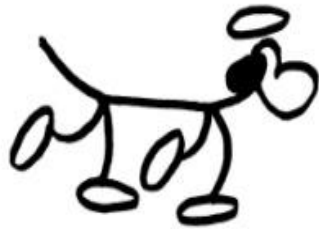


SUDBURY PET DOG TRAINING CLUB

Sudbury Pet Dog



Training Club

I am a puppy and I will love you to the ends of the earth but please, know a few things about me.

I am a puppy: that means my intelligence and capacity for learning are the same as an 8 month old child.

I am a puppy: I will chew everything I can get my teeth on. This is how I learn and explore the world. Even human children put things in their mouths. It's up to you to guide me to what is mine to chew and what is not.

I am a puppy: I cannot hold my bladder for longer than 1 -2 hours. I cannot 'feel' that I need to poop until it is actually beginning to come out. I cannot vocalise nor tell you that I need to go and cannot have bladder and bowel control until about 6 to 8 months. DO NOT punish me if you have not let me out for 3 hours and I tinkle. It's your fault. As a puppy, it is wise to remember that I need to go out after; eating, sleeping, playing, and drinking around every 2 – 3 hours as well. A crate will make it easier for me to be house trained. I am a puppy, accidents will happen, please be patient with me, in time I will learn.

I am a puppy: I like to play. I will run around and chase imaginary monsters and chase your feet and toes and 'attack' you and chase other pets and small children. It's what I do. Do not be mad at me or expect me to be sedate, mellow and sleep all day. If my high energy level is too much for you, maybe you should consider an older dog from a rescue shelter. My play is beneficial, use your wisdom and guide me in my play with appropriate toys and activities like chasing a rolling ball or gentle tug games or have plenty of chew toys for me. If I nip you too hard, talk to me in 'dog talk' by giving a loud yelp. I will usually get the message as this is how dogs communicate with one another. If I get too rough, simply ignore me for a few moments or put me away in a crate with a toy.

I am a puppy: hopefully you will not yell or hit, strike, kick or beat a 6 month old human infant so please don't do it to me. I am so delicate and very impressionable. If you treat me harshly now, I will grow up learning to fear being hit, spanked, kicked or beaten. Instead guide me with encouragement and wisdom. If I am chewing something wrong say 'no chew' and give me something I can chew. Better yet, pick up anything you don't want me to have. I cannot tell the difference between your old socks and the new ones, the old trainers and the designer ones, the children's cuddly toys and mine.

I am a puppy: I am a creature with feelings and drive much like your own but also very different. Although I am not a human in a dog suit, neither am I, an unfeeling robot who can instantly obey your every whim. I truly DO want to please you and be part of your family and life. You got me (I hope) because you wanted a loving partner and companion, so do not relegate me to the backyard when I get bigger, do not judge me harshly but instead mould me with gentleness, guidelines and training into the kind of family member you want me to be.

I am a puppy: I am not perfect and neither are you. I love you anyway. So please, learn all you can about training, puppy behaviour and caring for me from your vet, books on dog care and my breeder. Learn about my breed and it's characteristics, it will give you an insight and understanding into why I do all the things I do. Please teach me with love and patience the right way to behave and socialise me with training in a puppy or obedience class and we will BOTH have fun together.

I am a puppy: and I want more than anything to love you, to be with you and to please you. Won't you please take time to understand how I work? We are the same you and I, in that we both feel hunger, pain, thirst, discomfort and fear but yet we are also so different and must work out one another's language, body signals, wants and needs. Someday I will be a handsome dog, hopefully one you can be proud of and one that you can love as much as I love you.

EXERCISE

Puppies need much less exercise than full grown dogs. If you over exercise a growing puppy you can overtire it and damage its developing joints, causing early arthritis. A good rule of thumb is a ratio of five minutes exercise per month of age (up to twice a day) until the puppy is fully grown. ie 15 minutes when three months old, 20 minutes when four months old etc. Once they are fully grown, they can go out for much longer.

It is important that puppies and dogs go out for exercise every day in a safe and secure area, or they may become frustrated. Time spent in the garden (however large) is **no** substitute for exploring new environments and socialising with other dogs. Make sure your puppy is trained to recall so that you are confident that he will return to you when called.

Remember the place to train your puppy to come when they are called is in the safety of your home or garden. Always reward your puppy for coming when called either by a treat, a fuss or with a favourite toy.

When training a recall, use your puppies name and then the command to 'come' or 'here' or anything else you are comfortable with but remember it is important the whole family use the same commands. His name is to get his attention, then the command to do what you want. This rule applies to anything you teach your puppy to do (name followed by command).

When you are out for a walk with your puppy remember to call him back often, **NOT** just when you want to put him back on the lead to go home. Or guess what, he won't come back.

