT Handler card with you at all times when in public with your dog. If you are denied access, please politely leave with your dog and notify a CST staff member with the name and phone number of the business so that contact can be made.

In order to make your trips into public with your SDIT as smoothly as possible, and as it reflects on the CST organization, please **DO NOT** allow your dog:

1. to be left to their own devices when your attention is anywhere else but on your dog;
2. sniff people, store shelves, restaurant tables or the personal belongings of others;
3. initiate contact with someone without your direct permission;
4. bark, whine, growl or make any noise that could be disruptive to those around;

### PUPPY RAISER TRAINING MANUAL

1. do his personal grooming in public settings, especially in restaurants;
2. be allowed to block an aisle or passage where people will be walking or roam off-lead in a public setting;
3. be permitted to eat things found on the floor or sidewalk;
4. be allowed to relieve themselves in an area where people will sit or walk;
5. rub against people waiting line or standing about,
6. be allowed off-lead in public.

**REMEMBER**: Always carry, a clean-up kit; poop bag, wet wipes etc. and CST ID card with you and make sure the SDIT is wearing its jacket.

If your dog shows fear with new situations, encourage them to explore it further. If needed, they may have to wait and try it again later.

Schedule socialization times specifically for the dog. That means setting aside times that you take it out with the sole purpose of socializing and not taking it along when you have a million errands to run, are in a hurry, and have to manage your children or others. This will give you the time you need to give all your attention to your dog and will help keep you from getting too stressed.

### Be sure to praise your dog when out in public. Many people hesitate to praise their dogs, especially in front of people, but this is a very important part of being a good handler.

**PUPPY RAISER TRAINING MANUAL**

* + *Puppy Raiser Outings*

Throughout your Puppy Raising process, we plan several field trips, usually at least one per month- weather permitting. We often visit malls, airports, bus stations, train depots and many other places. We can also attend pet fairs, dog shows, walkathons, etc. We can also meet at the facility for puppy play sessions and classes. All these events are usually announced in advanced.

Outside Certification Clients are required to attend no less than eight out of 12 outings. Please remember, these outings are very important to us and your SDIT. We need to continually be able to assess the dog’s progress toward reaching their goal of becoming a well behaved and socialized service dog.

## Monitoring Your Dog

* + - *Crate Care*

To help reinforce the bonding process between you and your dog, they should sleep in your room at night. Your dog should sleep in a closed crate until they are reliably housebroken. You then may leave the crate door open or switch to using a dog bed. If you choose to have your dog sleep in your bed with you, ensure that it is trained to do so only by invitation. Refer to **Part II, Section *Teaching Your Dog to Enjoy Their Crate***.

* + - *Puppy Play*

Puppy Play is more thoroughly discussed in ***Part II, Section 4.0, Canine Development and Communication***. It is not only important in the development of the dog, but also important to its health.

Monitoring puppy play starts immediately when you bring your dog home. This monitoring includes with play objects as well as with other dogs.

Do not let dogs play unsupervised, as they can become injured easily. Additionally, sports-type injuries often result in the release of program dogs. Therefore, we do not recommend permitting your dog to play Frisbee or jump to catch balls or any other “flying” object. Such activity has caused injuries that have included patellar luxation, wrenched back, torn cruciate ligaments, sprained pastern, and elbow or shoulder problems.

### PUPPY RAISER TRAINING MANUAL

Most dogs enjoy sprinting after tennis balls. Do not use sport tennis balls, but those that are considered “dead” (not pressurized). Please roll the ball on the ground instead of hurling or tossing it into the air. It is a much safer way to play with your dog. In addition, remember to routinely wash the tennis ball, as sand and grit, which adheres to the felt may grind down the dogs’ teeth.

* + - *What Your Dog is Telling You*

It is your responsibility to be able to recognize what your dog is telling you and to take the appropriate actions.

Imagine your dog is asking you to come out to the yard with you and dig a hole? What if they asked you to stand still while being sniffed? What if they asked you to grab a rope with your teeth and play tug with them?

You might say, “I’m not doing that – I’m not a dog!”

Well imagine how your dog must feel when we ask them to go into a store, restaurant or our place of work and lie still while **WE** socialize.

As fortunate as our dogs are to be chosen to be Service Dogs, it also has a downside. While your dog has the wonderful opportunity to go everywhere with you; and is not left in the back yard to be ignored, joining the human world can be a scary place and cause a dog **STRESS**!

Learning what your dog’s body behavior is saying to you is very important, not just if they are stressed. They can be telling you if they are happy, confused, stressed fearful, or want to play.

* + - *Canine Stress*
      * *What are the Signs of Stress?*

|  |  |  |
| --- | --- | --- |
|  | Panting |  Sleeping or Hiding |
|  | Diarrhea |  No Appetite |
|  | Excessive Urination |  Excessive Drinking |
|  | Whining |  |

### PUPPY RAISER TRAINING MANUAL

#### IMPORTANT! Make sure it is stress and not something else. Refer to Part V, Health Care for additional information.

* + - * *How Do You Avoid Stress?*

|  |  |
| --- | --- |
| Introduce New Situations S-L-O-W-L-Y | Leave Situation if Stress Escalates |
| Encourage – Do Not Coddle | Do Not FLOOD! |

Flooding, is when you expose a dog to continued ad intense and/or repeated fear producing stimuli. **Don’t** put your dog in such situations.

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART III: HOUSE TRAINING & SOCIALIZING YOUR NEW PUPPY

Section Page

## A Guide for the First Two Weeks At Home with Your Puppy 1

 *Teach the Puppy the Rules of the House from the Beginning* 1

 *Try Not to Overwhelm Your New Puppy with too Much*

*Activity During this Initial Adjustment Period* 2

 *Keep Your New Puppy Either Safely Confined with*

*Appropriate Chew Toys, or Supervised at all Times* 2

 *General Guidelines* 2

## New Home 4

 *House Manners* 4

 *House Training* 4

 *Providing A Special Place* 5

 *Teaching Your Puppy to Enjoy His Doggy Den (Crate)* 5

 *Ways to Coax Your Puppy Successfully into the Crate* 6

 *Teaching Your Dog, to Teach Themselves* 6

 *Home Alone Dogs Need an Occupation* 7

 *Training Your Puppy to Toilet* 7

 *House-soiling* 8

 *Preventing Mistakes* 8

 *Teaching Your Dog to Eliminate in the Right Place and*

*on Command* 9

### PUPPY RAISER TRAINING MANUAL

Table of Contents

# PART III: HOUSE TRAINING & SOCIALIZING YOUR NEW PUPPY

Section Page

## Socializing Your Puppy 11

 *Socializing Overview* 11

 *Socialization in the Puppy-Raisers Home* 14

 *Puppy Classes, Walks and Parties* 15

 *Dogs and Children* 15

 *Teaching Dogs How to Act Around Children* 15

 *New Baby* 16

 *Teaching Children How to Act Around Dogs* 17

 *When the Puppy is Ready to Go Out into Public* 18

 *Socialization to Items and Objects* 18

 *Socializing to Vehicle Riding* 26

 *Many Riding Problems are Caused by Bad Experiences* . 27

 *Steps to Exposing Your Puppy to Vehicle Rides* 228

## A Guide for the First Two Weeks at Home with Your Puppy

* + - *Teach the Puppy the Rules of the House from the Beginning*

Dr. Ian Dunbar, states that “If you want your dog to follow the rules of the house, by all means do not keep them a secret.” When your dog first gets home, he or she may be a little confused and unsure of the new living situation. Even though your home is undoubtedly comfortable, it is different than where your dog came from, and different can be stressful. It is important to remember dogs do not speak our language and will best understand your expectations through training and management.

Training and management should begin the very moment your puppy arrives in your home. Your instinct may be to give your new friend a few days to unwind and adjust before imposing rules and restrictions. While you may mean well, this delaying of training has the potential to be both frustrating and damaging. Right from the very first day, it is crucial to convey your expectations to the dog and to establish an error-less training system. If you do this, your puppy will succeed in learning house rules right from the beginning. If you change the house rules a few days after your dog has arrived, he will not understand why things have changed. Your dog may have already formed new habits and will have a difficult time adjusting to yet another set of expectations. It is much more efficient to teach your dog everything you would like him of her to know from the outset.

* + - *Try Not to Overwhelm Your New Puppy with too Much Activity During this Initial Adjustment Period*

It is very exciting to have a new puppy. Of course, you want to introduce them to all of your friends and family and of course, you want to socialize them wherever possible. All this excitement however could be exceptionally stressful for your dog.

**PLEASE** keep in mind that even in the best of situations your dog’s world was probably limited to a handful of environments and activities. It is best for your dog to spend the first couple of weeks quietly settling in and getting to know you with brief and frequent outings to continue the socialization process. In the beginning, limit introductions to just a few visitors at a time. If your dog has time to become familiar with you and your home surroundings, they will be more confident when setting out on adventures beyond your immediate neighborhood.

* + - *Keep You’re a New Dog or Puppy Either Safely Confined with Appropriate Chew Toys, or Supervised at all Times*

This is the best way to keep your dog (and house!) out of trouble when you are unable to monitor their actions. Your dog requires a dog-proof, safe place: a crate where they can rest and chew appropriate items in your absence.

Initially, when your dog is loose in the house or yard, you must be around to gently redirect your dog when he chooses an inappropriate activity. If you are vigilant about supervising our dog and showing them what you expect, your dog will learn to settle down quietly, to chew only appropriate chew toys and eventually to become trustworthy in your absence.

* + - *General Guidelines*

### FOLLOW THESE GUIDELINES FOR AT LEAST THE FIRST TWO WEEKS WITH YOUR NEW DOG. PLEASE REMEMBER MOST PUPPIES WILL TAKE LONGER TO ADJUST SO BE PATIENT.

 **DO** immediately show your dog to their appropriate toilet area.

 **DO** take your dog to the designated toilet area once an hour, every hour, on leash (except overnight). Allow supervised free time only after they relieve themself in the appropriate area. If your dog does not go to the bathroom on one of these trips, confine them to their crate OR keep them on leash and supervised, until the next scheduled potty break.

 **DO** confine your dog to a crate whenever you are physically (or mentally!) absent.

 **DO** feed your dog out of a hollow Kong with kibble and snacks throughout the day, especially when they are in their crate or when you are busy. Also, use part of your dog’s daily ration while on walks, during training or when meeting new people.

 **DO** provide plenty of appropriate chew toys to keep your dog busy and prevent chewing “casualties” in your home and yard. Redirect any chewing “mistakes” by directing your dog to an acceptable alternative. This will also help establish an appropriate chewing habit for the lifetime of your dog.

 **DO** introduce your dog to new people and other pets gradually so as not to overwhelm them. Use kibble and treats to help form a positive association to new people. Be sure they have access to their crate in case they need a break from all the activity.

 **DO** attend the CST basic obedience puppy classes! This will help you to understand how to better communicate with your dog in a way they will understand.

 **DON’T** allow your dog free run of the entire house right away, or else they may learn all sorts of bad habits. First, take the time to teach them good habits.

 **DON’T** take your dog off-leash in public.

 **DON’T** feed your dog out of a bowl; all food should come either out of a Kong or from somebody’s hand.

## New Home

Until the dog has acquired sufficient active immunity, it is too risky to allow them to socialize with dogs of dubious immunization history; or dogs which have been in contact with the urine and/or feces of potentially infected dogs. Instead, during this time, concentrate fully on socializing the dog to people. Never forget:

*Being accepting and friendly to people is an important requirement of any assistance dog. It is important to do the following.*

* + - *House Manners*

House Manners include the following rules.

1. NO jumping on people
2. NO jumping on furniture
3. NO sleeping on furniture
4. NO “tearing” through the house as to disrupt the household
5. NO begging during family mealtimes
   * *House Training*

Dogs may become over-dependent if allowed unrestricted access to their owners during the initial time in their new home. Over-dependent dogs often become anxious when left at home alone, and they attempt to adapt to the boredom and stress of solitary confinement by busying themselves with doggy activities—chewing, digging, barking— which soon become owner-absent behavior problems. What else is there to do? Severely stressed dogs may work themselves up into a frenzy and spend the day circling, pacing, and panting.

When you are unable to take your Service Dog in Training with you, leave your dog in a long-term confinement area (puppy playroom), which has a comfortable bed, fresh water, and several chew toys stuffed with food. Long-term confinement prevents mistakes around the house and maximizes the likelihood your dog will learn to use

chew toys and toilet where appropriate. When you are at home but cannot pay full attention to your dog, confine them to a crate with a couple of stuffed chew toys.

* + *Providing A Special Place*

Dogs are den animals, and they value their own special place — a place for peaceful retreat, a methodical chew, or even a snooze. A doggy den (a collapsible and portable dog crate and dog bed) is an ideal training tool.

