



**Veterinary Center
& Urgent Care**

Puppy Health & Training Handbook

Congratulations on Your New Puppy!

The veterinarians and staff of Bishop Ranch Veterinary Center & Urgent Care have put a health and training manual together to start you off right with your new puppy. If you haven't started training already it should begin when you get home from your first exam. It is never too early to begin training; however, it can be too late!

Your puppy will need a series of examinations and vaccines for the next 2 to 3 months. At each exam please feel free to ask the veterinarian about any problems you may be having with your puppy. You can feel confident that Bishop Ranch Veterinary Center & Urgent Care is here for you and your puppy and that we will address any questions or concerns you may have.

Please bring this book to every puppy examination.



Bishop Ranch Veterinary Center & Urgent Care Puppy Health & Training Handbook

Contents

Puppy Visit Topic Schedule	4
Puppy Health Care	5
Fecal Screening	10
Poisoning and First Aid	12
Important Phone Numbers	14
Local Professional Training Recommendations	15
Training Facts Every Puppy Owner Should Know	16
Puppy Crate Training	18
House Training a Puppy	19
Paper Training	19
Dog Training Obedience	20
Sit	20
Stay	20
Come	21
Down	21
Leash Training	22
Why the Gentle Leader Works	23
Additional Benefits of Using the Gentle Leader	24
Why the Easy Walk Harness Works	25
Puppy Socialization Dos and Don'ts	26
Jumping Puppy	28
Puppy Whining	29
Barking	30
Excitement Urination	32
Submissive Urination	32
Chewing	33
Biting and Mouthing	35
Shyness, Fear and Socialization	37
Chasing Cars, Cats, Joggers, Bicycles, etc.	38
When Will I Be Able to Let My Dog Off-leash?	39
Training Your Dog to Come When Called	39
More Training Exercises	42
Some Local Dog Parks	44

Puppy Visit Topic Schedule

Because each puppy's first visit is not always between 6 to 8 weeks of age, your veterinarian may tailor the following topics for your specific needs.

1st visit:

- Immunization schedule
- Fecal
- Feeding – diets/methods
- Puppy training – what age do we begin?
- Housetraining – crate training
- Bite inhibition (take it, don't touch, or leave it)
- Taking control – settle
- Behavior of puppies around small children
- Pet insurance

2nd visit:

- Parasite prevention
- Training – importance of group training and beginning first lesson prior to 18 weeks old
- Toys
- Tips on how to use up energy
- Submissive urination – ways to treat
- Tips to prevent puppy from chewing on clothing and jumping on people
- Bite inhibition (take it, don't touch, or leave it)
- Taking control - settle

3rd visit:

- Spay/neuter
- Parasite prevention
- Dental – discuss teeth falling out, brushing, puppy entering oral phase
- Puppy teenager stage – the puppy testing phase

Puppy Health Care

Basic Information about the Health Care for New Puppies

You will receive immunization booster reminders in the mail or via email when it is time for your puppy's next booster.

1. Canine Immunization Schedule

- **DHLPP** (Distemper, Hepatitis, Leptospirosis, Parainfluenza, Parvovirus)

This immunization is given several times to puppies, beginning between the ages of 6 to 8 weeks, according to the following schedule:

Date: _____

Age in weeks: 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Dogs older than 12 weeks at the time of the 1st immunization require the first immunization and a single booster 3 weeks later. An additional parvo booster is recommended for Dobermans, Rottweilers, and Pit Bulls between 18 to 21 weeks of age.

- **Bordetella** ("Kennel Cough")

We recommend this immunization be given according to the following schedule to dogs that are boarded, take frequent trips to dog parks, or go to the groomer.

Date: _____

Age in weeks: 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Annual re-immunization with a single booster is necessary to maintain your dog's immunity. We recommend dogs who are boarded, groomed regularly, or who frequent the dog park receive this immunization every 6 months.

- **Canine Influenza** ("Canine Flu")

Canine influenza is spread via direct nose-to-nose contact as well as via aerosolized droplets from coughing, sneezing and barking. We recommend this immunization be given according to the following schedule to dogs that are boarded, take frequent trips to dog parks, or go to the groomer.

Date: _____

Age in weeks: 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Bishop Ranch Veterinary Center & Urgent Care Puppy Health & Training Handbook

- **Rabies**

This immunization is required by law. After immunizing your dog for rabies, Contra Costa County will send you a notice in the mail to register your dog. Puppies in Contra Costa County are capable of receiving the vaccine anytime after 12 weeks of age, with re-immunization given a year later, and then every 3 years after that. Typically, puppies will receive the vaccine at 4 months of age.

Date: _____

Age in weeks: 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

2. Internal Parasite Prevention – Heartworms There are several parasites dogs can acquire from their environment that are treatable by giving a parasite prevention tablet once a month. One such preventable parasite is the Canine Heartworm, which lives in the blood stream.

Heartworm disease is present in the San Ramon Valley. Heartworm disease is spread from dog to dog by mosquito bites, and involves the development of live worms (up to 14" long) inside a dog's heart. This can happen to any dog at any age, and if untreated leads to heart failure and death. Development of this disease is prevented by giving your dog a once a month chewable tablet.

All dogs under 6 months of age should begin taking the tablets as soon as possible.

3. Internal Parasite Prevention - Intestinal Parasites ("worms") Studies across the country have shown that most puppies are actually born with intestinal worms, and dogs of any age are susceptible to infestation by several types of intestinal parasites. These parasites can lead to general poor health like malnutrition, listlessness, and failure to grow properly, as well as specific problems like poor appetite, vomiting, diarrhea, flaky skin, and the appearance of a "pot belly". Puppies with intestinal parasites may also be more susceptible to other infections. Intestinal parasites include hookworms, whipworms, and roundworms.

Raccoons are a recurrent source of roundworms that can be transmitted to dogs as well as humans (primarily children – as they are playing outside on the lawn and in the dirt). Treatment of these intestinal parasites is accomplished with a monthly oral tablet.

Our doctors recommend parasite prevention that can protect against *both* Heartworm development as well as intestinal parasites such as Heartgard, Triheart, Interceptor, or Trifexis. It is an easy to give, once-a-month chew pill.

You should bring a fresh stool sample (less than 24 hours old) from your puppy so we can examine it microscopically to detect evidence of these parasites.

Please bring a sample: _____

Your puppy will begin a parasite preventative: _____

The parasite preventative medication your doctor recommends is:

4. Routine Home Dental Care The earlier you begin, the easier it is and the better your dog's health will be! Proper dental care begins with routine management at home, including regular tooth brushing and the use of special foods or treats designed to reduce tartar buildup. The dental problems and overall health risks that occur as a result of dental and periodontal disease are the same for dogs as they are for their owner's, i.e., you! Please ask a staff member to give you a sample of a dog chew.

5. External Parasites If your puppy will frequent areas where other pets are, there is a chance he or she will be exposed to fleas. Adult fleas can survive up to 100 days and a female can lay up to 50 eggs a day. In warmer weather an entire new generation of fleas can develop every month - in a few months several fleas can multiply into thousands! Under certain circumstances eggs can survive for a year. Ticks are found in our valley year-round and can transmit several diseases to dogs.

Topical methods of prevention & treatment There are several topical treatments that are effective in treating and preventing flea infestations in dogs. Bishop Ranch Veterinary Center does **NOT** recommend the use of over the counter flea topical treatments like HARTZ and BIO SPOT that can be purchased at Wal-Mart, Safeway, or pet food stores. We see and treat toxic reactions to non-veterinary products routinely. Topical approaches to flea and tick prevention and treatment include:

- a. **Frontline Gold:** For the prevention and treatment of fleas and ticks.

Systemic methods of prevention and treatment of fleas include:

- a. **Trifexis:** For prevention and treatment of fleas by blocking the reproductive cycle of the flea. This product also kills intestinal parasites and heartworms.
- b. **Simparica:** For the prevention and treatment of fleas & ticks given orally once a month.
- c. **Bravecto:** For the prevention and treatment of fleas & ticks given orally every 3 months.
- d. **Revolution:** For the prevention and treatment of fleas & heartworm disease. Also, it is used in the treatment of ear mites and sarcoptic mange. This product is given topically once a month.

It is recommended that you purchase the above medications from a veterinarian. Purchasing from an online store or other pet store is not recommended for the following reasons:

- The manufacturer's guarantee on product efficacy is only valid when purchased through a veterinarian.
- Some online pharmacy sites are fronts for businesses breaking Federal, State and sometimes, International laws. Illegal online pharmacies may sell medicines that are counterfeit, outdated, mislabeled, incorrectly formulated, or improperly made or stored. These medicines may not contain the actual drug, may contain contaminants or the incorrect amount of the drug, and may not work as well due to age or being stored in improper conditions. ([FDA Center for Veterinary Medicine](#))
- Bishop Ranch Veterinary Center & Urgent Care will mail these products directly to you for no additional fee.

6. Spaying and Neutering A female dog should be spayed as early as 6 months of age and a male dog should be neutered between 4 to 6 months of age. This will help ensure that you are doing your part to help control pet overpopulation and will help your puppy stay as healthy as possible throughout its life.

The spay surgery includes the removal of both ovaries and the uterus. Research has shown that an unspayed female dog has a 25% chance of developing breast cancer later in life. Without surgical treatment and chemotherapy this condition can be fatal. Dogs that are spayed before they ever go through “heat” (usually between 6 to 9 months of age) rarely develop this disease. In addition, females that are not spayed can develop a life-threatening uterine infection called pyometra. This infection does not occur in spayed females. Spayed female dogs no longer go through the twice-a-year heat cycles and cannot become pregnant.

Castration (commonly referred to as neuter) surgery is the removal of both testicles. Neutering helps diminish aggression, often will prevent marking, prevents enlargement of the prostate gland, and reduces the occurrence of prostate infection as well as prostatic testicular tumors.

Laparoscopic Spay for Dogs This is a minimally invasive alternative to a spay procedure that may be a better fit for your dog. During the procedure a camera and instruments are inserted through small keyhole incisions, which allows veterinarians to perform surgery with clear views of the organs, allowing for greater precision. Benefits of laparoscopic surgery include smaller incisions, less pain, quicker recovery time, and less scarring.

