



THE PUPPY MANUAL

YOUR PUPPY'S NAME _____

Your Business Details

Address:

Email:

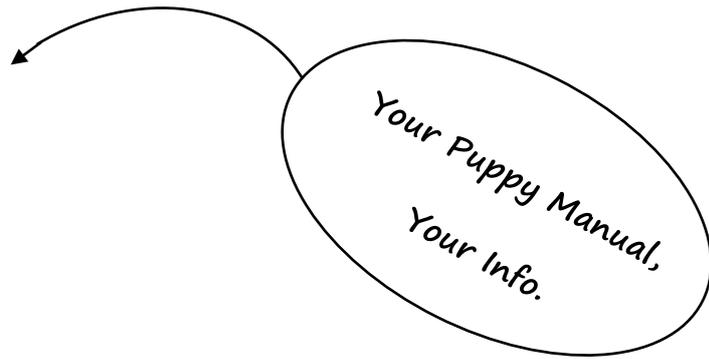
Consultation by appointment

Mon - Friday:

Sat:

Sun:

Public Holidays:



AFTER HOURS EMERGENCY CONTACT

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Thanks for reading the fine print! The knowledge compiled in this book can be measured in years of experience, endless hours of reading, research, conferences and courses, and a vast quantity of time spent with small, furry creatures possessed with needle-sharp teeth and warm, fuzzy puppy-smell. A lot has gone into it, so if you'd like to use this material in some way, or to order or purchase similar documents, please email me (I'm friendly!) at contactpetperspective@gmail.com. The remaining bit of this copyright notice says all the usual stuff. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, or ordering and purchasing of similar products, please email the author.

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We can add bits, change the order, or take parts out

Welcome to Puppy School

Welcome to puppy school at Your business! During the next few weeks, you will learn lots of handy hints about understanding and teaching your new puppy. We aim to make puppy training fun for everyone, so you can enjoy the learning process as much as your puppy. We will be using training methods based on positive reinforcement of ‘good’ behaviour. Positive reinforcement is a technique used by top trainers, veterinarians, and behaviourists worldwide and is the most humane and effective (and fun!) way to train.

HOW to Use ^{Your} This Training Manual

We can even change fonts, or wording.

Ideally, we would love you to read all this manual and make sure everyone in your household reads it too. It contains lots of great information to make sure that you and your puppy communicate better and have a great relationship.

The training manual is more comprehensive than the information given out in class, because we have only five hours to work with, and puppies are extremely cute and distracting! So, please do take the time to read over the notes, because they will really help! The class structure is variable, and the order that information is presented will differ from the order in the manual. The table of contents should help you find any specific information you are looking for.



Dr Jen of Pet Perspective wrote this manual for Your business. She has also developed an online Puppy School Video Course! Wherever you see this icon, there’s a video you can watch that complements the information. You can find the course at <https://www.petperspective.com.au/puppyschoolvideos>

We know that sometimes life gets in the way and even with the best intentions, you may not find the time each week for your puppy reading. So, we have placed ‘Cheat Sheets’ at the back of the book, that give a summary of the most important things covered in class each week. Right! Let’s get started...

Vet clinic staff, trainers and breeders can preview for free! Just email to request a code!



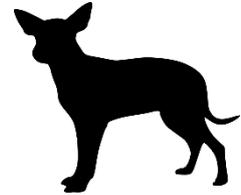


Understanding Your Puppy



The most important thing that you can learn right now is how to understand what your puppy is feeling. This will help you to:

- know when your puppy is anxious about something and needs some time or space to explore.
- know what your puppy really enjoys and feels good about.
- know when your puppy is uncomfortable with a person, or child interacting with him.
- avoid the tragic situation of someone getting bitten, just because nobody understood that your dog was saying, “That’s enough”.



Dogs communicate primarily through body language. We can learn the different body signals that indicate how a puppy is feeling. Some of these signals can be very subtle, so watch your puppy closely. Knowing when your puppy is anxious tells you when to change the environment to make him feel more secure. It is when puppies are anxious that they are more likely to bite, especially if they feel that they have no other options (for example when they are on a lead or in your arms, so they can’t run away).

See the Bristol Veterinary School website <http://www.bristol.ac.uk/vetscience/services/behaviour-clinic/dogbehaviouralsigns/interpretingbehaviour.html> for more images and short videos of dog body language.



