



Puppytraining Lesson 1

The way of training of Personal Paws is based on positive reinforcement and using treats. I will help you with creating a strong bond with your dog by training him with treats. This is a way to let your dog know it's fun to be obedient and it's safe with you.

I will not use punishment or intimidation, verbal or physical corrections aren't necessary. By training your dog in small steps, he will learn good behavior and he will make less mistakes.

This is a great way to build a relationship with your puppy based on trust. He will learn to make contact with you and he would be happy to co-operate.

Your puppy is still young, give him the opportunity to explore the world but do try to change bad behavior into good behavior. Think about desirable behavior you would like your dog to show, when he is showing undesirable behavior

The benefits of positive reinforcement

- By rewarding your puppy, he will show good behavior
- He will repeat the behavior he was rewarded for
- It will build your pup's confidence
- Rewarding will make your connection stronger

“When you focus on the good,
the good gets better”

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CHAPTER 1

Playing with your puppy

By playing a game of tug with your puppy, you will develop a stronger bond. By throwing a ball, you will activate the pups prey drive and it will not stimulate your bond.

By playing a game of tug, you will motivate the pup during his training. The benefits of this type of playing is that your puppy will like be near you and you are in contact with the puppy. When your puppy enjoys playing a game of tug, you can also use it as a reward during your training sessions.

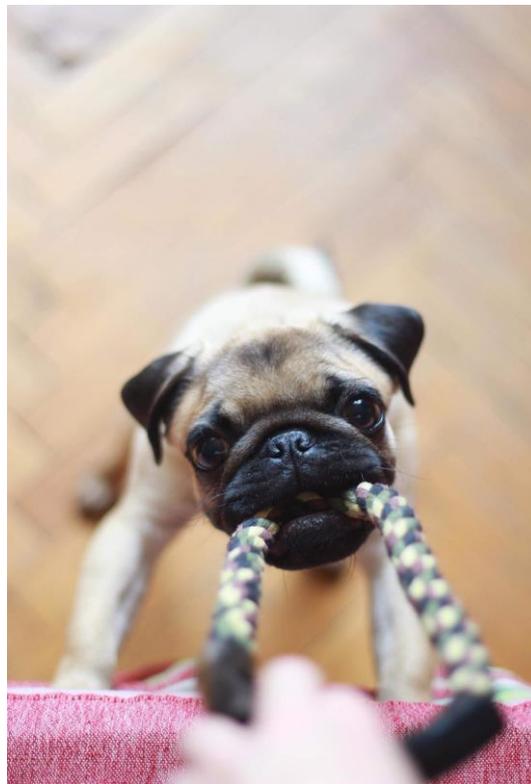
The command 'let go' can be useful in other situations. For example ; during the walk your pup found some trash on the street. The holding on to a toy can also be the first steps of teaching him how to retrieve.

When you are playing a game of tug, keep the following in mind;

- Your puppy needs to experience the game of tug as a reward
- The toy needs to be elastic
- Make sure the toy is big enough to take it with you on walks and for training sessions (you should be able to take it out of your pocket easily)
- The toy needs to be large enough, your puppy and you should be able to hold on to it, without touching each other
- The toy should be long enough for you to stand straight while holding it

