



## **Puppy Hand-Out**

### **General Information**

- ⇒ **Rainy Days?** - Check our **WEB** site if you're wondering if we're training on a particular day; <http://www.myk9u.com/weather.htm> (please bookmark this page).
- ⇒ **Call our office** if you have any questions (405-231-HEEL (4335)).

### **Training Golden Rules**

- ⇒ **Build a bond** with your dog. Need to enjoy each other. Be the *Alpha* in the pack.
- ⇒ **Be consistent.** No mixed messages. Always react the same to the dog's behavior. Always! Don't overuse words – use command **ONCE**.
- ⇒ **Don't nag.** If you continually nag at them, they will grow to understand that they should react on the 4<sup>th</sup> or 5<sup>th</sup> nag or command. Say your command **ONCE**.
- ⇒ **Reward** good behavior always. Praise him passively or actively. Use snacks, voice, toys or hand. Extremely important for them to associate properly.
- ⇒ **Correct** only **PRESENT** bad behavior. Remember that your dog has a short memory. Correct bad behavior within 2-3 seconds verbally and with leash. Never strike or hit your dog, that's no way to build a bond. Practice the 5:1 rule.
- ⇒ **Know your equipment.** Never **OVER**-discipline your dog's behavior, he will grow afraid. Remember the 5:1 rule.
- ⇒ **Don't lose your temper.** It's not their fault you didn't communicate properly.
- ⇒ **Anticipate.** If you see your dog or puppy smells or sniffs intensely, it's time to rush him outside. Learn to read your dog.
- ⇒ **Practice** your daily homework lessons religiously. You **WILL** build a bond.
- ⇒ **Fun – fun – fun.** Need to start and finish all training sessions with play and fun. Happy – happy – happy. If you have fun, they will have fun.



## Puppy Potty Training –

Do you remember how long it took before you were potty trained? You probably don't. It took vigilance, encouragement, patience, praise and bribery. Just when it seemed like diapers would be part of the cost of a college education, it sunk in. The light came on in your head, and all that work finally paid off. You were potty trained!

Training your puppy to use a special "toilet" area is a lot like that. It could take months before he can be trusted not to make mistakes. The more diligent and supportive you are, the faster he will learn. Your goal should be to avoid letting your puppy make a mistake. It's a lot **easier to teach a puppy what he should do, than to teach him what he should NOT do.**

It's important to put your puppy on a **feeding schedule**. Write down the time he eats and the time he poops. When you have a daily record of times, then you will know what time you need to take him to his toilet area. You will also need to take him out about **10 minutes after he has a drink of water**. Take your puppy out **after a nap**. **After he's been playing**, he'll need to potty also. Just like little kids, puppies get so excited about playing they don't want to stop and go to the bathroom. That's when accidents happen.

Puppies are easily distracted, so **leaving him outside by himself just won't work**. You need to stay with him so he can learn what it is you want him to do. You might want him to hurry up and go potty, but your puppy would rather play. Be patient, but help your puppy focus on the task at hand by telling him, "**go potty**." (use his name and whatever word you want to use to make him go). When he goes, tell him, "**Good potty**" and bribe him with praise and treats. An over production is expected here. If you are consistent and patient, your puppy will learn to go potty when you tell him!

Remember, if your puppy has an accident, it's not the puppy's fault. It's your fault. You weren't paying close enough attention. If your puppy makes a mistake, ignore it. **Never rub his nose in it or spank him**. That will only make him lose his trust in you, and hide his mistakes from you (like eating his feces so you won't find them). It's a lot better to find a mistake out in the open than behind the couch! If you catch him in the act, say something like, "**STOP**". Pick him up and carry him to his potty area and tell him to go there. Only correct your puppy if you catch him in the act. Otherwise, say nothing. Clean up the mess when your puppy isn't looking. Make sure you clean the spot with a vinegar solution or a product that neutralizes the odor. Soap is not enough. If you don't remove the odor, the puppy will want to go there again.

All puppies are different. How long it will take before your puppy is completely house trained depends on how attentive you are and how smart and willing he is to learn. Don't be disappointed if your puppy is eight or nine months old before you can fully trust him. And, don't get mad at him if he has a setback after you think he should be trained. Just **be patient**. Your puppy will be telling you when he needs to go out before you know it!

Puppy potty training cannot be performed reliably before they are 12 weeks old. Prior to this age, puppies lack the muscle control, and they do not have the attention span to really grasp the lessons. Some pups under 12 weeks are better than others in their comprehension level, and they may actually do well for a while, but, expect accidents; so, be tolerant.

The two most effective methods for Puppy Potty Training are:

1. Crate Training - The foundation for potty crate training is based on the principle that puppies (or most animals for that matter) will avoid soiling in their immediate sleeping or living area.
2. Paper Training/Puppy Pads – Paper or Puppy Pad training your dog is a two-stage process. One; Train the puppy to relieve itself on paper only. Two; Train the puppy to go only outdoors. There is a potential risk of only partially house breaking a puppy using the Paper-training method, as it is trained that relieving itself indoors is acceptable. This method is slightly harder, but can be effective if done properly.