What is GDV? Gastric Dilatation Volvulus is a condition commonly known as torsion or bloat. Torsion/bloat is a life-threatening condition in which the stomach rotates, twisting off blood supply and trapping air and gases in the stomach. Because circulation to the stomach and spleen are cut off, the dog goes into shock and dies usually within a matter of hours. By performing a procedure called a gastropexy, the right side of the stomach is tacked to the right side of the abdominal wall, in order to prevent shifting and twisting. The procedure can be performed either as an open surgery or as a laparoscopic surgery. We recommend that any large breed or deep-chested dogs should be considered for this procedure. Why wait until a life-threatening condition has occurred? Gastropexy has proven to be an effective preventive against death from bloat in dogs. For more information please refer to <http://baywoof.com/ask-dr-dog/take-bloat-very-seriously/>

7. Canine Flu There are two forms of canine influenza: mild and severe. The most common symptom is a cough that can persist up to 30 days despite treatment with antibiotics and cough suppressants. Nasal discharge, eye discharge, sneezing, lethargy and decreased appetite can also be seen. Dogs who are more severely affected will often develop pneumonia. Because canine influenza is caused by a virus, there is no medication available to treat it directly. Supportive treatment is often used to help a dog feel more comfortable and also to give them a better chance of fighting off the virus with their immune system. Examples of treatments include: antibiotics to fight off secondary bacterial infections and fluids if dehydration is present. In severe cases with pneumonia, often hospitalization is needed. Optimal protection against canine influenza will be at least 2 weeks after the second is administered.

8. Microchip Identification Bishop Ranch Veterinary Center recommends that all pets have a microchip implanted to assist in pet identification. The chips are small, about the size of a grain of rice. Each chip has its own unique number encoded in it, which can be detected with a handheld scanner.

The procedure is simple: with the pet completely awake the chip is injected with a syringe under the skin over the back of the neck just like any other injection. This may be done at the same time that other injections are given or when the dog is spayed or neutered.

Once implanted the pet owner is given a form so they can register their pet with a national organization. In the event that you lose your pet, local shelters will scan your pet for a number and then you can be contacted. If you have further questions about microchips, please feel free to ask one of our staff members, or check out the following websites: www.petmicrochiplookup.org or www.savethislife.com.

9. Pet Insurance Nobody ever plans to have a sick or injured pet, but you can easily have a financial plan for if and when it occurs. Here at Bishop Ranch Veterinary Center & Urgent Care, we strive to keep your pet healthy and happy for his or her entire lifetime. Unfortunately, there are certain things you just can't plan for or predict. Major illnesses or injuries are always unexpected, and like many veterinary practices, we often see responsible pet owners struggle with the costs associated with treating these conditions.



Fecal Screening

How infections occur

Puppies are often born with parasites. This can happen during embryonic development when the infected mother is pregnant or when the baby is nursing from an infected mother. Infection can also occur through grooming and ingesting fleas as well as consuming a prey animal (such as a rodent) that is carrying a parasite.

How do I know if my puppy is infected?

Common symptoms of parasite infection can include diarrhea, listlessness, and sometimes vomiting. Worms consume the host's food which leads to the classic potbellied appearance. Sometimes, flat, white segments will appear in your pet's stool or around their anus, which is indicative of tapeworm. However, it is important to keep in mind that there are often no visible symptoms to parasite infection. This is why a regular fecal screening and deworming is so important.

When Should I submit a fecal sample?

Bring a fecal sample on your first well check for your new puppy. Your veterinarian may ask you to bring in additional samples for subsequent testing after the initial visit. You can also drop off a sample at any time during business hours. See below for how to collect a proper fecal sample.

Testing

Your pet's fecal sample will be sent out to the lab for screening. Though it is possible that you will not need to have more than one fecal screening performed; a negative test result on the first test does not necessarily mean that your puppy is parasite free. Parasites have various stages of their life cycle that shed intermittently, which is why there are sometimes false negatives and retesting is required. The CDC ([Center for Disease Control](#)) recommends deworming puppies and kittens frequently in the first several months of life to combat parasites.

Humans and Parasites

Another reason why parasite screenings and regular deworming is so important is that many parasites are zoonotic. This means that they are transferable to humans. Humans can become infected if they ingest an egg. This is uncommon but when it does happen it is frequently children who are infected. A child can be playing with a pet and accidentally get some fecal matter on their hands and then touch their mouth. A pet that has been licking their bottom and then licks your hand or face can inadvertently cause infection as well. The eggs hatch in the intestines and immature worms can travel to other parts of the body, including the eyes and brain, causing serious infection. Parasite screening, deworming, and proper hygiene are the most effective ways to combat infection.

Collecting a fecal sample

- Samples should be a minimum of the size of a U.S. quarter or teaspoon.
- A quality sample should be fresh, not more than 6 hours old.
- If refrigerated the sample is good for no more than 24 hours.
- Avoid contaminants such as soil or lawn chemicals when collecting your sample as these can affect the integrity of the sample.

Packaging a sample

- Bishop Ranch Veterinary Center & Urgent Care has collection kits available free of charge that you return to the center.
- You can also use:
 - Double plastic bags
 - Small Tupperware containers
- Please do NOT use:
 - Glass
 - Wipes/paper towels
 - Medication jars (especially antibiotics - these can contaminate the sample)

Results

The fecal sample results will be available after 48 to 72 hours. If the test is positive, you will receive a call with the results within that time frame. If the test is negative, the results may be delivered to you via email.



Poisoning and First Aid

Illness due to poisoning is a serious concern for pets. Some poisons are clearly labeled, such as **antifreeze** and household cleaners. Other toxins are less evident: Chocolate, alcohol, avocados, coffee, grapes, raisins, and walnuts. If you feel your pet has been in contact with, ingested or inhaled a toxic substance, call your veterinarian immediately. For safety's sake, prominently post our number (925-866-8387) and the Animal Poison Control Center (which provides guidance on poisoning issues for a fee) in a prominent location:

Animal Poison Control Center

888-426-4435

First Aid Kit

A health emergency can strike anytime, so be prepared with a pet first aid kit. The following items should be included:

<i>Rubbing alcohol</i>	<i>Thermometer</i>	<i>Gauze roll and pads</i>
<i>Triple antibiotic ointment</i>	<i>Blanket</i>	<i>Vet wrap</i>
<i>Styptic powder</i>	<i>Towel</i>	<i>Cotton swabs</i>
<i>Syringe</i>	<i>Muzzle</i>	<i>Sterile pads</i>
<i>Scissors</i>	<i>Collar</i>	<i>Adhesive tape</i>
<i>Clippers</i>	<i>Saline</i>	<i>Betadine</i>
<i>Latex gloves</i>	<i>Phone numbers (vet, ER)</i>	<i>Cold packs</i>
<i>Splint</i>	<i>Pet's medical records</i>	<i>Hot packs</i>
<i>Medicine dropper</i>	<i>Pet first aid book</i>	<i>Hydrogen peroxide</i>

Include the following items as well, but seek veterinary advice before administering: *Benadryl, activated charcoal, kaopectate, and buffered aspirin.*

React Fast, Seek Help

Hopefully you don't have to put your first aid kit to use. Just in case you do, it's good to have pet first aid skills so you can administer care until your pet can receive veterinary attention. Consider enrolling in a pet first aid course offered through the American Red Cross (www.rdcross.org/redcrosspets).

Your best weapon in protecting your pet's good health is observation. Watch for changes in your pet's eating habits, activity level, sleep habits, etc. Other, less obvious indicators include your pet's heart and respiratory rates, potty schedule, and gum color (capillary refill time -CRT). To determine CRT, lightly press on your pet's gum line until there is no color under your finger and measure how long it takes for blood to refill that space. Normal, healthy pets should have a CRT of one to two seconds.

Other indicators are obvious: vomiting, diarrhea, lethargy, blood in urine or stool, coughing, etc. Of course, most pets will experience some of these symptoms from time to time, but if they exhibit one or more of these symptoms for more than 24 hours or are visibly uncomfortable, call the vet. If you ever are concerned about your pet's well-being please call, that is why we are here!

Poisoning (continued)

Poisonous Plants Not only should you be aware of toxic foods and household items, but also the toxic plants and flowers that may be located near your home or in your own yard! To make sure you avoid these harmful plants and flowers, here is a list of the top 10 most common poisonous plants:

1. Autumn Crocus

Clinical signs may consist of bloody vomiting, diarrhea, shock, multi-organ damage, and bone marrow suppression.

2. Azalea

Clinical signs may consist of vomiting, diarrhea, excessive drooling, weakness, and cardiac failure.

3. Cyclamen

Clinical signs may consist of salivation, vomiting, and diarrhea. Following large ingestions of tubers: heart rhythm abnormalities, seizures, and possibly death.

4. Daffodil

Clinical signs may consist of salivation, vomiting, diarrhea; large ingestions cause convulsions, low blood pressure, tremors, and cardiac arrhythmias. Bulbs are the most poisonous part.

5. Dieffenbachia

Clinical signs may consist of oral irritation, intense burning and irritation of mouth, tongue and lips, excessive drooling, vomiting, and difficulty swallowing.

6. Kalanchoe

Clinical signs may consist of vomiting, diarrhea, and abnormal heart rhythm (rare).

7. Lily of the Valley

Clinical signs may consist of vomiting, irregular heartbeat, low blood pressure, disorientation, coma, and seizures.

8. Oleander

Clinical signs may consist of drooling, abdominal pain, diarrhea, colic, depression, and possibly death.

9. Sago Palm

Clinical signs may consist of vomiting, melena, icterus, increased thirst, hemorrhagic gastroenteritis, bruising, coagulopathy, liver damage, liver failure, and possibly death.

10. Tulips

Clinical signs may consist of vomiting, depression, diarrhea, and hypersalivation. The highest concentration of toxin is located in the bulb.

Bishop Ranch Veterinary Center & Urgent Care Puppy Health & Training Handbook

Local Professional Training Recommendations

The following trainers are recommended by the veterinarians at Bishop Ranch Veterinary Center & Urgent Care because we have seen positive results as well as received positive feedback from the clients utilizing these services:

Sirius Puppy Training: Classes are held in the Pet Care Depot in Bishop Ranch Veterinary Center & Urgent Care.

Contact Number: 1-800-419-8748

www.siriuspup.com/classes.html

Laura for Dogs: Classes are held in the Pet Care Depot in Bishop Ranch Veterinary Center & Urgent Care.

Contact Number: 925-447-3647

www.laurafordogs.com/

Diablo K9 Academy- Shane Garrehy: Classes are held in the home or at the kennel in Pleasanton.

Contact Number: 925-248-0500

www.diablok9.com/index.html

Dogs Come Sit Stay- Keri Lyall: Classes are held in the home or in the Pet Care Depot in Bishop Ranch Veterinary Center & Urgent Care.