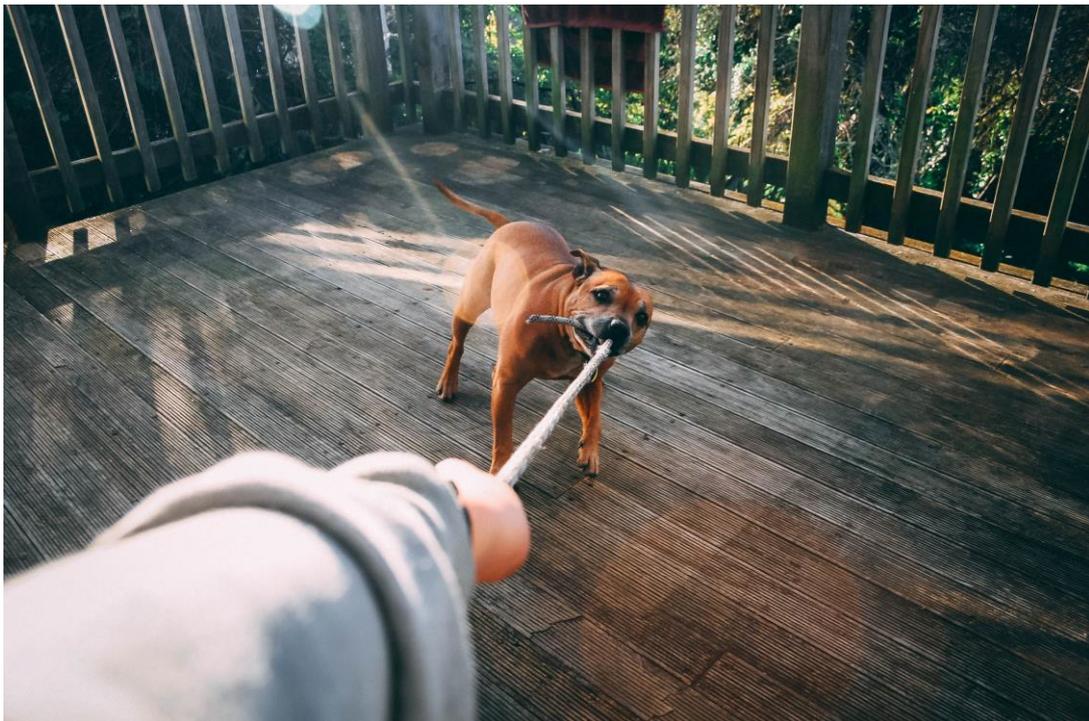
Tip 1

Put the toy away, after you finished playing with your dog. This way the toy will hold it's value. Use this toy only for playtime with you and your dog.



Tip 2

When your puppy doesn't want to let go of the toy, trade it for another toy or a yummy treat. Take this as a lesson from your dog and work on it. Maybe you should consider using a toy with less value, shorten the duration of playtime or give a snack with higher value.



CHAPTER 2

Socialization

It's very important to socialize your puppy. Most people interpret socialization by teaching a dog to have good interactions with other dogs and humans. These are the essential tools for raising your puppy to be a socially skilled dog. Proper socialization also means introducing puppies to possible sounds and places that will be part of their world.

Take a good look at your own way of life, do you want to take your dog to the shopping mall or a market? Visit these places on a quiet day or time.

The key is not to overwhelm your puppy with the first introduction. It's natural for puppies to be frightened the first time they experience something new. They may be shaking, whining, tucking their tail, yawning, lip licking or trying to hide or run away.

During your walk you will also meet people (with or without a dog), bikers, cars etc. Teach your puppy to not jump at people, it's nice if you can walk past people in a relaxed way. By walking in a relaxed pace, your pup will follow your example. You can also try to stand still, this way your puppy can learn that people don't need to be chased around.

Don't let everyone pet your puppy, he will soon think everybody likes petting him. When you do decide to let people pet your puppy, ask them if they can't touch him on top of his head. Most dogs don't like to be petted on their head, especially puppies. Petting him on his chest or under his chin would be much more appreciated.



To socialize your puppy with other dogs, it is best to meet up with family, friends, neighbours or acquaintances. See if their dog has good social skills and if the dog likes puppies. It's better to avoid a negative experience with an unfamiliar dog, your dog might get afraid of other dogs.



Not all dogs in a dogpark or off-leash area have good social skills. When you encounter a leashed dog during the walk, try to keep the interaction between the dog and your puppy short. Make sure that the first interactions with other dogs are positive. Try to keep it short so your puppy won't be overstimulated and it will be a positive experience for both dogs.