If the puppy won't come back, **DON'T** chase him, run in the opposite direction.

You should **never** exercise your puppy on a full stomach as this can contribute to bloat. Also a hungry puppy is far more likely to come back to you for a treat very quickly if they are at least a little hungry.

TEACHING BITE INHIBITION

Please read this section extremely carefully. I shall repeat over and over: teaching bite inhibition is the most important aspect of your puppy's entire education.

Certainly puppy biting behaviour must eventually be eliminated. We cannot have an adult dog playfully mauling family, friends, and strangers in the manner of a young puppy. However, it is essential that this be done gradually and progressively via a systematic two-step process: first, to inhibit the force of puppy bites and second, to lessen the frequency of puppy mouthing.

Ideally, the two phases should be taught in sequence, but with more active puppy biters you may wish to work on both stages at the same time. In either case, you must teach your puppy to bite or mouth gently before puppy biting behaviour is eliminated altogether

- **Inhibiting the Force of Bites**

The first step is to stop your puppy from hurting people: to teach him to inhibit the force of his play-bites. Physical punishments are certainly not called for. But it is essential to let your puppy know that bites can hurt. A simple "Ouch!" is usually sufficient. When the puppy backs off, take a short time-out to "lick your wounds," instruct your pup to come, sit, and lie down to apologize and make up and then, resume playing. If your puppy does not respond to your yelp by easing up or backing off, an effective technique is to call the puppy a "Bully!" and then leave the room and shut the door. Allow the pup a few seconds time-out to reflect on the association between his painful bite and the

www.sudburypetdogtrainingclub.onesuffolk.net

Socialization is an ongoing process

immediate departure of his favourite human playmate. Then return to make up. It is important to show that you still love your puppy, only that his painful bites are objectionable. Have your pup come and sit and then resume playing once more.

It is much better for you to walk away from the pup than to physically restrain him or remove him to his confinement area at a time when he is biting too hard. So make a habit of playing with your puppy in his long-term confinement area. This technique is remarkably effective with lead-headed dogs, since it is precisely the way puppies learn to inhibit the force of their bites when playing with each other. If one puppy bites another too hard, the bitee yelps and playing is postponed while he licks his wounds. The biter soon learns that hard bites interrupt an otherwise enjoyable play session. He learns to bite more softly once play resumes.

The next step is to eliminate bite pressure entirely, even though the "bites" no longer hurt. While your puppy is chewing his human chewtoy, wait for a bite that is harder than the rest and respond as if it really hurt, even though it didn't: "Ouch, you worm! Gennntly! That really hurt me, you bully!" Your puppy begins to think, "Good Heavens! These humans are soooooo sensitive. I'll have to be really careful when mouthing their delicate skin." And that's precisely what you want your pup to think: that he needs to be extremely careful and gentle when playing with people.

Your pup should learn not to hurt people well before he is three months old. Ideally, by the time he is four-and-a-half months old — before he develops strong jaws and adult canine teeth — he should no longer be exerting any pressure when mouthing.

- **Decreasing the Frequency of Mouthing**

Once your puppy has been taught to mouth gently, it is time to reduce the frequency of mouthing. Your pup must learn that mouthing is okay, but he must stop when requested. Why? Because it is inconvenient to drink a cup of tea or to answer the telephone with fifty pounds of wriggling pup dangling from your wrist. That's why.

It is better to first teach "leave it" using food as both a distraction and a reward. The deal is this: once I say "Leave it," if you don't touch the food treat in my hand for just one second, I'll say, "Take it" and you can have it. Once your pup has mastered this simple task, up the ante to two or three seconds of non-contact, and then to five, eight, twelve, twenty, and so on. Count out the seconds and praise the dog with each second: "Good dog one, good dog two, good dog three," and so forth. If the pup touches the treat before you are ready to give it, simply start the count from zero again. Your pup quickly learns that once you say "Leave it," he cannot have the treat until he has not touched it, for, say, eight seconds, so the quickest way to get the treat is not to touch it for the first eight seconds. In addition, regular hand-feeding during this exercise encourages your pup's soft mouth.

Once your pup understands the "Leave it" request, use food as a lure and a reward to teach it to let go when mouthing. Say, "Leave it" and waggle some food as a lure to entice your pup to let go and sit. Then praise the pup and give the food as a reward when he does so.

The main point of this exercise is to practice stopping the pup from mouthing, and so each time your puppy obediently ceases and desists, resume playing once more. Stop and start the session many times over. Also, since the puppy wants to mouth, the best reward for stopping mouthing is to allow him to mouth again. When you decide to stop the mouthing session altogether, say, "Leave it" and then offer your puppy a Kong stuffed with kibble.

