



PERFECT PUPPY BLUEPRINT

Learn Exactly What it Takes to Raise Your Dream Puppy



By Jules Ballard

Hi, I'm Jules

I am passionate about dogs and have shared my life with them since I moved into my first home. For me a home is not complete without a dog. I have always been in the business of caring, having been a registered nurse and midwife for 35 years, working within the NHS. I have a particular interest in anxiety, phobias and birth trauma, so incorporating that into studying dog behaviour and working with dogs with fear and anxiety seemed a natural progression.



I believe in force free training, which offers dogs choice. This begins from the moment you bring your puppy home. I enjoy working with puppies to lay a strong foundation for socialisation and trust, and to help prevent future fears. I also work with adolescent and adult dogs with established fears and phobias.





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LEARN EXACTLY WHAT IT TAKES TO RAISE YOUR DREAM PUPPY

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YOUR NEIGHBOURHOOD

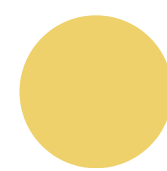


This guide will highlight some simple tips to help you raise a puppy that is ready for the sounds, sights, and scents of your neighbourhood

Raising a puppy in an urban area can have unique challenges compared to raising a pup in the countryside, where the environment is quieter and very different.

Anyone who has stood outside trying to get a puppy to eliminate with sounds of a busy city street will tell you they have become super aware of the honking horns and sirens, people and dogs passing, and noisy lorries

If you live in a flat or multi-storey building, you may have to go down a lift, through a narrow hall and passing new people all the time. Following this plan will set you and your puppy up for a successful life together.





Introducing your puppy to the world in a positive way while they're young is crucial for a happy, well-rounded adult dog in the future. Lack of socialisation during the critical "imprint period" can lead to a higher chance of behavioral issues when the puppy becomes an adult.

This means carefully and thoughtfully expanding experiences and making sure these experiences are viewed by your puppy as positive. If they are in the critical socialisation stage, of 8 to 12 weeks, you will need to be careful when exposing your dog to new sounds, people, and new dogs.

Dogs learn in two ways - by association/emotion and by consequence/doing. Because of these two ways of learning, dogs see the world in two ways: What is safe/good for me vs. what is dangerous/bad and what works vs. what doesn't.

For all socialisation and proactive exposure training, take everything slow and let your puppy guide the pace. Keep socialisation practice short and sweet, and start new exposure low and slow.



Puppies have a fear period which begins at 8 weeks. It is vital to introduce them to as many different experiences as possible during the first few weeks in their new home to ensure you have a confident, adult dog. You can continue to train (and socialise) over many years, but you only have a few weeks to teach your puppy the skills to cope with new things. A socialisation chart is included in this programme.

When training, it is important to always work at the puppy's pace so they do not become over-tired. Short, frequent sessions throughout the day are preferable to one longer session. Use positive reinforcement of high-value rewards which have been chosen by the puppy. Every puppy is different and will prefer different reinforcers. These could be praise, petting, certain toys or certain foods. Whatever is chosen, keep it specifically for training so they learn to associate that particular reinforcer with training. If using food, most dogs will find smelly, moist foods such as cheese, chicken or sausage high value. What is rewarding in some situations may be less so in others. Use high-value treats when teaching new behaviours and medium value treats when recapping taught behaviours.





THE FIRST DAY HOME

TOILET TRAINING

Toilet training will be the greatest challenge. Puppies have tiny bladders and bowels and will need to be taken outside immediately on waking, after feeding, after play or training sessions, when visitors arrive, last thing at night and whenever they indicate by whining, pacing, scratching at the door or sniffing the ground.

This will be every 1-2 hours in the early days.

First choose the place you would like to train your puppy to go. If you have a garden or patio area, outside is best. Don't start with puppy pads in the house, as you will end up with a puppy that only wants to go on them. If you live in a flat, buy a small section of artificial grass and train your puppy to go on that.

Find a **quiet space** in the house to put the grass patch where there isn't a lot of foot traffic, so that your puppy can go in peace, but out of the way so the puppy does not track anything back into the main part of the house. Encourage any interaction with the new set up; if your dog sniffs or takes a step towards the area, reward with praise.

It is very common for a puppy to slightly miss the toilet area; you will still want to **reward your puppy for any effort** around the area to encourage and motivate them. Keep wipes handy just in case.

Find a reinforcement your puppy loves and will want to work for, such as a favorite toy or treat. Be sure to keep the treats and toy out of sight and only take them out after toilet time. Place poop bags and bin near by so you can quickly get rid of waste; bins with a lid and liner so you can throw the entire bag away every couple of days are good

You will need to supervise your dog at all times and watch for their toilet signals. Some puppy's spin around or or sniff as a sign they may need to go.

