

PUP START OUTLINE

How to build confidence and trust with your new puppy at home:

A successful plan begins with foresight and preparation during the first few weeks together. By focusing on key areas, you can set both yourself and your puppy up for success and begin building a strong relationship based on trust and empathy.

1. MANAGEMENT PLAN and SCHEDULE

Management is setting up your environment to prevent unwanted behaviours before they develop. Focus on strategies that will help avoid:

- **Potty accidents**
- **Chewing your items and stealing for attention**
- **Jumping on people**
- **Barking for attention**
- **Chasing and biting everything that moves in the house**
- **Separation anxiety**

2. DIET

Use your puppy's diet as part of their enrichment and training to aid communication and positive behaviour. Will help to avoid:

- **Food aggression**
- **Over feeding**
- **Boredom**

3. CARE, HANDLING and COLLARS

Help your puppy become comfortable with human touch and make your life easier by introducing collars, brushing, and other care routines gradually. Will help to avoid:

- **Problems at the Groomers and Vet**
- **Avoidance of putting on a harness**
- **Accidentally developing sensitive areas to your touch**

4. SOCIALIZATION

What does proper socialization look like? Learn how to safely introduce your puppy to new experiences and environments, starting at home. Will help to avoid:

- **Over exposure**
- **Under exposure**
- **Your puppy being overstimulated when exposed to people or dogs**
- **Your puppy overreacting to new things or sudden changes in your environment.**

5. TRAINING

Effective communication with your puppy starts with training. Will help to avoid:

- **Inconsistency and miscommunication**
- **Reacting (and accidentally rewarding) instead of being proactive (and redirecting).**

Pup 1 training starts at home. The Pup Start document is available to you once you have paid for class. This booklet will help you through this important time at home with your new puppy. The Zoom will help you guide you through this booklet and answer your important questions.

PUP I CLASS OUTLINE

Week 1:

Meet in parking lot 15 minutes prior to class. Vaccinations?

Car sickness?

How to hold the leash to help settle your puppy and be ready with food rewards.

Pup should be conditioned to a marker - clicker or verbal 'Yes!'

[Four Feet On The Floor Video](#). **From Pup Start Document** - 5 cookie drop while getting attention from a person.

How to **Acknowledge** good behaviour and **Ignore** problematic behaviour - **WAIT**

Mat training to settle and add a release - "**Go Sniff**" or "**All Done**"

GENTLE - Capture, Mark/Reward

Routine? Nights - 8 hours yet? Using crate during the day? Potty training tips.

Play pen training - use kibble in toys. Red light/green light to approach pen for a **Sit**

Collar grabs, add **GOTCHA** - **GO PLAY** - catch and release at home

Puppy greetings using a play pen. All new introductions should start with your puppy in pen at home.

Week 2:

People in class - 4 on the floor greetings with other people - red light/green light approach

SIT - Lure, Mark/Reward

SIT with **Release word** for impulse control

GO TO BED - routine? Potty training?

Potty training tips.

Puppy greetings using a play pen. Using to food magnets to recall away.

Off Leash - **GO PLAY!**

Puppy off leash play

Week 3:

Establishing eye contact with NAME - **focus on you**

COME and **SIT/Release**

TAKE IT and **DROP IT** - play train rules for mouthing - Trades to prevent guarding

Sit Restraint - conditioning for handling

Sit restraint for nail clipping

Chin rest for calm handling

Grooming tips

Week 4:

SIT for approach of stranger (no jumping)

SIT DOWN STAND. Stand for wiping feet or exams.

LEAVE IT

Teach Your Puppy to Follow Off-Leash. Give to pressure. Stop when pulling.

Barking tips

Pros and cons of dog parks.