Apart from its obvious uses for transporting dogs by car or plane, a crate may be used for short-term confinement when you cannot supervise your dog; to keep them out of mischief and prevent them from house-soiling, destructive chewing, and digging mistakes. In addition, the crate may be used specifically to create good household habits: to housetrain your puppy; to establish a hard-to-break chew toy habit; to reduce excessive barking; to prevent inappropriate digging; and to foster confidence and calmness. Right from the outset, when you are home, regularly confine your dog for "little quiet moments" in their dog crate to teach household manners and imbue confidence. Then your dog can look forward to enjoying a lifetime with the full run of your house, whether you are home or not.

* + - *Teaching Your Dog to Enjoy Their Doggy Den (Crate)*

A dog crate is really, no different than, a child's crib, playpen, or bedroom. The first item on the agenda is to teach your dog to thoroughly enjoy spending time in their doggy den or crate.

Canine species are den animals. That is why dogs like to rest in out-of-the-way places, such as under the bed (until they no longer can fit), or in the corner behind a chair – any place that has a feel of a den. Your dog is not going to live in their crate. However, they will rest in it, sleep in it, and possibly eat in it.

The crate’s first use is as the dog bed, but it is also an excellent training tool. It will provide your dog with a “safe place” while they grow and learn. Providing only a rug, mat, or open dog bed gives a dog, especially a puppy, too much freedom to find “trouble”. Put the dog to bed in a crate, and they are protected from such lures as electric cords and your shoes. The crate will protect both you and your dog.

Before you go to bed, be sure to take the dog out one last time to eliminate using the command, “better go now”. Put the dog in their crate with a toy and perhaps a treat. Your mere presence will be comforting, so DO NOT fall into the trap of talking to your dog as you are going to bed, or they will try to stay up to keep you company! If you go about your business calling it a day, so will your dog. The important thing is that you will be there to hear the very first sound that signals the first of possibly many trips outside.

When you put your dog in the crate and say, “go to bed” or “goodnight”, MEAN IT! No going back to say goodnight later. No response to crying, whimpering, or barking, if you are certain the dog relived themselves before entering the crate. Don’t punish them if they fuss. Your angry shout of “QUIET!” is (to the dog) a response to their cries. The dog reasons that any reply is better than none; so, they will be encouraged to keep it up. Things will get better each night. A well-socialized dog will very likely be sound asleep long before you turn out the light!

* + - *Ways to Coax Your Dog Successfully into the Crate*

Stuff your dog's first meal into a hollow chew toy, tie the chew toy inside the crate, and leave the door open so the dog may come and go as they please. Praise your dog while it chews the chew toy and supervise the dog if it leaves the crate. Once the dog has settled down for a quiet chew, you may close the crate door. For your dog's second meal, put the stuffed chew toys inside the crate and shut the door with the dog on the outside. Once your dog worries at the crate to get to their dinner, let the dog enter the crate and close the door behind them. From now on, always give your dog a stuffed chew toy when confining him to their crate. Your dog will soon learn that confinement is for a short time—and an enjoyable time.

* + *Teaching Your Dog, to Teach Themselves*

When at home, confine your dog with a variety of hollow chew toys stuffed with kibble and treats. Confining a dog to a crate with an attractive chew toy is like confining a child to an empty room with a video game. This is called auto-shaping. All you have to do is set up the situation, and your dog will automatically train itself. Each treat extricated from the chew toy progressively reinforces chewing chew toys and settling

down calmly and quietly. Your dog will soon become hooked on their chew toy-habit, leaving very little time for inappropriate chewing, digging, or barking. And if your dog is happily preoccupied chewing a chew toy, they will fret less.

* + *Home Alone Dogs Need an Occupation*

Preparing dogs for inevitable periods of solitary confinement—and specifically teaching them how to occupy their time when left alone—is the most pressing humane consideration for any dog in any household. Every dog requires some form of enjoyable occupational therapy. Vocational chew toy chewing is the easiest and most enjoyable solution.

Dogs are crepuscular (most active at dawn and dusk), and so it is pretty easy to teach them how to calmly pass the time of day. During your dog’s first few days and weeks at home, regularly confine them to a crate with stuffed chew toys. Prepare the dog for your absence when you are present. When at home, it is possible to monitor your dog's behavior when confined for numerous short periods throughout the day. Remember, once your dog is confident, independent, and trained, they may enjoy free range of a house and garden for the rest of their life.

* + *Training Your Dog to Eliminate*

A dog crate may be used to predict when your dog needs to relieve itself. Regular, but short-term (one hour or less) confinement inhibits your dog from eliminating. This means that they will want to eliminate immediately when released each hour and taken to the toileting area, where they are handsomely rewarded with tasty training treats. However, never confine an un-housetrained dog to their crate for longer than an hour, or when you are away from home; otherwise, the poor pup may be forced to soil their bedroom. As a temporary necessity until your dog is housetrained, leave it in a special long-term confinement area.

Confining your dog to a den/crate prevents any mistakes around the house, maximizes the likelihood your dog will learn to use chew toys, and allows you to predict *when* your dog would like to relieve itself. Knowing when your dog wants to go makes housetraining easy because now you can show it where to go and reward it for going

in the right spot. Confining a dog to a den temporarily inhibits elimination, so that every hour or two, you can take it to an appropriate toilet area. When the dog promptly pees (and sometimes poops), give it several treats as a reward.

Confinement is a temporary management and training measure. Once your dog has learned household manners, it may enjoy full run of your house.

* + - *House-soiling*

House-soiling is a spatial problem. The reason it does this is because your dog has been allowed to eliminate in the wrong place. House-soiling quickly becomes a bad habit because dogs develop strong location, substrate, and olfactory preferences for their improvised indoor toilet areas. To housetrain your dog first, prevent any more mistakes; and second, teach your dog where you would like it to eliminate.

* + - *Preventing Mistakes*

Mistakes are a disaster since they set a bad precedent and create bad habits, which can be hard to break. Consequently, you must prevent mistakes at all cost. Whenever you are not at home, leave your dog in a long-term confinement area, such as a single room indoors with easy-to-clean floors (e.g., bathroom, kitchen, or utility room)—this will be your dog’s playroom.

Provide your dog with fresh water, a number of stuffed chew toys for entertainment, a comfortable bed in one corner, and a doggy toilet in the corner diagonally opposite from his bed. Your dog will naturally want to eliminate as far as possible from their bed and will soon develop the good habit of using the toileting area. REMEMBER, good habits are just as hard to break as bad habits.

The purpose of long-term confinement is to:

**CONFINE** your dog’s natural behaviors (including urinating and defecating) to an area that is protected (thus preventing any mistakes around the house when you are not there), and to HELP your dog quickly develop a strong preference for eliminating on soil, grass, artificial turf, mulch, or gravel Teaching Your Dog to Eliminate in the Right Place and on Command

When you are at home, confine your dog to a short-term confinement area with a number of stuffed chew toys for entertainment. A portable dog crate makes an ideal doggy den. Alternatively, keep your dog on a short leash fastened to an eye- hook in the base board near their bed, or attach the leash to your belt. This way, your dog may settle down beside you while you read, work at the computer or watch television.

Every hour on the hour, say “Let’s go”, and hurry your dog (on leash) to their toileting area (in your yard, or at curbside outside the front door of your house or apartment building). Stand still with your dog on leash and say “Better Go Now”, the instruction to eliminate. Give your dog three minutes to empty itself.

When your dog eliminates, praise them enthusiastically and offer several treats. Most dogs will urinate within two minutes on each trip to a toilet area and defecate within three minutes on every other trip. Once your dog realizes that they can cash in their urine and feces for tasty treats, they will want to eliminate in their toilet area. Soiling the house just does not have comparable fringe benefits. Moreover, after a dozen or so repetitions, you will have taught your dog to eliminate on command.

If your dog does not eliminate during the allotted three-minute toilet break, put them back inside the crate for another hour. The purpose of short-term close confinement is to prevent any mistakes around the house when you are home (but cannot devote undivided attention to your dog) and to predict when your dog needs to eliminate. Temporarily (for no more than an hour at a time) confining a dog to a small space (e.g., a dog crate) inhibits elimination, since the dog does not want to soil their sleeping area. Consequently, your dog will want to go immediately upon release from confinement— especially since hurrying to the toilet area will jiggle their bladder and bowels.

Since,

 you choose when to release your dog,

 you may choose when your dog eliminates, therefore

 you can predict when your dog needs to eliminate, and

 you may be there to show them where to go, to reward your dog for going, and to inspect and immediately clean up after your dog.

Never confine your un-housetrained dog to a crate for longer than an hour. An un- housetrained dog confined too long will be forced to soil the crate, making them extremely difficult to housetrain.

Once your dog is old enough to go on walks, make sure they eliminate (in the yard, or in front of your house) before each walk. If your dog does not go within three minutes, put them back in their crate and try again an hour later. However, if your dog does go, praise and reward them as usual and then say, “Let’s go” and proceed on a walk. With a no-feces/no-walk policy, you will soon have a very speedy defecator. Moreover, elimination close to home facilitates clean-up and disposal; you will not have to stroll the neighborhood weighed down with a bag of dog poop.

In addition to attending CST puppy classes, host a puppy party at home. Do not keep your pup a secret. Let other people enjoy the puppy, and give your pup the opportunity to enjoy other people. Socialization parties are a marvelous opportunity to teach many people how to help you train your dog.

## Socializing Your Dog

* + - *Socializing Overview*

When it comes to training a Service Dog, absolutely nothing is more important than exhaustive socialization. Socialization and exposure to the world is the foundation upon which all other training rests, and a Service Dog who hasn’t gained real-world experience via systematic socialization is not fit for public access.

One of the most important rules of socializing Service Dogs in Training is to never, ever, ever, for any reason, force a dog to approach, interact with, touch or be on/near/with something that appears to frighten them. Forcing a Service Dog in Training to engage when afraid ensures they’ll never form positive associations with the object, person, place, surface, equipment, or situation. Instead of forcing the dog, always keep high value treats with you and use them to encourage the dog to explore a situation of its own accord. If you lay a solid foundation of socialization that rewards a dog in new situations, you’ll create a confident learner who thoroughly enjoys circumstances they’ve never encountered.

Remember the ultimate goal of socialization: to create a well-rounded, unshakeable, stable, solid, confident Service Dog in all situations.

### Socialization: What Not to Do

All socialization is not good socialization. Bad experiences at an early age can make negative impressions for years to come. Sometimes, certain situations are just too much for your dog. If it is having a good time, it will look the part. Its ears will be up, eyes will be bright, and it may wag its tail or whole body and actively seek interaction. If your dog is not enjoying itself, learn to recognize his signs of stress to avoid causing emotional harm:

* cowering or clinging
* ears down and back
* lip licking
* sleeping (all young puppies take frequent naps, but if you find your puppy sleeping a lot when you have it out or at a busy event, it may actually be shutting down)
* tail tucking
* turning the head or body away from people who approach
* yawning

For example, let’s say you take your dog to your child’s soccer game. You see that it’s flinching at the loudspeaker and getting a bit clingy. It starts to whine. Your child’s team rushes around to pet it. It licks his lips, turns its head away, and yawns. It tries to crawl in your lap or under the bleachers. These signs of stress mean that your dog is not having a good socialization experience. You may actually be teaching it that children, large groups of people, or playing fields are cause for worry. Forcing it to remain there or hoping it’ll get used to it might only make things worse. If you see signs of stress in your dog, immediately remove it from the situation until it relaxes.

Take it much slower with your dog, and gradually get him used to this level of stimulation.

Many potential dog-dog problems take care of themselves if your dog is given sufficient opportunity to play with other puppies and dogs. Puppies virtually train themselves to be friendly and outgoing, and a friendly dog would much rather play than run, hide, or fight. However, your dog does require significant help to develop confidence around people, especially around children, men, and strangers. Your mission is to teach your

dog not just to tolerate, but rather to thoroughly enjoy the presence and actions of people. Specifically, you must desensitize your dog to every conceivable potentially threatening situation, including petting, handling, hugging, and restraint, especially by children, men, and strangers, and especially around valued objects, such as a food bowl, toys, and bones.

 DO NOT keep the dog a secret. Invite people home to meet the dog. Invite family, friends, and neighbors.

 MAINTAIN routine hygiene at all times by insisting guests leave shoes outside and wash their hands before handling puppies less than 12 weeks of age.

 MAKE SURE to invite a few different people each day.

 It IS NOT sufficient for the dog to meet the same people over and over; the dog needs to grow accustomed to happily meeting several strangers, when possible, each day.

 HAVE ALL the visitors hand feed dinner kibble while handling the dog.

 CAREFULLY supervise all children.

 INSTRUCT visitors how to use the kibble as lures and rewards to teach the dog to come, sit, lie down, stand, and roll over.

 INSIST all visitors practice teaching the dog a few canine social graces, especially to sit when greeting people.

 DO NOT waste this golden opportunity: rock solid temperaments are forged during this period.