Contact Number: 925-698-1145

Email: camplyall@yahoo.com

Training Facts Every Puppy Owner Should Know

By Ian Dunbar & SIRIUS Puppy Training

- **Developmental Deadlines** Miss any of your pup's crucial developmental deadlines (at 8, 9, 12 and 18 weeks) and your dog will be playing catch-up for the rest of its life. Your puppy **MUST** be socialized to the home physical environment by 8 weeks, undergoing errorless housetraining and chew toy training by 9 weeks, and socialized to people by 12 weeks. For more information please read **[BEFORE You Get Your Puppy](#)**.
- **Errorless Housetraining** Even a single mistake is a disaster, since it signals many more to follow. Make sure you learn how to housetrain **BEFORE** you get your puppy. Specifically, your pup needs a Puppy Playroom (with bed, chew toys, water and toilet) plus a secure Doggy Den (with chew toys), to help you predict when your pup needs to relieve itself.
- **Home Alone** Your pup needs some acceptable form of occupational therapy to pass the time when left at home alone. Stuffing several Kong chew toys with your puppy's daily allotment of kibble will teach your pup to settle down quietly and calmly, thus preventing chewing problems, excessive barking and hyperactivity.
- **Socialization** Puppy Parties! Your puppy must be socialized to people **BEFORE** it is three months old. Thus, between 8 and 12 weeks of age, your pup needs to meet at least 100 people in the safety of your own home.
- **Bite-Inhibition!** The most important quality in a pet dog is a soft mouth. Your puppy **MUST** develop bite-inhibition by 18 weeks. Whereas it is unrealistic to expect dogs never to squabble, it is perfectly realistic to expect dogs to resolve their differences without causing harm. In fact, well-socialized dogs are really no different from well-socialized people!
- **Hand Feed** to teach dogs to like hands and to like people, especially children, men and strangers. Hand feed to teach "Off", "Take it", and "Gently". Hand feed to prevent begging and food guarding. Also, hand feed to teach dogs to like kibble, which may then be used effectively as lures and rewards for handling and gentling exercises and for teaching basic manners.



Bishop Ranch Veterinary Center & Urgent Care Puppy Health & Training Handbook

- **Watch Me!** Attention is the foundation of all communication and training. When hand feeding, wait for your pup to glance at you before offering each piece of kibble. Then progressively increase the length of time your pup is required to look at you for each piece - one second, two seconds, three, five, ten, twenty etc. and before you know it, your pup will not be able to take his eyes off you.
- **Sit!** Teaching your puppy just a single reliable emergency command, such as “Sit!” or “Down” can prevent most bothersome behavior problems. Just think of the many things your dog cannot do if it is obediently sitting. For example, if your pup has been taught to sit when greeting people, it will not require reprimands for jumping- up!
- **No Free Lunch!!!** Totally integrate training into your dog's lifestyle by having short training preludes before all enjoyable activities (ask your dog to “sit” prior to opening doors, feeding dinner and couch privileges etc.) and short training interludes at frequent intervals during walks and play sessions. Remember, regular walks in unfamiliar areas are the very best way to enjoy keeping your dog well trained and well socialized.
- **Puppy Classes** Your puppy needs to be enrolled in puppy class BEFORE it is 18 weeks old. Apart from learning numerous fun games and training tips, off-leash play sessions are absolutely essential for establishing reliable bite-inhibition. Also, there is now some considerable urgency for your dog to play catch up vis a vis learning the requisite doggy savvy for a stress-free canine social life. And last but not least, puppy classes are a great evening out for you and your pup.



Puppy Crate Training

The foundation for crate training is based on the principle that puppies will avoid soiling in their immediate sleeping/living area. It is important that the crate is the right size for your dog. If the crate is too big, your puppy may soil in it. The crate should be big enough for your puppy to stand up, turn around and lie down. When unsupervised, puppies should be restricted to their crate. **Never confine your puppy to its crate for more than 2 to 3 hours at one time (except overnight).**

At regular intervals your puppy should be taken to a designated place outside to relieve itself. The owner needs to anticipate when a dog will need to relieve itself. This is the essence of puppy crate training. As an approximate puppy crate training guide, a puppy should be taken outside after they wake up, after they eat, after playing, and throughout the day at least every 3 hours. Whenever the puppy exits the crate go straight outside to their elimination area. As your puppy relieves itself use words like "hurry up" or "go potty" and then praise them. Soon your dog will learn the command "hurry up" means to relieve itself. It is important to praise your dog after it eliminates in the designated spot so it learns that it is doing good by going in that area.

Never scold your dog for mishaps, it is not their fault. It is the owners fault for not supervising them closely enough. When you scold your dog for having an accident the dog thinks "Oh, this is the wrong place" and next time they may go behind the couch.

Puppy Crate Training Tips:

- Set an alarm to remind you to let your puppy outside to eliminate.
- Exercise your puppy before confining them to their crate.
- Anticipation - a puppy that suddenly sniffs the ground intensely is usually signaling that it is looking for somewhere to relieve itself.
- Put the puppy crate in a quiet environment such as the dining room or an unused area of the downstairs. The crate is where a puppy goes for quiet time- when it is in a noisy active area of the house the puppy will naturally want to come out and join the fracas.
- Never confine your puppy in the crate as a form of punishment.
- The puppy should have toys inside the crate that they don't play with outside the crate. If they have the same toys in and out nothing is special. A Kong toy full of kibble laced with peanut butter is a good way to use up energy in a confined space.



House Training a Puppy

Typically, puppies cannot be fully housebroken before they are 12 to 14 weeks old as they lack bladder size as well as brain and muscle control. Additionally, a puppy's kidneys are not physiologically functional until around 12 weeks of age. When a puppy is young and the bladder enlarges, the neurons send a signal to the brain and the brain sends the signal back to "go." By 12 to 14 weeks of age the extra step of "wait until I'm outside" fits into the equation! You will also notice that as the kidneys mature the amount of water your puppy drinks will drop off a lot. There are basically two methods of housebreaking a puppy 1) crate training and 2) paper training. Crate training is the most effective method for housebreaking to ensure that a puppy is fully trained (for tips on crate training see previous page). Paper training risks only partial housebreaking as a puppy learns that it is acceptable to relieve itself indoors- and on paper. Later a puppy may not be able to distinguish between the puppy papers and the New York Times!

Paper Training

Paper training a puppy is a two-stage process: 1) training the puppy to relieve itself on paper first, followed by 2) training the puppy to go only outdoors. There is a potential risk of only partially housebreaking a puppy using this method as it is trained that relieving itself indoors is acceptable.

Paper training is when the dog eliminates on the paper when indoors, but when outside it goes in a designated area. The owner needs to monitor behavior and 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 "hurry up" then praise them. Soon your dog will learn the command "hurry up" means to relieve itself. It is important to praise your dog after it eliminates 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. A puppy needs to be taken outside after they wake up, after they eat, and throughout the day at least every 3 hours. Unless your puppy is to be completely an indoor dog (such as a small 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, by which time your puppy should be house broken.

Paper Training Tips:

- Take your puppy outdoors whenever possible to eliminate.
- Set an alarm to remind you to let the puppy out to eliminate.
- Anticipation - 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. Remember to emphasize praise when they relieve themselves.
- Train your puppy on the medium you want them in the future to use as a toilet. For instance, you may prefer your dog to not go on the grass but on gravel or sand instead. If this is the case, then train your dog on that medium—for example use a litter box filled with sand or gravel.
- It is advisable to fence off (use chicken wire and stakes) an area in the yard that you want your puppy to use for its whole life. If the puppy is trained to this area for the first several months it will typically always "go" there forever

Dog Training Obedience

Sit

The “sit” command is one of the easiest commands a dog will learn. This command can be taught from the day your puppy is brought home. Due to the construction of a dog’s neck and spine, it is physically impossible for them to look upwards. In order for a dog to look up at something high they must assume the sitting position. This is why “sit” is one of the easier commands to teach. Nose up – butt down!

The "Sit" Command:

1. Stand facing your puppy.
2. Let your dog see/sniff a treat in your hand.
3. Move your hand up and over their head – it is natural for your dog to sit in order to keep eye contact with the treat.
4. Give the "sit" command when you see your puppy begin to sit down.
5. Reinforce the sit command with verbal praise (something like: "Sit...good boy...sit") and food treats.

Troubleshooting:

If your puppy will not sit, some gentle guidance may be necessary.

1. Hold the collar with one hand.
2. While gently pulling back on the collar, use the other hand to push down or tuck its hindquarters under – guiding the dog into the sitting position.
3. Give the command "sit" as you do this.
4. Reward your dog with verbal praise.

Stay

Basic “Stay” Training

1. Have your puppy sit or lie down.
2. Stand with the dog on your left, hold the palm of your left hand in front of your dog and command "stay".
3. While keeping eye contact with your puppy walk a short distance out in front and turn around to face them.
4. Repeat the command "stay" and reward your dog by saying "good dog".
5. Keep eye contact and frequently reward your puppy as they stay with "good dog" – start with 20 to 30 second intervals then gradually extend the duration until your puppy can stay for several minutes.
6. A good way to end the "stay" command is by saying your dog’s name followed by the command "come" (this continues the training for "come").

Troubleshooting:

If your puppy will not "stay" when there are distractions, the above command needs to be practiced while distractions are present. Examples of distractions you can practice with are loud noises, people, dogs, and play toys.

Come

The "come" command is another one of the easiest commands for a puppy to learn. Like the "sit" command this can be taught from the day your puppy is brought home.

The "Come" Command:

1. Put your dog on a long lead.
2. Let your dog see/sniff a treat in your hand.
3. Have somebody hold your dog for you – issue the command "stay" and walk backwards 6 to 10 steps (this will help them learn the "stay" command also). Maintain eye contact with your puppy the whole time you are walking backward. If you lose eye contact or your dog looks away you will probably have to begin again.
 - NOTE: if your puppy/dog knows the "stay" command, have them stay.
4. Holding the treat in your hand, call your dog using its name followed by the command "come". If necessary, gently gather in the long lead to encourage them to come to you.
5. When your dog comes to you, give the treat and reinforce the "come" command with verbal praise (something like: "Come...Good Boy").

Troubleshooting:

If your puppy will not "come" when there are distractions, the above command needs to be practiced while distractions are present. Examples of distractions you can practice with are people, dogs, and play toys.

