

Chapala Bay Puppy Training Booklet



Congratulations on your new puppy! This booklet is intended to help you understand your new puppy and make sure everything goes smoothly. It is also intended to help you train your puppy. This booklet can be used as a quick reference for problem solving or training issues. It is not intended to replace puppy kindergarten, it is just an extra tool. I hope you find this informative and helpful. This will explain basic dog behavior and positive training methods. It also covers some basic problem solving. For those of you who are more experienced, this may be just a review or possibly an update. This was written for Chapala Bay Cotons, so it does contain some personal opinions and favorites, so please make sure you check with your breeder as well in case there are any differences in opinions.

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Your First Day

The first day is always exciting and can be a little stressful. It is good to make everything a little low key.

First thing, take puppy out on leash to place that you want puppy to relieve himself/herself. Give “go pee” command. Wait for them to go, then praise and give a treat. Always treat when puppy goes where you want him to. For house training, always take puppy outside after every change in activity. That means after eating, sleeping, playing, drinking. Watch for signs that he/she has to go such as circling, sniffing, spinning, and quick running. Soon you will learn to recognize the signs. You must watch your puppy at all times. If you are going to be busy, put puppy in his crate so he is safe. They usually won’t “go” in their crates. Just make sure you take them outside as soon as you let them out of the crate. If you are diligent, it should go fairly quick. It is best to try to avoid accidents in the house. If they have one, just ignore it and clean it up with a spray that removes all odors. The odor attracts them so if you don’t do this, you could have a problem. It is important to never reprimand puppy for going in the house, otherwise they will learn to sneak off and do it while you aren’t looking. They may associate it with your presence which means they may not go outside if you’re there and then it will be much more difficult. Please be patient with your baby, sometimes it comes on really quick. Their bladders aren’t fully developed until 6 months or so.

Get on the floor with your puppy especially if your puppy is a little shy. Have family members sit in a circle and take turns calling puppy by name. Have each one give a treat when puppy comes over. Be gentle and loving. Never force anyone on puppy, let him/her get comfortable at their own pace. Forcing a family member on a puppy can cause the puppy to be afraid. Avoid visitors this first day, it is best to get them used to the family first.

Make sure you give your puppy rest time, either in his/her crate or a bed. Puppy needs a lot of rest and can't take too much excitement or activity. If you are planning on crating your puppy while you are away, it is good to schedule a nap time in the crate. Toss a treat in the crate to make it a positive experience. Never use the crate as a punishment, it is your puppies den and safe haven.

Most of all just enjoy your puppy. Puppyhood is very busy but also very fun and doesn't last long. Pretty soon it will all be over and you will have wondered where the time went.

Please don't forget to send your breeder updates to let them know how you are all doing and of course pictures!

How to Introduce your Puppy to Existing Dogs

It is always best if possible to have both animals smell something of the others scent so when they meet they are familiar with each other. If this isn't possible, it's no problem. The best thing to do is to have them meet on neutral, unfamiliar territory. Make sure if you have them on leash that the leashes are loose to avoid leash aggression. Let them approach each other slowly, don't force anything. Let them sniff each other for a very short time, then get each dogs attention and have them sit for a treat. Talk in a happy tone and make sure you have each dog on the leash with one person per dog. Once they are tolerating each other without aggression, you can bring them home. If the dog is growling at puppy, let them, it is normal for the dog to set limits for puppy. If dog goes to bite puppy, separate them. Make sure you supervise at all times. If you have more than one dog, introduce each separately. They have a tendency to gang up on the newcomer so be careful! For more information on this, check out this site, http://www.hsus.org/pets/pet_care/our_pets_for_life_program/dog_behavior_tip_sheets/introducing_pets_to_a_new_dog.html

If you have multiple pets there is a very good book called *Petiquette* that deals with multiples and individual behavior. There is also another booklet called *Feeling Outnumbered* on multi dog households.