If ever your pup refuses to release your hand when requested, say, "Bully!" rapidly extricate your hand from his mouth, and storm out of the room mumbling, "Right. That's done it! You've ruined it! Finished! Over! No more!" and shut the door in his face. Give the pup a couple of minutes on his own to reflect on his loss and then go back to call him to come and sit and make up before continuing the mouthing game.

By the time your pup is five months old, he must have a mouth as soft and reliable as a fourteen-year-old working Labrador Retriever: your puppy should never initiate mouthing unless requested; he should never exert any pressure when mouthing; and he should stop mouthing and calm down immediately upon request by any family member.

Whether or not you allow your adult dog to mouth on request is up to you. For most owners, I recommend that they teach their dog to discontinue mouthing people altogether by the time he is six to eight months old. However, it is essential to continue bite inhibition exercises. Otherwise, your dog's bite will begin to drift and become harder as he grows older. It is important to regularly hand feed your dog and clean his teeth each day, since these exercises involve a human hand in his mouth.

For owners who have good control over their dog, there is no better way to maintain the dog's soft mouth than by regular play-fighting. However, to prevent your puppy from getting out of control and to fully realize the many benefits of play-fighting, you must play by the rules and teach your dog to play by the rules.

Play-fighting teaches your puppy to mouth only hands, which are extremely sensitive to pressure, but never clothing. Shoelaces, ties, trousers, and hair have no nerves and cannot feel. Therefore you cannot provide the necessary feedback when your pup begins to mouth too hard and too close to your skin. The play-fighting game also teaches your dog that he must adhere to rules regarding his jaws, regardless of how worked up he may be. Basically, play-fighting gives you the opportunity to practice controlling your puppy when he is excited. It is important to establish such control in a structured setting before real-life situations occur.

ADOLESCENT CHANGES

A dog's adolescence is the time when everything starts to fall apart, unless you make a concerted effort to see it through to the stability of adulthood. Your dog's adolescence is a critical time. If you ignore your dog's education now, you will soon find yourself living with an ill-mannered, under-socialized, hyperactive animal. Here are some things to watch for.

Household etiquette may deteriorate over time, especially if you start taking your dog's housetraining and other good behaviour for granted. But if you taught your pup well in his earlier months, the drift in household etiquette will be slow until your dog reaches his sunset years, when housetraining especially tends to suffer.

Basic manners may take a sharp dive when puppy collides with adolescence. Lure/reward training your puppy was easy: you taught your pup to eagerly come, follow, sit, lie down, stand still, roll over, and look up to you with unwavering attention and respect because you were your pup's sun, moon, and stars. But now your dog is developing adult doggy interests, such as investigating other dogs' rear ends, sniffing urine and faeces on the grass, rolling in unidentifiable smelly stuff, and chasing squirrels. Your dog's interests may quickly become distractions to training, so that your dog will continue sniffing another dog's rear end rather than come running when called. (What a scary thought, that your dog would prefer another dog's rear end to you!) All of a sudden he won't come, won't sit, won't settle down and stay, but instead jumps up, pulls on-leash, and becomes hyperactive.

Bite inhibition tends to drift as your dog gets older and develops more powerful jaws. Giving your dog ample opportunity to wrestle with other dogs, regularly hand feeding kibble and treats, and periodically examining and cleaning your dog's teeth are the best exercises to ensure that your adolescent dog maintains his soft mouth.

Socialization often heads downhill during adolescence, sometimes surprisingly precipitously. As they get older, dogs have fewer opportunities to meet unfamiliar people and dogs. Puppy classes and parties are often a thing of the past and most owners have established a set routine by the time their dog is five or six months old. At home, the dog interacts with the same familiar friends and family, and is walked, if at all, on the same route to the same dog park, where they encounter the same old people and the same old dogs. Consequently, many adolescent dogs become progressively desocialized toward unfamiliar people and dogs until eventually they become intolerant of all but a small inner circle of friends.

If your adolescent dog does not get out and about regularly and few unfamiliar people come to the house, his desocialization may be alarmingly rapid. At five months your dog was a social butterfly with nothing but wiggles and wags when greeting people, but by eight months of age he has become defensive and lacking in confidence: he barks and backs off, or he snaps and lunges with hackles raised. A previously friendly adolescent dog might suddenly and without much warning be spooked by a household guest.

Puppy socialization was a prelude to your safe and enjoyable continued socialization of your adolescent dog. However, your adolescent dog must continue meeting unfamiliar people regularly, otherwise he will progressively desocialize. Similarly, successful adolescent socialization makes it possible for you to safely and enjoyably continue to socialize your adult dog. Socialization is an ongoing process.