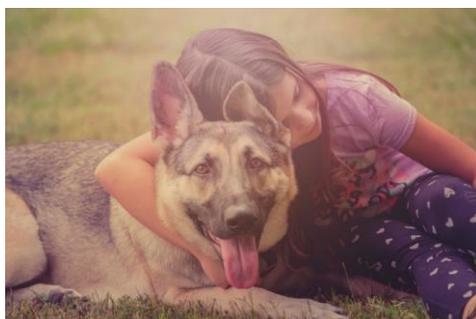
Children

Dogs but especially puppies are like magnets to children. When children ask 'Can I pet your puppy?' say 'No, but you can guess if it's a boy or a girl?'

This will allow the child to step back, creating more space. This will give your puppy a bit more time to inspect this little 'creature'.

Do you notice that your puppy is a bit afraid of children and you have a time to play a little game? Ask the child if it wants to play a game with you and your puppy.

Give the child a pair of dog treats he can hide. Start easy, by showing the dog where the child is hiding the cookies. As soon as the child has finished hiding the treats, the dog can go looking for the treats. This is an easy and fun way to get your puppy used to children and it will be a positive experience for both of them.



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Walking on a leash

To teach your puppy to walk with a 'smiling' leash it is important that there is mutual respect, trust and attention between you and your puppy.



Tip

Of course, it looks really cute when your puppy has the leash in his mouth like in the picture. By allowing this behavior, your puppy can damage the leash with its sharp puppy teeth. He might even play with the leash or pull it. Offer your puppy a toy so he can let go of the leash. You can also train your puppy with the command 'let go' but giving your puppy another option by trading for a toy is much better.

Most people are so happy when their puppy pees or poops outside, they will accept their puppy to pull the leash. This way your puppy will learn his actions are effective!

Is your puppy pulling on the leash? This is the perfect time to train him to walk with a 'smiling' leash.

Tip

When your puppy is standing right in front of you, with tension on the leash, you stop walking immediately. When you don't feel any tension on the leash, you can walk again. Does your dog make eye contact at the point the leash is 'smiling'? Reward your dog for his good behavior with your voice and an extra yummy treat. By rewarding your dog, the behavior will be reinforced, so he will show the good behavior more often!

Focus on this every walk!

When your puppy is pulling the leash, he is more focused on his surroundings than he is on you. Walking with a 'smiling' leash is better for your arms and good for the neck and back of your puppy.

Use a harness for your puppy, by using a collar while your dog pulls on the leash, there will be too much pressure on his throat.

Some puppies experience the walk a bit overwhelming. Never drag your puppy while walking! Let him discover the world in his own pace. By using a long leash (3 or 5 meters), you give your puppy the opportunity to explore all the interesting scents and objects.

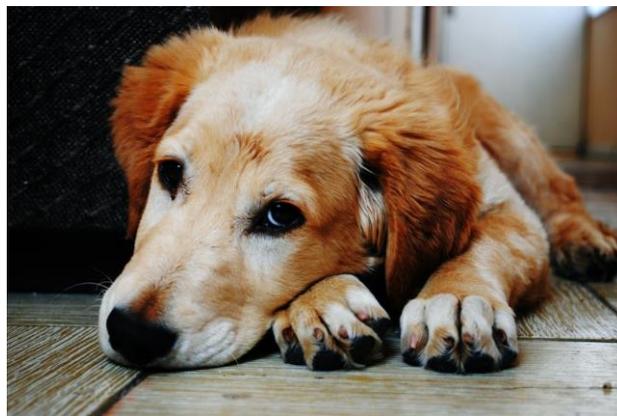
People often think their dog will be tired from a long walk, in a high pace. This can even backfire and especially with a puppy! If you walk your puppy too long, he can easily become overstimulated, causing him to bite the leash or your ankles/calves.



Try and create as much rest as possible during a walk and let your puppy take a 'sniffari'. The street is like Facebook for your dog. So let him sniff (scroll) and mark (like) as much as he needs. By using his nose, he will be tired sooner.

