



Your Puppy's 1st Month Home

THE SKILLS YOU SHOULD BE WORKING ON!

©How To Train A Dream Dog 2018



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



Week 1

Congrats on your new puppy! These are some super exciting times. Your puppy is going to grow and develop at rapid speed over the next 6 to 12 months. Lets make sure you are focused on the skills and tasks that are going to help you transform your puppy into a Dream Dog!

Day one right through week one you will be setting the foundation for your puppy.

The minute you bring your puppy home you will be working on potty training. If you haven't watched our FREE potty training lesson found on our website make sure to check that out ASAP! The key to successful potty training is consistency, a good schedule and rewarding your puppy in the right spot, which should be outside. (The video covers a ton more!)

During week one you will also be teaching your puppy about the places in your home where your puppy is allowed to be. Pick one room at a time to introduce to your puppy. Once your puppy has proven trustworthy (no accidents) then you can introduce another room to your puppy. Start with the easiest room in the house to clean up. This is typically the kitchen.

You'll start crate training on day one as well. It's crucial to start early with your puppy's crate training. Crates are used to keep your puppy safe when you can't keep an eye on them. This means if you have to leave the room for any reason and you won't be able to watch your puppy you'll need to put them in their crate with a hard toy to play with. Even stepping a way briefly without using a crate gives your puppy the opportunity to make a mistake such as chewing, having an accident, or ingesting something dangerous.



Week 2

During week 2 you'll want to start working on teaching your puppy how to control their impulses and think before they react.

We use meal time as training time since there are lots of kibble pieces to use as rewards.

The Game: My Treat - Your Treat

The game is simple and extremely important. It will lead to a whole bunch of other cues and behaviors will will teach your puppy at a later time.

The object: to get your puppy to see something they want and instead of lunging for it, pause and wait patiently until you give it to them.

At each meal time (Most puppies get 3 meals a day until they are about 4-6 months old) grab your puppy's kibble, leash up your pup and find a baby gate to set up between the door way.

You'll want to be on one side of the gate while your puppy is on the other. Remember, they should be on leash so they don't get frustrated and walk away from you. The gate is to help keep them off of you as they ravenously try to get at your hand. They will be confused when this game begins. Once your puppy starts to understand, you will immediately see a difference in how they play the game. Take a piece of kibble in your hand, show your puppy through the gate, keep your hand low so you don't teach your puppy to jump, and wait for them to stop licking or nibbling at your hand. This may take a few moments, be patient and don't give up. You are waiting for the exact moment they stop, then you will say "Yes" and release the treat to them. You will want to practice this repeatedly until they get so good at it that they do not go after your hand. When they get good at this with one hand switch to the other. When they get great at it, take away the gate and practice in various locations.

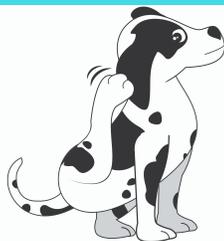


Week 3

By week three you should be on a great potty schedule and your pup should be eating meals from your hand with a lot more "impulse control!"

Maybe you've already started working on commands and cues like sit, down, come and stay. These are all excellent skills to be teaching your pup. Make sure you're not rushing too fast though. This is where many puppy owners start to rush training. They start throwing tons of words, commands, and rules at their puppies and the pups start to get confused and overwhelmed. You may start to see behaviors from your puppy that we as humans generally label as "itchy, tired, and thirsty," however, this is incorrect. When dogs don't understand what we are teaching them, and they are flooded with too much information they try to relieve the stress with the behaviors pictured below. You'll want to make sure you are using the online training program we offer called The Complete Dream

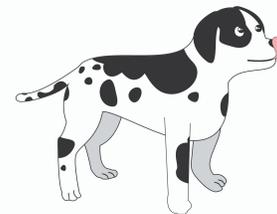
Dog Program. Inside the program we go over the correct way to teach your puppy each new cue and behavior you want them to know and in what order they should learn it. For now during week 3 you should be teaching your dog that they should sit for everything. We call this the "Sit is It" rule. Think of it like children using manners and saying "please can I have that?" Asking your dog to sit before meals, to come out of their crate, and to go out a door or come in a door will help them with their impulse control. When we don't teach manners our dogs will start to become jumpy, pushy, and rowdy.



STRESSED
SCRATCHING



STRESSED
YAWN



STRESSED
NOSE LICK



Week 4

It is crucial that you introduce your puppy to a wide variety of people, places, sounds, smells, textures and environments as early as possible. The more exposure, the better behaved and comfortable they will be with all things "new" as they get older. A sheltered puppy, or one that has not been exposed to a variety of things at an early age can easily miss out on prime socialization opportunities.

Keep in mind your puppy should NOT be exposed to all things "new" such as new people, dogs and places until they are fully vaccinated. Talk to your Vet about their recommendations.

If your puppy is up to date make sure to start exposing them to the things on the list found on the next page, during week 4. Whenever you introduce your puppy to something new, make sure to make it a positive experience. Follow your dog's lead and never ever force them to do something or meet someone they are uncomfortable with. Use praise and rewards for good work. Do not try to console your dog if they are uncomfortable. If you say things like "it's ok, there's nothing to be scared of" while petting them, you will reinforce or reward them for being afraid. They will never get over their fear. As a matter of fact their fear will get worse with each exposure.

Have fun while introducing new people, places, sights, sounds and so on to your dog. Turn training time into game time.

How many of the items on the list have you already introduced to your puppy?
What will be the next thing you introduce your puppy to?



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,



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<https://howtotrainadreamdog.com>

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