**Crate training, in the views of this trainer is the most effective method for housebreaking to ensure that a puppy is fully trained.**



## **CRATE TRAINING**

You must purchase a dog-crate that will be the right size for your puppy. It is important that the crate not be too big, or your puppy may soil in it. The crate should be big enough for your puppy to stand up, turn around and lie down with a small water bowl. The crate should be able to take the puppy from 12 weeks to about 18 weeks only.

When the puppy is unsupervised, they should be restricted to their crate. Never confine your puppy to its crate for more than 2-3 hours at one time. This is crucial. As they grow up, you may go longer (4 hours).

At regular intervals your puppy should be taken to a designated place outside to relieve itself. The owner needs to anticipate when a puppy needs to relieve itself. A puppy should be taken outside after they wake up, after they eat, after playing and throughout the day at least every 3 hours.

As your puppy relieves itself use words like "do" (or any other consistent word) then praise them. Soon your dog will learn the command "do" means to relieve itself. It is important to praise your dog after it relieves him-self in the designated spot so it learns that it is doing well by going in that area (ensure that when you're cleaning this area outside, that you always leave some of his waste so that he can easily find it next time).

### Key Training Points:

- Set an alarm to remind you to let the puppy out to relieve itself.
- Exercise your puppy before confining them to their crate.
- Anticipate - A puppy that suddenly sniffs the ground intensely is usually signaling that it is looking for somewhere to relieve itself.
- Don't isolate the crate. Put the puppy crate in a busy environment such as the kitchen.
- Never confine a puppy in a crate for punishment. The crate needs to be associated with goodness.
- It's normal for a puppy (dog) to be excited to see you if you've been gone for a while. This is a crucial time when their ability to control is put to the test. Greet your dog where it's okay for him to piddle. This will be an issue for a few months. Some dogs have this submissive urination (piddle) problem into their adolescent periods. Watch them carefully. As they age, their muscles will become stronger, and they will be able to control better.
- Never scold your dog for accidents. It was really your fault. Watch him closer next time.
- Cut off their food and water supply 2 hours before sleep time. It will help with control issues.
- The goal is to have a process whereby the dog is rewarded for going potty outside when he is released from his crate; if he does not potty outside, he needs to go back to the crate for another hour. Repeat till he does.

## **PAPER TRAINING**

Paper training a puppy is a two-stage process: 1) train puppy to relieve itself on paper only 2) train puppy to go only outdoors. Paper training is when the dog goes on newspaper when indoors, but when outside it goes in a designated area.

The owner needs to monitor the dog and anticipate when the dog needs to relieve itself. At regular intervals your puppy should be taken to the papered area or a designated place outside to relieve itself.

As your puppy relieves itself use words like "do" (or any other consistent word) then praise them. Soon your dog will learn the command "do" means to relieve itself. It is important to praise your dog after it relieves on the paper or outside in the designated spot so it learns that it is doing good by going in that area.

Whenever possible train your puppy to relieve itself outside in a designated area. (Ensure that when you're cleaning this area outside, that you leave some of his waste so that he can easily find it next time). A puppy needs to be taken outside immediately after they wake up, after they eat and throughout the day at least every 3 hours.



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Unless your puppy is to be completely an indoor dog (like a toy dog living in an apartment) then, they need to be weaned off relieving themselves on the papered area.

After the puppy learns that relieving itself on the papered area is 'good' then the papered area needs to be gradually diminished. As the papered area is diminished it should be moved closer towards the door and finally outside, near the door still.

If done correctly, your puppy will be asking to go outside since he'll see and smell the paper outside. Once he gets out, almost always he'll be driven to his favorite yard spot. Soon, you'll need to eliminate the papers outside as well.

Never scold your dog for accidents. It was really your fault. Watch him closer next time.

### Key Training Points:

- Set an alarm to remind you to let the puppy out to relieve itself.
- Generally let your puppy go outside whenever possible to relieve itself.
- Exercise your puppy before bringing them into the house again.
- Anticipate - A puppy that suddenly sniffs the ground intensely is usually signaling that it is looking for somewhere to relieve itself.
- The important times to take your dog outside to a designated spot are, after they wake up and after they eat. This is a time where you can really emphasize praise when they relieve themselves and will be an excellent and very effective and fast way for them to learn.
- It's normal for a puppy (dog) to be excited to see you if you've been gone for a while. This is a crucial time when their ability to control is put to the test. Greet your dog where it's okay for him to piddle. This will be an issue for a few months. Some dogs have this piddle problem into their adolescent periods. Watch them carefully. As they age, their muscles will become stronger, and they will be able to control better.
- Never scold your dog for accidents. It was really your fault. Watch him closer next time.
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