

Beyond

~~DOG TRAINING~~

PUPPY CLUB!



Bringing home your rescue puppy



Your guide to
surviving the first
seven days



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Congratulations!

Adopting a new puppy as a new addition to your family is the beginning of an exciting adventure! You're likely imagining all of the fun activities and cozy evenings you'll be enjoying together. Starting your new life together on the right foot, and with the right information is critical to enjoying a fun, full life together.

The first week home presents unique challenges for you and your puppy as you get to know each other- let's talk about some ways to make this week easier for both of you, and set you both up for success!





Survival Checklist

- Puppy food appropriate for your puppy's size and age
- Bowl for water and slow feeding bowls for meals
- Interactive food toys and enrichment items
- Puppy collar and lead
- Baby gates, e-pens, and/or crate
- A soft bed
- Chew toys (puppy specific rubber such as kong, west paw. NO NYLON OR WOOD
- Treats/kibble for training

Puppies are special, adorable little beings



Your new puppy is a wide-eyed, unsure baby, and their world is changing. Some puppies will come into their new home excited, curious, and ready to take on the world. Other puppies may come into your home more cautiously, not quite sure what is happening. They may have just been separated from their mom or litter, they may have been in a stressful situation. You've rehomed them and provided them with their first, consistent setting.

Regardless of their background, remember that they've just had a complete disruption in their life. It is normal for puppies to be unsure, and very, very tired. They will nap- If it helps, young puppies are supposed to sleep 17- 20 hours a day!

Raising a puppy can be really hard. When asked what they wished they'd known before they got their puppy, many puppy owners reply, "I wish I'd known just how much hard work they are."

Hey World, meet my puppy!

You're naturally going to want to show off your adorable new addition! The first few days at home (at least 3-5 days) will be overwhelming for many puppies, and is a critical time period for bonding with family and settling in peacefully to the new home.

Show off your new puppy with pictures and videos to all of your social media sites and text threads- but wait to introduce new visitors into your home during this time. Later, once your puppy has settled in and feels comfortable, slowly introducing new people safely and calmly to your puppy will be great for their social development.



Dog, meet Dog



Introducing your new puppy to the other furry members of the household can be difficult. It may take hours, days, or even weeks to fully introduce your puppy to the other animals in the house. There are many variables in this situation. Often introducing the other animals scent in a positive way (i.e. a used blanket paired with treats) can help ease the actual introduction. Separating the animals with crates or baby gates (or even different rooms) until everyone is calm and comfortable with scent, sight, and sound is recommended before allowing contact.

Always give other animals a way to escape the puppy if they desire- puppies can be annoying to cats and even the most patient of adult dogs.

Additionally, ensure the puppy has a safe place to rest away from the other animals. If you are unsure how to introduce your animals, contact a certified trainer to help.





Kids and Puppies

Kids and puppies are a match made in heaven, right? Right?

When you're dealing with puppies and kids, you are dealing with two beings who are new to the world, are learning how to live in the world, and who have very little impulse control.

Puppies bite-and their teeth are very sharp. Kids and puppies tend to get excited around each other, increasing the chances of accidental bites, scratches, and loud noises that may scare both the child and/or the puppy

To encourage a positive relationship between the child and puppy that lasts, ALWAYS maintain direct visual supervision whenever the child and puppy have access to each other. Encourage calmness when they are together- no rough or excited play. Teach the child the right ways to touch dogs (i.e. no hugs, etc)

I prefer to teach young children specific, fun games to play with puppies that help develop good relationships and don't require feeding from the hand. Puppies are learning how to use their bodies- including their teeth, and avoiding accidents with children is extremely important.

Consistency is key



Puppies are small, super cute bundles of enthusiasm and joy. They are often even cute when doing things we wouldn't want them doing when they're older.

“Start as you mean to go on” as they say- teaching your new puppy how to happily and appropriately live in your household can start with positive training right away! Reward them when all four paws are on the floor, give them a treat when they are calm on their bed, etc.

Puppies and dogs feel safe when there is predictability. Try not to change the rules from one day to the next. Create a schedule for your puppy in regards to mealtimes, playtimes, enrichment and other activities especially in this adjustment period to help your puppy feel secure.



Teach Calmness

Managing a bitey, zooming, jumping puppy that won't calm down is a common struggle in new puppy households.

Puppies don't know how to communicate their needs or meet them effectively- and in the attempt can appear to be hyper-active or out of control.

Puppies have a strong need for rest- yet they also have a strong desire to not miss out.....so when they get tired, it can look like:

Frenetic energy (zoomies), uncontrolled play, hard biting or inability to stop biting, growling, barking, etc.

Puppies also have the following needs for emotional wellness:

- Mental enrichment (training games, enrichment toys)
 - Physical enrichment (exercise, games, play)
- Relationship and Connection (attention, care, and play)
 - Proper nutrition and health care
 - Active rest
 - Clarity and Communication
- Appropriate opportunities to make choices, give consent, and maintain agency



Be Proactive



- Provide opportunities throughout the day for mental and physical enrichment
- Allow your dog to make appropriate choices (i.e. which toy to play with)
- Feed your puppy smaller meals more often if they tend to get hungry quickly
- Play training games for a few minutes, 2-3 times per day
- Reward your puppy when they are being calm
- Provide a quiet, calm, safe space to rest
- Enforce sleep if needed by placing your puppy in their puppy pen with a soothing activity such as a lickmat or filled kong, or safe chew item



Puppy Proofing

Puppies do not come programmed to live in our human world- they don't understand ownership, or what is appropriate to put in their mouth. Dogs explore the world with their nose and their mouth, and they will do the same when they explore their new home!

ANYTHING you don't want your puppy putting in their mouth and is within their reach (don't underestimate their ability to jump and climb!) should be put away securely while they are small and learning.

You will want your puppy within your view at all times. Gating off a room that has been puppy proofed is a great idea. If you are unable to have eyes on your puppy, place them in their safe space (e-pen, crate) for that time. A puppy line that you connects your puppy to you is also useful to keep them safe.

Examples of items to secure:

- Shoes
- Chargers, cords, wires
- Children's toys
- Chemicals/ cleaning supplies
- Medications
- Clothing, socks, towels



During this first week, your puppy should only have access to the room you are in.

If there are large or permanent items your don't want your puppy to engage with (i.e. Christmas trees, etc) in the room, it's a good idea to block access with a portable gate, etc.

And finally...a training plan!

During the first week, your main job with your puppy is providing comfort and security, in all of the ways we've discussed.

Moving forward, you will want to know how you plan to teach your puppy all of the skills they'll need to know to have a happy, successful life with you and your family.

Games-based training teaches your puppy skills such as calmness, focus, disengagement, confidence, etc., strengthens your bond and relationship, develops trust, and is fun for both you and your dog. Your puppy wants to play...let's use that to teach the skills they need!



Socialization and skills training for puppies from 8 weeks to 7 months



- Live, online training that fits your schedule
- Informational videos released regularly on a myriad of puppy topics
- Weekly Live Q&A sessions
- Regular social outings for socialization practice- public socialization the right way!
Locations throughout Southwest Nevada County, Auburn, Roseville and Rocklin areas

To sign up or for more information,
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