



PETZYD®

How to Guide

Puppy Training at Home

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Get Started on the Right Paw: The Foundations of Puppy Training

There are a few things in life that remain constant: puppies are magical, and puppyhood never lasts long enough. As a pup parent, we're sure you've experienced moments of cuteness overload when you could swear that there's nothing better in the world than your soft, sweet, and silly puppy. While your puppy won't stay small forever, you will always cherish the memories of bonding and training your new best buddy. Once you've mastered the skills in this training series, you can build your puppy's skills, obedience, and character on a strong foundation filled with love, treats, and fun.



To help guide you on your journey, we have come up with this puppy training guide that will take your puppy from pee pads to a lifetime of obedience.

Puppies Take Patience: No Pup is Pawfect All the Time

Thank goodness puppies are so darn cute. It's this adorable charm that helps you stay sane during the most stressful moments of raising a pup. You've probably had fleeting moments when you considered throwing in the towel, maybe while waking in the middle of the night to take your new best friend outside, or cleaning up the mess when you didn't make it to the door in time. The bad news is that there will always be future messes. The good news is that beginning a puppy training routine can decrease the mess and multiply the warm and fuzzy memories.

You will have to exercise your patience with your puppy. She may not seem like it, but we're sure she's eager to learn. So, remember when you're feeling stressed or overwhelmed, take a deep breath, walk away for a minute or two, and focus on how much joy your puppy has already brought into your life.

Embracing Your Pup's Paw-tential: When Is the Best Time to Begin Training Your Puppy?

Puppies possess unlimited potential, energy, and the desire to please. Your

puppy's brain is in prime position to take in a wide array of information and training. Beginning a training routine early allows you to make the most of your puppy's natural aptitude while she is developing. Essentially, a puppy is a walking, wagging, wiggling learning machine, so why wait to begin working with her to mold her into the dog you want her to become?

Many pup parents are surprised to find that a puppy as young as 7 weeks old **can learn to sit, shake, and even stay**. Furthermore, **scientists** have found that dogs that begin training earlier in life can learn more complex behaviors and tasks in the long run. A puppy that follows commands isn't just a way to show off how brilliant she is, encouraging your puppy to embrace obedience early on will help lay the foundation for a lifetime of good behavior (and fewer messes and stress).

Additionally, **working with your pup is one of the best ways to build a bond that last furever**. So, when it comes to training your puppy, the sooner you start the better.

Where Should You Begin Your **Puppy's Training?**

In the words of Ian Dunbar, "Training a puppy is like raising a child. Every single interaction is a training

opportunity." Puppy training is a 24 hour-a-day job. In fact, you've been training your puppy since you first brought her home. And her mother began before that! When it comes to learning boundaries, behaviors, and roles in the house, your puppy truly is like a sponge.



Understanding What Your Pup Already Knows

All puppies get taught their first lessons from their moms and littermates. Your pup was taught about touch, play, wrestling, and wagging from about **two weeks of age**. Then, they begin to learn about interacting with people. This **stage begins at about seven weeks** and lasts

until three months of age. Their brains pick up on what to expect in a simple input equals output mode. For example, your puppy may realize, “If I nuzzle my owner’s hand, I will receive pets and attention.” This is a basic form of conditioning. And this happens to be the best time in your puppy’s life to begin fun-dational training.

Now is the Pawfect Time to Teach and Bond with Your Pup

The first few months of your puppy’s life also happen to be the most important time to begin nurturing trust between you and your pup. As **Kate Naito**, a dog behaviorist, suggests, relationship building and providing structure are the first steps in creating a puppy that is emotionally prepared to learn from you. When your puppy trusts you, they are more likely to be receptive to commands during training sessions. Puppies that have their basic needs met and a stable schedule are also better able to focus without being distracted about when they may get to go for a walk or receive a meal.

This is to say, while you haven’t realized it, you have been training your puppy all along. Now, it’s time to hone that training and work towards getting the results you want.