The ‘Traffic Light’ System

The following section describes dog body language for various emotional states. We talk about the ‘Green Zone’, the ‘Orange Zone’ and the ‘Red Zone’. It is essential to know these signs, especially the subtle ‘Orange Zone’ behaviours, as these will give you warning that your puppy or dog is not comfortable before it is too late.

Recognising ‘Green Zone’ and ‘Red Zone’ signs is normally quite easy. Hopefully, you will soon start to recognise ‘Orange Zone’ signs too. If you notice that your dog is displaying these signs, then pause. Back off a little and give the puppy some time to explore and some room to move. For example, if your puppy is yawning and looking away when a person comes up to

pat him, ask that person to move a couple of steps away from the puppy, until he is more comfortable. You can ask them to toss a few treats on the ground near the puppy, but don't encourage them to hand-feed; a scared puppy might take the food but then suddenly be overwhelmed by how close the person is and bite them.

The Green Zone: Relaxed and happy

Green means Go! If you are seeing green zone behaviour, then the puppy is relaxed and you can continue with the interaction.



Soft eye expression

Soft open mouth

Relaxed, loose body movements

Tongue lolling

Ears Forward

Loose tail wag – not too high or too low

Bouncy gait when running

The Orange Zone: Unsure, uncomfortable, anxious or conflicted

Orange means slow down. You *will* see your dog displaying 'Orange Zone' behaviours. They are common, and normal and happen every day, at home, out and about, at the vets, or when interacting with other dogs. If you are seeing 'Orange Zone' behaviour, you should change the situation to give the puppy more time or more space to become comfortable.

Situations that are likely to make your dog uncomfortable include: being hugged, being patted by someone else while held in your arms, being tied up in a public place, or being disturbed while sleeping or eating. It is respectful not to do these things to dogs. If you are preparing a dog for handling by groomers, vets, or judges, teach your dog to be comfortable in these situations first.

Whatever you do, **never punish ‘Orange Zone’ behaviours.** If you punish a dog for growling (for example), he is less likely to growl next time. However, it doesn’t change his emotional state. In fact, it makes things worse, as now the dog is worried about whatever made him growl and the fact that you might yell at him. These dogs are more likely to bite without warning.

Some of these signs happen in other situations. For example, a dog will yawn when sleepy, or lick its lips after eating. It is the context that gives us a clue. If your dog was running around happily and you picked him up for a hug, any yawning or licking is more likely to be because of uncertainty. Here is news for you: most dogs don’t actually like hugs. Many of them will tolerate hugs, but there are few who enjoy it. Test this by looking at photos of people hugging their dogs, and count how many ‘Orange Zone’ signs you see.

Orange Zone Behaviours:

Mouth

- Closed mouth
- Licking of lips
- Yawning
- Cheeks pulled back
- Panting
- Lifting a lip
- Showing teeth
- ‘Smiling’
- Licking a person’s face or hand
- Growling
- Barking

Face

- Pinning the ears back
- Wrinkled brow
- Large pupils
- Looking away
- Showing whites of eyes

Body

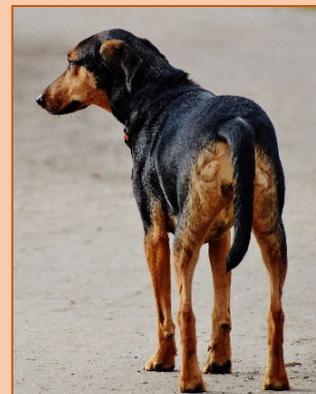
- Moving very slowly
- Trembling
- Body hunched
- Shying or leaning away
- Penis showing
- Jumping up
- Pawing at a person
- Humping
- Not wanting to eat
- Hackles raised
- Exposing the belly
- Leaving the room

Tail

- Fast tail wag
- Tail low or between legs
- Tail held high and stiff



‘Smiling’



Ears pinned back, tail between legs, looking away, closed mouth



Leaning away, whale eye, mouth closed

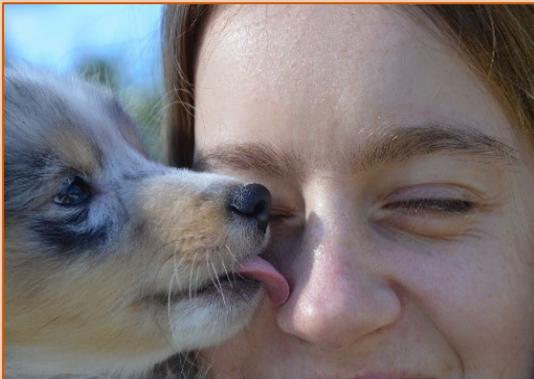
More ‘Orange Zone’ Signs... Why? Because we cannot stress enough how important it is to recognise these signs of discomfort!



