



# New Puppy Cheat Sheets

AVOID THE MISTAKES MANY  
NEW PUPPY OWNERS MAKE

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## Supply List

- Veterinarian- Find a reputable Vet for yearly vaccinations and illnesses
- Crate- Not too big, just enough room to turn around and lay down in
- Leash- 4' or 6' leather or soft rope, collar
- Hard Chew Toys- Marrow/Beef Bones, Antlers: Deer, Moose, Elk
- Food- Pick a good quality food, 3 stars and above; dog food review site
- Brain Game Toys- Kong Wobbler, puzzle toys that dispense treats
- Gates- baby gates, pet gates, X-Pen
- Training Treats- low level (kibble), med. level (training treats, High Level: Boiled Chicken
- Treat Pouch- easy to carry your training treats and poop bags
- Accident Clean Up- Natures Miracle
- Potty Bells
- Poop bags, Poop pail, Pooper Scooper or Poop Rake



## Bringing Your New Puppy Home

When you bring your puppy home, you want to make sure the first ride home sets the tone for all future rides. Use a crate to keep your puppy safe and secure.

We put a baby in a car seat to keep them safe while we are out driving so we should do the same for our dogs. Keeping them in a crate while they are riding in the car keeps them safer than if they are free to roam around. Allowing your dog to roam around the vehicle while you drive is not only a dangerous distraction for you as the driver but unsafe if you need to slam on your breaks because someone in front of you stopped suddenly.

Resist holding your puppy on your lap on the way home. You want to allow them to fall asleep in their crate on the ride home. If your dog can have a good first experience in a crate being lulled to sleep during a car ride, it will make the transition easier at bedtime the first night home with you since they will need to sleep in a crate.

When you arrive home, you should take your puppy for a long walk before entering your home. Allow them to stretch their legs, get rid of some pent-up energy and go potty outside to avoid an accident indoors. Try to take them to a place outside that you will use as their regular "potty spot." This means you will teach them to go in a designated spot in your yard to avoid having the entire yard burned from dog urine.

Keep your puppy on a leash inside. Do not allow your puppy to have "free roam" of the home just yet. You want to keep your dog under control for the first few days to few weeks to establish good routines and habits. You can offer them one additional room per week when they have proven they are trustworthy. For puppies, this may take a few months.



## **Introducing Your New Puppy To The Family**

Everyone is going to be super excited to see your new puppy. Keep introductions to a minimum for the first few days since your new puppy can get overwhelmed very easily. You are going to want to keep the leash on your puppy if they are meeting any resident animals that are already at your home. Some dogs can get overly excited and chase cats or dogs that aren't too sure what's going on and try to run away. It's best to introduce your dog to anyone or any of your other pets on neutral ground. This means you should allow everyone to meet your dog outside in a centrally located spot. Some resident dogs may feel the need to protect their home from this "new intruder." Allowing dogs that want to protect their home from this new "intruder" on neutral ground will help ease the tension they may feel.

It's best to make sure your new puppy is well exercised before they meet anyone or other resident animals. If your dog has the opportunity to release pent-up energy, before the meet-up, they will have a more successful first encounter. A dog that is revved up while meeting new people or other animals can become overstimulated very quickly.

**Make sure you reward your puppy with treats when they meet someone new. This helps them make positive associations.**



## Body Language

Your puppy sometimes speaks volumes without even making a peep. They send obvious messages using body language. Watch what your puppy's ears, tail, and facial features do the next time they get nervous, anxious, stressed or excited. Many times we as the human misinterpret what our puppy is telling us. It's common for humans to think their dog is tuning us out when they turn their head away from us. It's also thought that if a dog scratches excessively, they may just be extra itchy. These are common behaviors that humans display, but the meanings aren't always the same when the dog displays them. For example; A dog that turns their head away can be feeling overwhelmed and stressed and trying to get you or whoever they are turning away from to calm down. This is called an *Appeasement Behavior*. It's a signal a dog gives to let the other person or dog know they mean no harm or they are friendly and are not trying to challenge them.

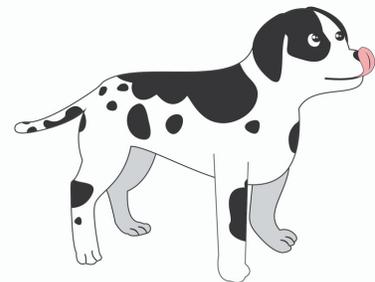
Here are some common behaviors dogs display to communicate to us that they are anxious, nervous, scared or overwhelmed.



**STRESSED**  
SCRATCHING



**STRESSED**  
YAWN



**STRESSED**  
NOSE LICK



## Crate Training

It is crucial that you introduce your puppy to a crate. The crate is the place they are going to hang out when you can't keep your eyes on them 100% of the time.

