



Positive Training Expert & Best-Selling Author

# PAUL OWENS

The Original Dog Whisperer™ presents



## Quick-Start GUIDE

### WHAT'S INSIDE:

- How to Train Using Positive, Force-Free Methods & Fun Games
- House Training Tips
- Health Tips Including Vet Recommended Vaccines
- Safety Tips Including How to Puppy Proof Your Home
- And More!

## Your new puppy will need some things:

### BASIC ESSENTIALS

- High-Quality Food
- High-Quality Treats and Chews
- Food & Water Bowls
- Collar
- ID Tag
- Harness
- Leash (w/tethering abilities)
- Car-Safety Harness
- Bed/Crate Pad
- Stain & Odor Remover
- Toys (a variety is best)
- Poop Bags & Dispenser

### TRAINING BASICS

- Crate/Pen
- No-Chew Tether
- Exercise Pen
- Treat Pouch
- House Training Pads (Optional)
- City License
- This Training Book and Video!

### GROOMING BASICS

- Brush/Comb
- Shampoo

## When is my puppy safe to socialize?

We highly recommend puppy socialization with other puppies and safe, older dogs as soon as possible. If your veterinarian has given your puppy a clean bill of health, some veterinarians say you can start puppy classes days after the first set of shots, or around 9 weeks of age. Of course, you should check with your vet and do what you and your vet think is best for your puppy.

## Suggested vaccination protocol

We suggest this vaccination protocol created by W. Jean Dodds, DVM:

**9-10 Weeks Old:** Distemper + Parvovirus, MLV (e.g. Merck Nobivac [Intervet Progard] Puppy DPV)

**14-16 Weeks:** Same as above

**20 Weeks or Older:** Rabies (if allowable by law)

**1 Year:** Distemper + Parvovirus, MLV (optional = titer)

**1 Year after initial dose:** Rabies, killed 3-year product (give 3-4 weeks apart from Distemper/ Parvovirus booster)

Dr. Dodds considers infectious canine hepatitis (adenovirus-1), canine adenovirus-2, bordetella, canine influenza, canine coronavirus, leptospirosis, and Lyme regional and situational. Please research the prevalence in your area, and discuss it with your veterinarian.

## How often does my puppy need to go out?

Set a schedule so your puppy learns there are definite times she will be taken out. A puppy's ability to “hold it” during the day relates to her age and activity. Here is a general guideline:

### 8-10 weeks

For a newly adopted puppy that is 8 to 10 weeks old, set your alarm to wake up in 4 hours the first night and take her out to eliminate. Add 15 minutes every two days to gradually increase your puppy's muscle control. Some young puppies can “hold it” for seven or eight hours already, in which case this night-time routine can be omitted. It's important to provide opportunities for your puppy to eliminate and avoid the chance she might eliminate in her crate or kennel.

### 3-7 months

Most puppies up to the age of three months need to be taken out eight to ten times per day, especially after eating, playing and sleeping. After the age of seven months or so, she should only need to eliminate four times a day: first thing in the morning, after breakfast, after dinner and just before bed.

## What about when I have to leave my puppy alone?

So if you leave your puppy in a kennel, make sure they like it and make sure they can “hold it.” Otherwise, leave them in a gated area or in an exercise pen with pee pads or a tray with grass. You never want your puppy eliminating in their crate. Watch the crate training safety video and house training video for comprehensive, step-by-step instruction! If you're gone all day, have a pet-sitter, family member or friend stop by to let your dog out.

## What's the routine?

### 1 Pick a spot

Designate one area outside for elimination.