As soon as it is safe for the dog to go on walks (fully vaccinated) — take it on walks — lots of walks. There is no better overall socialization exercise and there is no better training exercise (teach the dog to sit or lie down every twenty yards or so), than the

good old dog walk. And as an added benefit, dog walks are good for human health — good for the heart and good for the soul. Walk that dog!

One of the most important qualities in a dog is its’ temperament. A dog with a tricky temperament may not make it as a service dog. Moreover, regardless of breed or breeding, a dog's temperament, and his feelings towards people and other dogs, is largely the result of socialization (or lack of socialization) during puppyhood, the most important time in a dog's, and especially a service dog’s life.

* *Socialization in the Home*

To fully enjoy life as a Service Dog, it must be taught to thoroughly enjoy the company and actions of all people, especially strangers, men and children

Visitors should pick up, cradle, cuddle, and pet the dog, while looking in their eyes and gently examining their jaws, paws, ears, and belly.

Socialization is best accomplished by following this protocol:

1. Weigh out the dog's dinner kibble and divide it into bags to give to each guest to hand feed to the dog. Put a few treats into the men's bags and lots of treats into the children's bags.
2. Each guest will train your dog for you, using kibble and treats to lure-reward the dog to come, sit, lie down, and roll over.
3. Have each person will also pick up and hand feed the dog, examining his mouth, ears, paws, and rear end, before passing the dog to someone else.
4. "Pass the pup" is marvelous game and prepares the dog for handling and examination by veterinarians and groomers.

At the end of the evening, your dog will love household guests and especially enjoy the company and actions of men and children.

* + *Puppy Classes, Walks and Parties*

Where appropriate, attend CST puppy classes so your dog may socialize with other dogs and people and fine-tune his bite inhibition.

When your dog is on an outing or just on a walk do the following.

1. Stop every 25 yards and instruct your dog to sit, and occasionally to settle down (with a stuffed chew toy) and watch the world go by.
2. Hand feed dinner when anyone approaches—one piece of kibble for a woman, three pieces for a man, three pieces of freeze-dried liver for each child, and five pieces of liver for a boy on a bike or skateboard.
3. You may allow passersby to hand feed your dog once you have shown them how to lure him to sit to say hello to a stranger.
   * *Dogs and Children*

Babies and children should **NEVER,** be left unsupervised with your dog. Learning to respect, understand, care for, and successfully control a dog gives a dramatic boost to any child's self-esteem. **BUT**, these benefits do not come by magic.

Children and parents alike must realize that cartoon dogs are fantasy, and Lassie was several well-trained dogs. Both Lassie and Timmy were acting. In the domestic environment, both dogs and children must learn how to act around each other. All dogs must be taught how to act around children, and all children must be taught how to act around dogs.

* + - *Teaching Dogs How to Act Around Children*

To improve children's confidence and self-esteem, it is vital their puppy- and dog- training exploits succeed. Success depends upon adult planning, participation, and direction. First, adults must teach the puppy or dog how to act in a controlled manner, and second, adults must teach children how to control the now mannerly puppy or dog. Adults should use kibble to lure-reward train the puppy to come, sit, lie down, stand,

and roll over. "Come," "Sit," and "Lie down" are the basic control commands, and "Stand" and "Roll over" are the best commands for examining the dog's body. Additionally, adults should hand feed kibble while cuddling (restraining) the puppy and while stroking and fondling (examining) his muzzle, ears, paws, and belly. Families without children at home must invite children to meet, hand feed, and train the puppy during his first three months in his new home. Young puppies are impressionable, cute, and non-threatening. Invite family, friends, and neighbors with children the puppy is likely to meet as an adult. Instruct the children how to use kibble and treats to lure- reward train the puppy or dog to come, sit, lie down and roll over. By approaching and sitting close, the dog voluntarily accepts and enjoys the child's company. By sitting, lying down, and rolling over, the dog acknowledges and respects the child's requests. In other words, the child asks and the dog agrees. Moreover, by rolling over on request, the dog shows voluntary and happy appeasement.

* + - *New Baby*

All dogs must be taught to thoroughly enjoy the presence and actions of babies. The solution is classical conditioning. From the outset, integrate your dog into all new baby moments and routines. When feeding the baby, sit down comfortably, and hand feed kibble to your dog at the same time. Pick up the baby whenever he cries and then call your dog and offer a treat as you cuddle and shush the baby. (You will find the baby calms down more quickly if you are slightly distracted by talking to the dog.) When changing the baby's diapers, hand feed freeze-dried liver to the dog. (Keep a treat jar on the diaper-changing table.) In no time at all, your dog will form strong positive associations with the baby's feeding, crying, cuddling, and diaper-changing. You may find your dog adopts her baby-minding role with great enthusiasm. Your dog may promptly alert you whenever your baby cries, or messes his diapers. Yes, you will have trained a Dirty Diaper Detection Dog.

* + - *Teaching Children How to Act Around Dogs*

When raising a Service Dog in Training, make sure all family members, especially including children:

1. love the dog,
2. feel completely at ease around the dog, and
3. are able to easily control the dog.

Teach children to train and control the dog using the training techniques they can master—classical conditioning, lure-reward, and reward-training techniques taught in this manual. By using brain instead of brawn, even three- and four-year-olds can master these exercises. Your dog will soon learn to love the presence and presents of children.

A single child (or adult, for that matter) with no control can ruin a good dog within minutes. To ensure success with your Service Dog in Training, it is important that you adhere to the following.

1. Warn children never to approach any dog without supervision.
2. Any child who cannot get a puppy to come, sit and lie down, should never be allowed to play with that pup unsupervised.
3. Insist on training before playtime.

Children feel great because they can control puppies with verbal commands. Puppies are ecstatic because:

1. they have discovered that sitting is the secret command that trains children to stand still and deliver treats on cue, and
2. adult owners feel relieved and deservedly proud to know that their dog is congenial and compliant with children.
   * *When the Dog is Ready to Go Out into Public*
     + *Socialization to Items and Objects*

Besides people and dog socialization, the dog needs to be socialized to as many environments as possible. Please socialize your dog to as many of the following:

## Follow the Rule of 7’s

Dr. Carmen Battaglia created the Rule of 7’s as a guide to increase a dog’s exposure. You do not have to follow it to the letter, but make sure your dog is current on all shots before taking then out into a strange area.

**Been on 7 different types of surfaces:** carpet, tile, linoleum, concrete, wood, metal, vinyl, grass, dirt, gravel, and wood chips.

**Played with 7 different types of objects:** rope toys, plush toys, big balls, small balls, soft fabric toys, squeaky toys, paper or cardboard items, metal items, and sticks.

**Been in 7 different locations:** All the rooms in your house, Vet’s office, groomers, grocery store, Mall, pet store, theater, doctor’s office.

**Met and played with 7 new people:** include children and older adults, someone walking with a cane or in a wheelchair or walker, someone tall, someone in a hat.

**Been exposed to 7 challenges:** climb on a box, go through a tunnel, climb steps, go down steps, climb over obstacles, play hide and seek, go in and out of a doorway with a step up or down, run around a fence.

**Eaten from 7 different containers**: metal, plastic, cardboard, paper, human hands, pie plate, tin pan, frying pan, Frisbee, elevated bowl.

**Eaten in 7 different locations**: crate, yard, exercise pen, car (parked), laundry room, living room, bathroom, back yard.

**Some socialization examples:**

|  |  |
| --- | --- |
| **Surfaces** Dirt Grass  Gravel, Loose and Packed Sand  Tile Concrete  Granite/Marble Slippery Surfaces  Puddles/Water/Fountains Carpet  Metal  Grates (where the dog can see through and may be fearful of falling)  Stairs  **Equipment** Collar Leash  Crate (Wire, Metal, Plastic) Harness  Vest Boots Muzzle  **Vehicles** Boats Planes Trains Buses | **People** Babies Toddlers Pre-Teens Teens  Young Adults Men of All Sizes  Women of All Sizes People of all Races  People Wearing Hats/Coats/Hoodies Police Officers  EMTs  Firemen  People with Odd Gait People in Wheelchair  People with Medical Equipment People with Varying Disabilities People of Varying Ages  People with Varying Hair Lengths People with Head Scarfs/Face Covering People in Costumes  **Animals** Birds Cats  Farm animals Cows  Horses Reptiles  Various size dogs |
| **Smells**  Pizza | **Things**  Bouncy Houses/Blow-Up Displays |

|  |  |
| --- | --- |
| BBQ/Grilling Food Courts  Exhaust (Bus/Truck/Car) Gas Fumes  Paint  Rubbing Alcohol  Dog Food Besides Your Own Something Rotting  Scents Commonly Encountered at Job  **Places** Shopping Malls Grocery Store  Department Store Warehouse Store Restaurant Doctor’s Office Vet Office Bowling Alley Movie Theater Farms  Woods Airport Zoo  Dog Shows Gym | Full-Wall Mirrors Nerf/Water Guns Vacuum  Stairs Balloons Umbrellas Hula Hoops  PT/Gym Equipment  Soda/Vending Machine (money in, heavy thing falling)  Fountain drink/ice machine  **Events** Sporting Events Birthday Parties  Holiday Celebrations Church Get-Togethers School Events Seminars  Street Fairs  County Fairs/Rodeo Grooming  Physical Exams Car Rides  Crying Babies Engines Starting Hunting Calls  Banging on Pots/Pans |

**Sounds** Thunder Fireworks Gun Shots Barking Dogs

Diesel Engines Music

Burning Wood

Each new, positive experience will help your dog flourish into a confident

companion. Allow your dog to learn passively by letting them to explore on their own, but make sure he is 100% supervised. **Do not** use any harsh training methods with a dog or you will break the bond of trust. Training should be fair and fun.

Much like ENS (early Neurological Stimulation) the Rule of Seven introduces the dogs to small stresses that will help boost confidence, social behavior, and their trainability.

* *Socializing to Vehicle Riding*

Behavior problems while riding in vehicles are difficult to improve upon once ingrained in an older dog.

* + *Many Riding Problems Are Caused by Bad Experiences*

Examples of bad experiences include:

1. the dog slips and bumps into the sides of the vehicle during turns, braking, etc.
2. the dog is in a crate, but the crate slides around or actually rolls over;
3. the vehicle hits bottom, scraping metal against pavement (this is a scary noise);
4. “crazy” driving in general (for example: fast turns, sudden hard breaking, fast accelerations where in the dog is thrown about in the vehicle); and/or
5. involvement in an automobile accident may cause a well-riding dog to develop a major riding problem.

When a dog becomes frightened, he may lose confidence in riding. Building confidence back takes time, often months. Exposure may have to begin with the easiest step to regain this confidence.

Handlers can only try their best to expose and socialize their dogs. Even with the best efforts, some riding problems cannot be cured. Realize that is sometimes a temperament problem.

* + *Steps to Exposing Your Dog to Vehicle Rides*

1. Expose the dog gradually to noises and experiences inside the vehicle that may startle or cause discomfort; for example: the heater, air conditioner, stereo, etc. Hot air suddenly blasting on a dog’s backside would be reason for them not wanting to enter the car the next time.
2. Do not introduce your dog to riding soon after eating. This can cause discomfort and lead to vomiting during riding. Make sure the dog has had ample time to digest his meal and ample opportunity, to relieve before any trips.
3. Do a “meet and greet” with the car, which are meant to signify a return to “home” as a positive destination. Keep in mind that other destinations also need to be positive ones. If the dog’s first few trips are to the veterinarian, their first impressions of riding in the car, may be negative ones. If the dog has riding problems, be certain that all destinations are pleasurable ones; a favorite park or a friend’s house. Riding problems can begin with unpleasant experiences upon exiting a vehicle.
4. Always keep your dog’s manners in mind when exposing them to riding. Don’t allow the dog to bolt into or out of a vehicle. The commands “car” and “wait” should be implemented here.

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART IV: OBEDIENCE TRAINING YOUR DOG

Section Page

## Rules to Help You Along the Way 1

* + - *Rule One: Be Consistent 1*
    - *Rule Two: Work as a Unit 1*
    - *Rule Three: Match Tone to Command 1*
    - *Rule Four: Think Like a Dog 2*
    - *Rule Six: Praise Immediately 2*
    - *Rule Seven: Give the Command Only Once 2*
    - *Rule Eight: Release Each Command 2*
    - *Rule Nine: Allow Your Dog to be Good 2*
    - *Rule Ten: Train Before Dinner 3*
    - *Rule Eleven: Play After Other Training Sessions 4*

## Commands 5

* + - *What Questions to Ask Prior to Giving a Command 5*
    - *How to Give a Command 5*

## Basic Training 7

* + - *Sit 7*
    - *Down 7*
    - *Sits, Downs, Stays 9*

### PUPPY RAISER TRAINING MANUAL

Table of Contents

# PART IV: OBEDIENCE TRAINING YOUR DOG

Section Page

## 4.0 Commands and Their Application 11

*. 11*

*. 13*

#### Movement Commands 14

#### Directional Commands 15

*. 17*

#### Needs Commands 18

### PUPPY RAISER TRAINING MANUAL

* 1. **Rules to Help You Along the Way**

How these rules relate to giving obedience training is discussed in the following sections.

