

POSITIVE CANINES

FOR ALL DOGS



PUPPY GUIDE

Where to Start?



Where do I begin?

Set up an area for your puppy, including a puppy pen with sheets to cover the floor, a bed or crate for the puppy to rest and a water bowl. It should look something like this...

Why should I do this?

- Set up your puppy for success
- Removes access to items they shouldn't
- Prevents practicing toileting inside
- Keeps your puppy safe when unattended

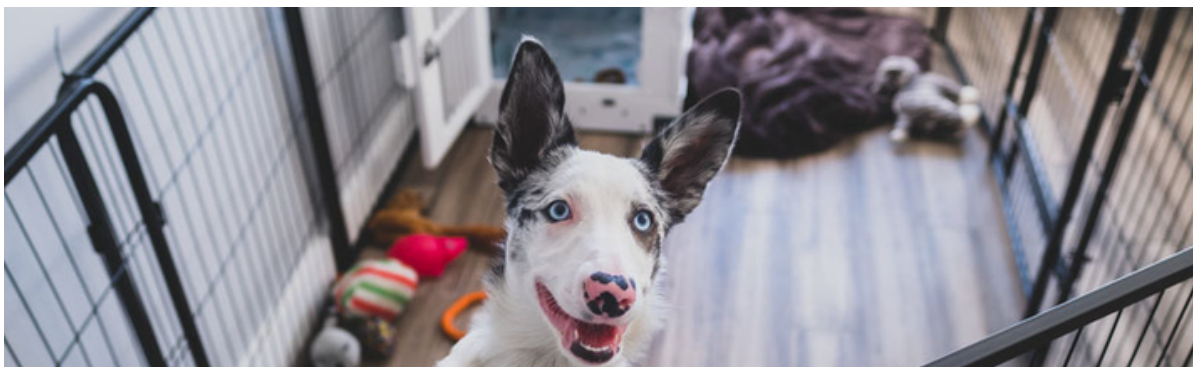


Establish Good Routines -

- Feed at the same time each day
 - 3 times daily for puppy until 6months-1year
 - Morning, midday, night
- Go outside for toilet breaks same time each day, especially after feeding, begin with 30 min intervals
- Encourage periods of rest multiple times a day
 - Puppies should sleep between 18-20 hours a day
- Enrol in puppy school immediately

Provide Outlets for Doggy Behaviours -

- Provide your puppy with toys to chew
- Provide your puppy with a enrichment to stimulate their mind
 - Slow feeder or food toy for each meal
 - Basic training and handing feeding
 - Expose your puppy to different textures, sounds and sights as appropriate
- Take your puppy outside often to give them to opportunity to toilet outside - practicing good behaviours
- Ensure your puppy is getting enough sleep
- Ensure your puppy is getting adequate socialisation with other dogs and new environments



Health & Welfare



5 DOMAINS OF WELFARE

1 NUTRITION

- 'Balanced' diet with nutritional value and free of allergens.
- Clean food and water provided daily.

2 ENVIRONMENT

- Safe shelter away from weather of all kinds
- Clean bedding, fresh air etc

3 HEALTH

- Animal is healthy or being treated for any health issues.
- Free of pain
- Comfort of good health and functional capacity

4 BEHAVIOUR

- Available engaging choices - Calm, in control
- Free movement - Engaged by activity
- Exploratory, foraging, species typical behaviours

5 MENTAL STATE

- Positive mental state
- Energy and breed typical needs are met
- Enriched life and able to self-soothe

Holistic Approach

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What is my Mission?

Bridge the communication gap between humans and dogs.

Through years of working closely with dogs and observing their behaviour, I always ask...

"WHY is the dog doing this behaviour?"