### 2 Call it something

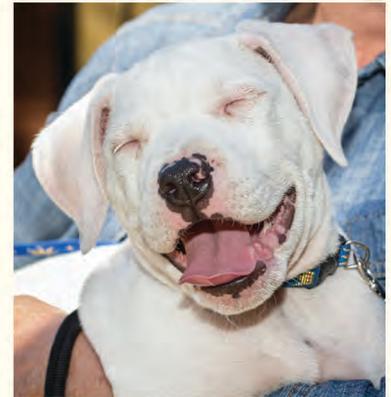
“Call” or “label” the elimination behavior something like “go potty,” but do not add the verbal cue until she is circling, sniffing and looking like she's about to go.

### 3 Praise her!

As she eliminates, gently praise her with a phrase such as “good job” or “yay, you!”

### 4 Reinforce it

When she finishes, reward her with a high-value treat and lots of praise.



## What if my puppy has an accident?

You must catch your puppy in the act and interrupt the behavior as it is happening with an “uh oh!” or “oh no!” and quickly escort her out. Once outside, immediately begin to gently encourage her to eliminate. Never scold your puppy and never frighten your puppy. Reliable house training usually happens between 4 and 7 months of age. Be consistent!

## The first 14 weeks are critical

The first 14 weeks of a puppy's life are the most critical in shaping a puppy's temperament. Safely and positively associating the sights, sounds, and touches of the world during this window of time forms the foundation of your relationship. It shapes her behavior and helps her become confident and relaxed.

The accompanying videos demonstrate a number of ways you can safely and positively expose your puppy to many of life's everyday sights (visual), sounds (auditory) and touches (tactile). You should expose your puppy to stimuli such as:

- The touch and motion of humans of all shapes, sizes and ages: both adults and children;
- Other animals including dogs, cats, farm animals, birds; and
- Objects like umbrellas, ballons, the sounds of lawn mowers, vacuum cleaners, leaf blowers, cars, trucks, fire engines and fireworks.

## Socialization is easily accomplished by:

- Holding a puppy party
- Visiting pet stores
- Going for rides
- Puppy classes
- Inviting the neighbors over

## The key to successful socialization

The key to successful socialization is not doing more than your puppy can handle. Make every encounter fun and within your puppy's stress management threshold.

## Prevention & Management

Safety is always the first priority. Keeping him away from threatening or scary stimuli is the key to prevention and management. Use leashes (tethers), baby gates, kennels and exercise pens to keep your puppy and the environment safe.

***Example:** If your puppy is chewing your slippers, the tv remote and other unsafe and illegal items, puppy proof your house by putting all illegal objects out of reach and only leave appropriate toys to chew.*

## Positive Training

Positive training is all about how you can teach your dogs to do what you want them to do instead of having to correct behaviors you don't want. For example, if your dog jumps on you when you walk in the door, decide what you want your dog to do instead. Here are a few examples:

### If Your Dog:

### Choose One or More of These:

- |                       |   |   |
|-----------------------|---|---|
| Jumps                 | → | find-it, sit, down, stay, go-to-your spot   |
| Digs                  | → | dig in sandbox, chew treat-filled toys that will help keep her occupied, provide exercise and games |
| Steals & chews things | → | leave it, go-to-your-spot, down, chew appropriate objects   |
| Bolts out door        | → | go-to-your-spot, down, stay, come   |
| Barks                 | → | down (or bark three times and then lay down), come to get you when someone comes to the door        |

## Capturing Behaviors

Capturing means you're catching your dog in the act. Whenever you happen to see your dog do something without you asking, instantly reward with petting, praise and treats.

Capturing behaviors is easy: Ignore the behaviors you don't want (except when safety is a concern, of course) and reward the behaviors you do. The more often you reward your puppy's good behaviors, the more often your puppy will repeat those behaviors.

Make sure you have high-value treats with you at all times (you can put them in a fanny pack or a dog treat waist pouch).

Remember: when you see your puppy doing any of these five behaviors without being asked, reward him with a treat and a "good job!"



