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NEW PUPPY GUIDE

YOUR TRAINER'S PERSPECTIVE

Of course, every dog is different and some of this may require more in-depth information or more work.

Training your dog from a very young age helps to ingrain good habits and behaviors from the start.

It's easier to work on these things now than to try to reverse them later in life. When your puppy starts to understand the process of learning, the easier it will be to teach more new skills later in life as they mature.

Congratulations on your new puppy – and happy training!!

NEW PUPPY SUPPLY LIST

- * Leash and collar
 - * Crate
 - * Raised mat / cot
 - * 30-foot line
 - * White noise machine – or Alexa (put outside the room)
 - * Treat pouch or fanny pack
 - * Grooming supplies
 - * Good chew toys and “enrichment” toys
 - * Pure treats (freeze-dried liver is great)
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FEEDING

- 3 times per day is ideal, until about 6 months of age, then go to twice per day
 - Measure out your puppy's meal. Use that food to reward them during practices and engagement instead of just giving them their meal.
 - If utilizing bowl feeding, it should be structured; use sit and wait behaviors with calm manners
 - If dog eats too quickly (scarfing), use a slow-feeder bowl, muffin tin, or scatter food in crate to slow them down. Rapid eating is not healthy, especially for large breed dogs.
 - If the puppy did not finish their food within 20-30 minutes, remove the bowl. Do not put it back down.
 - Do not free-feed (leaving food out and freely available at all times)
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CRATE TRAINING



Very Beneficial – Start Now to Prevent Unnecessary Stress Later (SEE CRATE TRAINING GUIDE)

- Much easier to condition early rather than later in life
 - Sometimes it requires “tough love” in the beginning – worse on you – you’re not hurting their feelings
 - Letting the dog out because it would not stop crying for 30 minutes only teaches your dog that if it cries long enough, they will get out – because it worked for them before.
 - Helps to build the dog's confidence when not near you; helping to prevent separation anxiety
 - Creates a sanctuary for the dog where they cannot be bothered (so be sure no one can bother them)
 - Prevents destructive behavior
 - Helps with housebreaking – get on a good routine
 - It keeps your pup safe
 - Being crate trained helps avoid stress / anxiety: at the vet, groomer, boarding, and traveling
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PAW / EAR / MOUTH – DESENSITIZATION



Do these things often...

- Start now, randomly and often, massage your dog's feet and ears
 - Simulate the similar touching and handling of a vet check or grooming
 - Touch their nails with nail trimmers, even without trimming them at first. Eventually clip the very tips
 - Open your dog's mouth, raise their lips, practice inspecting their teeth and mouth, often
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POTTY TRAINING (SEE POTTY TRAINING GUIDE)



- Get on a schedule and stick to it – create a routine
 - Do not walk around while trying to get your dog to go to the bathroom, instead, stand in one spot until they go
 - Come up with a “potty” word and reward to give to your dog as soon as they go
 - Never punish for going to the bathroom in the house, they do not learn this way. If they have an accident, it was YOUR accident, not the pup's
 - Potty accidents mean the pup needs more supervision and a pattern of routine
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BATH TIME

- Do not just plop your dog in a tub of water.
 - Start by having some play time in the bathtub without water, even put dog-safe peanut butter (no xylitol or birch sugar) on the bathtub wall or a suction-cup lick mat - and let the pup lick off.
 - After a few days of empty tub play, put about 1-inch of water in the tub, slowly repeating this process by adding more and more water every time you go in there.
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PUNISHMENT (NO HITTING)

- Hitting your dog does NOTHING to help the dog learn what you're trying to teach. What it will learn is fear and possibly eventual challenge. You're showing your dog that we handle conflict with violence. You're showing your dog that the most basic and essential bodily function is wrong. All hitting does is release the human's frustration onto their dog.
 - It is okay to say "NO" or "EHH EHH", basically as an interrupter noise or a marker word to let the dog know something isn't correct; disrupting the behavior to then redirect onto appropriate behavior.
 - Concentrate on consistently showing the correct way to do things – what we will be doing in training.
 - Dogs live in the moment – they are VERY much in an instant cause/effect mentality.
 - Punishing your dog when you come home and find an accident or something chewed up (could have been chewed 5 min ago or 5 hours ago) will only teach your dog that when you come home, it's not a good time - and that you are an unpredictable human. They will not understand the reason for the punishment after any time lapse. Then they may fear you later down the road and be reluctant to want to engage with you when it counts. Again, supervision and routine! If you cannot supervise, crate your pup.
 - If your dog takes off and runs the neighborhood – then you punish the dog for this when he finally returns – you are teaching them that returning to you is not a good thing. The very last thought/decision was to approach you – and it was punished. Sending the wrong message. They do NOT realize it was for taking off. They live in the moment.
 - Do not punish a dog's emotions/fearful behavior.
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NO CODDLING (SITUATIONAL)