When they need to nap or sleep or if they keep finding themselves in trouble, you can use the crate. We never use the crate as punishment, but you may need to redirect their brain to rest if they are overstimulated. You are going to want to teach your dog the crate is a great place to be. Your puppy naturally seeks out safe, quiet places, especially when they feel stressed, so providing that space for them is important. To make the crate a great place to be, you'll need to make a positive association with it by rewarding your dog each time they go in the crate. Give your dog a treat or a favorite bone every time they go in.

It's highly recommended to use a crate when working on potty training your puppy. You can limit their activity and keep them on a good schedule until they understand they are supposed to go potty outside, by using the crate. If your dog always has "free roam" of the home, they are going to have a lot more accidents. It will be harder for you to teach them to stop going in the house. Your dog's nose will constantly be on the go causing their entire system to want to process water and food. This leads to more frequent potty breaks. If you give them down time in a crate, their systems won't constantly be on overload.

It's best not to put anything in the crate that can be easily chewed or destroyed until your dog is mature enough not to eat it. This includes bedding and stuffed toys. Your dog can have harder toys like bones, antlers (deer, moose or elk), and hard rubber toys like Kongs®.



## Teaching Your Puppy

Your puppy was not born understanding words or the language you speak. Your dog has to be taught what every word you speak means. Your puppy cannot be told to follow a cue if they truly don't understand what it means. When your puppy learns a new word or behavior, you have to make sure you are saying the correct word at the same time the behavior is happening otherwise your dog will learn the wrong thing. Take for example the cue sit; If you want to teach your puppy to sit on cue, you have to start to teach your dog that putting their butt on the floor means "sit." You have to lure a treat up and over your dog's head and wait for their butt to touch the floor before saying the cue "sit." Most people do the opposite. They tell their dog to sit and wait for the action to happen. Usually, your puppy defaults to the sit position because they are looking up at you. Their head goes up, and their butt naturally goes down to the floor. The problem with this method is that your dog doesn't learn as quickly and consistently as they should, what the cue means.

To teach a puppy a new word, I have to say the word when the right behavior is happening and reward that desired behavior. Most people just expect their dog to understand what they are saying. When the dog doesn't respond right away, the owner usually calls the dog stubborn.

Teaching your puppy to respond to your cues quickly and successfully can only happen if you are providing clear instruction from the beginning. Your puppy does not know what the words sit, down, quiet, off, leave it, come or any other word you say until you teach them what you want them to know.



## Rewarding And Timing

When you're teaching your puppy a new cue, you need to make sure they have a rock solid understanding of what you're saying and reinforce the behavior with a reward. The best kind of reinforcement for most dogs is tasty treats. Dogs can also be rewarded with petting and verbal praise too. A highly food motivated dog will benefit more from treat reinforcements than from just petting. The food means more to them than petting, so they are eager to work to get the food. The message you send them is clearer when they have a tasty treat to reinforce the message.

It's important to reward your puppy at the exact moment the right behavior happens. Otherwise, if you're a couple of seconds too late, you could be marking or rewarding the wrong behavior. Timing needs to be spot on so you don't confuse your dog. They need to know immediately if they did something right.

You also don't want to reward the wrong behaviors. For example; If you pet your puppy while they are jumping on you, your puppy will learn that jumping is acceptable since they received a reward for that behavior.



## Stop Bad Behavior

Many people think their puppy misbehaves on purpose because they think their puppy is mad at them. Dogs do not have this complex of a thought process. Dogs think using a simple thought process. They don't have the ability to reason. Therefore, they cannot do something naughty to prove that they are mad at you. They do however get into trouble because they do not know what they are supposed to be doing instead of the bad behavior. You have to teach your puppy what the rules of your home are. You need to correct and redirect your puppy many times before they will start to make better choices.

Your puppy may find themselves in trouble many times for a number of reasons. The most common reason is that they don't know what to do instead because they've never been taught the right behavior. Your puppy needs clear boundaries, guidance, consistency and the right amount of exercise.

If you want to stop your puppy from doing something naughty you will need to use some sort of "eh-eh" buzzer like noise. This noise can briefly startle them enough to stop them from continuing the bad behavior and give you the chance to redirect them to the good behavior. The key is to redirect them to the good behavior every time they are doing something you don't like. Don't just tell your puppy to "knock it off" or "no. " They do not understand what those words mean. If you keep saying something at the same time the bad behavior is happening you could be teaching them the wrong behavior. For example; Someone that tells their dog to "be quiet" at the same time their dog is barking may teach their dog that "be quiet" means keep barking because they are saying the cue at the same time the dog is barking.