Pawsitive Reinforcement Puppy Training

Before you even pull out the training treats, it’s vital for puppy parents to understand the underpinning of successful puppy training. **Studies** show that positive reinforcement consistently produces better results and creates a better relationship between a dog and its owner.



So, what is positive reinforcement and how does it work? Positive reinforcement is as simple as creating a connection between your dog performing the desired behavior and earning a reward as the result. This connection conditions your dog to have lasting positive associations with the behavior. Your puppy will quickly realize the benefits of completing a wanted behavior and respond to positive reinforcement with enthusiasm and retain the connection over the course of her life.

How to Create a Pawsitive Learning Experience

One of the simplest ways to positively reinforce desired behaviors is with treats. Training treats are small, taste great, and smell yummy. They also are quick for your pup to eat, so she can get back to training after just a few nibbles. Because your pup will go through a lot of training treats as she learns, we recommend breaking them up.



As your pup grows, you will notice the better the treat, the more she's willing to do to earn one. So, pay attention to what makes her mouth water and tail wag. Reserve these treats for the more difficult tricks.

You also want to consider keeping your hands free--puppies are quite the handful, after all. So, we suggest keeping your training treats in a pouch.

Establishing a Training Environment

Keeping your home tidy will save you a great deal of stress while training your pup. You also want to select a space that is relatively distraction-free. This means no toys, other pets, and maybe give the kids a break from puppy-duty. As your puppy excels over time, you can introduce some distractions to help her build her focus.

How Long Should Training Sessions Be?

You have probably noticed your puppy's attention span is... well... fleeting. This is normal. You will want to keep your training sessions short. Five to ten minutes are optimal for practicing a behavior and taking a break to get back to play, snuggling, or taking a nap. As your puppy grows into a dog, you can look forward to longer training sessions of **fifteen minutes at a time**. Yeah, we know what you're thinking, "My dog will have the attention span of a toddler." That's right. But on the bright side, she'll quickly forgive you for stepping on her tail.

Leaping Into Fun-Dational Lessons
Want to know how to teach your puppy to walk on-leash? What about convincing her that the grass is much greener than your rug when it comes

to bathroom breaks? We have these lessons and more in our next sections, so stay tuned, and in the meantime, order some training treats!

Paw-ty Training & Crate Training Your Puppy

When it comes to puppies, poop, puke, and messes happen. It's impaw-sible to get through puppyhood without cleaning up unwanted messes. But our pups are worth it, aren't they? All it takes is one puppy kiss or adorable tumble to forget the scrubbing. Luckily, you don't have to just sit idly by waiting to clean up messes--you can help your puppy become housebroken quicker and reduce the number of clean-up catastrophes.

Crate training and potty training can work wonders for preventing accidents and messes while providing you with peace of mind. More importantly, when your pup is potty trained and learns to love her crate, you can spend less time cleaning and more time playing with your pup.

When Can You Begin Potty Training and Crate Training Your Puppy?

Puppies begin learning early in their lives, so don't be afraid to begin crate

training as soon as you bring your puppy home. Puppies as young as seven weeks old can begin to be crate trained. Puppies at about 12 weeks old are at the perfect age to start potty training. By the time a puppy is about three months old, **she begins to gain control over her bladder**. It's important to keep in mind, though, that a **dog's bladder is not fully developed with complete muscle control and a full capacity until about 6 months of age**. So, be patient and forgiving should an "oops-I-peed" moment arise. This also means that, although young puppies can hold their bladders and bottoms, they cannot hold them for as long as an older dog.



Keep in mind that on average, it takes between four months and a year for a puppy to become fully house trained.

How Long Can a Puppy Hold It?

As your puppy grows, so will her ability to go longer between

bathroom breaks. Until your puppy reaches about a year old, she may still have the occasional accident (even if you are a pro-potty trainer!). So, how long can your puppy hold her bladder?

One guideline that works well is to take your puppy outside at intervals based on her age. **Puppies can usually hold it one hour for each month of their age.** So, a three-month-old puppy can hold it for up to three hours, and a five-month-old puppy can hold it for five hours. So, as you're potty training your pup, remember to check-in and take her out regularly at the time interval that aligns with her age.