Down

Basic "Down" Training:

1. Have your puppy sit.
2. Let your dog see/sniff a treat in your hand.
3. Start to move the treat downwards toward the floor; your puppy should follow the treat.
4. As your puppy follows the treat down, move the treat towards the puppy between the front legs and back towards its tail.
5. The moment your puppy starts to move into the down position, command "down".
6. Continue to move treat towards the dog's tail between the front legs until it is lying down.
7. When your puppy is lying down, give the treat and reinforce the "down" command with verbal praise (something like: "Down...Good Boy").

Troubleshooting:

If your puppy will not lie down, some gentle guidance may be necessary.

1. Kneel down beside your dog.
2. Place your palms under the dog's forelegs (do not grip legs) and lift upwards, so your dog looks like they're in a begging position.
3. Lower your puppy into the lying position.
4. Give the command "down" as you do this.
5. Reward the dog with verbal praise.

Leash Training

Getting Your Puppy Used to a Leash:

- Start indoors - attach a light-weight leash to your puppy's collar and let them drag it around. This is so it can become familiar with the presence of the leash and the leash following it.
- Don't leave your puppy alone while the leash is attached.
- Do this several times over a few days and pretty soon your pup won't even notice the leash.

Walking on a Leash:

The key to training your puppy to walk on a leash is to keep them beside you, controlled- not dragging you and you not dragging them. You will need the right equipment - a leash about 3 to 5 feet long and a collar that won't slip off (such as a choke-chain).

1. Hold the leash and a food reward in your right hand. Your left hand should hold the slack line of the leash.
2. Start with your dog sitting on your left side.
3. Begin to walk starting with your left foot. Starting off with your left foot all of the time will signal your dog that you are about to walk.
4. When your puppy lunges forward slide your left hand down the leash and give a quick, sharp tug while commanding "heel".
5. When your puppy is in the heel position reward with a treat.
6. Command your dog to "sit" and repeat steps 3 through 5, increasing the distance covered while your puppy obeys your commands.

Troubleshooting:

If your dog tries to jump up at you while walking:

1. Move away and sternly say "no".
2. Command your puppy to "sit".
3. Start the steps 3 through 5 again.

If your dog is pulling forward on leash:

1. Each time they pull forward, slide left hand down the leash and give a quick, sharp tug.
2. When your puppy is in the correct heel position command it to "sit".
3. Start walking again; give the command "heel".
4. Repeat this every time puppy pulls on the leash.

Why the Gentle Leader Works

First of all, the Gentle Leader® Headcollar is **NOT a muzzle**. When fitted properly, your dog is free to open his mouth to eat, drink, pant, fetch, bark and even bite - except when you close his mouth by pulling on the leash.

The Gentle Leader® Headcollar features two soft nylon straps - the collar portion fits high at the top of the neck, and the nose loop fits loosely and comfortably across the base of the muzzle. Each strap has a distinct and important effect.

The Nose Loop

Dogs are naturally "pack" animals with a highly structured social order. One of the ways the "pack leader" will demonstrate his dominant position is to gently but firmly grasp a subordinate's muzzle in his mouth. This is a non-aggressive, very clear signal regarding who's the boss! The Gentle Leader® nose loop encircles your dog's muzzle in this same manner, letting him know in his own language that you are his leader. Dogs feel more secure when they know who the leader is.

The Neck Strap

Have you noticed how puppies seem to melt in relaxation when their mother picks them up at the back of the neck? Gentle Leader® applies pressure to the back of the neck rather than the front of the throat, working with your dog's natural relaxation instinct with an amazing calming effect. Also, dogs tend to pull *against* pressure so the gentle pressure at the back of the neck causes the dog to pull backward, not forward. This means an end to leash pulling forever!

Teaches "Sit"

The Gentle Leader® Headcollar quickly encourages controlled sitting - raise your dog's nose skyward and he lowers his hindquarters - no pushing or shoving.



Additional Benefits of Using the Gentle Leader

Stops Pulling & Lunging

No more tug of wars, jerking or being dragged down the street - even children and the elderly can walk large or difficult dogs.

Won't Choke

Gentle Leader[®] gives you control with humane restraint - pressure is applied at the back of the neck instead of the front of the throat.

Not a Muzzle

When fitted properly, your dog may open his mouth to eat, drink, pant, fetch and bark - except when you pull on the leash to close his mouth.

Prevents Jumping

Easily stops jumping and other unwanted behavior as the Gentle Leader[®] Headcollar helps you control your dog in a "stand," "sit" or "down" position.

Controls Barking

Stop unwanted barking with a simple pull of the lead to close your dog's mouth - no need to shout or scold.

Helps Manage Other Behavior Problems

Under the supervision of a trained professional, the Gentle Leader[®] can be an effective tool, in an individual behavior modification program for problems such as fear, anxiety, aggression, etc. Many professionals and owners have reported a calming effect on their dogs.

Stops Begging

Eliminate annoying behavior at meal time and help the kids hang onto their snacks!



Why the Easy Walk Harness Works

The Easy Walk Harness is designed to gently discourage your dog from pulling while walking on a leash. It's so simple – easy to fit, and easy to use. There is very little acclimation time or special technique required. Unlike traditional harnesses, the Easy Walk Harness never causes coughing, gagging, or choking because the chest strap rests low across the breastbone, not on the delicate tracheal area.

Traditional harnesses actually encourage dogs to pull harder because of the “opposition reflex.” That’s the reflex that causes sled dogs to pull against pressure and do what they do. The Easy Walk Harness’ unique front-chest leash attachment stops pulling by steering your dog to the side and redirecting his attention towards you and its patent-pending martingale loop provides extra leverage for easy, relaxed control and prevents harness twisting and gapping.

If your dog forges ahead of you, gently pull the leash to the side to turn the dog toward you. As he stops pulling, be sure to release the tension on the leash. Use praise and reward your dog with treats and/or petting.

To slow your dog when he is pulling ahead, apply gentle pressure to the leash, pulling gently toward one side of the dog. Release the pressure on the leash when the dog is walking nicely next to you.

Like all collars, leashes, and harnesses, the Easy Walk Harness is a tool designed to help you train your dog to walk politely. We recommend finding a qualified trainer who can help you work with your dog in a positive way.

We don't recommend using the Easy Walk Harness with a retractable leash. With a retractable leash, the dog is “rewarded” with additional leash when he pulls ahead. We want the dog to learn to NOT pull ahead. In addition, a retractable leash will always apply a slight constant pressure, teaching your dog it is okay to continue pulling.



Puppy Socialization Dos and Don'ts

Socialization and puppy training are of utmost importance as puppy hood is the most critical time in your dog's development. What you do and don't do right now will affect your dog's behavior forever.

Puppy Socialization

A properly socialized dog is well adjusted and makes a good companion. It is not frightened or aggressive towards anyone or anything it meets in day to day living. A poorly socialized dog can be untrustworthy and a liability. They often become fear-biters and will fight with other dogs. They are difficult to train and are generally unpleasant to be around. Unsocialized dogs cannot adapt to new situations and a simple routine visit to the vet is a nightmare for the dog and everyone involved. Prevention is the key. Begin socializing your new puppy NOW! The Cornell University College of Veterinary Medicine agrees that the socialization period lasts up to about 12 weeks (3 months) of age. However, at 12 weeks the puppy must continue socialization to refine its skills. Socialization most easily occurs before the puppy is 3 months old. Any later than that and it becomes a difficult and time-consuming process that very few owners have the time, energy, money, or patience to cope with.

Socialization Dos

- Make sure that each of the following events is pleasant and non-threatening. If your puppy's first experience with something is painful and frightening, you will be defeating your purpose. In fact, you will be creating a phobia that will often last a lifetime. It's better to go too slow and assure your puppy is not frightened or injured than to rush and force your pup to meet new things and people.
- Invite friends over to meet your puppy. Include men, women, children, the elderly, people of different ethnic backgrounds, etc.
- Invite friendly, healthy, vaccinated dogs, puppies, and even cats to your home to meet and play with your new puppy. Take your puppy to the homes of these pets, preferably with dog-friendly cats.
- Carry your pup to shopping centers, parks, school playgrounds, etc. Places where there are crowds of people and plenty of activity.
- Take your puppy for short, frequent rides in the car.
- Introduce your puppy to umbrellas, bags, boxes, the vacuum cleaner, etc.
- Get your puppy accustomed to seeing different and unfamiliar objects by creating your own. Set a chair upside down. Lay the trash can (empty) on its side.
- Introduce your puppy to new and various sounds. Loud, obnoxious sounds should be introduced from a distance and gradually brought closer.
- Accustom your puppy to being brushed, bathed, inspected, having its nails clipped, teeth and ears cleaned and all the routines of grooming and physical examination.
- Introduce your puppy to stairs, his own collar and leash. Introduce anything and everything you want your puppy to be comfortable with and around.

Puppy Socialization Dos and Don'ts (continued)

Socialization Don'ts

- Do not put your puppy on the ground where unknown animals have access. This is where your puppy can pick up diseases. Wait until your puppy's shots are completed. Do not let your pup socialize with dogs that appear sick or dogs that you don't know; they may not be vaccinated.
- Do not reward fearful behavior. In a well-meaning attempt to soothe, encourage or calm the puppy when it appears frightened, we often unintentionally reward the behavior by telling the puppy that it is "Okay". It's normal for the puppy to show some signs of apprehension when confronting anything new and different. Do not coddle your puppy – especially small breed puppies.
- Do not allow the experience to be harmful, painful, or excessively frightening. This can cause lifetime phobias in your dog.
- Do not force or rush your puppy. Let your puppy take things at its own pace. Your job is to provide the opportunity.
- Do not do too much at one time. Young puppies need a lot of sleep and tire quickly. It is much more productive to have frequent and very brief exposures than occasional prolonged exposures.
- DO NOT WAIT!!! Every day that goes by is an opportunity of a lifetime that is lost forever. You can never get these days back. If socialization does not happen now, it never will.



Jumping Puppy

The reason most dogs and puppies jump up on people is because they are happy and excited to see them! Jumping, leaping and bounding are ways your dog shows affection and receives attention. The behavior is usually learned while they are puppies. When a puppy is very young, we usually sit on the floor, let them wiggle into our laps and allow them to lick and nuzzle up close to our face. When they come bounding over to greet us, jumping and stretching up to our knees, again we bend down, pick them up and exchange hugs and kisses. All this time we are training and rewarding the puppy for jumping up. Eventually we decide we don't like this behavior anymore. What used to be cute is now obnoxious and even dangerous if the dog is jumping up on children or the elderly.