* + - *Rule One: Be Consistent*

It is important that you be consistent in the use of your language. The dog who responds to “Fido, come!” will surely be confused if you say, “Get over here!” If you are using the wrong word to represent a particular action, the dog can’t second guess you. Use only the language outlined in this manual. You must also be consistent in your training methods. A consistent and proper correction is essential. If you are busy watching television and allow your dog to get away with something bad, your dog will certainly test you further.

* + - *Rule Two: Work as a Unit*

Everyone must participate in your dog’s language, discipline, rules, exercise, and most importantly their praise! You have the responsibility of instructing others around you of the language and the rules. Set boundaries and limitations.

* + - *Rule Three: Match Tone to Command*

Dogs rely on the tone of a person’s voice. It’s an easy guide they learn, at an early age. A person’s tone varies when they’re angry, sad, happy, confused, or anxious. This acquired knowledge that your dog has learned can be helpful during training. Your tone should be in keeping with the nature of the command. In general, a command should sound serious. Your dog will be more likely to respect a command if it is given in a way that sounds encouraging. On certain commands, and excited tone will stimulate excitement in your dog. Play this by ear and watch for his reaction.

Volume is another variable in you voice that must be consistent. We recommend a normal volume with the emphasis on tone. During your training sessions, when your dog’s attention is focused on you, it is a good idea to practice volume reduction; by giving commands in a whisper, you will teach your dog to listen to you more closely.

### PUPPY RAISER TRAINING MANUAL

* + - *Rule Four: Think Like a Dog*

Remember that your dog cannot think on your level. You possess the reasoning and superior intelligence to bridge the gap. Identify their confusion. It may be a word that rhymes with another word. Distractions might affect your dog’s performance. Distractions such as sound, scents, people, and other animals can make it difficult for your dog to concentrate on you and your command.

* + - *Rule Five: Praise Rather than Punish*

The idea of turning a negative into a positive is essential. Like humans, dogs that are complimented for a job well done rather than condemned for a few mistakes along the way, will progress faster and more happily. The basic idea is if your dog does something you consider undesirable, it is your fault. Your dog is, at all times, either learning or being managed. It is best to help your dog be successful by not allowing the mistakes to happen in the first place.

* + - *Rule Six: Praise Immediately*

The quicker you are to praise, the better off you will be. It must be immediate, so that your puppy can associate the praise with the good things that they do.

* + - *Rule Seven: Give the Command Only Once*

Why should your dog react quickly to your command if they know you will repeat it again and again?! The dog soon learns that they don’t have to react until your second, third, or fourth command.

* + - *Rule Eight: Release Each Command*

When you command your dog into a position such as a “down” or “sit”, ensure you have established the Premack cue to “release” them from a “stay” in that position.

* + - *Rule Nine: Allow Your Dog to be Good*

Leaving your dog alone with an overflowing trash can might be asking for trouble – especially if you have the remnants of last night’s dinner in it. If your dog has a good time with the trash once, they might just make it a weekly adventure. The negligence on your part applies to many things that make you upset with your dog.

### PUPPY RAISER TRAINING MANUAL

* + - *Rule Ten: Train Before Dinner*

This rule required that you run your dog through a series of commands before they eat dinner. You will use, “sit”, and “release” when feeding your dog. Be consistent, and make sure you do this each meal. When their meal is the reward, you will find that your dog will listen and try hard. Review these same commands as they will become familiar to your dog. DO NOT COVER NEW MATERIAL AT THIS TIME! New material can be introduced any other time. These short sessions strengthen existing skills. You will both progress quickly, and your dog will enjoy working for their meals; even with their meal as the final reward, make sure you verbally reward your dog for doing well.

### PUPPY RAISER TRAINING MANUAL

* + - *Rule Eleven: Play After Other Training Sessions*

With the exception of mealtime training, all training sessions should end with play. Playing with them will be a great reward for their efforts, and it will also give them something to look forward to during every training session. Their excitement will show! Train in short increments, otherwise your dog will get bored. Six, five-minute sessions are better than one 30-minute session. AS your dog gets older you can move up to 15-minute sessions.

### PUPPY RAISER TRAINING MANUAL

* 1. **Commands**
     + *What Questions to Ask Prior to Giving a Command*

1. Did you weigh and measure that command against the environmental influences that are clutching and grabbing at you dog?
2. Did you make your tone of voice your personal dynamic?
3. Was the enthusiasm in your force field enough to attract a response in your dog?

If the answer is “no” to any or all of the aforementioned questions, you will have to start all over again. If you have overdone it, you might have confused the dog or caused the dog such surprise that he is unable to respond. Again, you are responsible for weighing and measuring the interactions that you cause to happen with your dog.

* + *How to Give a Command*

1. The command sequence is as follows.
   * Get the dogs attention.
   * Command is given once.
   * Allow a few seconds for the dog to respond.
   * If the dog does not respond, follow with either a “no” (like a question).
   * Repeat the command.
   * Treat for a proper response.
2. Make sure the dog responds to the command given (follows through), before providing another command.
3. **DO NOT** continually repeat a command, as the dog will get used to complying after the nth time it is given and not the first.

### PUPPY RAISER TRAINING MANUAL

Many people will tend to correct their dog when they should have motivated the animal. This will defeat your purpose. If you apply instead of motivation, you will cause the dog to lose its motivation and interest in working and serving you. It will begin to doubt its ability to do anything right and will lose initiative through that process.

### PUPPY RAISER TRAINING MANUAL

**3.0 Basic Training**

The commands that you will use, and their applications are presented in ***Attachment, Commands and Their Applications***.

Come

1. Say "[Dog’s Name], Come," do something silly, and your dog will come running.
2. Praise your dog as they come running towards you, grab their collar and offer a food reward when they arrive.
3. Two or more family members may practice yo-yo (back and forth) or round-robin recalls. For example: say "[Dog’s Name], go to Jamie" as a cue for Jamie to call the dog. Once Jamie has hold of the dog's collar, it is his turn to choose who to send the dog to. This is a great way to teach your dog "Go to…" commands, as well as the names of family members.
   * *Sit*
4. Hold a food treat in front of your dog's nose, say "Sit," and move the lure upwards and backwards, just above the dog's muzzle.

As your dog looks up to follow the treat, they will sit down.

* + If your dog jumps up, you are holding the treat too high.
  + If your dog backs up, work with the dog in a corner.

When they sit, say "YES”, and offer the kibble as a reward. From now on, ask your dog to sit in front of you after every recall.

* + *Down*

1. Say "Down," and quickly lower the treat from the dog's nose to a point in between the dog's forepaws.
2. Praise the dog when they lie down ("YES") and offer the treat.

It is easier to entice your dog to lie down if they are already sitting, since their hindquarters are already down.

### PUPPY RAISER TRAINING MANUAL

1. To teach your dog to lie down when they’re standing, hold the lure between finger and thumb and lower the hand (palm downwards) to rest on the floor.

As the dog worries at the lure, they will likely place the side of their muzzle on the floor and then assume a play-bow with elbows and sternum on the ground.

By gently moving the lure towards the dog's chest and between her forepaws, her rear end will collapse backwards and she will lie down ("YES!!!").

### PUPPY RAISER TRAINING MANUAL

* + *Sits, Downs, Stays*

Enticing your dog to follow off-leash takes a lot of concentration and it is easy to let your dog drift. Consequently, instruct your dog to sit or lie down and then stay every ten yards or so. Frequent sits, downs, and stays teach your dog to calm down and focus. They also give you the opportunity to catch your breath, relax your brain, and to objectively assess your dog's level of attention.

Sitting is absolute: either your dog is sitting or not.

* Only have the dog sit or lie down for a couple of seconds (just to check that he is paying attention) and then walk on again.
* Occasionally ask your dog to lie down for a minute or so to watch the world go by.

You will find that the more down stays that you integrate into the walk, the closer, calmer, and more controlled your dog will be when following you.

The best way to conduct a meet and greet and avoid a potential dog fight is to allow the dogs to greet each other on completely loose leads (and without panic on the part of the humans). This enables the dogs to go though the prescribed routine all canines share. It goes something like this:

“AHA! WHO’S THAT?” the alert posture and direct stare of the dogs seem to say. After visual contact, on or both dogs may look away.

“BOY? GIRL?” the dogs approach closer to find out, followed by casual circling, friendly tail-wagging and sniffing.

“NICE TO SEE YOU!” One of the dogs may momentarily rest a muzzle or paw on the withers (shoulder) of the other dog. After that, the greeting has been completed and each dog will move off a few paces to mark, by urination, the spot where this event took place. Scent is yet another form of canine communication.

**IMPORTANT NOTE:** If you are unsure as to whether the other dog will be friendly, do quick meet and greets by quickly advancing and walking away several times. At no

### PUPPY RAISER TRAINING MANUAL

time, pull up tightly on the leash. This will indicate alarm to the dog. Remember, every emotion travels down the leash, so if you are not confident doing the meeting or are fearful your dog will act similarly.

**PUPPY RAISER TRAINING MANUAL**

**4.0 Commands and Their Application**

|  |  |  |
| --- | --- | --- |
| ***Basic Obedience*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **WATCH ME** | To make eye contact. | * To get the dogs attention and focus on you. |
| **SIT** | To sit on its hindquarters. | * Will sit wherever he is at the time. * When in public |
| **DOWN** | To put its entire body in a prone position on the floor or to lie down. | * Will lay down wherever he is when the command is given. |
| **STAND** | To raise up on all four legs. | * Standing allows him to prepare to move, be groomed or inspected. |
| **COME** | To advance to in front or to the side of you and sit. | * Will come in front or to the side and sit. * **REMEMBER** do not confuse with COME HERE. |
| **COME HERE** | To call the dog to you, but in no special position. | * Will come close enough to touch him, but does not have to sit. |
| **STAY** | To freeze in its exact position. | * To stay in the position that he was in when the command was given. For example refer to the SIT and DOWN command. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Basic Obedience*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **WAIT** | To not continue moving forward. | * Tells the dog not to cross a threshold. For example: a room, car door, etc. In complying with this command. * Dog is ready for a follow-up command * The dog **IS NOT** required to sit, down or stay. * The only requirement is that he remains behind the designated boundary. * The dog **MUST NEVER** exit your front door or a car without your permission. This command should be considered an **AUTOMATIC WAIT** in time**.** |
| **RELEASE** | To be done with work. | * Go become a dog; you are finished with your work. * This can be used when you remove his jacket and gentle leader. * This command **SHOULD NOT** be given when he is out working. * **REMEMBER** your dog is always supposed to be on some sort of command when working. * The dog **SHOULD NEVER** relieve on- lead in public without your command. He may not walk by a bush or hike his leg. * **NOTE:** One of the few commands a dog may not complete. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Correction Commands*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **NO (?)** | To get the dogs attention and tells him he is not doing the correct thing. | * Given after the dog does not follow through on a command. * This helps to keep you from needing to keep repeating the command over and   over and lets him know that he did not respond correctly. |
| **DON’T** | To refrain from commencing with a behavior that is not wanted. | * Given in anticipation of the dog doing an inappropriate behavior. * **REMEMBER** “THAT’S ALL” is given   when the dog is already doing the inappropriate behavior |
| **OFF** | To remove itself from whatever item or object he is on and place all his feet back on the floor. | * The dog may be up with two or all four legs. For example, refer to the commands MY LAP, UP and JUMP ON. * **REMEMBER** it is OFF not DOWN. |
| **QUIET** | To stop vocalizing. | * When the dog is barking uncontrollably. |
| **SETTLE** | To calm down, quit playing around, and be serious | * Used when the dog is excited, agitated, or running around in at an inappropriate time or place. * It tells him to settle down but **DOES NOT** imply a DOWN command. * Be sure to be firm yet calming. As soon as the dog is calmed, praise quietly. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Movement Commands*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **LET’S GO** | To start to move. | * Accompanies you in a leisurely fashion. |
| **HEEL** | To walk attentively close on the left side of you. | * While walking or sitting. * The dog is to move from any position into a HEEL on command. * **NOTE:** His head should be no farther ahead than your knee. |
| **SIDE** | To walk attentively close on the right side of you. | * While walking or sitting. * The dog is to move from any position into a SIDE on command. * **NOTE:** His head should be no farther ahead than your knee. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Directional Commands*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **GO THROUGH** | To move ahead of the person, turn around and position itself to be able to back up through a  narrow doorway or passage. | * The dog is performing the behavior without you doing it also. * When you move through a doorway, etc. alongside the dog, then it **IS NOT** a “go   through”. It should be a HEEL, SIDE, LET’S GO, etc. |
| **BACK** | To step backwards. | * For example, following a GO THROUGH command. * He may do this independently from you or alongside you, as in a backward HEEL or SIDE. * **DO NOT** use BACK when you really want the dog to MOVE. |
| **FOLLOW** | To moves behind you as they move forward through a door or narrow passage. | * This command is **ONLY USED** with when a dog s tethered to a wheelchair or scooter**.** |
| **GO AROUND** | To move around the person or object. | * On-lead is used when the dog goes around the opposite side of a pole, tree, wheelchair, etc. and need to come back around to the correct positions (either HEEL or SIDE). * Off-lead is used any time you want the dog to move around an object to get to you. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Directional Commands*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **MOVE** | To physically move its body in any direction. | * Move the dog out of the way of you or someone or something else. * There is no direction in it is required to move. * **NEED TO** repeat the command until the desired result is obtained. |
| **CLOSER** | To move closer to within a few inches of you. | * Effective in helping the dog GET DRESSED, bringing retrieval items close enough to be reached, being groomed, etc. |
| **GO TO** | To go over to another person. | * The command is followed by the individual’s name that you want the dog to go over to. |
| **GO IN** | To crawl into the indicated space, lay down and bring his paws out of the way. | * Used so the dog is out of the way. For example, under a table, into a kennel, etc. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Etiquette Commands*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **THAT’S ALL** | To stop the behavior. | * Tells the dog that it is time to stop behaviors that are permitted, but which, in certain circumstances, should not be allowed to continue such as scratching, chewing or licking himself. * It is especially useful when you are in a restaurant or another place where it is inappropriate for the dog to do excessive licking or scratching. |
| **LEAVE IT** | To move his head away from whatever he is touching or beginning to touch. | * Given when the dog looks as if he may be getting ready to touch, taste, or sniff something or has already touched, or is tasting, sniffing something that he shouldn't be. |
| **CAREFUL** | To approach a situation with gentleness and care. | * When he is doing a MY LAP, taking something from your hand, or touching you. * **REMEMBER** use a soft, calm, yet firm voice to get the dog to synchronize with you. |