How to Be Your Puppy's Leader

It is important that your puppy recognizes you and your family members as his/her leader. This must be done in a very positive way or you could damage your puppy's spirit. The best way to be a good leader is to always be calm and consistent. Consistency is the absolute key to training. You also be a leader by controlling the resources, such as food, toys, and affection. Always reward behaviors that you want to see continue and ignore unwanted ones. The best way to control the resources is to make sure you have puppy perform a behavior before you either a treat or attention. For example, always have puppy sit and wait before you give them their food. Always have them sit before you pet them. This is the best way to establish leadership. If you do this, training will become much easier. It is particularly important that the children of the household do this as well. Puppies tend to see children as equals so it is important for everyone's sake that they recognize the child as a leader. Rewards can be treats, affection, a walk, a game of tug (make sure you decided when it's over), anything that your puppy loves, use it as a reward and have them do something for it. They will then want to show you their good behavior and will be very happy to receive their reward. They need to know that good things happen when they come to you. This will also help with the recall. Always remember that your puppy will get bigger so anything you allow now may not be as good later. It is best to establish the eventual rules right away.

Canine Body Language and Behavior

Dog behavior is obviously different than human behavior and it is helpful to have an understanding of the basics in order to avoid problems. The following is just a basic rundown.

What dogs find intimidating:

- Direct eye contact (Cotons don't mind this)
- Petting over the head
- Leaning over dog
- Moving quickly and straight at dog
- Smiling showing teeth (your puppy has been desensitized to this)

How to safely approach dog:

- Approach at an angle, sideways
- Let dog sniff hand, palm down
- Pet chest area, and advise others to as well
- If the dog is scared, have treat in hand, stretched out, no eye contact

How to spot a relaxed dog

- Lips relaxed
- Tail wagging, large and happy and to the right
- Soft eyes

How to spot a stressed dog:

- Tight lips
- Stiff upright tail, possibly vibrating
- Lips curled back
- Growling - Never reprimand a growling dog-that is their warning and if they aren't allowed to growl, they may go straight to biting. (rare for Cotons, but all dogs can bite if scared or provoked) Take it as the natural warning that it is and know you need to protect your dog. If it is at a person, have them step back or you move dog back to a more comfortable position. If it is a person, you can give that person a treat, have them turn sideways, with treat on hand, hand outstretched. Let puppy approach and take treat. Make sure person isn't looking at the dog. This will take a bit of time, but it will be well worth it. If it is something else, just back up until puppy doesn't react, then give puppy a treat, approach slowly, giving treats as you go. If growling persists, back up until he/she stops. If this doesn't help it is best to get a positive based certified trainer to help. The book Click to Calm is excellent for this. Growling is just part of dog communication and it lets you know there is a problem. The book Barking by Turid Rugaas explains this very well.

Calming Signals – These are signals that dogs use to show stress and try to calm themselves or other dogs. If you see your dog doing this, they are stressed, you can mimic them to try to calm your dog. Be aware of your dog's body language especially if you are out. Remove them from any stressful situation and take their signs seriously. Back them up a bit until they are ok.

- Licking
- Yawning
- Stretching
- Turning the head.

These are just a few, for more information read Turid Rugaas, On Talking Terms with Dogs: Calming Signals or here is her website, www.TuridRugaas.com

Submissive Peeing

This is an often misunderstood common puppy behavior. Some puppies will pee when you look at them or when you first greet them. This is the puppy showing respect and submissiveness.

Unfortunately, people really don't appreciate it. The best way to deal with this is to ignore puppy for the first few minutes before greeting them. Once they have calmed down, they usually won't do this. When you do greet them, don't make direct eye contact and make sure you approach sideways. You can also advise others to handle them that way as well. Most puppies just outgrow it, otherwise just keep handling them that way. Never reprimand your puppy for submissive peeing. They will just pee more in hopes of appeasing you. That will make everything worse.

Canine Development

It is good to have an idea about the phases of a dog's development and key points to note. I'm only going to write about the phases after 10 weeks that are relevant to you.

Socialization Period - 5-16 weeks

- **Fear Imprint/Impact Period 8-11 weeks** - Try to avoid any fearful experiences, outgrow it at different rates.
- **Environmental Awareness Period 9-12 weeks** - This is the period that they bond the most, a good time to bond with family
- **Seniority Classification Period 13-16 weeks**- age of independence. This is when your puppy shows independence and isn't as compliant as they were before. Training is crucial in this period. If allowed bad behavior it will likely continue on. This is a very good time for training classes.

Flight instinct period 4-8 months - Puppy who previously came to you may want to run away and turn it into a game. Praise and treat puppy every time he/she comes to you. Use a long line to avoid the "can't catch me" game. It will lessen this phase.