The Jumping Problem Continues

Our inconsistency perpetuates the problem. Some of the time we tolerate the jumping and ignore it. Other times we reward the behavior by exchanging enthusiastic greetings. But when we're dressed up and the dog's paws are muddy, it's a different story. Reprimanding the dog for jumping up usually does not work. Either the dog misunderstands the reprimand as praise or he gets even more excited and the jumping gets worse. If the reprimand is severe enough, the dog may stop jumping at that moment but it doesn't solve the problem altogether; and it certainly is not a very nice thing to do. It's very similar to a person approaching you with a big smile, arm extended to exchange a hand-shake and you bopping the person in the nose. Even if your dog learns that jumping up on you is not a good idea, he will usually get away with jumping up on everyone else.

The End of the Jumping Problem

A better solution is providing your dog with an alternative method of greeting you and others. Teach your dog to "sit-stay". He cannot "sit-stay" and jump up at the same time. When he is sitting you can then kneel down and give him a warm hug and kiss. Practice is essential. If your dog is excitedly jumping up when you return home from work and this only happens once a day, then he is only getting one practice session a day. If he is jumping up on your company and you only have visitors once a week, then he is only getting one practice session a week. In order to perfect the proper greeting routine, your dog needs much more practice than that. You can speed up the training process by leaving through the back door and returning through the front door over and over again. When your friends come over, have them do the same. Each time, ask your dog to "sit-stay" before opening the door. At first his excitement will make it difficult for him to concentrate but after you've repeated this process 10 times, he will calm down and be able to concentrate. Before asking your dog to "sit-stay" in this distracting and exciting situation, be sure he has a reliable "sit-stay" in normal, non-stressful situations.

Tips:

- Start training at home where there are fewer distractions.
- Start now although an 8-week puppy may not have much of impact now on guests. Once that puppy is 75 pounds it will be harder to stop the behavior.
- When guests are arriving have your dog wear the Gentle Leader and correct as needed.
- If unable to properly address jumping behavior put your puppy in its crate temporarily until you have the time to work on training. This will help bad habits from setting in.
- Try pennies in a can. Have guests who arrive shake a can of pennies if the dog jumps on them.

Puppy Whining

Your puppy is howling, whining, or barking for a reason. If the problem is not resolved immediately, whining can become an ingrained habit that is intensely irritating and annoying. Many dogs use whining, howling, and barking as a means of vocal blackmail in order to control their owners.

Puppy Whining Dos

- When confined to a crate or small room or pen, always give your puppy the benefit of the doubt. When she begins whining, immediately take her to her toilet area.
- Teach your dog to accept isolation and privacy. Accustom your puppy to being left by herself, even if you are home. This will prevent separation anxiety and all the problems that accompany it.
- Make sure your puppy is comfortable. Is your puppy hungry, thirsty, too hot, too cold, uncomfortable, sick, or has she lost her toy under the furniture?
- When you know that all your puppy's physical needs are met and you have taken the time to accustom her to isolation, then teach her that whining is unacceptable.

Puppy Whining Don'ts

- Do not give in and reward your puppy for whining.
- Do not hesitate to appropriately reprimand unnecessary whining.
- Do not let your dog feel abandoned. Leave a TV or radio on if you are leaving the room, or house.
- Do not let your dog soil their crate.



Barking

Barking is a perfectly natural canine behavior. Birds sing; frogs croak; and a dog barks, whines, and howls. If you have a dog, you better expect some barking, whining or howling. It is unrealistic and unfair to think you can train your dog to stop barking altogether. However, you, your neighbors, and your dog will all be much happier if the barking is under control.

Dogs that are socially isolated or confined for long periods without supervised exercise need some outlet for their pent-up energy. A dog that is left alone all day is likely to take up barking as a hobby because no one is there to control him. In no time at all, barking becomes an enjoyable habit. And for many dogs, once they start barking, they tend to continue barking for the sheer fun of it.

Your dog may be barking excessively because you unintentionally trained her to do so. Puppy speaks and you obey. "Woof" and you open the door to let puppy out. "Woof" and you open it again to let her in. "Woof" and she gets a treat, "woof" for a tummy-rub . . . you get the picture. Your dog has learned to get attention through barking. It is easy to fall into this trap because the very nature of barking gets your attention. For the same reason, it is easy to forget to praise and reward your dog when she is not barking.

Barking and Walks

The first step in obtaining peace and quiet is to realize that lots of barking is caused by the dog being lonely, bored, frustrated, or frightened. These are all situations that you can help to alleviate. A well-exercised, happy dog is more likely to sleep all day while you are not home. Spend time playing with, training and exercising your dog.

Obedience training is great mental exercise. Thinking is a tiring activity for dogs, as it is for humans. Most dogs really enjoy a rapid paced, exciting game of "Come here, sit, heel, sit, heel, down, stay, come here" for hugs, a massage, a celebration of praise and treats. Don't allow training to be a boring, tedious routine.

If your dog lives in the back yard most of the time, she probably needs "social exercise." She needs walks around the neighborhood, so she can investigate all the sounds and smells that tantalize her while she is in the yard. Bring her into the house when you are home. She needs to feel that she is part of your family. Having a large yard is not equal to having a well exercised dog. You may see your dog dashing madly around your yard, but he is not exercising. He is doing the doggy equivalent of pacing, fidgeting, or other human forms of nervous activity. Provide your dog with fun things with which to occupy him, such as a digging pit or special chew toys.

Dogs are social animals. They need friends and companionship. Take your dog to the same dog park daily or weekly and let her make doggy friends. Dogs romping around and playing together tire rapidly and will sleep happily while recovering from the good, hardy play session.

Nuisance Barking

Until you have re-trained your dog about her barking habits, she should be confined to a place where she will cause the least disturbance. Closing the drapes will help muffle the noise for the neighbors. In addition, confining the dog to the back of the house (away from the street) will keep disturbances to a minimum. Leave a radio playing to mask noises from the street. You may also want to have disconnected switches on the

telephone and doorbell if these set off a barking spree.

"Stop Barking"

It's no wonder people have barking problems with their dogs. Most dogs have no clue as to whether barking is something good or something bad. Sometimes when the dog barks, he is ignored (owner in a jolly mood). Other times, the dog is encouraged (owner sees suspicious stranger outside the house). And yet other times, the dog is yelled at (owner has a headache). Humans are consistently inconsistent.

In order to help your dog, know your rules, teach him what they are. Here is a good rule to start with: Barking is okay until the dog is told to "Stop Barking." Think of "Stop Barking" as an obedience command rather than simply an unpredictable reprimand.

Each time your dog barks, after two or three woofs, praise her for sounding the alarm. Then tell her, "Stop Barking." Simultaneously, waggle an especially tasty food treat in front of her nose. Most dogs instantly stop barking because they can't sniff and lick the treat while barking. During this quiet time praise her continuously, "Good girl, stop barking, what a good quiet dog you are, good dog ". After 3 seconds of no barking, let her have the treat. The next time she barks, require her to stop barking for 5 seconds before she gets the treat. Each time she is told to stop barking and succeeds, she will be rewarded.

If she barks even one little woof after you've given the command, scold her immediately. Timing is everything. As training proceeds, the required period of silence is increased gradually; at first "Stop Barking" means: No barking for the next 3 seconds, then 5 seconds, then 10 seconds and so on.

Within a single training session, you can teach your dog to stop barking for up to 1 or 2 minutes. This is major progress, because whatever set off her barking in the first place is history, and she is likely to be quiet until the next disturbance.

The Consequences of Barking

When your dog stays quiet for the required period of time after you've asked her to please, "Stop Barking," she is rewarded. When she makes a mistake, your unsuspecting dog's very next woof should be met with a cataclysmic, earthshaking 120 decibel "STOP BARKING!!!" Most dogs are so totally shocked and amazed by this horrendous outburst that they will stare at you in disbelief (and silence). If this outburst makes your dog more excited, then you might try an ice-cold I-mean-business tone of voice. Sometimes a splash of water in the face will do the trick. You must find something that will instantly make your dog stop barking. As soon as your dog stops barking, even for just a tenth of a second, you must immediately and instantly reward her. After enough repetitions your dog will learn the meaning of the command "Stop Barking" and you will no longer need your training props (water, treats, etc.).

Substituting the Barking Habit

If your dog's excessive barking has already become a habit, don't expect the barking to get under control overnight. It takes weeks of repetition to replace an old habit with a new one. If you keep up with these procedures, you will see a new pattern of barking develop. Instead of barking relentlessly at the insignificant, your dog will be barking appropriately and for a reasonable length of time. It is important that you maintain this new good habit through practice and praise or your dog may revive his old annoying barking habits again.

Excitement Urination

Even a dog that is otherwise housetrained may exhibit excitement urination by leaving dribbles and puddles of urine at your feet and on the floor when greeting you. It's normal for some dogs to urinate when they become excited. Excitement urination usually occurs in puppies and is caused by lack of bladder control. The puppy is not aware that he is urinating, and any punishment will only confuse him. Since he does not know why you are angry, the excitement urination will quickly become submissive urination in an attempt to appease you. As your puppy matures and develops bladder control, the problem will usually disappear. However, in the meantime, it is probably a good idea to do something to help keep your puppy dry. The best treatment for excitement urination is to prevent your dog from becoming overly excited in the first place. You can do this by exposing your dog to the stimulus that excites him, over and over until it no longer excites him. Most likely, your dog gets excited and wets when you return home. If so, simply ignore him for several minutes. Don't even look at him. Then leave again for a few minutes, return and ignore, leave, return and ignore. Keep doing this until you can see that your dog is not only unexcited, but is actually getting bored with the whole thing. If excitement urination is a problem when visitors arrive, have them do this too. When your dog has calmed down and is no longer excited when you come in, then very quietly and gently say hello. If any signs of excitement or urinating appear, quickly exit and repeat the coming-and-going routine. A rapid sequence of "heel-sits" will capture your dog's attention and channel his excitement to the game of heeling and sitting instead of urinating. Remember to ignore all excitement urination and never scold or get angry at your dog when it occurs.