**PUPPY RAISER TRAINING MANUAL**

|  |  |  |
| --- | --- | --- |
| ***Personal Needs Commands*** | | |
|  | | |
| Command | Physical Response | Application & Notes |
| **GET A DRINK** | To take a drink of water. | * Meets a survival need of the dog. * **NOTE:** One of the few commands a dog may not complete. |
| **BETTER GO NOW** | To tell the dog it must toilet. | * Given only with the dog has an available space to eliminate. * **NOTE:** One of the few commands a dog may not complete. |

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

## PART V: Puppy Problems

Section Page

## Hyper Dog 1

* + - *Your Puppy is Just Being A Puppy 1*
    - *Sit and Settle 2*
    - *Jumping Up 4*
    - *Dog Enthusiasm and Activity on Cue 5*

## Puppy Biting 6

* + - *Bite Inhibition 6*
    - *Puppy Biting is Normal, Natural and Necessary! 7*
    - *Teaching Your Puppy Bite Inhibition 7*
      * *No Pain 8*
      * *No Pressure 8*
    - *Puppy Must Never Initiate Mouthing 8*

## Destructive Chewing 9

* + - *Chewing is Normal, Natural and Necessary 9*
    - *Prevent Destructive Chewing 10*
      * *Redirect Chewing to Chew Toys 10*

## Excessive Barking 12

### PUPPY RAISER TRAINING MANUAL

Table of Contents

## PART V: Puppy Problems

Section Page

* + - *Reduce the Frequency of Barks 12*
      * *Teach “Speak” and “Quiet” on Cue 12*
      * *Teach Your Dog When to Bark 13*

## Digging 15

* + - *Dogs Don’t See Your Problem 15*
    - *Prevent Digging in Your Absence 15*
    - *Redirect Digging to a Digging Pit 16*
    - *Yard Rules 16*

## Fighting with Other Dogs 16

* + - *Socialization 17*
    - *Prevent Developmental De-socialization 17*
    - *Bite Inhibition 18*

## Fear of People 19

* + - *Narrow Window of Opportunity 19*

**PUPPY RAISER TRAINING MANUAL**

## Hyper Dog

* + - *Your Puppy is Just Being A Puppy*

Puppies are naturally noisy and hyperactive. Puppies are exuberant when greeting, playing, and when expressing friendliness and appeasement. However, adult dogs are noisy and hyperactive because they are untrained and have unintentionally been encouraged to act that way.

For example,

eagerly jumping puppies are petted by people, who later get angry when the dog jumps up as an adult. The dog's only crime? It grew!

Sadly, adult dogs receive considerable abuse for expressing their enthusiasm and exuberance.

For example,

"The Trainers from the Dark Side" recommend teaching a dog not to jump up by:

1. shouting at the dog;
2. squirting him in the face with water or vinegar;
3. swatting him on the nose with a rolled-up newspaper;
4. yanking on the dog's leash;
5. hanging the dog by his choke-collar;
6. squeezing the dog's front paws;
7. treading on his hind paws; or
8. kneeing the dog in the chest; or flipping the dog over backwards.

Surely, these methods are a bit cruel for a dog that's just trying to say hello. Indeed, in the words of Confucius, "There is no need to use an axe to remove a fly from the forehead of a friend."

Why not just teach dogs to sit when greeting people? **BE SMART. BE KIND**.

### PUPPY RAISER TRAINING MANUAL

**TEACH** your puppy to:

 settle down and shush when requested,

 and how to greet people in a mannerly fashion.

Both dog noise and exuberance may be controlled and channeled into appropriate outlets.

* *Sit and Settle*

Lure-reward train your puppy or dog to “Come”, “Sit”, and “Down”. Simple instructions such as "Sit" and "Down" are extremely effective solutions for nearly all doggy activity problems.

Rather than telling the pup "No, no, no!" and "NO!" for everything they do that annoys you, simply ask them to lie down, and then praise and reward them for doing so. If your dog lies down obediently, they cannot:

(i.) run around the living room (ii.) chase their tail

(iii.) chase the cat

(iv.) jump on the furniture

(v.) jump up and down in the car (vi.) run out the front door

(vii.) chase and jump on children.

Lying down and most behavior problems are mutually exclusive; your dog cannot lie down and misbehave at the same time.

Take the initiative and direct your dog's behavior by teaching them to lie down on request. Simple reward training methods work wonders with out-of-control adolescent and adult dogs. The protocol is:

1. Hold a piece of kibble in your hand but don't give it to your dog.
2. Stand perfectly still and give no instructions; simply watch to see what your dog does.

### PUPPY RAISER TRAINING MANUAL

Characteristically, the dog will run through his entire behavior repertoire. Your dog will wiggle, waggle, circle, twirl, jump-up, lick, paw, back-up, and bark...but eventually they will sit or lie down.

1. Praise your dog and offer the piece of kibble as soon as they sit (or lies down— your choice).
2. Take a gigantic step (to reactivate Rover), and stand still with another piece of kibble in your hand.
3. Repeat the above sequence until Rover sits immediately after you take each step and then begin to progressively increase the delay by seconds before offering the kibble.
4. If Rover breaks his sit, simple turn your back on him, take a three-second timeout, and repeat the sequence again.

In no time at all Rover will sit and stay calmly, looking up at you expectantly.

### PUPPY RAISER TRAINING MANUAL

Practice this protocol by doing the following.

1. Rather than feeding your dog from a bowl, measure their kibble in the morning and use individual pieces as lures and rewards during oodles of five-second training interludes throughout the day.
2. Practice in every room of the house, in the car (while stationary), and on walks.
3. On walks, pause every 25 yards and instruct your dog to perform a series of body positions: for example, sit-down- sit-stand-down-stand. Within just a couple of days you'll have a totally different dog.

After hand feeding your dog just one meal in this fashion indoors and on one long walk with sits every 25-yards, you'll have a calmer and much more attentive dog.

* + *Jumping Up*

Jumping up deserves a special mention because it is the cause of so much frustration. Right from the outset, teach your dog to sit when greeting people. Sitting is the obvious theoretical solution because a dog cannot sit and jump up at the same time. However, it may initially be difficult to teach your dog to sit when greeting people because they are so excited that they don't hear what you say. Consequently, you will need to troubleshoot their training.

**FIRST**, practice sits (as described above) in locations where your dog normally greets people, e.g., on-leash outdoors, and especially indoors by the front door.

**THEN**, invite friends over for a dog training party. Today your dog's dinner will be hand fed by guests at the front door and by friends on a walk.

### PUPPY RAISER TRAINING MANUAL

The process entails the following.

1. After eventually getting your dog to sit to greet the first guest, praise your dog and have the guest offer a piece of kibble.
2. Ask the guest to leave and ring the doorbell again. In fact, repeat front-door greetings until your dog greets the first guest in a mannerly fashion three times in a row. Repeat the process with the other guests.
3. Ask your all your guests to leave one at a time and walk round the block. Put your dog on leash and walk around the block in the opposite direction. As you approach each person, instruct your dog to sit. Praise him when he does so and have the person offer a couple of pieces of kibble. **NOW** your dog will be ready to sit to greet *bona fide* guests at home and strangers on the street.
   * *Dog Enthusiasm and Activity on Cue*

To be fair to your dog, make sure that they have ample opportunity to let off steam in an acceptable fashion. Formalize "crazy time"—train your dog to play "tag" and chase your dog around the yard. You can also train your dog that it is acceptable to jump up on cue—to give you a welcome-home hug.

**PUPPY RAISER TRAINING MANUAL**

## Puppy Biting

* + - *Bite Inhibition*

Bite inhibition **MUST BE AQUIRED** during puppyhood.Bite inhibition is a dog's fail-safe mechanism, preventing him from injuring other animals and people. Bite inhibition does not mean that your dog never reacts when scared or upset. Instead, bite inhibition clicks in when your dog does react to the unexpected: for example, when a child trips and falls on a dog when he is gnawing on a bone.

Most dogs react when they are hurt, frightened, or startled. A dog with good bite inhibition would only yelp, growl, or snap, causing little if any injury. The prognosis is good since the problem may be resolved easily and safely with increased socialization and classical conditioning. However, a dog that did not acquire bite inhibition as a puppy might inflict deep puncture wounds and cause serious injury.

Dogs learn bite inhibition, i.e., learn that their jaws can hurt, when they play-fight and play-bite as youngsters. Puppies amp each other up until one puppy bites another too hard. Play stops immediately as the injured puppy yelps and takes the time to lick his wounds. When play resumes, it is slower and gentler.

### PUPPY RAISER TRAINING MANUAL

* + - *Puppy Biting is Normal, Natural and Necessary!*

Puppies bite, and thank goodness they do! Puppy play-fighting and play-biting are essential for your puppy to develop a soft mouth as an adult.

Puppy biting seldom causes appreciable harm, but many bites are quite painful and elicit an appropriate reaction—a yelp and a pause in an otherwise extremely enjoyable play session. Thus, your puppy learns that his sharp teeth and weak jaws can hurt.

Since your puppy enjoys play-fighting, he will begin to inhibit the force of his biting to keep the game going. Thus your puppy will learn to play-bite gently before he acquires the formidable teeth and strong jaws of an adolescent dog.

Forbidding a young puppy from biting altogether may offer immediate and temporary relief, but it is potentially dangerous because your puppy will not learn that his jaws can inflict pain. Consequently, if ever provoked or frightened as an adult, the resultant bite is likely to be painful and cause serious injury.

Certainly, puppy play-biting must be controlled, but only in a progressive and systematic manner. The puppy must be taught to inhibit the force of his bites, *before* puppy biting is forbidden altogether. Once your puppy has developed a soft mouth, there is plenty of time to inhibit the frequency of his now gentler mouthing.

* + - *Teaching Your Puppy Bite Inhibition*

Teaching your puppy to inhibit the force of his bites is a two-step process:

1. Teach the pup not to hurt you.
2. Teach your pup not to exert any pressure at all when biting. Thus, the puppy's biting will become gentle mouthing.

Teaching your puppy to inhibit the frequency of his mouthing is a two-step process:

1. Teach your puppy that whereas mouthing is OK, he must stop when requested.
2. Teach your pup never to initiate mouthing unless requested.

### PUPPY RAISER TRAINING MANUAL

* + *No Pain*

It is not necessary to hurt or frighten your pup to teach them that biting hurts. A simple "Ouch!" is sufficient.

**** If your pup acknowledges your "ouch" and stops biting, praise them, lure to sit, reward them with a treat, and then resume playing.

**** If your pup ignores the "ouch" and continues biting, yelp "Owwwww!" and leave the room. Your puppy has lost their playmate. Return after a 30-second time- out and make up by lure-rewarding your puppy to come, sit, lie down, and calm down, before resuming play.