Second fear impact period 6-14 months - Puppy can start to get very afraid of things it wasn't afraid of before. Try to avoid any bad scares. Make sure you don't console puppy, make light of it, get puppy to do behaviors to get them out of it. You must socialize as much as you can, increase exercise, reinforce obedience and attention training to minimize this.

Maturity Period 1-4 Years - Transition between puppyhood and adulthood. Continue to socialize your dog during this period. Genetic traits become more amplified.

This is just a brief rundown, if you want to read more about it, the book, *Another Piece of the Puzzle, Puppy Development* edited by Pat Hastings and Erin Ann Rouse, is very good and gives an in depth look at all the phases from before birth. It is a very good book both for breeders and anyone who has an interest in puppies.



Socialization

Your puppy has already had the beginnings of great socialization, now it is up to you to carry on. This is the absolute best thing you can do for you and your puppy. The critical period for socialization is between 4 and 16 weeks. A well adjusted non-fearful dog is a pleasure to walk and take places. Your puppy needs to see a variety of different types of people and places. This includes babies, children, seniors, men, women, teens, people wearing hats, bearded people, dogs, cats, etc. It is good if you can introduce them to new people everyday and bring them to a new place once or twice per week. If they are nervous, feed them tiny treats so they associate new people with something pleasant. Enroll your puppy in puppy kindergarten, this is great for socialization and it's a lot of fun. Training your dog increases the bond between you. Even if you know about training it is very valuable. This will ensure a happy, mentally well adjusted family member. So, the bottom line is socialize, socialize, socialize!!!!



Desensitizing

Desensitizing is a great skill to learn. It helps your puppy get over any fears and helps them become well adjusted. It is a very easy, effective way to help them out. Basically, when puppy is scared of something, you have to change the way they feel about it. First off, back them up to a safer distance, then give them a treat when they aren't reacting. If they still can't calm down, back them up some more. For example, if they see a person they are scared of and start barking, back up until they are no longer barking. Give a treat every time they look at that person and don't bark. Then gradually go closer, always rewarding for no reaction. This can be done with anything. With nail clippers, give them a treat for looking at them. Then touch their paw and give a treat, gradually build them up to clip and treat. Once they aren't afraid, wean the treats out. That is desensitizing in a nut shell. If you are using a clicker, click as soon as there is no reaction. It does go quicker if you use a clicker. This is one of the most useful effective ways of getting your dog to get over pretty much anything. If you want to read more in depth about it, the book *Click to Calm* is excellent. Don't let the term aggressive scare you off, it is just desensitizing for all dogs.

Dos and Don'ts

- Do be gentle
 - Do be consistent
 - Do be kind
 - Do make sure your puppy has a lot of toys, include interactive toys for mental stimulation and chew toys, rotate toys to keep them interesting
 - Do walk your dog every day to ensure ample exercise
 - Do supervise your puppy at all times or crate them to ensure their safety and success with house training
 - Do have a safe place for puppy to be when you go out, either crate or sectioned off safe area
 - Do give puppy at least one week of consistent training out a behavior before trying something else
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- Don't use punishment to train, this will scare your dog and be counter productive, it will teach them not to trust you
 - Don't reprimand for house training accidents, they will just learn to sneak and will be afraid to go in front of you, even outside
 - Don't push people on them if they're scared, let them go at their own pace
 - Don't ever chase your dog
 - Don't try fixing a problem another way if you haven't tried consistently for at least one week.

Puppies and Children

Puppies and children can be a wonderful thing but it has to be managed. Puppies tend to see children as their siblings and try to play with them as they would another puppy, such as nipping them. On the other side, children tend to be too rough for puppies and can hurt them, especially when they are young. It is very important that you always supervise puppies with children. You also have to teach both the puppy and the child how to elevate the child's status in the puppy's eyes. Always make sure the child asks puppy to do a behavior before they either give attention or a treat. Have them sit, or down. Children must never chase puppy (nor should anyone else for that matter). Nipping is quite common with puppies and children, see section on nipping to avoid that. It is good to involve the child in training classes. If puppy is jumping on child, have the child freeze and "be a tree", when puppy quits jumping, then they can give puppy attention. Explain to your children the importance of being consistent, that is the only way a puppy can learn. If your child has friends over, have them do the same, if that isn't possible, then put puppy in their safe place.

Training Basics - How to Choose a Good Trainer

It is very important to get you and your puppy into a really great puppy kindergarten. This helps not only with training but it is excellent for socialization as well.