Submissive Urination

Submissive wetting or urination is a normal way for dogs and puppies to demonstrate submissive behavior. Even a dog that is otherwise housetrained may leave dribbles and puddles of urine at your feet and on the floor when greeting you. Submissive urination is the ultimate show of respect and deference for higher rank. It occurs frequently with young puppies that have not yet learned and perfected other social skills and means of showing respect. Submissive urination in adult dogs is usually a sign of insecurity. Often unsocialized and abused dogs will submissively urinate. Other dogs that engage in submissive urination may simply have not been shown that there are more acceptable ways to show respect, such as paw raising (shake hands) or hand licking (give a kiss). Submissive urination may be present in overly sensitive or mistreated dogs because they feel the need to constantly apologize. This state is often caused by excessive or delayed punishment which frightens and confuses the dog without teaching him how to make amends. The dog resorts to the only way he knows to show respect and fear, by submissive urination. When your dog urinates in this manner, it is best to just ignore him. If you try to reassure him, he will think you are praising him for urinating and will urinate even more. If you scold him, he will feel an even greater need to apologize by urinating. Reassurance or scolding will only make submissive urination worse. Treatment of submissive urination must be directed towards building your dog's confidence and showing him other ways to demonstrate respect. The quickest way to accomplish this is by teaching your dog a few basic obedience exercises. A dog that can earn praise by obeying a simple routine of "Come here, sit, shake hands," will soon develop self-esteem and confidence. A confident dog who can say, "Hello, Boss" by sitting and shaking hands does not feel the need to urinate at his owner's feet.

Chewing

Chewing, ripping, shredding, tearing up and generally destroying stuff are as normal for dogs as tail-wagging. If you have a dog, expect chewing. Provide him with his own toys and teach him to use them or he will destructively chew anything available, such as your furniture, carpet, clothing, or shoes. Dogs do not chew and destroy your house and belongings because they are angry, jealous, or spiteful. They do it because they are dogs. They may be lonely, bored, frustrated or anxious, but they are not malicious, vindictive or petty. Active dogs can become restless when left alone for long periods. If you always come home at a certain time and you are late, your dog may become anxious. Your dog does not punish you for being late by destructive chewing. The dogs' chewing is a form of occupational therapy to relieve stress and release energy. If you come home and find that your dog has destroyed something, do not punish the dog.

Passive Training to Prevent Chewing Problems

Until your dog can be trusted not to destroy your home and yard, do not give him free, unsupervised run of your house. Give him a pleasant area or room of his own where he can enjoy himself and relax when you are not home or are unable to supervise him. Litter his room with a wide variety of toys. Since he will have no other choice of things to chew, he will learn to chew and play with his own toys. Make the toys enticing. Soak rawhide and long marrow bones in different flavored soups. Let them dry and give a different flavor to the dog each time you leave him alone. Sterilized marrow bones and Kong toys can be stuffed with liver treats or cheese. The dog will be entertained for hours trying to extricate the treats from the toy. Bury these toys in the dog's digging pit.

Active Training to Prevent Destructive Chewing

When you are home, take time to teach your dog to play with her toys and to seek them out whenever she feels like chewing. Always lavish your dog with praise every time you see her playing with or chewing on one of her toys. Teach your dog to "find" her toys. Scatter several toys in different rooms throughout the house. Tell her to "find it" then immediately lead her from room to room encouraging her to pick up a toy when she sees one. When she does so, reward with praise, affection, play and even a food treat, and then continue the game.

Anticipation Chewing

Most destructive chewing occurs just before the owner returns home. The dog is anxiously anticipating the owner's return and this energy is released by chewing. You can prevent your dog from indiscriminately chewing whatever is handy and instead chew her own toys. Whenever you return home, insist that your dog greet you with a toy in her mouth. At first you will have to help her by telling her to "find" her toy. Do not give your usual **homecoming** greeting until she has a toy firmly in her mouth. Within a few days, your dog will realize that you never say hello unless she has a toy in her mouth. Now when your dog starts anticipating your return, she will automatically begin looking for a toy with which to gain your greeting and approval when you do return. If a toy is already in her mouth, she will be more likely to chew on it, rather than on the furniture, to release tension.

Chewing Deterrents

If you catch your dog in the act of chewing a forbidden item, you can sternly scold her with a verbal warning. Immediately direct your dog to one of her own toys and praise her for chewing it. This will teach your dog not to chew forbidden items when you are present, but it probably will not discourage the dog from investigating these items when you are not there. The only way to prevent your dog from chewing these things is to make them inherently unattractive. There are many products in pet stores that are designed to apply to furniture, etc. that are safe but repulsive to dogs. Why chew on something that is boring, distasteful, or unpleasant when there are plenty of fun, exciting, and tasty things to chew on?

Common Sense and Chewing

By far the simplest way to keep your dog from chewing on forbidden items is to prevent access to them. Put your shoes in the closet and shut the door. Place the trash outside. Keep doors closed; keep valuables out of reach. Praise and reward your dog profusely for chewing her own toys.

Tips:

- Keep valuables away from your puppy. Make sure power cords are out of reach.
- Keep your puppy entertained. Feed your puppy through a Kong filled with part of their daily food requirement so Puppy has something to chew on and is rewarded at the same time!
- Rotate puppy toys so your puppy does not get bored.
- Keep rawhide chews available.
- Supervise chewing- watch your puppy for destroying and eating toys!
- Prevent puppy from chewing and destroying your belongings by providing proper training and chew toys. After all, chewing and playtime are part of normal puppy growth and development.

Puppy Chewing Dos

- Provide several of a variety of toys for your puppy.
- Teach your puppy to play with these toys.
- Praise puppy every time you see him chewing or playing with his toys on his own.
- Teach your puppy to get a toy to greet you. Each time your pup runs up to greet you or anyone else, encourage him to find and get a toy. All humans, especially the owners should always be greeted by a dog with toy in mouth.
- Any area that the pup has access to must be kept clear and clean. Put out of puppy's reach anything you don't want him to chew or destroy, such as trash, shoes, hazards, etc. Your puppy does not know what is valuable or dangerous and what is not.
- If you find your puppy with your best shoe in his/her mouth, distract him away from it and replace the shoe with one of his toys. Praise him for chewing his toy. Do not reprimand him for chewing your shoe. Reprimand yourself for leaving it out where he could find it.
- Booby trap items and articles to show your puppy that these things are no fun to chew, in fact, they are an annoyance even to touch.

Puppy Chewing Don'ts

- Do not allow unsupervised access to “un-chewables”.
- Do not chase the puppy in an attempt to take something away.
- Do not reprimand excessively. A verbal warning should be enough. A loud startling noise is even better. It gets the puppy's attention without the puppy associating it with you. As soon as the puppy is distracted, show him what to chew and praise him for chewing it.

Biting and Mouthing

Biting and mouthing is common in puppies, especially in play and while teething. It's up to you to teach your puppy what is acceptable and what is not. Biting dogs are generally loving, sweet, adorable, affectionate, and wonderful 99% of the time. Only 1% of the time does something specific happen that makes the dog bite. This article will discuss the causes of biting and what you can do to prevent your dog from biting.

Inhibit Biting

First of all, dogs must learn to inhibit their bite before they are 4 months old. Normally, they would learn this from their mother, their littermates and other members of the pack. But, because we take them away from this environment before this learning is completed, we must take over the training.

Socialization Prevents Biting

By allowing your puppy to socialize with other puppies and socialized dogs they can pick up where they left off. Puppies need to roll, tumble, and play with each other. When they play, they bite each other everywhere and anywhere. This is where they learn to inhibit their biting. This is where they learn to control themselves. If they are too rough or rambunctious, they will find out because of how the other dogs and puppies react and interact with them. This is something that happens naturally and it is something we cannot accomplish. It can only be learned from trial and error. There is nothing you can say or do to educate them in this realm. They must learn from their own experience. Another major advantage of dog to dog socialization, besides the fact that it will help your dog to grow up not being fearful of other dogs, is that they can vent their energy in an acceptable manner. Puppies that have other puppies to play with do not need to treat you like littermates. So, the amount of play biting on you and your family should dramatically decrease. Puppies that do not play with other puppies are generally much more hyperactive and destructive in the home as well.

Lack of Socialization Causes Biting

A major cause of biting is lack of socialization. Lack of socialization often results in fearful or aggressive behavior. The two major reactions a dog has to something it is afraid of are to avoid it or to act aggressive in an attempt to make it go away. This is the most common cause of children being bitten. Dogs that are not socialized with children often end up biting them. The optimum time to socialize is before the dog reaches 4 months. With large breed dogs, 4 months may be too late, simply because at this age the puppy may already be too large for most mothers of young children to feel comfortable around. For most owners, the larger the dog is, the more difficult it is to control, especially around children. If there is anything you do not want your dog to be afraid of or aggressive towards, you must begin to socialize your puppy with them before it is 4 months old.

Trust and Respect Inhibits Biting

There are many other reasons your dog will bite and you will have to take an active role in teaching them. However, before you can teach your dog anything, there are two prerequisites that are essential. They are trust and respect. If your dog doesn't trust you, there is no reason why he should respect you. If your dog does not respect you, your relationship will be like two 5-year olds bossing each other around. If your dog does not trust and respect you, then when you attempt to teach your dog something, he will regard you as if he were thinking, "Who do you think you are to tell me what to do?"

Bite Training Tips:

- **Consistency is key.** Do not encourage or allow your puppy to mouth you or bite your hand. Don't encourage anyone else to allow it either. If you let the dog bite some of the time, then biting will never be completely eliminated.
- If your puppy bites in play or mouths you, say “**OUCH**” loudly. Puppies often don't like this reaction.
- Don't forget follow up. The dog must understand that it is the biting that you don't like, not the dog itself. Make up afterwards, but on your terms.
- If no respect exists, the biting will get worse. If you act like a littermate, the dog will treat you as one.
- Give your puppy a toy to chew on instead. Always have something available!
- If your puppy is too excited to stop biting or mouthing you, hold puppy on your lap until he calms down. Gently holding your pup's mouth closed also helps with this.



Shyness, Fear, and Socialization

Is your dog or puppy shy and leery of people, afraid of strangers, certain situations, or objects? Is your dog fear snapping or is your puppy fear biting?

Is Shyness a Problem or Not?

It is natural for some dogs to be shy of things that are new and unfamiliar. During development, a dog becomes socialized with familiar people, animals, objects, and situations. But they will still tend to shy away from the unfamiliar. Shyness in itself is not a problem. It is only a problem if the dog's shyness inhibits your lifestyle or if the dog develops other problems related to shyness such as fear biting. Shy dogs often bolt when frightened, endangering themselves by running blindly into danger, such as traffic.