It can help to **use a cue word such as "wee-wee"**. When your puppy toilets outside, be exuberant with praise. I use the word "Yay" in an excited voice. 'Make it like a Party'!

Don't worry about feeling foolish, your puppy doesn't care. Be prepared for accidents and never punish a puppy for toileting inside. This is the start of you building a loving relationship based on trust.

You should have several days of success before assuming your dog will go by themselves. With management and consistency your pup will be trained to go in no time.



THE FIRST NIGHT

Keep your puppy close beside you. This will help their distress and also enable you to respond quickly to their toileting cues in the night. A large cardboard box, with old towels as bedding, beside your bed is ideal for the first few weeks (they could destroy any fancy bed you have bought by chewing)! Expect your puppy to cry/whimper. Talk to them quietly and calmly, but do not make a huge fuss.



THE FIRST FEW DAYS

Facilitate your puppy to explore his new home and its occupants (human and non-human), before introducing any new outside people or animals. Keep the daily routine of toilet training, feeding, handling and play going. Ensure they have a quiet area (den) to rest/sleep away from children and other animals. Teach children immediately how to greet and handle a puppy (and visitors too, once they come into the programme)





SUGGESTED DAILY ROUTINE

(Times can be adapted to suit your household)

- 07:00 Wake up, take your puppy out to toilet, short play session
- 07:30 Puppy's breakfast, take your puppy out to toilet, rest
- 09:00 Take your puppy out to toilet, short play session, rest
- 10:00 Take your puppy out to toilet, short play session/training, rest
- 11:00 Take your puppy out to toilet, socialisation period, rest
- 12:00 Take your puppy out to toilet, Puppy's lunch, take your puppy out to toilet, rest
- 13:30 Take your puppy out to toilet, short play session/training, rest
- 15:00 Take your puppy out to toilet, supervised freedom of house and play session, rest
- 1630 Take your puppy out to toilet, Puppy's tea, take your puppy out to toilet, rest
- 18:00 Take your puppy out to toilet, short play session, rest
- 19:30 Take your puppy out to toilet, short play session/training, rest
- 20:00 Supervised freedom of house/play session/socialisation, toilet
- 21:00 Puppy's evening meal, take your puppy out to toilet, rest
- 22:00 Take your puppy out to toilet, vigorous play session
- 22:30 Take your puppy out to toilet, Bedtime!



THE NEXT FEW WEEKS

Your puppy will need to go to the vets for a health check-up and their 8 week vaccinations. Be conscious that this has the potential for sensory overload with a new environment, a new person, potentially a variety of other animals, new smells and finally being vaccinated. It is worth choosing an appointment time that is usually quieter and leaving your puppy in the car whilst you check to see who else is in the waiting room. You will need to carry your puppy as it is not safe for him to sniff where potentially unvaccinated dogs have been.

These weeks will consist of starting basic training and continuing with socialisation. Trainers often differ on what they think you should teach a puppy first but some are 'fundamental' such as Sit, 'Watch me', Down and Come followed by 'impulse control' behaviours of Stay, Wait, Leave it and Loose-lead walking. 'Watch me' encourages your puppy to focus on you, which as well developing the bond and trust between you will help to offset against potential reactivity/fear in an adult dog. Having strong Sit and Down behaviours replaces jumping up and begging at the table and are a pre-requisite for teaching Stay, Wait, Settle and Relax. This leaflet is a brief introduction, more will follow in future publications to teach training basics.

Most guardians want to teach their puppy to sit, but it isn't essential. You could let the puppy choose what is their preferred wait or stay position. This could be a 'down'. It could be a different position each time, depending on the context.

Behaviours are taught initially by luring your puppy, but you can also make use of the technique called capturing. For example each time your pup settles down in their den for a rest, use the word 'Settle', this will lay the foundation for teaching the 'Settle and Relax' which is in the future weeks.