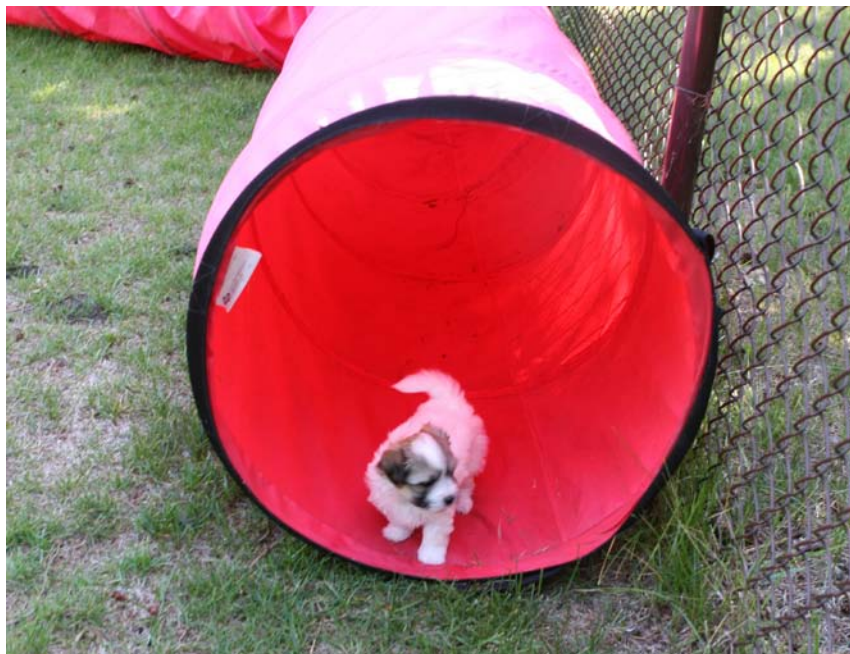
Ensure you choose a trainer who is positive and non-aversive. Ask what their credentials are. It is best to pick a trainer who clicker trains, that is the most effective, fun way to teach your puppy. Your puppy already has been started on this method. Avoid anyone who used intimidation or any harsh methods, this will damage your puppy and those methods are archaic and unreliable. Be wary of television shows with trainers performing miracles. Many are abusive behind the scenes and you are not seeing a well trained dog, you are seeing a dog that has been shut down and is now unpredictable and afraid to learn anything new.

If you live in Calgary I can recommend some excellent trainers. If you don't, just make sure that you meet the trainer, try to sit in on a class to see how they handle the dogs. Most reputable places are more than happy to let you sit in on a puppy class. Look to see if the people and the dogs are having fun. Make sure the facility is clean. Ask which books they recommend and what their training philosophies are. If they are not 100% positive, find someone who is.

Also make sure they check vaccination records to make sure your puppy isn't exposed to an unvaccinated puppy.

Training is a life long experience and can be very rewarding for both you and your dog. The more you train your dog, the better your communication will be and the more rewarding your relationship will be. Outside of obedience you can also take agility, fly ball, or rally obedience. Training is a fun, bonding, lifelong experience.

Agility is a very fun training activity to do with your dog. It doesn't matter if you aren't very athletic, it is just fun. You really compete against yourself.



Clicker Training

Clicker training is a positive training method that is proven very effective and fun. A clicker is a little plastic device that when you push a button it makes a clicking sound. The click to the dog indicates that you will give him/her a treat. The click marks the behavior so the dog knows exactly what is earning the treat. Always give the dog a treat after you click, even if you make a mistake and click it unintentionally, you must pay or it means nothing. Think of it like a camera, when you click, the behavior that is captured. This is a great training method. It is more precise and your dog understands very quickly what you want of him/her. With praise and other methods it's more difficult to get the timing right and there is more chance for confusion. Studies have shown that animals who are clicker trained learn much faster than any other method. Clicker training has been widely used in other animal training such as dolphins and zoo animals.

Basic Problem Solving

This section has some basic training information. Should this not work, always feel free to contact me for other suggestions. A lot of training does depend on what works for your individual dog. Consulting a positive dog trainer is also always an option.