- Do not coddle emotions. In many situations, coddling encourages/reinforces the behavior they are showing and experiencing in that moment. This is obviously situational and we will discuss this further in training.
 - Instead of coddling, try building their confidence - redirecting the dog onto something else they are familiar with – engage in different behaviors. Again, we will discuss more in training.
 - Practice proactive training vs. reactive responses!
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SOCIALIZATION

- Socialization is NOT meeting and touching as many people or dogs as possible. Instead, it is your dog getting as many **EXPERIENCES and EXPOSURE** to, near, and around as many types of people, dogs, situations, and environments as possible. The dog does NOT have to meet, greet, or be pet or handled by anyone yet. And we will get to that in training with what proper and neutral greetings look like.
 - Not all dogs enjoy being around other dogs, not all are “social” – humans don't even like everyone.
 - Be picky about who your dog meets; every interaction/encounter is a learning experience (good or bad) – and these experiences will shape your dog's behavior.
 - Be respectful of other dogs when it comes to your dog's behavior. If your dog is over-excited and jumping all over an adult dog and you do not correct it, you should expect that other dog to correct the puppy, and it may not be the type of correction you want.
 - Socialization does not have to be, and it should not always be, physical contact.
 - Physical contact socialization should always start with calmly waiting on a leash first, until you decide it's okay to let them meet, and both dogs should be showing CALM and NEUTRAL behavior prior to meeting. Again, more on this in our training sessions.
 - Remember – YOU are setting the precedence of behavior expectations when your dog meets/greets. Are you letting them greet through chaos by acting hyper and nuts – or when they are calm and controlled? If they cannot handle their excitement – they simply don't get to approach. U-turn & reapproach until they can do it calmly.
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BUILD AGAINST SIGHT AND SOUND SENSITIVITY / FEAR

- Take your puppy places to witness many different sights and sounds but not participate in them. Allow the puppy to take it all in, without anything bad happening. Without anyone or anything interacting. Build that history of positive experiences and exposure!
 - Even if you cannot get out daily, play daily video sounds of people talking, traffic sounds, children playing, dogs barking, fireworks, construction sounds, and other random noises. Start at very low volume and increase volume over time. Incorporate training, sniff mats, or meals with the sounds for positive association.
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LIMITED FREEDOM – FREEDOM SHOULD BE EARNED

- Dogs go through different stages throughout their life. Puppies are naturally in a “follower” state at a young age and people don't understand this. They almost always give tons of freedom to the puppy initially because “Oh, he stays right with me”. They have limited rules, structure, and routine - then try to rein in that freedom when the pup starts getting too brave and exploring outside of the owner's comfort zone or taking advantage of the ‘no-rules’ environment.
- Instead, start small – and start now. Keep the puppy close (on leash a lot), and give them more freedom over time, and as they shows it can follow commands, reliably. Much more on this in training.

TOYS – AND CREATING RELEVANCY IN YOURSELF



- Dogs make decisions based on value. You must become valuable and relevant to your dog.
 - Choose the rooms where you do not want your dog to play, maybe your bedroom? Do not allow toys in there and create a black and white policy of this. This is the dedicated relaxation area.
 - There are “free” toys and “structured/interactive” toys – keep them separate...
 - Free toys are toys that your dog can freely have – allow only a couple out at a time and rotate them every few days with different free toys so they do not all become “boring” at once.
 - Structured & interactive toys are the toys that **involve you** and some form of give and take with interaction and engagement. These toys should be used to get your pup to think and make decisions. Put them away after each play session. These are not free toys.
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DEBUNKING MYTHS



- There is no “alpha” between canines and humans. Your dog is intelligent enough to know you're not a dog (you are in charge, but there is a difference). Be a good and fair leader and your pup will follow.
 - Pinning your dog to the ground does not teach them respect, it teaches fear and potentially challenge.
 - Your dog is never going to purposely make you angry; they do not have the thought capacity for that.
 - They do not hold long grudges. They do not have contempt, feel regret, or embarrassment.
 - Spoiling your dog is not a healthy relationship – they need rules, routine, and structure through good leadership to thrive. And clarity through consistency to understand. That's the healthy way to “spoil” your dog.
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MORE TRUTHS



- Coddling or inappropriately timed affection or attention may worsen fear or nervousness and can create anxiety. Work to build confidence instead. Clarity - when they can predict outcome.
 - Dogs do not understand “grey” areas. They appreciate black & white structure and policies that they can rely on. They appreciate routine, consistency, and predictability.
 - Rules are not mean. The clearer rules you have, and the more consistent you are, the more confident your dog will be. They will feel confident when they know what to expect - and what is expected.
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HOW AND WHEN DOGS LEARN



- Your dog is learning whenever their eyes are open, whether you want them to or not.
 - Unwanted behaviors are most often unintentionally taught by humans.