There is a guideline made by veterinarians for the duration of your puppy's walk. You should walk your puppy '5 minutes per month'. For example : Your puppy is 2 months old, you can walk for about 10 minutes per walk. This might seem short but it really is enough for your puppy.

Your puppy is still growing and the joints are not fully grown yet. If you walk too much and too intensively without enough rest, the chances of causing problems along the way are high. By mentally stimulating your puppy by doing some brain training sessions or offering a Kong, you will stimulate him mentally.



CHAPTER 5

Command 'sit'

Often this is one of the first commands you learn at a dog school. However, letting your dog sit too much is not good for his joints. Especially when it's asked 40 to 60 times in a day.

When we have to kneel or squat from a standing position, it is not an easy motion for most people. If you have to do this often or for a longer period of time, according to scientific research, it can even lead to osteoarthritis.

When you let your puppy sit on command often, this is just as stressful, because there will be a lot of pressure on his knees, hips and elbows.

The bones of puppies and young dogs are still growing and very fragile. For older dogs, sitting can also be a painful movement, they often no longer have the strength to sit properly. Especially on a slippery floor, it takes quite a bit of effort not to slip away.

Sitting requires a lot of a puppy, he doesn't yet have enough muscle strength to keep the hips aligned properly, especially during a stressful movement as sitting down.

In some situations it could be convenient and safe to let your puppy sit. Do consider what it does to a dog's body and his brain. When it's not necessary, don't let your dog sit.

For example, when crossing a street, you could use 'wait' instead of 'sit'.

When you see your dog hesitating when you ask him to sit down? He may not be stubborn or disobedient, but there may be another reason at play.



CHAPTER 5

Body language and stress signals

Dogs communicate through body language. They will use their entire body : from their head to their tail.



Sometimes a dog can behave a bit insecure (dog at the front on the picture) or very sure of himself (black dog in the photo) towards other dogs and/or people.

When you want to understand what your dog is telling you, you first need to know what the normal state of his ears, tail and body is when he is in a relaxed state.

It is wise to learn more about body-language of dogs, you can will be able to see what your dog is telling you with certain behavior. Your dog's body language can be complicated sometimes.

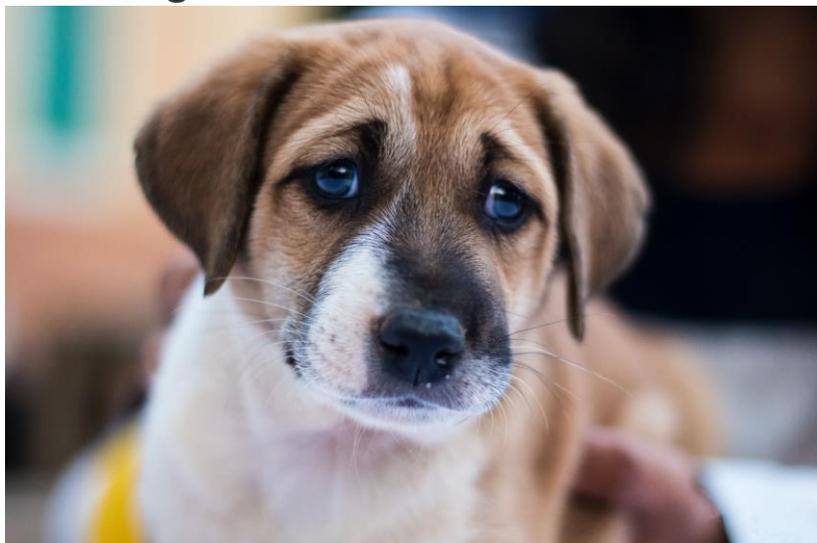


"I believe in furrytails"