Get the Paw-ty Started: How to Potty Train Your Puppy

Housetraining your puppy and crate training go hand-in-hand. Which is why we paired them together (smart, right?). Keeping your puppy in a confined area reduces the risk of accidents and allows you to maintain a better eye on your pup. This means keeping your puppy in a crate while you're away and in a playpen while you're home. Once your pup gets a little older and gains better control over her bladder, she can enjoy more freedom.

So, while working on crate training your pup you can use the following housebreaking method:

1. Begin potty training by preparing your home for the inevitable accidents. Line your puppy's crate and playpen with potty training pads to protect your floors. Should your puppy soil a pad, clean it up, toss it, and replace it ASAP. If your puppy misses her pad, be sure to clean up the mess immediately using **an odor-eliminating cleaner with enzymes**. Enzymes erase the urine scent. This prevents your puppy from picking up on the pheromones of urine which can prompt her to relieve herself in that same spot again, in the future.



2. Make a schedule for your puppy's mealtimes. Most puppies eat three or more times per day. Schedule her last meal in time to take her out before bedtime, so she can relieve herself and rest soundly.

3. The next step in potty training a puppy includes taking your puppy outside to do her business regularly. When you first bring your puppy home, you will need to bring her out every hour or so. Then as she settles in, you can lengthen the time to match the age guidelines for how long she can hold it.
4. When you take your puppy out, always bring her to the same spot. Those pheromones you do not want inside your home will help prompt her to go outside.
5. After your puppy uses the bathroom (number one or two), praise her like there's no tomorrow and give her a **training treat**.
6. Let your puppy spend another moment enjoying her outdoor time. If you bring her in immediately after she goes, it can create a negative association in her mind and you may end up with a dog that holds it as long as paw-sible to milk her outdoor time.



Your puppy will soon connect the treats and praise to using the potty in the grass instead of indoors. Don't be surprised when your puppy naturally begins walking to the door to alert you that she needs to go. You can reinforce this behavior by opening the door whenever your puppy goes near the door.

PUPPY POTTY TRAINING

FAQ's

What Should I Do If I Catch My Puppy Going Inside?

Never spank your puppy for accidents. This can create a fearful attitude toward you, especially between **the eight and eleven-week mark**. If you spot your puppy squatting to go, immediately pick her up and carry her outside. Clean up the mess with your enzyme spray and move forward. Like we said, accidents happen.

Should I Train My Puppy to Use a Pee Pad?

Some pet parents choose to train their puppy to use pee pads when they live in apartments or work long hours. This contains the mess to one area of your home but can encourage some dogs to go on rugs. Consider hiring a dog walker to take your pup out if you're

working or do not want to traverse stairs every other hour.

Potty Trained My Puppy, But She's Still Going Inside. Why?

If your puppy or dog seems to suddenly forget how to hold it, it could be a sign of a urinary issue. You will want to consult your vet.

How to Crate Train Your Puppy

Crate training is one of the most valuable training techniques you can do for your puppy and yourself. While you're away, you can enjoy the reassurance that your puppy is not getting into trouble, not having accidents around the house, and staying safe.



1. The first step to crate training is selecting the right crate for your puppy. We recommend a crate that comes with separators that can be removed as your puppy grows.

Your dog's crate should be big enough for your puppy to stand up and fully turn around in. Dogs have **a natural instinct to not go to the bathroom where they sleep**, so be careful to not choose a crate that is too big.

2. The next step is to make your dog's crate a comfortable and pawpositive space. Add a crate bed (waterproof if you're still potty training), **add a few special toys**, and use a pheromone comforting spray.
3. The location of your crate matters. Because dogs are social animals, you want your pup's crate to be in an area where you can see each other. This can be in your living room, office, or bedroom.
4. Like potty training, you want to create a positive association and avoid negative associations for your puppy's crate. You can do this with treats. Let your pup smell your high-value training treats and then put some inside the crate. Let her do this several times over the course of a few hours.
5. Begin to pair your puppy entering her crate with a verbal command, like "crate time" or "go to bed."
6. Once your pup regularly enters the crate on her own, move on to shutting the crate door. When she turns to see the door closed, give her a treat and reassure her that

she's ok. Do not leave the room and only keep the door closed for a few minutes. Do not make a huge deal about her coming out of the crate, either.