Separation Anxiety

The easiest way to solve this is to avoid it in the first place. Teach your puppy that their crate is a safe haven. Reward them for going into their crate, give a little treat. Give them a chew toy to chew in their crate. Leave the room for small amounts of time, always pair your leaving with something good, like a stuffed kong. You can also build up the time to make sure puppy knows you're coming back. Leave, come back right away, then keep increasing the time. Make your comings and goings low key. Put puppy in their safe place about 10 or 15 minutes before you go out. Give them something to do such as a kong. When you come home, greet your puppy calmly. If they are too excited, just ignore them for a couple of minutes. It is very tempting to have the big excited greeting but this just confirms to the puppy that it is terrible when you are away. That is not good for you or your puppy. You can also leave some classical music on to calm them.

Jumping

Jumping is easy to teach off the get go but a hard habit to break. When you have your new little 10 week old, it doesn't seem to matter if they jump, however, once they are bigger and jump on you when you are wearing shorts, it's not so good. Company doesn't enjoy that either. The best way to avoid this is to have puppy sit before you pet puppy always. If they are sitting, they can't jump. Make sure you have all family members do this as well, also company. If your company won't do this, put puppy on a leash for greetings and you have puppy sit before they are allowed to be petted. When greeting others, it is also good for company to ignore puppy for a minute until they are calm. You can also turn your back on puppy every time he/she jumps up, this is often very effective as well.

Nipping

Your puppy needs to learn not to nip. We don't totally teach this before you get your puppy because they need to learn bite inhibition (not to bite too hard). If we prevent this from the beginning, they can have problems of nipping too hard. First thing, if puppy nips, withdraw all attention and make blank face, looking up. As soon as puppy withdraws, give them attention with a happy face. Keep repeating this, they will get the message. If this isn't enough, you can add a loud ouch and withdraw attention by turning your back on them. Do not push puppy away, that is just a fun game in their eyes. Puppy wants your attention more than anything so be consistent and puppy will learn. This should take about 3 weeks.

House Training

Some of this has been covered in first day but this goes into more depth. The quicker this can be done the more pleasant life will be. It is good to teach them to ring a bell to alert you that they need to go out. Get a bell, hang it by a shoe string beside the door or on the door handle. First thing, ring bell and take puppy out on leash to place that you want puppy to relieve himself/herself. Give, go pee command. Wait for them to go, then praise and give a treat. Always treat when puppy goes where you want him to. For house training, always take puppy outside after every change in activity. That means after eating, sleeping, playing, drinking. Watch for signs that he/she has to go such as circling, sniffing, spinning, and quick running. Soon you will learn to recognize the signs. In addition to this, take them out every hour. It is work at first but well worth it. Ring the bell every time just before you open the door to go out, pretty soon, your puppy will ring the bell by himself/herself. If puppy rings bell, you must take them out so that they always associate the ringing with going outside. Only reward them once they have actually gone. Don't praise them for ringing the bell or you will be one busy person, ;-D! They will likely go through a bit of a naggy phase but it is very handy for them to have a way to let you know especially that you can hear. You must watch your puppy at all times. If you are going to be busy, put puppy in his crate so he is safe. They usually won't "go" in their crates. Just make sure you take them outside as soon as you let them out of the crate, carry them if necessary, especially in the morning.

House Training Continued

If you are diligent, it should go fairly quick. It is best to try to avoid accidents in the house. If they have one, just ignore it and clean it up with a spray that removes all odors. The odor attracts them so if you don't do this, you could have a problem. It is important to never reprimand puppy for going in the house, otherwise they will learn to sneak off and do it while you aren't looking. They may associate it with your presence which means they may not go outside if you're there and then it will be much more difficult. It is a really good idea to log when your puppy goes, then you have a much better idea of when your puppy needs to go. You will receive some logging sheets in your puppy package. Please be patient with your baby, sometimes it comes on really quick and they don't know in advance that they need to go. Their bladders aren't fully developed until 6 months. Most problems occur with unrealistic expectations. They never go to spite you, it is just that they have not learned to hold it and where it is appropriate to go. Your puppy already has had a head start on housetraining. Bottom line, be patient and watch your puppy at all times.

Another option for house training is the potty park system. Here is the link if you want to read about it, <http://pottypark.com/> or order one. It has some advantages. It can save your lawn or it is a nice alternative if you prefer an indoor potty, although it is too confusing to use it in both places. **It should be used one place or the other so that puppy knows that is where to go.** It is fairly easy to clean and is anti-microbial. It is most useful for apartment living. This product has a one year warrantee, however, it should last throughout your pet's life.