Exposing belly, yawning



‘Whale eye’, closed mouth



Face licking



Yawning



Ears back, dilated pupils, cheeks pulled back



Lip licking



Ears back

The Red Zone: High arousal – ‘survival mode’

Red means STOP! Dogs in the red zone are highly aroused, often due to fear. They are unable to learn, think clearly, or listen to cues. The dog may adopt one of four strategies to get out of the situation: Fight (repulsion), flight (avoidance), freeze (inhibition), fiddle (appeasement). You should immediately stop the interaction and take steps to keep everyone safe. This is *not* a time for teaching. Later, when everyone (including both you *and* your dog) are calm and relaxed, you can look at ways to avoid the situation, or seek the advice of a force free veterinarian or trainer to teach alternative approaches.

Red Zone Behaviours

Lunging, barking, growling, biting

Moving away, or struggling to escape from restraint. Running away, or moving in slow motion.

Cowering

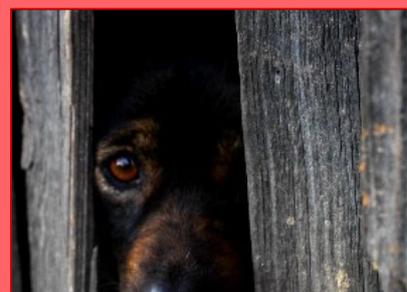
Hiding or attempting to hide

Freezing

Frantic behaviour – pawing at people, licking, jumping up

Urination and defecation, expression of anal glands

Dilated pupils, raised hackles, trembling, stiff body and other intensified versions of orange zone signs may be seen.



Hiding



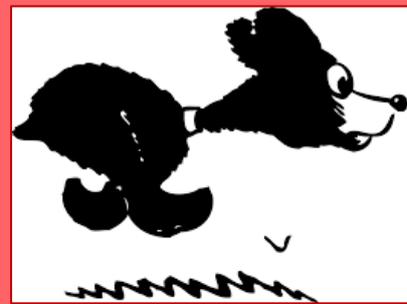
Lifting lips, showing teeth, growling



Ears back, tail down, mouth closed, fleeing



Ears back, frantic jumping, barking, ‘whale’ eye



Ears back, lunging, barking, showing teeth



Dogs playing together

Puppy play

Puppy play behaviour includes pretend hunting, chasing, and fighting. Puppies will use special play invitations like play bows, front leg lifts and exaggerated bounces to indicate that they want to engage in play. The pups should take turns at being the one who is chased or pounced



on. Normal play should involve short bouts of running or wrestling with rest periods in between. Puppies may lie down, or take a break by having a sniff, sometimes side-by-side.

Biting can be a normal part of puppy play. However, if you think your puppy is getting a bit too rough or aroused, interrupt the play and get him to take a short break to calm down.

Please don't let your puppies play on lead – if they get tangled, they may become frustrated or frightened and start to fight in earnest. Puppies also need to get used to the fact that they do not get to play with dogs they pass by when on lead. Play should only occur in a controlled, off-lead situation.



Adaptil

One super way of reducing anxiety is the use of Adaptil. This synthetic pheromone mimics a natural 'dog appeasing pheromone' that mother dogs secrete while their pups are suckling. The pups feel more secure, more able to explore and less anxious about new situations. Adaptil has been scientifically proven to reduce anxiety for puppies in new environments. One study showed that puppies who wore an Adaptil collar for 8 weeks, during which time they attended puppy classes, were more sociable and less anxious. This effect was still evident 12 months later (Denenberg and Landsberg, J Am Vet Med Assoc 2008 Dec). Adaptil collars, plug-in diffusers and sprays are all available at your vet clinic. They are great for adult dogs too!

**DOWNLOAD:**

The Dog Decoder App has great pictures and interpretations of common body postures.