- Once the dog believes they are doing the correct thing, because it works for them, it can be difficult to reverse.
 - Dogs can learn good AND bad very quickly.
 - Dogs learn through a combination of learned experiences and instincts.
 - Repetition of a wanted behavior, followed with a rewarding result, will lead to quick understanding and easy compliance... good or bad in our minds.
 - Dogs do not understand grey area or sarcasm – or using a jumble of words. Be clear & simple.
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CHEWING – YOU MUST BE PROACTIVE

Do **NOT** allow your puppy to chew on you.

- Puppies chew for many reasons:
 - It's fun to them
 - They have extra energy
 - They are bored
 - They are over-tired
 - They are exploring & discovering new things (using their mouth because they don't have hands)
 - They are teething
 - And they have **ACCESS** to items
 - Dogs chewing beyond the teething stage may just enjoy chewing things
 - Chewing is also a self-soothing mechanism for dog to relieve stress or to relax and decompress.
 - Structured chewing; designated chew-toys at designated times, is a great activity to provide your dog
 - To prevent unwanted chewing, you **MUST** provide:
 - Stimulation – both physical and mental
 - Appropriate chew toys available
 - Prevention - this includes constant supervision and puppy-proofing the house
 - Be ready to redirect if you notice: sniffing, discovering, interest
 - Appropriately timed redirection onto appropriate chew-toys, chew rings, etc.
 - **Naps!** Puppies need a lot of sleep to help prevent unwanted behavior
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OTHER UNWANTED BEHAVIORS

Nipping / Play-Biting, Jumping, Whining, Attention Barking, Separation Anxiety...

- **Jumping** - Do not encourage jumping on people.
 - Pups will try to meet or beat your energy level, so do not get upset at the pup if you're acting excited and they jump. If you're petting or giving attention at inappropriate times (when pup is amped or nervous) – you will entice your pup to react/jump!

- Establish a policy; you either allow it or you do not. If you do not, you **MUST** completely ignore the dog if they attempt to jump on you – immediately stop. Turn your back and ignore. Do not hit or push them off.
 - It is natural behavior for puppies as they're trying to get to your face to greet you.
 - Humans inadvertently **TEACH** puppies to jump on us – when they're small and adorable, they jump up and we pet them – **BOOM!** The jumping behavior has been rewarded!
 - They don't know what to do with their big emotions, so they jump and act out.
 - If they jump, act like they disappeared – turn away (**no talking, no eye contact, no touching**).
 - Everyone that interacts with your dog must follow the same rules – or no interaction with the pup.
 - Over-stimulation will cause the pup to jump.
 - Do not punish the jumping. Do not push/hit/knee/squeeze paws. Instead, teach/encourage the dog to sit to greet people versus jumping. We will be working on this in your training program.
 - If pup hasn't learned to sit to greet yet – and has access to jumping on people - keep them on a leash so they cannot approach people to practice this behavior.
 - If pup is over-excited when you arrive home or when opening crate door - keep your excitement level to zero. Do not talk or acknowledge your dog when you first get home for the first 5 to 10 minutes.... until they are manageably calm. Wait for this behavior before opening crate door. No talking, no eye contact.
- **Nipping / Play-biting** - establish a policy; you either allow it or you do not...
 - If you allow it, understand it is very hard to change this later.
 - If you do not allow it, **EVERYONE** needs to comply and be consistent in how to respond.
 - If you do not allow it, remove **ALL** attention the **INSTANT** you feel the puppy's mouth on you – do **NOT** wait until they bite hard or until it hurts – it's the **INSTANT** their mouth touches your skin.
 - **ALL** attention stops. You may even have to get up and move away from the dog.
 - Redirect the dog to something else, with appropriate timing – not giving them a chew-toy to get them off of your skin.
 - Depending on breed, some dogs are more prone to nipping. Consistency is crucial.
- **Crying / Whining / Attention Barking** (follow the crate training guide)
 - Give zero attention for crying. Yelling, "SHUT UP" is giving a lot of attention. You will reinforce this unwanted behavior and create a bigger problem. Do not even look at the dog. **NO** attention.
 - Think about the "why" for this behavior – do you **owe** the dog something? Potty, water, food? More exercise when they are not in the crate? If you don't owe them anything, ignore.
 - When the dog finally gives up – and is calm/neutral, which they will, then you can calmly praise, "Good", or just carry on with what you need to do with the dog.
- **Separation Anxiety** – Help create a confident dog!
 - Teach the dog that just because you are home does not mean the dog needs to be right next to you at all times.