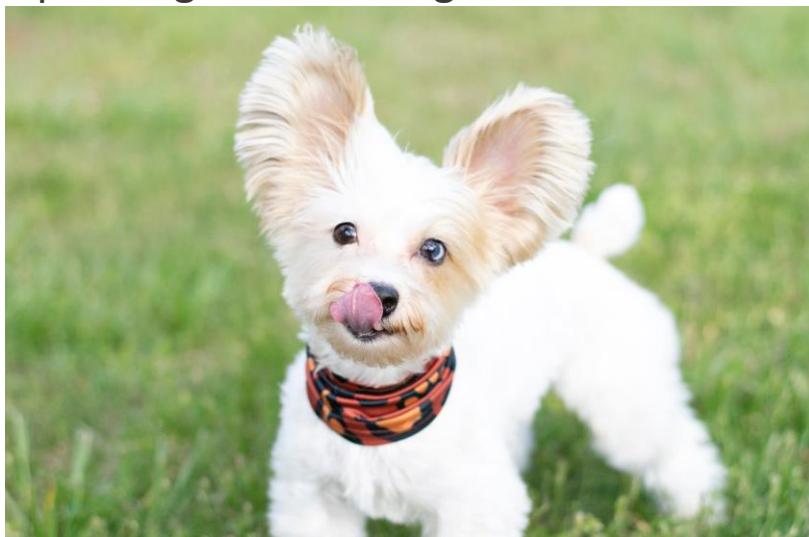
Tip

A wagging dog is not always a happy dog, although most people still think so. There are so many different types of wags :-D Actually, a wagging dog is a dog that is alive!

Here are some pictures of stress signals in puppies
Frowning



Lip licking and showing the white of his eye (right eye)



Yawning



Panting



Shake off tension



Dogs can also experience stress, just like humans. With dogs you will hear a lot about the stress bucket or ladder of aggression. During a walk, a dog experiences a lot. Another dog lashes out at him, he got scared from a motorbike passing which makes a lot of noise, a child comes running towards him. When your dog is sensitive to these events, this will 'fill' his stress bucket.

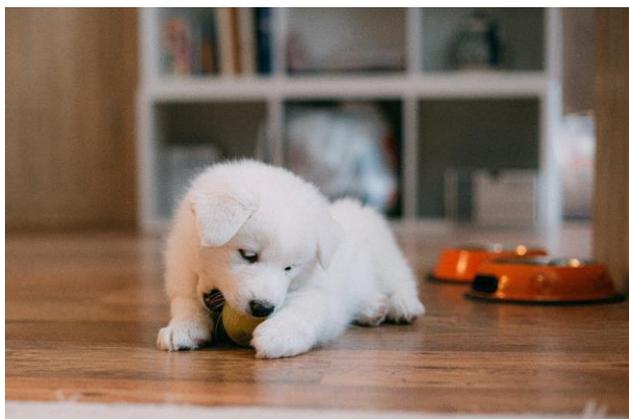
Make sure your puppy will get time to recover from the stress he experienced, by letting him rest/sleep. Giving your dog a snack to chew on, can also help lowering his stress level. Brain training games can also help with lowering his stress level.

In lesson 2 we will discuss the following topics

- touching your puppy part 1
- command 'recall'
- Walking on the leash – part 2, and the importance of exercise
- Playing with your puppy ; Variation

"Our dogs are doing the best they can with the EDUCATION we've given them in the ENVIRONMENT that we are asking them to perform."

Susan Garrett



ABOUT MARSHA

Personal Paws



I am Marsha from Personal Paws and since 2011 I am Professional Dog Trainer. I have been working as a Professional Dogwalker for 12 years and I have walked with more than 97 different breeds.

On February 15 2016, I started my own Solo Dogwalking Service. First I offered Solo Dogwalking and Pet Care At Home.

Now I also offer private training sessions for puppies, rescue dogs and 'regular' dogs.

The private training sessions are available in Dutch and English. You will also receive an e-book after each private lesson with useful information and tips and a little bit of homework.



* Source: the commands in this e-book are based on the trainingmethod of Jolein van Weperen