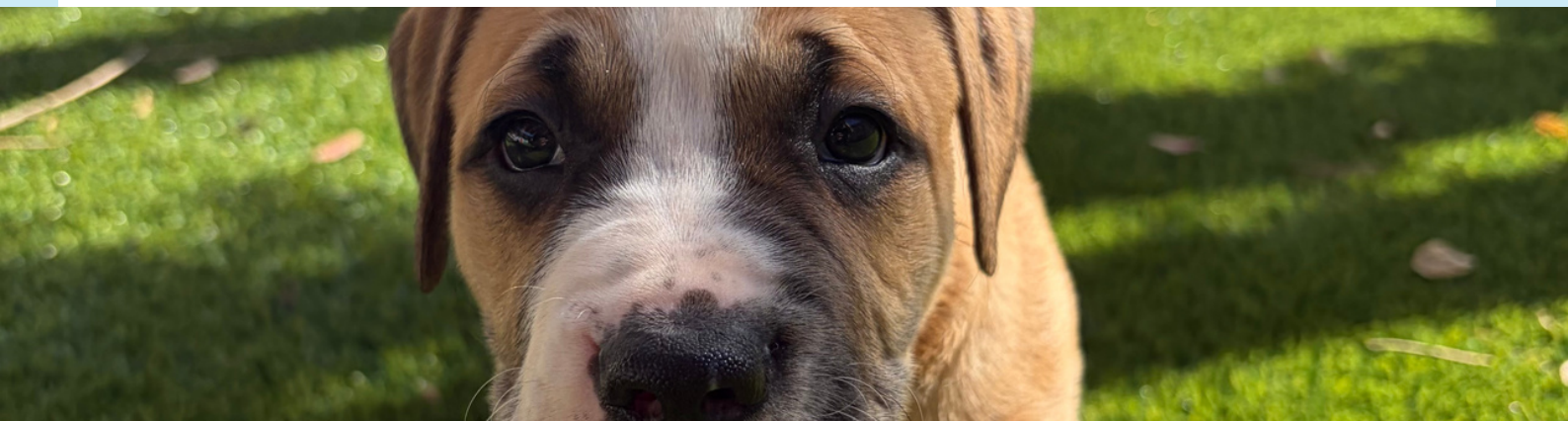
Understanding the root cause is the first step in a meaningful and long term behaviour change.

From desirable to undesirable behaviours, dogs have habits and they prefer routines, just like some humans do!

"Evidence has shown that dogs have the cognitive abilities of a toddler, meaning that they live in the moment."

"This quality means that they require a special understanding to ensure therapies are realistic and efficient."

– Dr Kate Lindsey Veterinary Behaviourist at KalmPets



Why Positive?



Positive reinforcement training uses a reward for desired behaviours. Because the reward makes them more likely to repeat the behaviour, positive reinforcement is one of your most powerful tools for changing your dog's behaviour.

Studies have shown that dogs trained with more rewards and positive reinforcement display higher levels of obedience and were less likely to show aggression.

Get Yourself...

TREAT POUCH



YUMMY TREATS



CONTACT ME TO
BUY ONE FROM ME!

\$15 EACH

AVAILABLE IN
BLACK OR RED

- Something to look out for is single ingredient treats (or minimal ingredients)
- Avoid cereal based treats etc
- Some examples shown above
- Find what YOUR dog find the most motivating, might be toys, might be roast chicken!

Dog Equipment



ETHICAL EQUIPMENT



- Flat Collar
 - Contains identity tag and registration tag
 - Used for:
 - Puppies
 - Dogs that don't pull on lead
- Body Harness
 - Preferred y-shaped harness for free shoulder movement
 - 3 point harnesses available
 - Including front clip for more control when needed
- Leads, long lines, hands-free



EQUIPMENT TO AVOID



- Slip lead
 - Used for:
 - Boarding facilities, Rescues, Vet Clinics
 - Rangers, safety back up lead for escape risk
- Martingale collar
 - Used for:
 - Rescue facilities, safety backup
 - Hound breeds with small heads
 - For escape risk dogs on walks
- Choke chain
- Throw chains
- Head halti's
- Prong collars
- Shock collars
- Body Harness that tightens when pulled "no pull harness"
- Citronella collars or frequency devices
- Flexi leads



Toilet Training



Where to begin?

House training puppies is a matter of helping them develop a strong preference for toileting in the appropriate place or places. For adults dogs the process is the same!

Dogs naturally avoid toileting in their living space. However, they need to be taught what their living space is and where the appropriate place to eliminate is. Dogs can be trained to toilet outside on grass or rocks, on a puppy pad, or in a litter box. To start ensure puppy does not have access to everywhere. Set up a room or area for your puppy.

Key Aspect for you and your dog's success -

1. Patience - Understanding accidents will happen and willingness to clean up and remove odours
2. Consistency - Provide supervision, close off access to unused areas, take your puppy out often
3. Persistence - Don't give up! Your puppy/dog may regress but stay consistent and you will see success.

