Welcome to puppyhood—fun, exhausting & exciting all at once! Owning a puppy can be overwhelming at times but with proper tools, training & education everyone in the family will benefit. Starting off on the right foot can mean a well-mannered, well-understood, easy to handle, life-long family member.

This packet has a few handouts that cover basic puppy behaviors that are commonly on the top of puppy owners’ list of questions. These are not exhaustive and are only meant to act as a general guide. It is always recommended to consult with a professional trainer/behavior specialist if you have any further questions or need help with your puppy.
Chewing & Appropriate Toys

Puppies chew, often things that are not appropriate for them. In order to ensure that your puppy understands what is appropriate you need to teach him what he is allowed to chew on. Do not assume he knows that his bone is favored for chewing over your shoe.

Much like nipping, chewing is something all puppies do. Keep items on hand but not all over the floor. If your puppy has access to many chew toys all the time they will hold no value & he will choose something of more value. It is important to know the difference between chew toys & play toys. A chew toy is one that a puppy can chew on when alone or to occupy his time with no supervision. A play toy is one that requires supervision & should be used to interact with the puppy & a person for valuable playtime & should never be left with a puppy when alone.

Encourage your puppy to play with you each day, with a toy, for at least 10-15 minutes. Always end the play session, say “Game over!” & put the toy away when you are done. Play toys are special & only come out when you choose to initiate a play session.

Offer chew toys to your puppy when he is alone or you are unable to supervise him. Place the toy in the crate with your puppy or in his safe area. Pick up the toy when he is let out so that he has to come to you to get the valuable chew toy.

In order to keep your puppy interested in chewing appropriate things offer a new chew toy every other day.

Toys & Chewies (just a few we like)

✔️ Nylabones® (chew toy)—We recommend getting several different shapes, sizes & flavors.

✔️ Deer Antlers (chew toy)—These are very sturdy & great for hard chewing & hours of enjoyment!

✔️ VIP Tuffy® Sherman Sheep (chew/play toy)—They make many different animals & they are more durable than all stuffed toys but nothing is 100% indestructible. Supervision required.

✔️ Petstages™ Chew Chain (play toy)—This is fun, soft & can be used to play tug.

✔️ Petstages™ Rag Rope Ball (play toy)—Just for fun & a good ball to teach & encourage “Fetch!”

Troubleshooting

★ If puppy is chewing something inappropriate, call him to you, praise him & give something appropriate.
★ When redirecting use a chew toy, not a play toy. Chew toys hold more value & interest longer.
★ If puppy doesn’t respond to re-direction, evaluate if he needs downtime. (See “Nipping & Biting” handout)

Contact us for more help with puppy chewing. ★ www.adventuresincaninentraining.com ★ (214) 731-3191
Nipping & Biting

Puppy biting ranks high on the list of problems people contact us about. Generally, people get a lot of advice on this subject before contacting us. Puppies bite & chew, it's just a fact of life. Since they do not have hands with opposing thumbs, they use their mouths to investigate things in their environment. If you ever get a chance to observe a group of puppies together, you will see that there is a lot of biting going on. None of this is malicious (if you suspect that it is, contact your trainer immediately) but just what they do as they are maturing.

It is through nipping & biting that pups learn to inhibit/control their biting behavior. Make sure that your puppy has plenty of appropriate outlets to exercise his need to bite. Be sure that you are not reinforcing his biting or causing it to escalate. **Do not use any other methods, except what we suggest, if you want your puppy to stop biting your hands, feet, nose or any other body part.** The biting will escalate if you use any of the following tactics—grabbing the muzzle & telling him “No bite!”, pushing the puppy away, yelling at him, popping him on the snout—basically if you are touching the dog in any manner & not removing the puppy (or yourself) he will find enjoyment with this new game.

Do the following to ensure your pup’s biting gets under control quickly.

1) **Make sure he’s got a lot of down time.** You want to balance small bouts of play & training with lots of downtime in the crate. Often biting is the result of over-stimulation & too little downtime. When your pup has been out of the crate for more than 20 minutes take him out to potty & then place him in his crate for some downtime. Downtime equation: time out x 2 = time in. Good rule—20 out/40 in.

2) **Try to redirect.** If you have successfully been able to redirect your puppy to an appropriate toy for chewing you may do this. However, as soon as puppy starts to chew on you again you need to follow step #3 immediately, do not keep trying to redirect as it will become a game & biting will escalate.

3) **Yell & Exit.** As soon as puppy bites on you (no matter the caliber of the bite) you need to yell like bloody murder—“OWWWW!” then either remove yourself from the room (storm out & slam the door behind you) or immediately place the puppy in his crate.

4) **Freeze food & toys.** Remember when your pup is between 4-7 months of age he will most likely be in the middle of the teething process (losing those sharp puppy teeth). Be sure your pup has lots of things to chew on. Try coating your puppy’s food in yogurt then freezing. You may also freeze soft toys after soaking them in water or chicken broth.

**TROUBLESHOOTING**

- ★ Be sure your puppy is receiving adequate downtime in his crate—20 out/40 in/20 out/40 in
- ★ Check that he’s not hungry, needs a potty break or a nap.
- ★ Do not play with your hands with your puppy—his teeth should only be allowed on toys & bones.
- ★ Be swift & consistent when puppy does bite—yell, remove puppy, place in crate & leave the room.
- ★ Redirect only when puppy does this successfully, when this is failing follow step #3 above.

**Contact us for more biting or nipping help. ★ www.adventuresincaninetraining.com ★ (214) 731-3191**
Potty Training & Housebreaking

Housebreaking ranks high on the frustration list for dog owners. However, we are here to help! We recommend crate training to help potty training go smoothly and quickly. Crate training also holds many other benefits, but we are just going to discuss potty training for now.

Things you’ll need

- Wire or plastic crate correctly sized for your puppy/dog
- Safe chew toys, such as a Kongs®, Nylabones® & Deer Antlers
- Sheet or blanket to cover the crate when/if necessary
- High quality food
- High quality, soft, small dog treats
- Patience, time & consistency

Place the crate in a location such as a bedroom, kitchen or laundry room. It should be in a medium-traffic area that is not too far from the door you will take the puppy out of to go to the proper potty area (preferably a fenced in yard).

Take your puppy out often, depending on age. Most young puppies (under 12 weeks) need to go out every 25-45 minutes. Increase the time gradually as the puppy becomes more reliable with potty habits.

When to take puppy out

- First thing in the morning
- 10-20 minutes after eating breakfast
- After 15 minutes of play (this includes if he is in the middle of play)
- Every 20-45 minutes depending upon age, when he’s awake
- As soon as he wakes up from a nap
- Just before going into the crate (anytime day or night)
- During the night every 2-4 hours if under 12 weeks of age

When your puppy is out of his crate, tether him to you as you walk around the house so that he cannot have an accident. Follow the instructions above on when to take him out.

The best advice is to never allow a puppy to have an accident. You can ensure this doesn’t happen if you take the puppy out often and always have an eye on him.

What to do when your puppy is in his potty area

- Take your puppy out on-leash to his potty area so he cannot become distracted
- Give your puppy a maximum of 10 minutes to go potty in the appropriate area
- Reward your puppy as soon as he finishes going potty

TROUBLESHOOTING

★ Have your puppy go in circles (guide with leash) to eliminate more quickly
★ If puppy doesn’t eliminate within 10 minutes take him back in & place him in crate; try again in 10 min
★ If puppy is having accidents either take out more often, supervise more closely or rule out medical reasons such as urinary tract infections or bladder problems

Contact us for more potty training help. ★ www.adventuresincaninetraining.com ★ (214) 731-3191