## Exercise

Another good reason your puppy displays bad behavior can come from a lack of exercise. Your puppy's batteries recharge every night, resulting in a dog that's ready to go a hundred miles an hour first thing each morning. If your puppy doesn't get a chance to release that pent up energy you will find they will be jumpier, bark excessively, need to chew more, want to dig more in the backyard and overall be unable to listen well or focus on you. Give your puppy the right amount of exercise, and your puppy will be tired, and you'll be able to train them easier.

Puppies should be taken on multiple walks a day. The walks should be about 5 min for each month of age. A three-month-old puppy should be going for fifteen-minute walks while a six-month-old puppy should be going for at least 30 minute walks multiple times a day. Make sure to provide mental exercise for your dog as well. Mental exercise can be in the form of puzzle toys, training and enrichment activities.



## Puzzle Toy



## Socialization

It's very important to expose your puppy to different people, places, sites and sounds as early as possible. You want to make sure your dog has a good experience with each new thing they encounter. It's best to always treat each new experience as a training opportunity and introduce situations or things slowly and always positively. Using treats to reward your puppy's good behavior will help them understand what's expected of them when they encounter someone or something new. Never force your dog to check something out that they are scared of. You can make them more fearful of the thing or situation.

Your puppy should also be exposed to other friendly dogs around the same age and size as your dog early on as well. You want to allow your puppy the opportunity to play and socialize with as many friendly dogs as possible so they can learn and play with other dogs.

Make sure your puppy is fully vaccinated before taking them out for socialization or play dates. If you're exposing your dog to other dogs, make sure the other dogs are vaccinated as well.



## Exposure List

(Use treats to make a positive association with the things on this list.)

### Surfaces

wood floors, tile floor, linoleum, pebbles, grass (dry and wet), mulch or woodchips, carpet, metal walkway bridge, uneven surfaces, rubber surfaces (treadmill), puddles, plastic bags, bubble wrap, shiny/sparkly bags crinkling, babies crying, doorbells, kids playing, washer/dryer running, cars, trucks, buses, clapping, dropping pots and pans (any item), vacuum cleaner, ice machine crushing ice, knocking, lawnmower, hair dryer, trains, different voices (low/high pitched)

### Noises

bags crinkling, babies crying, doorbells, kids playing, washer/dryer running, cars, trucks, buses, clapping, dropping pots and pans (any item), vacuum cleaner, ice machine crushing ice, knocking, lawnmower, hair dryer, trains, different voices (low/high pitched)

### Movement

roller skates, strollers, bikes, scooters, basketball bouncing, marching in place, sweeping the floor, people running, wheelchairs, rocking chairs, people walking by, umbrella (opening and closing), walkers, sprinklers,

### People

babies, toddlers, adults, elderly, men, women, tall people, short people, people with glasses, people that wear hats, people wearing large winter coats, people wearing face masks, people wearing large clunky boots, people of all ethnicities, people with disabilities

### Places

all rooms inside the home, garage, basement, front yard, backyard, crate, bathtubs, friends and family's home, parks, pet stores, outdoor cafes, hardware store, outdoor events, dog parks,



## Grooming

It's best to start grooming your puppy as early as possible, so they have a positive experience with the process. Many dogs don't like to be bathed or have their nails trimmed because they were never introduced to this at an early age.

Make sure to regularly brush your puppy even if they have short hair. Brushing keeps your puppy's coat shiny and healthy. Dogs with longer hair can easily get mats and tangles which can become very painful for your dog. Be sure to use a comb to get all the way down to the skin and brush your dog's fur in the direction it grows. After combing close to the skin, you can use a brush over the top of their fur.

It's important to handle your puppy's feet and ears when they are young so that they feel comfortable with having them cleaned or brushed when they are an adult dog. Many dogs hate to have their nails trimmed because they weren't properly introduced to the procedure early enough or someone may have cut their nails too short at one time. If you are not familiar with trimming your dog's nails, make sure you take them to the groomer or the vet to have their nails trimmed regularly.

If you have a puppy that has been fully vaccinated make an appointment at the groomers as soon as possible. You want to start their positive grooming experiences as early as possible, even if it just for a bath.

A properly groomed dog not only looks nice but more importantly can regulate their body temperature better when their coat is well maintained. Getting your dog groomed also helps to maintain good skin PH balance as well. Do not over bathe your puppy or you will dry out their skin. Short haired dogs should be groomed; A bath and a de-shed treatment, a minimum of twice a year if not more, while a longer haired dog can be groomed every 6, 8 or 10 weeks depending on their coat length and quality. Ask your groomer for their recommendation.



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