Are you taking your dog to their toileting area...?

- After eating/drinking
- After playing
- After naps
- First thing in the morning/last thing before bed
- For young puppies <12 weeks every 20-30mins toilet break
- Any age, start with 30mins schedule and build up!
- Consider size of dog (size of bladder etc)



Notes:

- Are you rewarding your dog for toileting in the right place?
- Are you supervising your puppy/dog?
- Are you taking your puppy out often enough?
- Notice your dog's cues - what do they do right before toileting?

Recommendations:

- Set up an area using a puppy pen or similar for your puppy when unsupervised
- This prevents your puppy having accidents in carpeted areas where odours are hard to remove
- Use an enzyme cleaner to remove odours after accidents
- DO NOT punish toilets inside - will only teach your puppy to hide better!

Puppy Biting



For puppies 6 to 12 weeks:

The Socialisation Period At this stage, puppies are like little sponges—absorbing experiences and learning how to interact with the world. Their biting and mouthing behaviour is developmentally normal and essential for learning bite inhibition, social boundaries, and communication.

Why Are They So Bitye?

1. Teething discomfort
2. Exploration
 - Puppies use their mouths like toddlers use their hands.
3. Social learning
 - They bite each other during play to test boundaries.
4. Overstimulation or fatigue
5. Lack of structured interaction or enrichment



Key Principles of Force-Free Puppy Handling

1. No intimidation, pain, or physical correction (no scuffing, muzzle holding, yelling)
2. Reinforce calm behaviour instead of punishing unwanted behaviour
3. Redirect rather than reprimand
4. Prevent unwanted behaviour through smart environment management
5. Support natural development and emotional regulation

GOAL - Teach “soft mouth” not “don’t bite at all” Biting is apart of social learning.

How to STOP puppy biting!

Step 1 - Manage the Environment

- Provide plenty enrichment, toys and adequate rest

Step 2 - Expect and Teach Bite Inhibition

- Bite inhibition is not taught through punishment, but through feedback and redirection
- When puppy bite a littermate too hard, play stops.

Step 3 - Redirect Mouthing to Appropriate Outlet

- Replace your hand with a toy, teething ring, or tug

Step 4 - Create Predictable Routines

- Structured daily routines reduces over-arousal and general anxiety

Step 5 - Use Calm and Confident Handling

- Approach calmly, hold pups securely, let them come to you when ready

Step 6 - Regulate Energy Levels

- Use calming enrichment like licki mats or scatter feeding

Step 7 - Socialise your puppy

- With different environments and other puppies of their age

Marker Training



What is Marker Training?

Marker training refers to using a marker such as a word or a clicker displayed in the image on the right. This purpose is to use the marker word or clicker to capture the desired behaviour so the handler can then deliver treat without confusion of what the desired behaviour is. A foundation of associating the marker with a reward is necessary to begin using our marker in reactivity training.



How to Teach a Marker -

1. Decide what marker you will and use it consistently
 - For this example we will use a clicker 'click'
2. Hold 5 treats, 1 at a time 'click' give your dog the treat, repeat
3. Then start with a easy known behaviour like sit
 - Ask for a sit, as soon as their bum hits the grounds, 'click' and toss treat to the side
 - Practice
 - Keep session short, 5-10mins, end with calming enrichment like a licki mat
 - STOP HERE and PRACTICE 5 minutes a day

YES!

What is a Marker?

- A sound whether that is a word or a click of "clicker" (shown above)
- Common marker words are; "yes", "good", "nice" etc
- Ensure marker is said with enthusiasm, high pitched tone apposed to your normal tone of voice
- A marker word should be said ONCE and once only

Why are we Using a Marker?

- Allows the handler some buffer time to get the reward to the dog
- Ensures we are intentionally rewarding the right behaviours
- Marker training is transferable to all behaviours and tricks
- Good foundations for you and your dog



Fear Periods



What is a Fear Period?

Sometimes your puppy may suddenly seem unsure about something they were previously comfortable with.

A person they happily greeted yesterday might suddenly seem a little scary. A bin, a noise, a new surface or even something familiar in the home might make them stop, stare, back away or seek you out.

This can happen during developmental periods when puppies are more sensitive to their surroundings. These are often called fear periods.

What should I expect?