SOCIALISATION CHECKLIST

PEOPLE

Women
Men
Elderly
Teenagers
Small children
Infants
People running
People cycling
People playing team sports
People of different ethnicities
Men with beards
People wearing hats
People with glasses/sunglasses
People with umbrellas
People wearing backpacks
People wearing helmets
People wearing uniforms
Naked people (inside only obviously!)
Children playing
Loud, confident people
Shy, timid people
People in wheelchairs
People with crutches/sticks
People in costumes

EXPERIENCES

5 minutes left alone
10 minutes left alone
30 minutes left alone
1 hour left alone
4 hours left alone
Car rides
Crossing a Street
Doggy Play date
Sliding doors
Escalators/lifts
Tunnels
Rail-Road Crossing
Taking a Walk
Paddling Pool
Hoses/Sprinklers

PLACES

Friend's houses
Vet surgery
Churchyard
Village hall
Garages
Playground
Groomers
Outside school
Shops
Cafes/bars
Sportsground
On Bridges
Under bridges
Pet store
Walls
Bathroom

HANDLING

Look in ears and eyes
Look in mouth/at gums
Teeth cleaning
Holding paws
Lifting tail
Touching tummy
Holding puppy in arms
Dried with a towel
Stroking/petting
Brushing
Touching top of head & neck
Wearing collar
Wearing harness
Lead attached to harness
Lead attached to human & harness
Wearing muzzle

ANIMALS

Adult dogs
Puppies
Horses
Sheep
Cows
Chickens
Rabbits
Cats
Birds
Ducks and Swans
Squirrels

SOUNDS

Vacuum cleaner
Hairdryer
Slamming doors
Washing machine
Tumble dryer
Thunder (or CD)
Fireworks (or CD)
Church bells
Clapping
Singing
Lawnmowers
TV/radio/music
Traffic/car horns
Sirens Smoke Alarm
Door bells/Knocking
Garage door
Children squealing
Pots/Pans banging
Barking dogs

SMELLS

Perfume
Cooking
Bonfires
Traffic
Bins
Paint

SURFACES

Wood/laminate
Carpet
Tiles
Lino
Brick
Metal
Rubber
Pavement
Puddles/water
Woodchip
Gravel/pebbles
Plastic bags
Frozen ground
Man Holes/grate covers
Sand
Sea
Woodland
Mud
Grass
Wet grass
Bath tub
Stone

TOYS

Squeaky ones
Soft toys
Balls
Rubber sticks
Tugs
Kongs



MOVING OBJECTS

Cars
Lorries, Buses
Flags
Bicycles
Motorcycles
Trains
Skateboards
Trolleys
Mops/brooms
Chairs moving
Balloons
Crowds
Travelling in a car
Prams/pushchairs
People moving past outside on street
Military vehicles/Tanks



FEEDING YOUR PUPPY



Did you know that mental stimulation is just as important, if not more important than walking your dog? Making your dog's food experience more enriching will be rewarding, mentally and physically. Instead of feeding them in an easy boring bowl, take a portion of their daily food to use as a training opportunity and the rest in an interactive feeder. You can purchase in pet stores or on Amazon. As your puppy works on their enrichment project you can take some time to catch up on your to do list.

Dogs should have at least 1 easily attainable meal a day to satisfy and fulfil their appetite, their systems are not made for grazing (having small amount of foods throughout the day, instead of a main meal).

You won't tire a puppy by taking them for a long walk, plus it is not healthy for developing joints and muscles.

Changing how you feed is accessible to everyone: the raw feeders, those whose dogs require medication in their food, those with puppies, those with senior dogs. With a little bit of prior thought and planning, there is no reason why it should be difficult.

I have interactive feeders, slow feeders, kongs, plus I scatter feed in the garden or on the kitchen floor

FEEDING YOUR PUPPY

Slow feeders add variety as well as enrichment. It is worth having several different ones so that you can rotate their use.

Top tip - always buy one with grooves that are large enough to get your finger in (without getting it stuck)! so that they are easier to wipe clean and also don't add to your dog's frustration, by making it too hard to get the food.

This one is ideal for a puppy!



One of my dogs does not like this red one, as it is too deep and he can't get at the food easily.



This is a dish drainer and silicone muffin tin I bought from a charity shop for 50p each.



As a new puppy parent, it's important to know and recognize calming signals in your puppy. Recognizing a calming signal is the best way to help de-escalate a situation for your puppy before they become even more uncomfortable.

A Puppy uses calming signals to say "I'm stressed out, can we go now?"

Calming signals are meant to clearly communicate meaning; unfortunately some parents miss their puppy's cry for help until it escalates into something more vocal. Some signals can serve as a stress release, such as the shake off.

EXAMPLES OF CALMING SIGNALS

- Lip Licking
- Shake off
- Paw lift
- Stretching
- Look Away
- Pacing
- Sniffing
- Scratching
- Big Yawn
- Blinking
- Lowering the tail
- Sneezing

SIGNS OF STRESS

CALMING SIGNALS ARE MEANT TO CLEARLY COMMUNICATE MEANING

All dogs should have a safe place, such as a crate or mat that they can go to when they want to be left alone.