- Come up with structured and routine crate times. Do not try to tip-toe around the house; live your life. At first, there may be protest but give it time and it will fade away if you are consistent.
- Use a white noise machine or Alexa to create soothing sounds to relax the pup
 - Keep your excitement level to zero when you go to open the crate to release the dog. NO eye contact. NO talking. If the dog barks, jumps, gets over-excited when you grab the crate handle - remove your hand and wait out this behavior until the dog settles. Go to grab handle again – if dog repeats this behavior – you repeat yours by stopping and removing your hand. This process will get faster and faster if you are very consistent.
YOU ARE TEACHING THE PUPPY A HABIT. This habit depends on how you treat this practice. Patience. Wait it out. Eventually you will have the puppy sit before opening the crate.

AND FINALLY, NAPS!



Very young puppies require a LOT of sleep - about 16 to 20 hours a day!

Be sure your puppy gets regular naptime for healthy brain development.

Like with young children, this will help ease moods, over-stimulation, angst and frustration – which turns into nipping, chewing, and other unwanted behaviors. Naps prevent brats!

GET ON A GOOD SCHEDULE ✓

Get your routine started.

if you work from home, it's all about ROUTINE.

I understand everyone's schedule is different, so create something that works for you and your pup.

If you do NOT work from home, you will absolutely need to make arrangements for someone to help you through the early puppy stage. That person **MUST** follow the routine.

Young puppies can typically only hold it for their age in months (4 months = 3 to 4 hours).

TYPICAL YOUNG PUPPY SCHEDULE 🎯

Get Ready 6am -6:30am – Get ready and coffeeee ☺

6:30 – 8am – Measure out puppy's breakfast into training pouch.

When releasing from crate, no words, no eye contact. Do not open crate door if pup is jumpy and/or over-excited.

Put on collar & leash and, uneventfully, walk outside (using very quick door manners in the AM).

Outside, do not walk around. Go to where you want the puppy to potty and stand in that spot – every so often, say “Go potty”. As the pup is going potty say, “Yes”. When they are finished, reward - you may now walk around.

Use their breakfast as rewards when they (without forcing anything)...

1. Look at you when you say their name
2. When they recall to you (with their name and/or with ‘Come’)
3. When they are walking right next to you
4. When pup stops and sits when you stop
5. When pup sits when they approach you (instead of jumping)
6. Or anything else you are starting to practice

Breaktime in the Crate 8am – 11am – If you didn’t use all of pup’s breakfast, you should give them the remaining food in crate. You can use food bowl, enrichment feeder/toy, or scatter-feed on crate floor.

Lunch for Pup 11am – 1pm – Same routine as above – using their lunch food as rewards.

Lunch for You 1pm – 3pm – Pup in crate for rest.

Supervised and/or Interactive Play Time 3pm – 5pm – Supervised play for pup. I usually keep the leash on the puppy to allow them drag, yes even inside the house. Good chew toys, interactive/engagement toys, etc.

Dinner and a Walk 5:30pm - This is when I practice leash walking skills. The goal is not to get to a destination – it is practicing proper skills – take your time. Leash pressure is your first lesson! Use the puppy’s dinner as rewards when... all inside the house...

1. Anytime they respond to subtle leash pressure (in training homework)
2. Every time puppy looks at you (checks in) while walking next to you
3. Anytime pup stops and sits when you stop
4. Turns with you
5. Recalls
6. Looks at something that makes them nervous....but then chooses to look at you instead (PAY THAT).

Break in Crate & Dinner for You 6pm – 8pm – If you didn’t use all of pup’s dinner, give in crate.

Last Outing 8pm – 9:30pm – Remove water for the rest of the night. Calm behavior before opening crate door (don’t talk, don’t look at pup) and use door manners when going outside. Free play and relaxation with pup. Last potty break at 9:30 (unless you still need to get up for a 2am potty).

Tips:

- Focus on working your puppy’s mind and body with engagement, play, and shaping behaviors when they are OUT of the crate, so they will enjoy RESTING when they are IN the crate.
- Keep all training sessions SHORT and FUN. Just because I may have listed a 2-hour window for the puppy to be out, does not mean that entire time is play or training. Keep them wanting more by only doing about 5-minute sessions at a time.
- Do not ‘test’ your puppy by putting your hands in their bowl or taking food away. Instead, randomly toss in a small treat or more food into their bowl once in awhile and walk away. Let them be and don’t mess with them when they eat.

- It's up to you, but to be sure I get my sleep, I do not crate puppies in my bedroom. This also makes it much easier to not give in to any protesting from them. Your choice.
 - A consistent ROUTINE is what will get your puppy to finally "let you know" they need to go out to potty.
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YOU GOT THIS!