- startle more easily
- pause or freeze
- move away from something
- bark or vocalise
- stay closer to you
- seem unsure in places they previously enjoyed
- take longer to settle after something unexpected happens

1st Fear Period - 8-12 weeks old

- Timing dependent on breed, genetics, whelping
- 1-2 weeks

2nd Fear Period - 6-9 months old

- Timing dependent on breed, genetics, whelping
- 2-3 weeks

What do we do about it?

- We make their world smaller
- Reduce activity and stimulation
- Nurture and care, give your puppy choice, where safe
- Think support, not exposure

Crate Training



What is Crate Training?

- A safe place for your dog to sleep and rest throughout the day
- Useful tool for multi-dog household - especially during feeding time
- NOT a way to punish your dog
- NOT to lock your dog in a crate all day or isolate your dog
- Big enough for your dog to stand, lie down and turn around
- Placed inside, central location, such as, a living room

Useful for -

- Toilet training
 - Learn to associate toileting with the outdoors
 - Prevent accidents when unsupervised
- Chew training (house training)
 - Allows access to toys the dog CAN chew, away from things they shouldn't
 - (space away from cords and shoes!)
- Travel
 - Dogs are safest travelling in a crate in cars, car crates are crash tested for your dog's safety
 - Dogs will be put in crates if travelling overseas
- Recovery
 - Going to the vet clinic, your dog will often be placed into a crate
 - Crate training will ensure your dog feels comfortable and safe at the vet
- Unsupervised time
 - Crate time for your dog whilst you are away, prevents toileting accidents around the house
 - Prevents access and chewing dangerous items for dog
 - Encourages your dog to settle without you there
- Anxiety
 - Providing a safe space for your dog can reduce generally levels of anxiety as well as help dogs with separation anxiety



Adjustments to Daily Routine

- Feed your dog's breakfast in the crate - door open
- Giving your dog treats and yummy snacks when in the crate
- Feed your dog's dinner in the crate - door open
- After 2-4 weeks (depending on your dog's progression) give long lasting chews with door shut
- If dog shows signs of regression or anxiety, go back to first steps
- Ensure to make the crate comfortable and inviting (lots of blankets and toys)

Budget Considerations

- Visit marketplace for 2nd hand crates or your local rescue
- Ask around! Some friends or family may have a crate laying around, not in use!

Stop Jumping Up

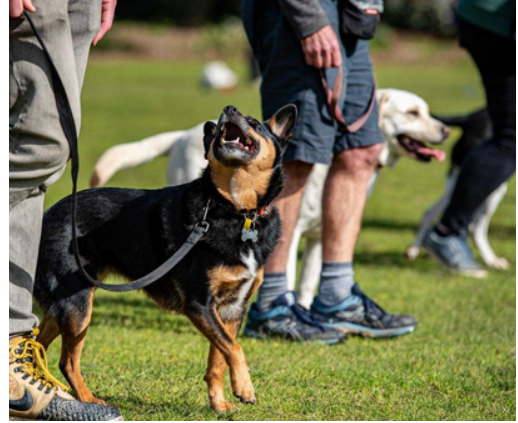


Remove Reinforcers

- Ignore all jumping
- No talking
- No touching
- No eye contact
- As soon as four paws hit that ground, mark, reward

Reinforce Desired Behaviours

- Reward 4 paws on the floor
- Recognise before you dog jumps up and reward 4 paws on the floor
- Ask for a sit instead



Manage the Situation

- Everyone in the home much practice the same plan
- No rewarding jumping ever
- Calm greetings only
- Ask guests to participate
- Use a leash inside your house to help
- Use baby gates to prevent jumping up entirely



Avoid Punishment

- Ignore unwanted behaviours
- Avoid punishment like using your knee to push the dog away
- Come down to the dog's level when appropriate

What NOT to do

- Don't yell at your dog
- Don't push your dog
- Don't knee or punish your dog

What TO do

- Reward four paws on the floor
- Drop treats on the ground when rewarding to reinforce
- Use a food lure to begin with and provide enrichment



Enrichment 101



What is Enrichment?

Enrichment is the process of providing a stimulating environment for animals, allows them to perform species-typical behaviours. While also enhances your dog's wellbeing and fulfilling their individual needs.