Training Your Dog or Puppy to be Shy

In a well-meaning attempt to calm their dog's fears, many people end up actually reinforcing the dog's shy behavior. In effect, the owner inadvertently trains the dog to be more fearful. Be careful not to reinforce your dog's fearfulness by offering reassurance. When our timid dog hides, barks defensively, whines, screams or snaps, our response is only natural. Our protective instincts cause us to reassure the dog by talking soothingly, petting or even picking up the dog for a hug. These actions flagrantly reward the dog for fearful behavior. It is best to just completely ignore your dog when he acts fearful. Let him learn by his own experience that there is nothing to be afraid of. Save your praise and reassurance for times when your dog acts with confidence.

Shyness, Fear, and Socialization

Many people try to rehabilitate their dog too quickly, forcing him to socialize with other dogs and people. This usually reinforces the dog's view that other dogs and people are frightening. On the one hand, the dog needs to be socialized as quickly as possible, but on the other hand, he should not be forced into it. If you push your dog to do too much too soon, your dog will only become more fearful and may be forced into a situation where he feels he must defend himself. Socializing a dog and helping him build his confidence is a time-consuming task. Thrusting him into the arms of every visitor and dragging him out to socialize with many other dogs can be counter-productive. Strangers should never be allowed to approach your dog to pet him. It should always be left to your dog to make the first contact. If your dog does not want to approach, that is okay. Just give him plenty of time to "hide and peek" and eventually he will come out of hiding. It's up to you to provide ample opportunity for socialization, but it is up to the dog to proceed at his own pace. Don't verbally try to encourage him out of hiding. He will probably interpret your encouragement as praise for hiding. Don't try to force him to come out; this will only frighten him even more.

Fearful Snapping, Growling, and Aggression

Shy or fearful dogs can react defensively when approached by unfamiliar people. They may try to keep strangers away by growling, snarling, or snapping. These behaviors must not be ignored. No dog should be allowed to get away with acting aggressively towards humans. The fact that your dog is shy is no excuse to condone growling or biting. You must instantly and effectively reprimand such behavior. As soon as your dog stops acting aggressive, it is essential that you praise him. You do not want your dog to think that the presence of the stranger brings on the reprimand, but that his own obnoxious behavior causes you to get angry. If it is ever necessary for you to reprimand aggressive tendencies in your shy dog, you have probably been trying to push him along too quickly. Avoid similar threatening situations until your dog has developed sufficient confidence to deal with them without resorting to aggression. Do not allow strangers to reprimand your fearful or shy dog.

Chasing Cars, Cats, Joggers, Bicycles, etc.

Chasing is an instinctive behavior in dogs. Dogs love chasing cats, joggers, bicycles, cars, other dogs and almost anything that moves. Moving objects stimulate dogs to chase. If your dog is a herding breed, then your dog's nature to herd the moving object is even greater. Often the dog's predatory nature is stimulated and causes the dog to chase. Sometimes it is just the dog's play response. Dogs love to chase and be chased.

Until you have learned to control your dog's chasing instinct, do not let him off-leash. It's dangerous for him and the person or animal he is chasing.

Before exposing your dog to a situation where he will want to chase, you must train him in a controlled setting. It is important that you set up a situation where your dog can concentrate and understand the behavior you want. He must have the opportunity to perform the correct behavior repeatedly since up until now he has probably only had practice misbehaving.

Start the training session indoors in your own home. Put your dog on a leash and stand with him at one end of a room or hallway. Wave a tennis ball in front of him but don't allow him to touch it. Now, roll or toss it across the room or down the hall and tell him "OFF". If he starts to go after it, command "OFF!" and give him a firm tug on the leash. It's extremely important that you do not allow him to touch the ball or he will think that the word "OFF" means for him to chase and get the ball. We are not trying to teach the dog to fetch. Practice this several times a day until he gets the message that "OFF" means: don't go after the ball, i.e. don't chase. When he gets it right, praise him profusely and give him a special treat.

When he seems to understand this new game, repeat it in different rooms of your house. Practice in the garage and in your backyard. When it's clear to you that he really understands the meaning of "OFF" the next step is to try it without holding onto his leash. Leave his leash on, dragging on the floor so you can grab it or step on it quickly should he forget what "OFF" means. When he has mastered this, try it completely off-leash, but still in your own home and yard.

Now it's time to practice with a jogger. Enlist the help of a friend to pose as a jogger. Stand with your dog on leash and have your friend jog by repeatedly while you repeat the "OFF" exercise as you did with the tennis ball. Be sure your dog performs perfectly on leash before you try this off-leash.

If your dog is chasing cars, ask your friend to meet you on a quiet, secluded street to help you train your dog. Again, repeat the "OFF" exercise as your friend repeatedly drives by. Be sure your dog is perfect on-leash before you try it off-leash. It's important that you practice this in a set-up situation. You must know that the driver is aware of the training so he/she can stop the car should you lose control.

By now you should have some degree of confidence that your dog will obey because of the hours of practice and his level of performance in the staged situations. Always use good judgment. If the real situation seems too tempting, too distracting or too stressful, don't ask your dog to perform miracles. Practice with him daily and with every opportunity that arises. Praise him profusely every time you say "OFF" and he obeys. If he disobeys, give a strong tug on his leash, command "OFF!" and realize he needs more practice.

Don't wait until your dog is in full chase before doing something. Success is most likely when you use 'OFF' as a preventative command. If your dog has a strong predisposition to chase, it is your responsibility to be alert for his safety and others. If you feel you cannot pay attention to the environment around you when you're with the dog, simply do not let him off-leash.

When Will I Be Able to Let My Dog Off-leash?

Asking when you can allow your dog to be off-leash is not a whole lot different from the question, "When will you be able to let your son or daughter take your Porsche or Mercedes out for a spin with his buddies or her friends?" The answer can range from now to never. Different circumstances would dictate different answers as well.

Most adults would go by this rule of thumb: When the individual is responsible and trustworthy enough for you to have the confidence that he or she will not bring harm to him or herself, others, and of course the car. You can apply this same principle to your dog.

Is your dog socialized enough that he or she will not be fearful of or aggressive towards other people and dogs? Can you trust your dog not to jump on people (especially children), chase joggers, fight with other dogs, pick up garbage, invade picnic lunches and so forth? Unsocialized and skittish dogs will often bolt if something frightens them.

Can you control your dog off the leash? Will your dog reliably come when called and stop on a dime from a full run when told to stay? These commands are essential for your dog's safety. Some dogs when let off-leash will simply run away. Other dogs will chase a tennis ball or cat right into the street.

If you are willing to risk the safety of the public, the safety of your dog and the security of your finances (paying your own or someone else's medical or veterinary bill, facing a lawsuit, etc.) then you'll let your dog off-leash before someone who is not willing to take the risks.

If you are unwilling to take the risk, only let your dog off-leash in areas where the above mentioned risks do not exist. A fenced-in dog park is ideal. Tennis courts are usually completely enclosed. Your dog may not come when called but at least you can just go and get him or her when it's time to leave. If your own yard is not large enough, find a friend or neighbor with a yard where their dog and yours can get together to run and play.

Use a long leash on outings to give your dog some freedom but still allow you to maintain control. Train, practice, and be patient. Obedient, trustworthy dogs are a product of a lot of dedication and commitment.



Training Your Dog to Come When Called

One of the most common training problems owners have with their dogs is that the dog will not come when called. Training a dog to come when called is often referred to as a "recall." It is ironic that owners go to great lengths to train their dog NOT to come when called, and then complain about it. They want someone to wave the magic wand and have their dog drop everything it's doing, including chasing birds at the beach, digging in the yard, or romping with other dogs, and instantly come racing over to the owner. That is PhD level obedience. The first thing we have to do is undo the training the owner has already done, and then proceed with kindergarten level obedience before achieving the results the owner desires. So how has the owner so systematically trained the dog not to come when called?

Sabotaging the Training

The worst practice the owner engages in is letting their dog off-leash and unattended. Whether the dog is running in the park, romping on the beach, or playing with other dogs, the dog is learning that these good times do not include the owner. In fact, it is always the owner who ruins the fun by ordering the dog to "come." When the dog obediently comes to the owner, his leash is promptly attached and he is on his way home. This is not a good outcome from the dog's perspective so on each successive outing, the dog delays coming when called because by delaying, he is prolonging his off-leash fun. When the owner repeatedly calls the dog and he does not come, then the dog is learning that he doesn't have to come - or at least he doesn't need to come until he is called umpteen billion times. The dog has now learned that ignoring the owner is infinitely more rewarding than obeying the owner. This is definitely a lose-lose situation. If the dog comes, he is punished for coming because his off-leash fun is curtailed. If the dog doesn't come, he is learning not to come and he is being self-rewarded for ignoring the owner.

Another outcome of the above situation is that the now frustrated owner feels he needs to punish Puppy for not coming when called. Because the owner does not know how to punish the dog while it is running away, the owner punishes the dog when he eventually returns. The next time the dog will take even longer to come back because not only does it end the fun but it also now means outright punishment from the owner if he does comply.

Training What Come When Called Means

To many dogs, the command "come here" means, "quick, run the other way!" There are countless examples of how the owner trains the dog not to come by unintentionally punishing the dog when it does come. Every time the dog is called to engage in an activity that the dog doesn't enjoy he is learning that the command "come here" is bad news. The owner should never call the dog to come and then give him a bath, clip his nails, or confine him. Even if the owner's planned activity is not unpleasant for the dog, just the fact that it isn't as much fun as the activity the dog is currently engaged in is enough for the dog to choose not to obey. It's better for the owner to just go and get the dog for these activities rather than ruin an otherwise rapid recall.

Some owners intentionally punish their dog when it comes. Often this is done when the dog has misbehaved (especially chewed or soiled the house). The owner shouts, "Come here! Bad dog!" When the dog arrives, he is punished. After the dog has been clobbered once or twice for complying, not surprisingly, he will be reluctant to do so again.

Dogs are always learning whether we intend to teach them or not. Formal training sessions are usually short and infrequent compared to the day to day and minute to minute training (or more appropriately – un-training)

Bishop Ranch Veterinary Center & Urgent Care Puppy Health & Training Handbook

we do with our dogs. In order to correct this type of problem the owner must first be aware of how he or she is unintentionally training undesirable behaviors in the dog. One or two instances of punishing the dog for coming when called can undermine weeks and weeks of formal training. Owners must learn to incorporate positive training into the dog's life and daily routine. Until the dog is reliably trained to come when called, he should not be let off-leash.

The average owner who attends a training class with his or her dog practices the exercises at home on the average of 5 minutes a day. An exceptional owner practices perhaps 15 minutes a day. What happens with the dog the other 23 hours 45 minutes each day? Every time the dog and owner interact, the dog is learning something even though the owner may not be intentionally trying to teach the dog anything. Dogs are *always* learning.