7. Gradually increase the time the door is closed. Once you reach 30 minutes, you can leave the room and even the house. You can also give your pup a special toy, treat, or chew that she only gets to enjoy while in her crate.

ABOUT PUPPY CRATE TRAINING

FAQ's

What if my puppy cries when in her crate?

Remember, that your puppy is safe in her crate. You can make yourself visible and comfort her from outside of her crate. Over time, your puppy will feel more and more comfortable in her crate and no longer make a fuss.

Is It Cruel to Crate Train a Dog?

No. This is one of the most common misconceptions regarding crate training. Crate training allows your puppy to feel secure and relaxed. In fact, **dogs have always preferred small den-like spaces to sleep.**



What Comes After the Paw-ty? Playtime, Of Course!

Puppies love to play. Some just don't know how to play appropriately. Make the most of your puppy's playtime by encouraging bite inhibition and gentle play tactics. How can you accomplish this? It's totally paw-sible. You just need to read our next chapter on teaching your puppy appropriate play behavior.

Teaching Your Puppy Not to Play Too Ruff

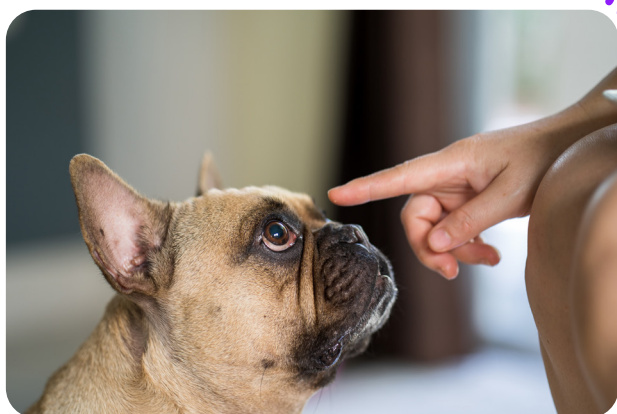
Puppies and play go together like bananas and peanut butter! Unfortunately, puppy playtime usually involves sharp claws and pointy milk teeth. Likely your mom said to never play with sharp objects. This goes for puppy playtime, too. Before your puppy gets any bigger, you will want to start working on bite inhibition training and

encouraging your pup to partake in appropriate play.

Ruff play can lead to trouble when your puppy begins socializing with other dogs, so let's leap right into how you can be an effective rufferee.

Understanding Your Puppy's Ruff Play Behavior

If your puppy nips or bites while playing, don't take it personally--it's perfectly normal behavior. Puppies bite, nip, paw, and mouth things as a way to investigate the world. They discover textures, tastes, and the nature of the world this way. They also learn about how to control their bite pressure (this is often called "bite inhibition") when playing with their littermates and mom. Why does your puppy still bite too hard? Some dogs just learn quicker than others and bite inhibition takes time to perfect. Your puppy may also be teething. Have you noticed her excessively chewing or gnawing on things? Like



people, puppies have baby teeth and adult teeth. Their **baby teeth** (or milk teeth) will all begin growing in by the time your puppy is six weeks old. By the time she reaches three months old, **these teeth begin to loosen and fall out to make room for her new adult teeth**. This means that between the six-week mark to the eight-month mark, your puppy will periodically experience some mouth discomfort and feel compelled to massage her gums by mouthing or chewing.

The teething phase won't last forever, so be patient and use some of the techniques listed below to make it through your pup's 'terrible teething twos.' When it comes to rough play and biting too hard, you want to nip the problem in the bud. This issue rarely goes away on its own.

How to Help Your Puppy Cope with Teething Discomfort

From the time your puppy's tiny pearly whites peak through her gums to the time her adult teeth grow in, your puppy will act like a chewing monster. To help her cope and save your favorite shoes from becoming her next chew toy, you want to provide her with plenty of healthy and appropriate chewing opportunities while eliminating opportunities to chew on inappropriate items.