Purpose -

- Provides a suitable outlet for your dogs natural behaviours
- Reduces boredom, destructive behaviours
- Builds positive associations with different environments
- Teaches self soothing
- slows eating down, reduces changes of bloat and improves digestion



FORAGING

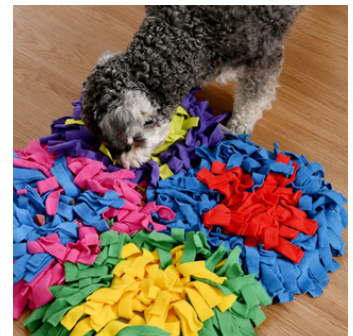
Empty egg carton -

- scatter kibble in carton, addition of peanut butter
- Allows the dog to forage, bite and dissect which are natural behaviours
- You can make it harder by tying some string around the carton



Snuffle Mat/Scatter Feed

- Scatter food on snuffle mat or on ground outside
- Can scatter on grass, makeshift snuffle mat
- Encourages your dog to use their nose



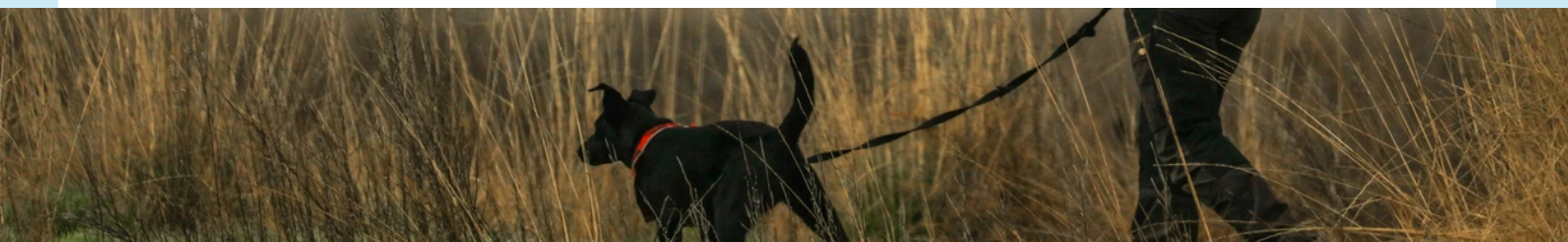
LICKING

Lick mat or Kong -

- crack egg onto mat - microwave for 45 seconds, wait to cool, give to dog
- Allows the dog lick and work for their food, licking is a calming activity
- Other options - greek yoghurt, single ingredient baby food, peanut butter, meat mince

CHEWING

- KelpyBones
- Puppy Benebones
- Cardboard boxes
- Bully sticks



Nose Touch



What? → Teaches your dog to bring their nose to your palm.

Purpose → This is useful for engagement, recall, foundation skills, loose lead walking and more!

Prerequisites - Clicker/Marker Trained

Step 1: Present your hand in front of your dog, your dog may sniff your hand or approach your hand, mark and reward any movement towards your palm. Practice at home! Avoid pushing your hand towards the dog.



Step 2: Have your hand behind your back and present your palm, if your dog touches your palm with their nose, mark and reward.

- Some dogs may find this tricky - introduce a lure - place a small treat in between your fingers
- Present your palm, your dog should sniff the treat, mark and reward
- Important! Do not reward with the treat in your palm, take your hand away and pay with a different treat

Step 3: Practice and repeat this 5-10x and stop here!

- Practice these steps for a few days until you feel your dog is confident
- Your dog may regress, if you present your hand and your dog does nothing
- Take your hand away and present again or go back to step 2

Step 4: Introduce the cue "Touch"

- Each time you present your hand, say "touch" at the same time
- Important to say the cue ONCE and once only
- If your dog does nothing, take your hand away and try again
- Practice and repeat 5-10x

Step 5: Introduce Movement

- Move your hand further away to encourage your dog to run towards to you
- Make yourself exciting!

Step 6: Introduce Distractions - Practice on walks and outside



Any questions please email
'positivecaninesperth@gmail.com'

WEBSITE:

www.positivecanines.com.au

Facebook - Positive Canines Dog Training

Instagram - PositiveCanines

Educational Resources

Podcast - Pick of the Litter

Book - Easy Peasy Puppy Squeezy by Steve Mann

Book - Don't Shoot the Dog by Karen Pryor

Youtube - IMDT Australia