- 1 Sits
- 2 Goes to his bed
- 3 Looks at you for direction
- 4 Lies down
- 5 Brings you a toy

## Cueing Behaviors

Cueing means you are asking your dog to do something with a hand signal or your voice. There are two steps: (1) Teach the behavior before cueing; and (2) Cue the behavior when you are 80% sure he will do it. Important: Don't repeat the cue.

The "Find it" game is a good example. It looks like this:

- 1 Say "Find it!"
- 2 Throw a treat on the ground

Because your puppy will be distracted by the slightest motion, it is important to say the words "find it" before you move your hand. When your puppy gets good at this, start throwing the treats further away.

This game can be used as a substitute behavior and solution for many problem behaviors such as running out the door and jumping on you. Simply throw the treat behind her as you walk in the house or when you open the door, and she'll soon learn to anticipate where the treat is going to be and start holding back.

The next game is to hide a treat behind a chair and then say "find it," and see if your puppy can use her nose to find the treat. When she can do that, hide treats around the house, say "find it" and watch her go-a-hunting! This is a great substitute for digging and chewing!

# QUICK START DAILY ROUTINE

## Security & Confidence

Daily routines help your puppy develop a sense of security and confidence. Follow this daily guide to raise a happy, well-socialized and well-behaved puppy:

### 7-9am: Outside, breakfast, walk & play

- Take puppy out of crate/kennel. (More on crate/kennel training in the enclosed DVD.)
- Take puppy directly outside to eliminate. “Label” the process with a phrase like “go potty,” then praise and offer a treat when he is successful. (More on house training in the enclosed DVD.)
- Breakfast.
- About 15 mins. after breakfast, take puppy outside to eliminate again and then take him for a walk (if he has had his vaccinations).
- Take puppy back inside and allow him to explore a little. Give a treat-filled chew toy for play and fun. Play the “Capture” games throughout the day. Put him in a kennel or exercise pen, or tether him in a supervised, social area and give him a high-quality, chewy treat.



### 9am-12pm: Rest

### 12-1pm: Outside, training & play

- Take puppy outside to eliminate.
- Play the “Find It” games. After watching the enclosed video on how to train your puppy with cues, practice sit, down, stay, come, go-to-bed, etc.
- Throw toys and play.

### 1-4pm: Rest

### 5-6pm: Outside, walk, training & play

- Take puppy outside to eliminate.
- Take puppy for a walk (if he has had his vaccinations).
- Play the “Find It” games. After watching the enclosed video on how to train your puppy with cues, add in some of this training also.

### 4-9pm: Dinner, training & play

- Give puppy supervised free time or keep him kenneled or tethered in a social area of your home. Watch TV, read or work on your computer while practicing the “Capture” games. Give a treat-filled chew toy for play and fun.

### 9pm: Outside then sleep

- Take puppy outside to eliminate.
- Keep puppy in a kenneled area in your bedroom for a good night's sleep.

# visit the **Paul Owens Learning Library** online at [www.OriginalDogWhisperer.com](http://www.OriginalDogWhisperer.com)

**No one professional has all the answers** or knows all the tricks of the trade and sometimes a concept will be presented in such a way that resonates or is more accessible to one person than another.

## ***That's why I've created the Paul Owens Learning Library.***

Along with my own books, articles and videos, I have compiled video and reading material from some of the world's leading professionals in the field of dog care and positive training. I highly recommend you visit the websites of all the trainers listed in my **Learning Library**, read their books and articles and watch their DVDs and videos.

The information in my **Learning Library** has been aligned with my 9 Ingredients for a Happy, Healthy Life model as presented in my books, *The Dog Whisperer* and *The Puppy Whisperer*. Topics include:

- **Health & Safety**
- **Play**
- **Socialization**
- **Rest & Sleep**
- **Exercise, Employment & Training**
- **Problem Behaviors**
- **And More!**

I add to my **Learning Library** frequently so don't forget to visit often online at:

[\*\*www.OriginalDogWhisperer.com\*\*](http://www.OriginalDogWhisperer.com)