How to keep your canine out of trouble and feeling better during the teething phase:



- Pick up any objects your puppy may be tempted to chew on. Do not wait to find out if your pup has a penchant for shoes, leather, or your children's toys. Trust us. She will at least try these all on for size at some point.
- When you find your puppy chewing on something she should not be, take the item away immediately and replace it with an appropriate chew toy.
- Provide your pup with a variety of **durable chew toys**. Puppies have short attention spans, so, the more toys the better.
- Invest in chew toys that can be frozen. The icy chill against your pup's gums numbs them and provides a unique and favorable sensation.

How to Teach Your Pup to Play Appropriately

If you were to observe a puppy and her littermates, you'd see her wrestle, bite, frolic, paw, and make some unique vocalizations. Puppies learn about how to interact and play with one another from a very young age. This is how they develop bite inhibition and when to let up. When you brought your puppy home, she lost her access to her little four-legged instructors. And it's very likely she forgot that biting too hard hurts. To teach your puppy how to play gently:

- First and foremost, always be sure your puppy receives ample exercise for her age. This will reduce her desire to act out during non-play times and help her tire out more quickly.
- The key to teaching bite inhibition is to mimic your pup's littermates to an extent. If your puppy bites too hard while playing, cry out in a high-pitched voice, pull your hand away, and discontinue play. This tells your puppy, "I'm not having fun, therefore, I will not play." She will eventually learn that she must play nicely.

- Encourage your puppy when she's playing gently with praise. If your pup becomes a bit too excitable during play sessions, do not sit on the floor. This can present a safety issue, but also makes it difficult to control your pup.



Continuing Lifelong Appropriate Play

If your puppy wants to play with an object that is not a toy, resist accidentally playing tug-of-war with her. Instead, ignore her while grabbing a toy or **chew toy** that they are allowed to play with. Trade the toy for the non-play object.

As your puppy grows, be sure to instill boundaries and signals that tell your puppy it's a good time to play. For example, have your puppy sit and wait for you to initiate play. Always ask your puppy to "sit" before she receives a new toy, as well. Then set the toy down and allow her to pick it up instead of taking it out of your hand. This will discourage her from

lunging and protect your fingers from overzealous nips.

As your puppy matures, you will want to provide toys with added mental stimulation. This means puzzle toys, **treat toys**, and **busy toys** that make her work a bit.

APPROPRIATE PLAY

FAQ's

What are some signs to look out for that can indicate a dog is playing too roughly? Play can quickly go from appropriate to overly physical. Some dogs even lose their tempers.



Some signs to discontinue play because your puppy is getting too rough include:

- Prolonged growling
- Raising her hackles on her neck and back
- Staring
- Showing the front teeth

- Stiffening body posture
- Pulling her ears back

It is normal for a puppy to:

- Yip, bark, growl a little (especially while tugging)
- Sneeze while playing
- Go into “puppy play posture” with her head and front limbs lowered and rear end up in the air
- Perk her ears

My puppy nipped me and broke skin during a play session--what should I do?

If your puppy nips or bites you accidentally, for example, while grabbing for a toy, then it’s safe to say it was a mistake. You should go through the “Ow!” process and discontinue play. Be sure to flush the wound and dress it appropriately. Visit your doctor if needed.



If your puppy intentionally nips or bites you for attention or out of frustration, ignore the behavior, and give your puppy a quick time

out. Teaching your puppy how to play nicely should remedy this in the long-term, but a puppy that continues to bite will grow into a dog that doesn’t understand boundaries, and you



should consult a trainer or behaviorist for help before your puppy gets too big.

Teach Your Pup Leash Etiquette & Socialization: Take a Walk on the Not-So-Wild Side

Once your puppy learns to play well with you and your family, you will want to encourage her to learn manners with other dogs and new people. To learn more about how to help your puppy become a good canine citizen and walk well on-leash, get a new leash on life by checking out our next chapter!

**HAPPY
TRAINING!**