**DO NOT** attempt to take hold of your pup’s collar or carry them to confinement; you are out of control, and they will probably bite you again. Consequently, play with your puppy in a room where it is safe to leave them if they do not respond to your yelp. If they ignore you, they lose their playmate.

* + *No Pressure*

Once your pup's biting no longer hurts, still pretend that it does. Greet harder nips with a yelp of pseudo-pain. Your puppy will soon get the idea: "Whooahh! These humans are soooo supersensitive. I'll have to be much gentler when I bite them." The pressure of your puppy's bites will progressively decrease until play-biting becomes play- mouthing.

**NEVER** allow your puppy to mouth human hair or clothing. Hair and clothing cannot feel. Allowing a puppy to mouth hair, scarves, shoelaces, trouser legs, or gloved hands, inadvertently trains the puppy to bite harder, extremely close to human flesh!

* *Puppy Must Never Initiate Mouthing*

At this stage, your puppy **SHOULD NEVER** be allowed to initiate mouthing (unless requested to do so). By way of encouragement, mouthing-maniac puppies usually develop gentle jaws as adults because their many painful puppy bites elicited ample appropriate feedback.

### PUPPY RAISER TRAINING MANUAL

On the other hand, puppies that:

1. seldom play and roughhouse with other dogs,
2. seldom bite their owners (e.g., shy, fearful, and standoffish pups), and
3. breeds that have been bred to have soft mouths

may not receive sufficient feedback regarding the pain and power of their jaws.

Should a dog ever bite as an adult, both the prognosis for rehabilitation and the fate of the dog are almost always decided by the severity of the injury. This is predetermined by the level of bite inhibition the dog acquired during puppy-hood.

**THE MOST IMPORTANT SURVIVAL LESSON** for a puppy is to learn bites cause pain! Your puppy can only learn this lesson if they are allowed to play-bite other puppies and people, and if they receive appropriate feedback.

## Destructive Chewing

Chewing is essential for maintaining the health of your dog's teeth, jaws, and gums. Puppies especially have a strong need to chew to relieve the irritation and inflammation of teething. Dogs chew to relieve anxiety and boredom, as well as for entertainment. Your dog’s jaws are its tools for carrying objects and for investigating their surroundings. Essentially, a dog’s approach to all items in his environment is “Can I chew it?”

* + - *Chewing is Normal, Natural and Necessary*

Dogs generally sleep at night and in the middle of the day. However, chewing is your dog’s primary form of entertainment during their morning and late afternoon activity peaks. After all there are only so many things your dog can do when left alone. Most chewing sprees stem from your dog's relentless quest for some form of occupational therapy to pass the time of day when left alone.

Chewing is a perfectly normal, natural, and necessary canine behavior. Prevention and treatment of destructive chewing focus on management and education—to prevent

### PUPPY RAISER TRAINING MANUAL

your dog from chewing inappropriate items and to redirect your dog's natural chewing- urge to appropriate, acceptable, and resilient chew toys.

* + - *Prevent Destructive Chewing*

When you cannot take your dog with you, confine them to a long-term confinement area, such as a single room and nothing to chew but half a dozen stuffed chew toys. Housetrained adult dogs may be confined (with their chew toys) to a dog crate. Your puppy will happily settle down and entertain himself/herself with their chew toys as soon as you leave.

When you are home, confine your puppy to their crate with nothing but a stuffed chew toy for entertainment. Every hour on the hour (or at longer intervals with a housetrained puppy), take your puppy to toilet. If they go, praise them and play some chew toy games before putting them back in their crate with a freshly stuffed chew toy. The purpose of confinement is to prevent your dog from chewing inappropriate items around the house and to maximize the likelihood your dog will develop a chew toy habit.

* + - * *Redirect Chewing to Chew Toys*

The confinement schedule described above optimizes self-training; your dog will train themselves to chew, chew toys. With a good, chew toy habit, your puppy will no longer want to destroy carpets, curtains, couches, clothes, chair legs, children's toys, or electrical cords. Your dog will be less likely to develop into a recreational barker. Also, your puppy will happily settle down calmly and quietly and will no longer be bored or anxious when left alone. Follow these general guidelines.

1. You must actively train your dog to want to chew, chew toys.
2. Offer praise every time you notice your dog chewing chew toys.
3. Play chew toy games with your dog, such as fetch, search, and tug-of-war.

Chew toys should be indestructible and non-consumable. Consumption of non-food items is dangerous for your dog's health. Also, destruction of chew toys necessitates their regular replacement, which can be expensive. However, compared with the cost

### PUPPY RAISER TRAINING MANUAL

of reupholstering just one couch, $70 worth of chew toys seems a pretty- wise investment.

Kongs and Nylabones appropriate to the dogs size are CST approved chew toys. They are made of natural products, are hollow, and may be stuffed with food to entice your dog to chew them exclusively.

To prevent your dog from “porking” out, ensure that you only stuff chew toys with part of your dog's daily diet (e.g., kibble) some water and then put the Kong in the freezer. Voila, Kongsicles! As the kibble thaws, some falls out easily to reinforce your dog as soon as she shows interest. Other bits of kibble come out only after your dog has worried at the Kong for several minutes, thus reinforcing your dog's chewing over time. Add freeze dried liver for an extra appeal. Your dog may smell the liver, see the liver, (and maybe even talk to the liver), but cannot get it out. And so, your dog will continue to gnaw contentedly at the Kong until she falls asleep.

**PUPPY RAISER TRAINING MANUAL**

## 4.0 Excessive Barking

Some dogs get extremely worked up when visitors ring the doorbell, or when dogs walk by the house. Some spaniels and terriers bark at the drop of a hat, and our good friend Larry Labrador will bark whenever a leaf falls from a tree three blocks away.

Barking is as characteristically doggy as wagging a tail or burying a bone. It would be inane and inhumane to try to stop your puppy from barking altogether. After all, some barking is extremely useful. The goal then, is to teach dogs normally to be calm and quiet but to sound the alarm when intruders enter your property.

The barking problem may be resolved to our advantage by management and education:

1. immediately reduce the frequency of barking before we all go insane; and
2. second, teach your dog to "Speak” and "Quiet" on cue.
   * *Reduce the Frequency of Barks*

If you have to leave your dog alone, the easiest way to immediately reduce bark frequency is by exclusively feeding your dog from hollow chew toys. Each evening weigh out and moisten your dog’s kibble for the following day. Squish the gooey food into hollow Kong and put them in the freezer overnight. In the morning, give your dog the frozen Kong. Your dog will busy itself with chew toys and lying down quietly!

**DO NOT** leave your dog outdoors alone. Yard-bound dogs are exposed to many more disturbances and their barks more easily penetrate the neighborhood. Leave your dog comfortably in a kennel with a radio playing to mask outside disturbances.

* + - *Teach “Speak” and “Quiet” on Cue*

It is easier to teach your dog to quiet when they are calm and focused. Therefore, teaching your dog to "Speak" on cue is the first step in "Quiet" training, thus enabling you to teach "Quiet" at your convenience, and not at inconvenient times when the dog decides to bark. Moreover, teaching "Quiet" is now much easier because your dog is not barking uncontrollably—barking was your idea!

### PUPPY RAISER TRAINING MANUAL

Here is how you can do this.

1. Station an accomplice outside the front door.
2. Say "Speak", which is the cue for your assistant to ring the bell.
3. Praise your dog profusely when they bark (prompted by the doorbell); maybe even bark along with your dog.
4. After a few good woofs, say "Quiet" and then waggle a tasty food treat in front of their nose. Your dog will stop barking as soon as they sniff the treat because it is impossible to sniff and woof simultaneously. Praise your dog as they sniff quietly, and then offer the treat.
5. Repeat this routine a dozen or so times, and your dog will learn to anticipate the doorbell ringing whenever you ask them to speak.

Eventually your dog will bark after your request but before the doorbell rings, meaning that your dog has learned to bark on command. Similarly, your dog will learn to anticipate the likelihood of something good following your "Quiet" request. You have then taught your dog both to speak and quiet on cue.

1. Progressively increase the length of required quiet-time before offering a food reward—at first just two seconds, then three, then five, eight, twelve, twenty, and so on. By alternating instructions to speak and quiet, the dog is praised and rewarded for barking on request and for quieting on request.

**REMEMBER,** always speak softly when instructing your dog to quiet, and reinforce your dog's silence with whisper-praise. The more softly you speak, the more your dog will be inclined to pay attention and listen (and therefore, not bark).

* + *Teach Your Dog When to Bark*

Invite people over to teach your dog when and when not, to bark. You can accomplish this by following this protocol.

1. Instruct your visitors (some with dogs) to walk by the house a number of times before ringing the doorbell.

### PUPPY RAISER TRAINING MANUAL

* 1. When the first person walks by the house, it will take all of your attention to keep your dog quiet. But persevere: it will be easier when the same person walks by the second time, and again easier on the third pass by. Eventually your dog will habituate and will no longer alert to the same person's presence in the street.
  2. Profusely praise your dog and offer treats for silent vigilance.
  3. Repeat reinforcement for quiet vigilance several times on subsequent passes by.

1. When the visitor starts up the path, eagerly and urgently say "Speak! Speak! Speak!"
   1. Praise your dog when he woofs, and then instruct them to sit quietly at the front door while you welcome the visitor.
   2. If your dog exuberantly barks and bounces at this point, simply wait until they sit quietly and then praise and offer a treat.
   3. Have the visitor leave and come back a number of times. Eventually, your dog will greet them by sitting in silence.

This procedure becomes easier with each new visitor. The intent is to learn to watch passersby in silence and to give voice when they step on your property, to sit and shush when they are invited indoors.

**PUPPY RAISER TRAINING MANUAL**

## 5.0 Digging

Dogs dig:

 to bury bones, and later to dig them up again;

 to construct cooling hollows in the summer, and warming pits in the winter;

 after eavesdropping on private ultrasonic conversations of subterranean critters;

 to construct dens when they are pregnant;

 out of boredom; and/or

 to escape.

BUT, by and large, most dogs dig for the sheer fun of it!!

* *Dogs Don’t See Your Problem*

Dogs consider digging to be a perfectly normal and natural doggy activity. In fact, terriers consider digging to be their very reason for being. Prevent your dog from digging in inappropriate areas and redirect your dog's natural digging-desire to a suitable area.

* *Prevent Digging in Your Absence*

When you cannot take your dog with you, keep them indoors. When you are at home, try your best to accompany your dog outdoors to supervise and teach yard rules. House soiling, destructive chewing, and hyperactivity are the most common reasons why dogs are relegated to unsupervised, solitary confinement in the yard, where they predictably learn to bark, dig, and escape, and become over-excited whenever let indoors. Consequently, it is important to housetrain and chew toy-train your dog (refer to ***PART II, House Training and Socializing Your Dog***). Teach your dog to settle down calmly and quietly indoors, and to sit when greeting visitors (refer to ***Hyper Dog***, above). Then your dog may remain safely indoors whether you are home or not. Your air-conditioned and centrally-heated house is the safest and most comfortable place for your dog to spend the day. When you are at home, go outside and enjoy your yard with your dog.

### PUPPY RAISER TRAINING MANUAL

Teach recreational diggers to become recreational chewers. If your dog is busying himself with a chew toy, they have little time to dig. Consequently, chew toys stuffed with breakfast kibble are the best objects to leave indoors.

* *Redirect Digging to a Digging Pit*

Since you consider your dog’s choice of digging locations to be inappropriate, choose a location to your liking and teach your dog to dig there. Build your dog a digging pit (much like a child’s sandbox) in a suitable corner of the yard.

Bury a chew toy in your dog's digging pit. Your dog will be utterly delighted when they find the toy. Your dog will be much more inclined to dig in their digging pit.

* *Yard Rules*

Always try to accompany your dog when they go outside, especially during puppyhood or the first few months an older dog is at home.

**REMEMBER**, it is not fair to keep yard rules a secret from your dog and then get angry with them for breaking rules they didn’t even know existed. Praise your dog for choosing areas in your yard that are acceptable. Discourage your dog from entering non-doggy zones.

## 6.0 Fighting with Other Dogs

Many people have unrealistic expectations about dog-dog social behavior. Dogs are expected to behave perfectly and get along with all other dogs, even though people have difficulty being universally accepting and friendly. However, although people may often disagree, argue, and sometimes resort to pushing and shoving, very few people inflict severe injuries. When tempers flare, extreme physical aggression is strongly inhibited. Really, dogs are not that much different.

To teach canine social savvy:

**** socialize your dog to be friendly, so that they would rather play than fight

**** prevent predictable adolescent de-socialization

### PUPPY RAISER TRAINING MANUAL

**** teach your puppy bite inhibition

* *Socialization*

Socializing a young dog is as easy as it is enjoyable. Attend CST puppy-raising classes. Walk your dog at least once a day. To socialize your dog, they must meet unfamiliar dogs on a regular basis.