I've had mixed reviews on this. There are some other less expensive options as well, please contact me if you'd like some alternatives. One potential problem is that some dogs like a bigger area to go in. The other issue is it fairly high to climb on at first. It is good for apartment life though. It's good to have options, but ideally, going outside is easiest.

Barking

Barking is a bit of a tricky one. One has to determine what the cause is before you can deal with it. If it is anxiety barking, you must deal with the underlying cause. Nothing else will work. Boredom barking can be solved by giving them more exercise and interactive toys.

Alert barking should be managed so that they just give a warning. You should thank them and then expect them to stop.

Turid Rugaas has a wonderful book on barking, I highly recommend it. It's called "Barking: The Sound of a Language". If you are having a hard time distinguishing causes of barking, make a log and then you will have a better understanding of when and how much and why they bark.

Door Greeting

This is one of the most common problem behaviors that people encounter with their dogs. This is easily avoided if you start while they are a puppy. When the door bell rings (practice with family members), have puppy on leash, make puppy sit and wait before guest greets puppy. The other option would be to have a little mat, and have puppy go to mat and stay until company greets them. Always have puppy sit for greetings. This will save a lot of problems when puppy gets bigger. If puppy gets very excited, sometimes giving them a toy to hold is a good idea. Some really like that and it calms them down.

Fun Stuff - Games to Encourage Good Behavior

There are a lot of fun things to do with your puppy. It is good to play games to encourage your puppy to come to you:

You can have everyone sit in a circle and take turns calling puppy, when puppy comes, give them a treat and praise and petting. Eventually you will fade the treats, so it's good to have the praise and petting in. You can always vary the rewards. If they don't know when it's coming, it makes it more fun for them.

Hide and Seek- This is very fun to play, you hide and call puppy, when puppy finds you, treat, praise and pet. Get excited, show puppy how happy you are that he/she found you. You can do this by yourself or with family members all hiding and taking turns calling puppy. Vary the treats so you can fade them out, but make sure puppy knows what a good puppy he/she is. Focus more on love and attention.

Focus Game-this is to teach puppy to pay attention to you. Sit down with about 20 very tiny treats. Each time puppy looks at you, give a treat. Pretty soon, puppy will be very focused on you. Once puppy is good at that, instead of giving the treat, toss it, call their name and then when they look at you, toss the treat again. If you are using a clicker, you can click as soon as they look at you.

Resources

The following are some favorite books of mine. They help understand dog behavior and give realistic expectations. I highly recommend all of these books.

- **The Culture Clash** – Jean Donaldson
- **Oh, Behave** – Jean Donaldson
- **Barking: The Sound of a Language** - Turid Rugaas
- **Bones would Rain from the Sky** – Suzanne Clothier
- **On Talking Terms with Dogs: Calming Signals** – Turid Ruugas
- **Another Piece of the Puzzle: Puppy Development**
Editors: Pat Hastings and Erin Ann Rouse
- **Positive Perspectives 2** – Pat Miller
- **Click to Calm** – Emma Parsons

My Favorite Things

- Chris Christenson brushes, little wonder brush 27mm, gold 35mm and the fusion 27mm
- Safari double row flea comb for tear staining, green handle
- Comb – wide 1” All Systems detangling comb
- Plush Puppy OMG grooming spray- I sell or you can buy online
- Plush Puppy shampoo and conditioner – I sell or online
- Buddy Belts – I sell Buddy Belts or they can be purchased at Tail Blazers in Copperfield in Calgary. To view them online, click here, http://www.buddy-belts.com/m_37.asp
- Playtex Diaper Genie II – great way to store those clean ups
- Rover Pens - <http://www.roverpet.com/>
- Simple Solution Spray for accidents, hardwood formula works very well on hardwood plus they have other formulas as well
- Food – Orijen or Acana, excellent quality, made in Alberta
- Now Small Breed, grain free food by Petcurean
- N-Bone “Get Naked” Dog Chew Sticks, small antioxidant
- Treats - My Mighty Wolf, Wild Bites, Zukes Z-Filets, Cloud Star Chicken
- Himalayan Chews.
- Zukes teeth bones, mini size
- Kong toys
- Hide a Squirrel Toy
- Vet Insurance - <http://www.vetinsurance.com/>