Prime the Training Pump

The first step is to test if the dog is motivated and ready to learn. At the dog's regularly scheduled meal time, take a nugget of kibble and wave it in front of the dog's nose. If the dog does not show enthusiastic interest in the food, then this is not the right time to begin training. Training should be delayed for an hour or so until the dog shows interest. You may have to skip one meal entirely to get the dog motivated. Don't worry; Puppy will not starve to death if he misses one meal. Overindulged pets that are constantly showered with affection, attention and tidbits will be more difficult to motivate. Most will have the attitude, "Why bother learning something new for a piece of kibble when I can just look cute and get steak?" If you are serious about training, then you must withhold all treats during the day, put the dog on a strict feeding schedule (no ad lib feeding) and adhere to this during the training period. Tidbits will be reintroduced a little later in the training. For dogs that are absolutely finicky and underweight (not fat and spoiled) then either the food can be made more appealing by coating it with something especially yummy like baby food chicken or gravy or use other motivators (keep reading).

Basic Come When Called Training

As soon as Puppy says, "Yes, yes! I'm hungry, I'll do anything for that food," then you're ready to begin. Introduce the simple recall by giving the dog a couple of nuggets of kibble for free, and then quickly backup a few feet and say, "Come here." Hold the food in an outstretched hand at the dog's nose level. Praise the dog all the time that she approaches and give the food as soon as she arrives. Once the dog comes readily, add a sit to the end of the recall and take hold of the dog's collar before giving the food. Many dogs will come and sit then duck or run away to avoid being touched. They will not allow themselves to be touched because past experience has shown them that this usually means bad news (from the dog's point of view, not yours).

The exercise may be repeated several times in a row with you quickly running backwards between recalls. At a more advanced level of training, the dog may be instructed to "sit-stay" until called. Repeat this sequence with every nugget of every meal. Make certain this exercise is performed when the dog is really motivated. If at any time the dog loses interest, stop the training immediately and don't allow the dog to eat anything else until the next regularly scheduled mealtime and practice session.

Once the dog is responding regularly, it is time to start to thin out the food rewards. Rewards should be reserved for the dog's better responses, i.e. only those times when she comes quickly, directly, and happily. Reward with one fourth to one third of the dog's meal instead of only one kibble or handful. During maintenance training, on average, the dog should receive one food reward per five times that she comes obediently.

More Training Exercises

Now that the dog understands the basics of the exercise, it is time to make training even more fun. Perform the To & Fro and Hide & Seek exercises (described below) between meals with your dog's favorite treats. Again, be sure the dog shows interest in the treat you're using. Use miniscule pieces - this is a treat, not a meal. You can use one quarter inch square pieces or smaller of chicken, cheese or liver. In other words, real food, not boring milk bones. The better the reward, the quicker the dog learns and the longer the dog retains what has been learned.

To & Fro Training

A very simple, enjoyable training exercise is a back and forth recall. Two or more people should stand ten yards or so apart. One person calls the dog to come and instructs her to "sit-stay" until another of the human participants calls the dog to come. Practice this exercise in the house and yard. Most dogs love this exercise and in exuberant anticipation of the commands, may madly rush back and forth, like a deranged yo-yo. Either, do not let the dog break her "sit-stay" until she is called, or if the dog is not being asked to stay, then someone other than the person the dog is running towards should do the calling. Only the person who calls the dog is allowed to give a treat. You don't want Puppy to think that all he has to do is charge up to someone and they will automatically dispense food.

Hide & Seek Training

When the dog catches on to the game of To & Fro, then the human participants can begin to spread further apart turning the To & Fro recall into a game of Hide & Seek. Two or more people begin in the center room of the house. After each time they have called the dog to come, they go further away from the place they started. As the game progresses, eventually one person will be in the master bedroom, the second person in the guest room and the third in the kitchen and so forth. The dog does not simply run up to the person calling, he has to find that person first. This game is an especially good reinforcer because not only does it appeal to many of the dog's natural instincts, but it also associates the words "come here" to the owner with fun instead of dread.

Random Recalls and Other Training Motivators

There are times when we know the dog will come: when the owner says, "Do you want to go for a walk?" or "Ride in the car?" or "Where's your ball?" Many dogs come running to the owner just upon hearing car keys jingle, or when the closet door where the leash is kept is opened, or the cupboard that holds the treats is opened. Periodically and randomly throughout the day, happily herald such events with the cheerful announcement "come here." For example: before giving any clues that a walk is being offered, call the dog to come. If she comes, hold out the leash and ask her to sit, put on the leash and go out for a walk. If she does not come, pick up the leash, waggle it around, put it away and ignore the dog. She will probably regard you suspiciously, perhaps thinking, "How come my owner picked up my leash and now we are not going for a walk?" The next "come here" usually produces an immediate response. With enough repetition your dog will think, "I don't know what those words "come here" mean, but whenever I hear them I better hustle over to the owner as quickly as possible because something terrific is going to happen."

Distraction Training

Don't let a fun activity such as running free and playing with other dogs become a distraction to training. Instead, use it as a reward. Show the dog that if she comes when called, she will receive plentiful praise, a food treat and then be allowed to resume her play session. Try to be a part of your dog's good times, so that she learns it is not the end of the fun just because you tell her to come. When you first take the recall training exercises outside make sure to practice in areas with the least amount of distractions. Begin with the dog on a long leash. It's absolutely important that you are able to enforce your command should the dog refuse to obey. Don't allow your dog to ignore you. If you call a couple of times and the dog ignores you, use the long leash to make the dog come. It will take many repetitions of "come here, go play" before the dog is convinced that its freedom is not going to end just because the owner has called. Gradually add more distractions only when the dog succeeds with minimal distractions. When you find you no longer have to enforce your command, then it is time to try the exercises off-leash. If at any time the dog regresses, then simply go back to square one and begin again. Don't take the dog back to the park off-leash again until you have done some retraining. In most cases, all it takes is for the dog to get away with disobeying once and the dog realizes that he can do it again and again.



Some Local Dog Parks

Alameda County

Berkeley

- Tilden Regional Park: Entrances off Wildcat Canyon Road and Grizzly Peak Boulevard.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4562
www.ebparks.org/parks/tilden

Castro Valley

- Anthony Chabot Regional Park: 9999 Redwood Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4502
www.ebparks.org/parks/anthony_chabot
- Cull Canyon Regional Recreation Area: 18627 Cull Canyon Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4523
www.ebparks.org/parks/cull_canyon

Dublin

- Dublin Hills Regional Park: Intersection of Dublin Boulevard and Marshall Canyon Drive.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4549
www.ebparks.org/parks/dublin_hills
- Dougherty Dog Park: Amador Valley Blvd and Stagecoach Dr.

Livermore

- Del Valle Regional Park: 7000 Del Valle Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4524
www.ebparks.org/parks/del_valle
- Livermore Canine Park: Murdell Lane off of Concannon. 925-373-5700
<http://www.larpd.org/parks/dogparks.html>

Oakland

- Robert Sibley Volcanic Regional Preserve: 6800 Skyline Boulevard.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4554
www.ebparks.org/parks/sibley

Pleasanton

- Augustin Bernal Park: 8200 Golden Eagle Way.
925-931-5340
www.bit.ly/augbernal
- Pleasanton Ridge Regional Park: Foothill Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4549
www.ebparks.org/parks/pleasanton
- Shadow Cliffs Regional Recreation Area: 2500 Stanley Boulevard.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4557
www.ebparks.org/parks/shadow_cliffs

Sunol

- Sunol and Ohlone Regional Wilderness: 1895 Geary Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4559
www.ebparks.org/parks/sunol

Contra Costa County

Antioch

- Black Diamond Mines Regional Preserve: 5175 Somersville Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4506
www.ebparks.org/parks/black_diamond

Clayton

- Clayton Doggie Park: Marsh Creek Road off of Regency.
www.bit.ly/claytonk9
- Morgan Territory Regional Preserve: 9401 Morgan Territory Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4546
www.ebparks.org/parks/morgan

Concord

- Newhall Dog Park: Turtle Creek Road (Cross Street is Ayers Road).
925-671-3444
www.bit.ly/newhallk9

Danville

- Hap Magee Dog Park: 1025 La Gonda Way.
935-314-3400
www.bit.ly/hapmagee

Danville (continued)

- Las Trampas Regional Wilderness: 18012 Bollinger Canyon Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4537
www.ebparks.org/parks/las_trampas
- Mt. Diablo State Park: Mt. Diablo Scenic Boulevard.
925-837-2525
www.parks.ca.gov/?page_id=517

Lafayette

- Briones Regional Park: Pleasant Hill Road & Park Lane. This park also has an entrance in Martinez at 2537 Reliez Valley Road.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4508.
www.ebparks.org/parks/briones

Martinez

- Briones Regional Park: 2537 Reliez Valley Road. This park also has an entrance in Lafayette at Pleasant Hill Road & Park Lane.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4508
www.ebparks.org/parks/briones
- Carquinez Strait Regional Shoreline: Carquinez Scenic Drive and Foster Street. This park also has an entrance in Port Costa at Pomona Street and Winslow Street.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4514
www.ebparks.org/parks/carquinez

Pleasant Hill

- Paso Nogal Park: Paso Nogal Road and Morello Avenue.
925-682-0896
www.bit.ly/pasonogal

Port Costa

- Carquinez Strait Regional Shoreline: Pomona Street and Winslow Street. This park also has an entrance in Martinez at Carquinez Scenic Drive and Foster Street.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4514
www.ebparks.org/parks/carquinez

Richmond

- Point Isabel Regional Shoreline: 2701 Isabel Street.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4550
www.ebparks.org/parks/pt_isabel
- Point Pinole Regional Shoreline: 5551 Giant Highway.

Bishop Ranch Veterinary Center & Urgent Care Puppy Health & Training Handbook

Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4551 www.ebparks.org/parks/pt_pino

- Wildcat Canyon Regional Park: 5755 McBryde Avenue.
Toll free number: 888-EBPARKS (888-327-2757), option 3, ext. 4567
www.ebparks.org/parks/wildcat

San Ramon

- Del Mar Dog Park: Del Mar at Pine Valley Road.
925-973-2500
www.bit.ly/delmarprk
- Memorial Park - Dog Run: Bollinger Canyon Road off of San Ramon Valley Boulevard.
925-973-2500
www.bit.ly/memorialprk