* *Prevent Developmental De-socialization*

Adolescence is a particularly stressful time for young dogs. It is both normal and necessary to allow older dogs to put developing youngsters "in their place".

To maintain self-confidence and offset the stress of adult-doggy discipline, an adolescent dog requires many positive social interactions.

Regular play sessions and repeated friendly encounters are vital. However, for many dogs, socialization with other dogs is abruptly curtailed between six to eight months, usually following the first couple of altercations. This is especially true for small dogs and large dogs.

Worrying that a little dog may get hurt, the owner is more likely to pick the dog up and less likely to let it play. Similarly, worrying a large dog might hurt other dogs, the owner now tends to keep them restrained on a tight leash. Thus, at a crucial developmental stage, many dogs are seldom allowed to interact with unfamiliar dogs. A vicious circle develops—the dog de-socializes and their bite inhibition begins to drift, whereupon fights and potential damage now become more likely, making it even more difficult to socialize the dog.

1. To prevent your puppy from becoming asocial or antisocial during adolescence, they must continue to meet unfamiliar dogs on a regular basis.
2. Always praise your puppy for meeting, greeting, and playing with unfamiliar dogs.
3. Never take friendly behavior for granted.
4. Always let your dog know that you are very happy when they are friendly.

### PUPPY RAISER TRAINING MANUAL

1. Throughout adolescence and adulthood, praise and reward your dog with food treats after every friendly encounter with another dog.
   * *Bite Inhibition*

The issue is not really whether dogs fight, but whether or not one dog harms another. Puppies that had ample opportunities to socialize, play-fight, and play-bite with other puppies usually develop good bite-inhibition. They learned how to inhibit the power of their jaws and consequently may resolve adulthood differences without causing harm. Bite inhibition can only safely be established during puppy-hood. Giving your puppy the opportunity to develop good bite inhibition is the most important reason for socializing your puppy. (Refer to ***Puppy Biting***, above).

**PLEASE CONTACT CST IMMEDIATELY IF YOU THINK YOUR DOG IS ACTING AGGRESSIVELY.**

**PUPPY RAISER TRAINING MANUAL**

## Fear of People

Socializing a dog to people is the easiest and most enjoyable aspect of raising a dog. On a regular and ongoing basis, dogs need to meet, play with, and be handled and trained by a wide variety of people, especially strangers, men, and children.

* + - *Narrow Window of Opportunity*

Old dogs can indeed be taught new tricks. An adult dog may learn basic manners and good behavior (where to eliminate, what to chew, and when and for how long to bark) at any time in their life. However, *socialization must occur during puppyhood—*during the critical period of socialization, which ends when puppies are 12–16 weeks old. Refer to ***PART II, House Training and Socializing Your Dog***.

Shy and fearful dogs can be substantially rehabilitated, but they will never develop the confidence and social-savvy of a well-socialized puppy. They will never become what they could have been. Puppy socialization is critical for your puppy to develop the confidence and social-savvy to continue socializing with people as an adult dog.

Unless your puppy meets unfamiliar people daily, it will become fearful. Between five and eight months of age, puppies become fearful of strangers, especially men and children. Fearfulness and aggression worsen very quickly, because once a dog becomes fearful or aggressive, socialization stops. If your puppy becomes fearful, their life as a companion/service dog will be useless.

**CONTACT CST IMMEDIATLEY, IF YOU NOTICE ANY SIGNES OF SHYNESS, STANDOFFISHNESS, OR FEARFULNESS IN YOUR PUPPY OR ADOLESCENT DOG.**

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART VI: ATTENDING TO YOUR DOGS HEALTH CARE

Section Page

## Grooming 1

 *The Purpose for Grooming and Handling Your Dog* 1

 *The Grooming Process* 2

 *Eyes* 2

 *Ears* 2

 *Mouth* 3

 *Feet* 3

 *Coat* 4

## Health and Veterinarian Care 5

 *The Signs of Good Health* 5

 *The Signs of Poor Health* 5

 *Things to Check, if You Suspect a Health Problem* 5

 *Pain* 5

 *Odor* 5

 *Temperature* 6

 *Hydration* 6

 *Gum Color* 6

 *Behaviors Which Could Indicate a Health Problem* 6

 *Scooting* 6

 *Scratching* 7

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART VI: ATTENDING TO YOUR DOGS HEALTH CARE

Section Page

 *Physical Reactions Which Signify Health Problems* 7

 *Coughing* 7

 *Choking* 7

 *Parasites and Insects That Cause Health Problems* 7

 *Worms* 7

 *Roundworms* 7

 *Tapeworms* 8

 *Heartworms* 8

 *Fleas* 8

 *Ticks* 9

 *Other Insects* 9

 *Environmental Hazards that Cause Health Problems* 9

 *Foxtails* 9

 *Foxtail in the Nose* 10

 *Foxtail in the Ear* 10

 *Foxtail Between the Toes* 10

 *Snake Bites* 10

 *Dietary Concerns that Cause Health Problems* 11

 *Milk Products* 11

 *Natural Bones* 11

 *Overeating* 11

 *Life Threatening Health Problems* 12

 *Breathing Problems* 12

**PUPPY RAISER TRAINING MANUAL**

Table of Contents

# PART VI: ATTENDING TO YOUR DOGS HEALTH CARE

Section Page

 *Bleeding* 12

 *Lacerations* 12

 *Emergency Situations that Will Affect A Dogs Health* 13

 *Household Products* 13

 *Antifreeze* 13

 *Rat Poison* 13

 *Other Situations That Can Cause Health Problems or Injury* 13

 *Hot Cars* 13

 *Off-Leah Activity* 13

 *Recognizing Other Emergency Situations* 14

 *Unconsciousness* 14

 *Shock* 14

 *Preventative Measures – Vaccines* 16

**PUPPY RAISER TRAINING MANUAL**

## Grooming

* + - *The Purpose for Grooming and Handling Your Dog*

As simple as the concept of grooming you dog may appear to be, there are several purposes for it.

 Are inadvertently examining your dog for injuries, problems or physical concerns that may arise.

 Stimulates your dog’s circulation, which has been known to increase its life span.

 Identifies and/or removes parasites.

 Presents certain psychological benefits, such as giving the dog a sense of your care and concern for them. It provides a physical relationship through your touch, and hence relaxes the dog, which gives them a sense of being cared for.

 Gives a sense of preparedness and readiness to tackle the day, as is similar to your grooming yourself.

 Allows you to have a more physical control over your animal through having your dog stand while you handle and manipulate its body. This handling process will also benefit you when you take him to a veterinarian, because they will find that your dog is more easily managed.

 Through handling your dog, it will encourage the dog to respond to your needs.

### PUPPY RAISER TRAINING MANUAL

* + - *The Grooming Process*

Develop a systematically approach the grooming process.

* + - * *Eyes*

Look into your dog’s eyes to see if they appear bright and alert. You should check your dog’s healthy eyes to see what they look like normally.

Eyes problems, in general, are considered by veterinarians to be an emergency for two reasons:

1. eyes can become irreparably damaged very quickly, and
2. eyes will recover from injury or ill health rapidly if treatment is administered right away.

There are several ways of telling whether or not your dog has an eye problem.

 An excess of a discharge on the inside corners of the eyes.

 The inner eyelids look particularly inflamed.

 Coloration change on the visible part of the eye. If the pupil looks cloudy or if there appears to be opacity over some portion of the eye, possibly resulting from a scratch or injury, make sure you get your dog immediately to a veterinarian to have it examined.

**CST REQUIRES,** that you DO NOT ALLOW your dog to hang his head out of the window when riding in a car. Among other things, this causes irritation to the eyes by the rate of speed of your car and bugs and debris in the air. Keep your dog ventilated by keeping the window rolled up enough to get fresh air while driving but not stick his head completely out.

* + *Ears*

If they appear dirty, wipe out the inside flap with a cotton ball. Clean the ears only if they are really dirty; too much cleaning can cause more problems that it can prevent.

### PUPPY RAISER TRAINING MANUAL

* + *Mouth*

Look for any abnormalities. Lift up its lips and look at its teeth to see if there is tarter or build-up on the dog’s teeth. Foul odor can be an indication of a problem. Brush the teeth.

Dogs need dental care just like people. Due to our commercial foods, they now ingest many carbohydrate products. Those products will cake on the teeth and form tarter, just as it does on our teeth. It is now recommended that dogs not only receive a dental cleaning, but also have a polishing to follow any scaling of the teeth to remove the microscopic pits that form in the teeth during tarter build-up. Your veterinarian should be examining your dog’s teeth once or twice a year to determine whether a dental cleaning is needed.

The appearance of tarter on the teeth usually occurs right at the gum line. It becomes more pronounced on the pre-molars and molars, but it can affect all the teeth. Doing dental care at home is not usually recommended as a total control of tarter. Other things you can do include the following.

 Following a meal, you can take a wash rag and gently scrub right along the gum line and the teeth.

 You can use toothbrushes and toothpaste now available at pet stores. CST recommends brushing your dog’s teeth at least once a week.

* + *Feet*

It is important that you inspect their feet.

1. *Pads*. Pick up each foot and examine the pads and the area between the toes. Watch for any redness or chewing in those areas or wearing-out of the pads. Working dogs can have heavy pad wear and tear.
2. *Toenails*. Note the dog’s toenails and make sure they are kept trimmed and filed. If the toenails get too long, it will throw them off their stance and cause problems walking which can lead to injury.

Optimally, dogs should have their toenails trimmed once a week. Even if you are taking just a little off the very ends, this trains the quick and sensitive part of the toenail back so they can be kept properly trimmed. They should not click on

### PUPPY RAISER TRAINING MANUAL

the floor when your dog walks. If they are clicking, they need to be trimmed. Once a nail grows too long, it is painful and produces a lot of blood in trimming the nails back to the proper growth level. Frequent trimming is always preferable over doing major trimming infrequently.

* + *Coat*

Brush the coat and feel for any sores or growth or scabs in the coat. Also, do not allow the undercoat to tangle or build up. Brushing the coat also spreads the oils more thoroughly throughout the coat, very much like brushing your own hair. Also, do not use human shampoo on your dog, as its formulation is not conducive to a dog’s skin.

**PUPPY RAISER TRAINING MANUAL**

## Health and Veterinarian Care

* + - *The Signs of Good Health*

The signs of **good health** are:

1. a lustrous coat
2. alertness
3. naturally active
4. a good appetite
   * *The Signs of Poor Health*

The signs of **illness or injury** are:

1. listlessness or lethargy
2. lack of appetite
3. problems moving
4. odor
   * *Things to Check if You Suspect a Health Problem*

The intent is to find out as much as you can first, then contact your veterinarian right away. Things to check include the following.

* + - *Pain*

The dog is unwilling to climb stairs, get in and out of cars, or otherwise be reluctant to engage in normal behavior. Rather than assuming your dog is being resistive, belligerent or stubborn, check to see if he is in pain.

* + - *Odor*

Dogs do not normally stink. If your dog has an unusual or new odor, it is important to locate the source of the odor. Check the:

 mouth for any sign of lesions or injury;

### PUPPY RAISER TRAINING MANUAL

 ears for infections;

 rectal area or anal glands for any kind of problem; and

 skin (for example, for hot spots).

* + - *Temperature*

The dogs temperature is the same as ours, 98.6, plus three degrees; or 102 degrees.

* + - *Hydration*

This involves lifting the skin over the shoulder blades and stretching it upward to make something like a tent. If the skin snaps back over the shoulders, in terms of elasticity, the dog is well hydrated. If it remains in a stiff peak or draws back over the shoulder blades, your dog may be dehydrated. This can be a sign of a number of problems, but it is something that should be checked out by the veterinarian.

* + - *Gum Color*

Gum color is an indication of health. Normal gum color on a dog, unless it has black pigment, is a bubble gum pink. Check your dog when he is healthy by pressing your thrum against the gums, withdrawing it and counting one thousand-one, one thousand- two until the color returns where your thumbprint was. It should return in less than one second. If it takes three seconds or longer, it may be a sign of a problem.

If the gums are blue, it could indicate lack of oxygen. If they are pale, it could indicate anemia or shock. In any case, if you know what the normal color of your dog’s gums is and recognize a difference, check with your veterinarian.

* + *Behaviors Which Could Indicate a Health Problem*
    - *Scooting*

Dogs do not normally scoot. Scooting can indicate one of a couple of things. The thing that comes most quickly to mind to most people is that the dog has worms. This may be an indication of worms, but more frequently, is an indication of anal gland problems.

### PUPPY RAISER TRAINING MANUAL

* + - *Scratching*

If they are scratching at a certain part of their body, it could be fleas, an allergy or itchy skin for some other reason (for example, a “hot spot”). Nevertheless, scratching is not something that should be overlooked or assumed a normal behavior.