- **Dog Socialization**

Dog socialization also deteriorates during adolescence, often at an alarming rate, especially for very small and very large dogs. First, teaching a dog to get along with every other dog is difficult. Groups of wild canids — wolves, coyotes, jackals, etc. — seldom welcome strangers into their midst, but that's exactly what we expect of *Canis familiaris*. Second, it is unrealistic to expect a dog to be best friends with every dog. Much like people, dogs have special friends, casual acquaintances, and individuals they don't particularly like. Third, it is quite natural for dogs (especially males) to squabble. In fact, it is a rare male dog that has never been involved in some physical altercation. Everything was fine with young pups playing in class and in parks, but with adolescent dogs, the scraps, the arguments, and even the play-fighting seem all too real.

A dog's first adolescent fight often marks the beginning of the end of his socialization with other dogs. Again, this is especially true for very small and very large dogs. Owners of small dogs are understandably concerned about their dog's safety and may be disinclined to allow their dogs to run with the big dogs. Here is where socialization starts downhill and the small dog becomes increasingly snappy and scrappy. Similarly, owners of large dogs (especially the working breeds) are understandably concerned that their dogs might hurt smaller dogs. Here too socialization goes downhill and the big dog becomes increasingly snappy and scrappy. Now we're in vicious circle: the less the dog is socialized, the more likely he is to fight and thus be less socialized.

Adapted from *After You Get Your Puppy* by Dr. Ian Dunbar

THE TRUTH ABOUT CHOCOLATE

Most people know that chocolate is dangerous for dogs but some still insist giving their dog 'dog chocs' as they think it is a nice treat for them.

So ask yourself, why would you want to interest your dog in chocolate in any form at all when you know how harmful 'human' chocolate is. Dogs far prefer the 'human' kind anyway and will usually eat that if offered the canine variety and human variety at the same time.

The following quantities, per kilo bodyweight of your dog, are enough to kill, 7g baking chocolate, 60g milk chocolate.

That means 450g of milk chocolate or 120g of baking chocolate is enough to seriously harm or kill a 7kg dog.

It is the theobromine/caffeine content which is dangerous. These are the ingredients to check.

Chocolate is nice for us. However, your dog would usually prefer to eat something grossly smelly and unpleasant to our way of thinking as a really good treat. Would you eat a dried up pig's ear or a rotting carcass found in the park? Many dogs will vehemently guard such a tasty morsel which quite frankly leaves most people feeling a trifle queasy.

The easy way to manage your concerns is - **DON'T GIVE YOUR DOG CHOCOLATE, EVEN THE DOGGY KIND.**

OTHER DANGEROUS FOODS FOR DOGS

ONIONS, MUSHROOMS, RAISINS AND GRAPES, MACADAMIA NUTS

DANGEROUS PLANTS INCLUDE

POINSETTIAS, DAFFODIL, HYACINTH, CROCUS AND TULIP BULBS

DENTAL INFORMATION

Dental care is an important part of your pet's health and six monthly dental checks with the vet nurse who can give up to date advice in this area.

70% of dogs and cats over the age of three years have some dental disease that requires treatment. This is not a cosmetic issue, but something that greatly affects their health and quality of life.

Animals commonly show no sign of pain in the mouth, and infection in the mouth does not merely stay there but spreads through the blood to attack organs like the heart, kidney, liver, and lungs.

Prompt treatment can limit that damage. We recommend 6 monthly dental checkups. The check up will involve a full oral examination, the nurse will then advise you on the appropriate treatment for your pet. The check up is a free service at many vets.

Adapted from the Ardmere Vet website

THE ADVANTAGES AND DISADVANTAGES OF DOG NEUTERING.

- **Neutering Disadvantages**

Your pet will be incapable of producing offspring.

- **Neutering Advantages**

Eliminates the risk of unwanted pregnancies

Is known to calm behaviour

Eliminates likelihood of:

- Testicular cancer – Life threatening
- Mammary cancer - Life threatening
- False pregnancies – Distressing for both dog and owner
- Pyometra – (womb infection) possibly life threatening if not caught in time, results in the bitch needing to be spayed anyway
- Seasons – Can be very messy and time consuming
- Straying – Entire male and female dogs quite commonly find ways to escape to find a mate, this is a common cause of road traffic accidents.

- **Myths and Facts**

Dogs put on weight after being neutered

No, but their diet may need reducing as they no longer need the energy to produce the sex hormones.

Bitches need to have litter of pups before they are spayed

Bitches don't need to have puppies before being spayed there is no evidence to suggest it has any effect on their behaviour.

Will my dog have to stay in the hospital for a few days

Neutering is a routine operation. Your dog will be admitted in the morning and discharged that afternoon/evening.

It is very expensive

It does come at a cost, but it is something that should be taken into account when getting a new pet, it is certainly **cheaper** than an unwanted pregnancy or the cost incurred from a road traffic accident from dogs straying.

Adapted from the Ardmere Vet website