SIGNS OF STRESS

FEARFUL / ANXIOUS / STRESSED

In all cases, respect the dogs need for space and offer signs of appeasement and peace: See the Doggy Dos and Don'ts poster

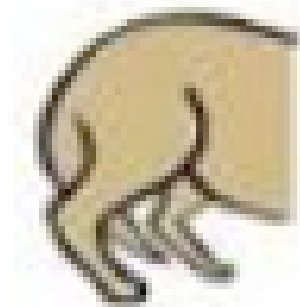


If not read correctly, stress, anxiety and fear often lead to behaviour commonly termed "aggressive", as the dog attempts to make it clearer that they are uncomfortable: raised hackles are a sign of fear:



TAIL POSITIONS

tucked



in line with spine



high and rigid



low and wagging slowly



Benefits of Good

MANAGEMENT



The benefits of good management are under-rated. Managing a situation rather than trying to change your dog's behavior is sometimes the easiest answer to a behavior problem for both you and your dog.

An example of using management is removing precious objects that your puppy might mistake for chew toys or removing tempting food from the kitchen counter.

It is acceptable to restrict access to certain areas. Even small puppies can do a lot of damage in a short space of time. Never tell your puppy off for this, they won't understand and they will associate it with seeing you, not the enormous amount of shredding fun they have just had. The main purpose of crate training your puppy is to prevent them from getting into trouble or harming themselves.

Examples of management: exercise pen, baby gate, muzzle, lead, window coverings and crates, crossing the street.



LEARNING TO TALK DOG



Dogs learn by performing behaviours that result in something pleasant. The more often the dog performs a behaviour that results in something pleasant, the more likely they are to repeat that behaviour.

Sometimes simply ignoring or not reinforcing a particular behaviour with your attention may extinguish some unwanted behaviours.



The investment you make giving your puppy a good learning foundation will pay off throughout their life.

THE LEARNING PROCESS

Force Free learning is based on the principles of classical conditioning; Pavlov's dogs salivated at the sound of a bell because they had learned to associate the bell with food, and operant conditioning; Skinner's pigeons performed a series of movements in order to receive food.

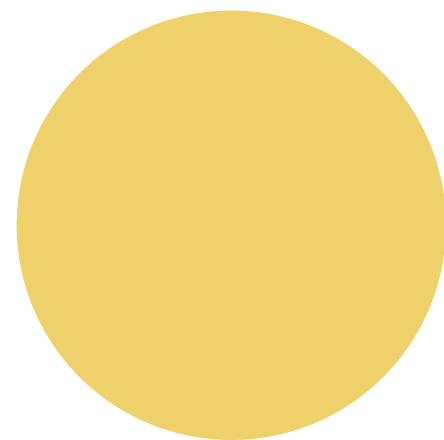
Capturing involves waiting for your dog to perform a behaviour that you wish to strengthen. The moment your puppy performs the desired behaviour without incentive, mark and reward your puppy. For example, if you wanted to teach your dog to lie down using capturing, you would wait until he chooses to lie down, mark and reward your puppy.

Consistency in Training - In order for your dog to clearly understand what you expect, your training must be clear and consistent. This also means that the whole household needs to be on the same page.

Reinforcement - The timing, strength, and type of reinforcement used to communicate with your dog is critical to the outcome of what your dog learns. A behaviour is strengthened when a reinforcement occurs every time, this is known as continuous reinforcement

As these skills become perfected you can introduce a schedule of variable reinforcement which will be discussed in the next programme

Puppies have short attention spans, so training sessions should be brief, but should occur daily.



Want to Learn More?



Is your cute, adorable puppy driving you crazy? I would love to help take away the stress that comes with raising a puppy, so that you can have peace of mind you're making the right decisions every step of the way.

For further information, advice, or to book a puppy programme contact me on jules@contented-canines.co or book directly on <https://contented-canines.newzenler.com/courses/puppy-love>



Facebook: <https://www.facebook.com/groups/1202003626934051>

[Check out my Website at contented-canines.com](https://www.contented-canines.com)

Check out our Website at CanineLearningAcademy.com

Recommended reading

Bailey, G (2008) *The Perfect Puppy*, Octopus Publishing Group, London

Donaldson J (2010), *Train Your Dog Like a Pro*, Wiley Publishing, Hoboken

Mann, S (2019) *Easy Peasy Puppy Squeezy*, Blink publishing, London

Zulch H and Mills D, (2012). *Life Skills for Puppies*, Veloce Publishing, Dorchester



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