* + *Physical Reactions Which Signify Health Problems*
    - *Coughing*

Kennel cough is a highly contagious virus that is transmitted rapidly. It is simply a tracheal bronchitis and irritation of the upper respiratory tract, causing the dog to make hacking coughs. Sometimes the cough will produce white, foamy stuff or sometimes nothing at all. Usually the dog will continue to eat but may have a reduced appetite. The virus runs its course in anywhere from a few days to several weeks and may or may not require medication. Kennel cough is not a serious virus in and of itself, but can lead to secondary infections if the dog is in a debilitated state.

* + - *Choking*

Choking can be caused by playing with balls or toys that are too small. It is recommended that:

1. your dog does not play with any balls that are two inches or less in diameter, and
2. hard rubber balls, where they can chew off and try to swallow large chunks.

If your dog seems to be choking on an object, it is possible to attempt the Heimlich maneuver on them. It is also possible to try removing the object from the mouth, but use caution as the dog could bite. A dog that is choking is going to be frenzied and will be very, very defensive.

* + *Parasites and Insects That Cause Health Problems*
    - *Worms*
      * *Roundworms*

Roundworms are a common problem in young puppies and kittens when they are born if the mother was infected in her younger life. Roundworms can cause a problem by

### PUPPY RAISER TRAINING MANUAL

penetrating blood vessels and deep organs; the dog should be de-wormed several times. A fecal examination should be done at the conclusion of the de-worming cycle to make sure there are not more roundworms.

* + - * *Tapeworms*

Tapeworms are parasites that would be commonly found in pets throughout their lives. Tapeworms are about ½ inch long. They are mobile. You will find them crawling out of fresh stool, or they may dry up and speed on the ground. The way to get rid of tapeworms is to get a prescribed drug through your veterinarian.

* + - * *Heartworms*

Heartworms a parasite that are carried by infected mosquitoes. In heartworms, a mosquito serves as the intermediate host for the larval stage of the worm. The mosquito ingests the larva when it bites an infected dog and deposits its cargo in an uninfected dog when seeking another blood meal. The larva burrows into the dog and undergoes several changes to reach adult form. It travels to the right side of the heart through a vein and awaits an opportunity to reproduce. Adult heartworms can reach 12 inches in length and can remain in the dog’s heart for several years. The time lag between the initial infestation and reproduction by adult worms in the heart is six-to- seven months in dogs.

**CST RECOMMENDS** that an annual heartworm test be conducted at your veterinarian clinic and a heart worm medication like Heartgaurd, or Sentinel be taken monthly.

* + - *Fleas*

Fleas are prevalent in a number of areas, specifically areas which are warm and moist. They do not do well in areas above 5,000 feet in elevation.

Fleas normally hang out on various parts of your animal, but a classic place to find a flea problem is over the base of the tail on dogs. One of the signs that a dog has fleas, is chewing; if the dog chews this area constantly to the point of breaking off hairs and making the skin raw, it could be a flea-related problem. Two other signs are: scratching and skin allergies.

### PUPPY RAISER TRAINING MANUAL

To treat a dog that has fleas you can give a monthly medication and/or treat its’ home environment. You can treat your home by vacuuming indoor carpets, furniture and solid surfaces; wash bed linens, pet bedding, and rugs; mow the lawn regularly, clear brush, leaves, and tall grass from around houses, gardens, and wall; stack wood in a dry location away from the house; keep the yard clear of the remains of plants.

* + - *Ticks*

A real little nasty creature ticks hide out in grass and catch the unsuspecting passerby. On a dog, the tick will bury its’ head under the skin layer and proceed to drink all the blood it can get. If you live in tick-country, a daily check during the summer season is essential. Rub your hands all over the dog’s body, and your fingers through his fur, applying pressure, enough that you can feel any abnormalities in the skin. If you feel a small lump, pull the fur apart to investigate it further. An embedded tick will look like a small black or brown pimple, sometimes flat, depending on location, and sometimes the legs are visible.

* + - *Other Insects*

Other insects include mosquito’s and bees. Insect bites commonly occur on the muzzle of a dog because dogs explore their worlds with their noses. If you see swelling in some portion of the nose, check the interior of the mouth as well. One of the biggest hazards of an insect bite is that the swelling might impede the dog’s ability to breathe. Check for any swelling in the tongue and make sure the dog is able to breathe well. In any event, it is best to take your dog to the veterinarian for an injection that will reduce the swelling quickly. Multiple insect bites can be life threatening to a dog because it is similar to poisoning. The number of stings, which one at a time would not be a problem, in multiples it can result in something similar to poisoning. Bites of this magnitude can be life threatening to your dog. Therefore, be watchful for the signs of an insect bite: swelling, trouble breathing, skin irritation (redness), and scratching.

* + *Environmental Hazards that Cause Health Problems*
    - *Foxtails*

Foxtails are usually located in dry, grassy fields.

### PUPPY RAISER TRAINING MANUAL

* + - * *Foxtail in the Nose*

Dogs do not sneeze as a result of allergies. Allergies are usually represented by skin lesions. If your dog is having violent fits of sneezing, or if you see blood coming out of one or the other nostril, it may be a foxtail in the nose. It should be extracted by the veterinarian as soon as possible.

* + - * *Foxtail in the Ear*

This can be very dangerous. The ear canal of a dog is L-shaped, which means that once a foxtail enters and penetrates a little, it will not been seen by the naked eye. It is important that if your dog is shaking his head, scratching his ears, whining or seeming lethargic, that you have the dog checked out, especially the ear canal. Once a foxtail gets in there, it will continue to get deeper and deeper into the ear canal, penetrating the eardrum.

* + - * *Foxtail Between the Toes*

If you let your dog run where foxtails grow, you may have to pull all the foxtails out from between the toes after that romp. Better yet, avoid dry, grassy fields in summertime. Foxtails, once they get between the toes, will quickly penetrate the thin skin, and will continue to migrate into the paw and wrist of the dog. If you see your dog licking at his paws, since dogs do not groom like cats do by licking their body, you should check the area where the dog is licking. It may be harboring a foxtail or some other irritant.

**NOTE:** CST dogs are not permitted to be off leash unless in a fenced area.

* + - *Snake Bites*

As with people, the important thing to do if a snake bites your dog is to put a barrier between the bit itself and the heart. With the exception of putting a tourniquet or tightening an area around the neck, any kind of stricture, whether it is a rubber band or just a tightly wrapped piece of material should help. You should immediately get your dog to the veterinarian for an antidote or an antihistamine-type drug. However, if you live in an area where there are rattlesnakes, your veterinarian can administer a snakebite shot.

### PUPPY RAISER TRAINING MANUAL

* + *Dietary Concerns that Cause Health Problems*

The following health-related problem might arise if you don’t monitor your dog’s diet or food intake.

* *Milk Products*

Dogs should be served cow’s milk as it can cause diarrhea. Make sure you are giving cultured dairy products that have pre-digestive abilities. Goat milk is digestible and can even be used to calm the dogs stomach.

* + - *Natural Bones*

Largely, veterinarians do not recommend feeding bones to your dog, whether cooked or uncooked. Bones have a tendency to splinter as they are consumed. They can impact the gut, which can lead to a serious surgical problem and at best are difficult to pass. They create dry, chalky stools that are very uncomfortable for the dog to eliminate.

It is also recommended not to feed rawhide toys to the dogs. Rawhide has a tendency to swell in the stomach with water consumption.

* + - *Overeating*

Dogs, just like people, can have a tendency to overeat or not near enough. Controlling the diet is a very important factor in dog ownership. Knowing how much your dog eats is also important. Overeating in dogs is just as hazardous as overeating in people. Therefore, you should make sure that your dog is not an overeater by rationing specific amounts of food daily.

Overeating can cause back problems in overweight dogs, as well as undue stress on the respiratory and circulatory systems. Another eating problem can be found in dogs that quickly consume their food.

Should your dog consume a large mount of kibble, (Got into a bag of dog food and gorged itself) DO NOT ALLOW THE DOG TO DRINK A LOT OF WATER. Allow only small sips if necessary. Water will inflate the kibble in an already very full belly.

Rapid consumption of food can lead to bloat. Bloat occurs when the intestinal tract is impacted, creating gas and often a blockage. This is an emergency if it occurs. The

### PUPPY RAISER TRAINING MANUAL

best way to prevent it is to feed your dog more than one meal a day and to not exercise your dog immediately after a meal. Four symptoms of bloat are: extended swollen abdomen, lethargy, restlessness, vomiting white foam/froth.

* + *Life Threatening Health Problems*

Life-Threatening problems include problems breathing, bleeding, and lacerations.

* + - *Breathing Problems*

If your dog is having breathing problems, such as from insect bites or for some other reason, you or someone must call the veterinarian very quickly. You can also attempt CPR or artificial respiration. The important thing to know about artificial respiration is that you can put your mouth completely over the muzzle and nostrils of the dog and exhale into them. However, remember that if it is a very small animal, like a newborn puppy, you may over-inflate the lung, so be very careful. Better yet, get instruction from your veterinarian on how to perform artificial respiration on your pet.

* + - *Bleeding*

Bleeding can be life threatening or not, and you will often be unable to judge the difference. The important thing to do in event of any bleeding, whether it is arterial or venous blood, is to apply pressure to the side of the bleeding enough to control or retard the flow. Then get your dog to a veterinarian as quickly as possible for professional care.

* + - *Lacerations*

Lacerations of any kind should be stitched by the veterinarian as quickly as possible. The longer you wait, the more difficult it will be to suture and the less likely the tissue will be healthy enough to be rejoined by the suturing. Therefore, it may leave a scar or will have to granulate in. The maximum amount of time for a laceration to be sutured successfully is usually up to 24 hours. If the area that needs suturing is over a joint, where there is a lot of movement, 24 hours may be too long to wait. Always get wounds sutured as soon as possible.

### PUPPY RAISER TRAINING MANUAL

* + *Emergency Situations that Will Affect a Dogs Health*
    - *Household Products*
      * *Antifreeze*

Dogs are attracted to the taste and smell of antifreeze, and many of them have died or have become seriously ill from antifreeze poisoning. Be sure when you drain your radiator that the antifreeze is not in a location that is accessible.

* + - * *Rat Poison*

Rat Poison and snail bait are primarily a grain-based poison, which means that since your dog is likely consuming corn and wheat-based diets, it is not unusual for them to be attracted to the barely-type baits that are out there. Keep all poisons away from your dog.

* + - *Other Situations That Can Cause Health Problems or Injury*
      * *Hot Cars*

In the summertime, or even in the early spring or winter days when temperatures get up into the high 70’s, a dog in a car without appropriate shade or water can be seriously threatened by hyperthermia. The important thing to do if your dog is in a hot car or you find a dog that is suffering from heat stress, is to remove them from the source of heat. Do not stress the dog; do not make them walk if you can avoid it and try to get them to a cool area as quickly as possible. Offer cool water. DO NOT use ice water. Cooling the mouth too quickly can send a false signal to the dog’s brain that the body is now cool.

### NOTE: CST’s DOGS MAY NEVER BE UNATTENDED IN A CAR FOR ANY REASON!!

* + - * *Off-Leah Activity*

Your dog should only be allowed off leash in an enclosed area. Your dog should never be loose in the bed of a truck. If your dog gets hit by a car, it may be panicky and not recognize you and therefore be defensive and prone to biting. The first thing you should do, is try to locate something that will serve as a muzzle on the dog if he is conscious.

### PUPPY RAISER TRAINING MANUAL

Remove the dog from traffic and if possible, to remove the dog on a flat surface to keep the back stabilized. If the dog is in a situation of causing a traffic hazard, it is more important to simply get the dog out of the way and see a veterinarian right away.

* + - *Recognizing Other Emergency Situations*

In any emergency, the most important thing to remember is to call ahead. Even veterinarians who keep office hours may be involved in a surgery or procedure that you know nothing about. Call first so they know you are coming, when you are going to arrive, and you know if they will be able to attend to your dog.

* + - * *Unconsciousness*

If you find your dog unconscious and have no idea what caused it, check for any sign of electrical cords before you touch the dog to make sure they haven’t bitten into one. Then contact your veterinarian and take the dog in to be examined right away.

* + - * *Shock*

You can recognize shock because the gums get very pale and the dog becomes lethargic and will act abnormally in some way. Shock in pets is usually the result of a trauma. Get the dog to a veterinarian as quickly as possible. You can drape a blanket over them to maintain body temperature. Do not put the dog on a heating pad or warm him artificially. Just try to retain his natural heat.

* + *Preventative Measures – Vaccines*

The puppy vaccination schedule is provided in the PART I Attachments.

 Vaccination should be maintained yearly.

 Most vaccinations now available are given at one to three-year intervals.

 Rabies vaccine is now given at three-year intervals in most states. Rabies affects all warm-blooded animals. That means any human, domestic livestock, as well as dogs and cats and a variety of mammalian species and birds, are potential carriers of rabies. This is why the rabies vaccine is so important.