
How To Train



YOUR PUPPY



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How to Train Your Puppy

YOU HAVE GIVE-AWAY RIGHTS!

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You and Your Puppy

Getting a new puppy is a fun and interesting time. You probably went to a breeder or pet store or maybe just saw an ad on the internet or in a newspaper, and decided just to check it out. Before you knew it, those little eyes and fluffy puppy fur had your heart melting and you were headed home with him or her in your arms. If you are like most new pet owners you had visions of playing fetch with your dog, of watching it frolic at the lake, and of cuddling up on cold nights.

However, you may have failed to recognize that the type of behavior you dream of in a dog does not come naturally. In fact, more natural behaviors for most puppies include lovely little habits like chewing up your favorite shoes, barking every second of the day, and peeing wherever they are when the mood strikes them. Some of these behaviors might seem a little cute at first, or even manageable but, if left unchecked, you might end up with a very badly behaved adult dog.

That's the problem with puppies that are not trained i.e. that they grow into untrained dogs and an untrained dog can be a complete nuisance. All of that cute little yipping can quickly become loud barking that keeps you and your neighbors up for nights on end. The chewing habit that puts little teeth marks into your shoes can quickly turn to destroying your furniture and ruining your home before

you know it. Likewise, those cute little puppy poops are not so cute when the dog is 75 pounds and has the excrement to match.

Untrained dogs can also be very dangerous too. All dogs can bite, of course. It is in their nature to protect and defend with everything they have. You have to teach your dog not to use their teeth so that no one winds up hurt, at least not when they are playing with your dog. Whilst we might expect the dog to protect us in a worst-case scenario situation, dogs that are a danger to the community are ultimately at risk of being put down. So you do need to train your dog to be non-confrontational in normal situations.

In addition, dogs that are problematic for any of the reasons listed above often wind up homeless. People grow tired of dogs that never grow up, and then they take those dogs to the pound. We all know how sad life can be for a shelter dog, and we would surely not wish that kind of existence on any animal. If you really love your new puppy and intent to have a long and happy life with it, train him/her. By training your dog you teach it how to live in your world and increase the likelihood that your life together will be long and happy for the both of you.

It turns out that dogs have been domesticated right around the world for more than 15,000 years. Because of this long period of relationship and inter-dependency with humans, the puppy that you adopt today *needs* you. Most

dogs are simply not able to live by themselves in the wild. They are not adapted to living outside and foraging for food. Indeed the dog you adopt today not only needs you, it yearns to please you. And that desire to please is the reason that dogs are so trainable. While each dog will train at a different pace and through different ways, nearly all domestic dogs are trainable.

The dogs that we have as pets have what is called social intelligence. This enables them to read your visual and verbal cues and adapt their behavior to them. Just like humans, dogs go through a series of cognitive developmental phases. Puppies, like babies, learn to interact with the world around them at around eight weeks of age. They will also mimic behaviors early in life, so if you have one well behaved dog, your puppy can and will learn from it.

If this is your only canine do not worry, they will also learn by watching *you*. Just like parenting, dog training is something that often happens while you are paying attention to other things. So, those first few months that you have a puppy are an incredibly important time to really focus on training your dog. It can take a fair amount of patience, but in the end both you and your dog will be a lot happier for it.

Housebreaking Your Puppy

Easily the most important and first thing you will do is 'potty' training. Your dog knows no difference between the inside of your house and the backyard. As far as they are concerned there are very few places that are not an acceptable place to pee or poop. You probably have very different ideas. It should be relatively easy for you to train your dog to go outside if you are willing to follow the steps given here.

As you begin this process you may have to cut those close and cuddly ties you have already established with your puppy. To housebreak a puppy you will need to keep it confined to a small area (not your lap) in the home. While this may seem like punishment remember that dogs were once den dwelling animals. They like their crate or doghouse it makes them feel secure. They also want your praise, so by training them you will be able to give them the praise that they desperately want.

Puppy Housebreaking

Get a crate or kennel for your puppy. When you are not actively engaged in playing with or walking your puppy, he/she should be in a crate. This includes overnight and while you are not home. The puppy should not expect, nor should it be given free run of your home. This will only give it an early sense of dominance and make it much harder to

train him/her.

In addition, most dogs will not eliminate in their kennels, so you reduce the risk of an in-home accident. The crate should be large enough for your dog to sit up, stand, and turn around. Too large a crate is not going to make your dog feel secure and too small will be uncomfortable. Since your dog will likely get larger, you may have to invest in successively larger kennels. Maintain them well and you should be able to sell them online or at a yard sale. Your local dog shelter would probably love a donation of an old kennel if you are so inclined.

Plan to have someone with your puppy most of the time. You should definitely not get a puppy the day before you leave on a two week vacation. The best time to get a puppy is on a Friday, after work, so you have at least two full days to spend, giving a lot of your time and attention to the dog. Most of that time should be spent around the house with your new dog just making it feel comfortable and getting it into a puppy schedule.

Purchase training supplies. You will need treats, and lots of them for housebreaking and other behavioral training. Buy a large supply and a wide variety of treats. There are all sorts of different kinds available, so make sure to get treats that your little puppy can handle – you don't want adult dog treats that your puppy cannot chew. You might even cut up the treats into smaller, bite sized pieces. There are treat bags that you can purchase that will clip to your

belt or pocket, but a sealable sandwich bag works just as well. You probably do not want to just keep them in your pocket because the dog will smell them and will not leave you alone.

When it comes to 'potty' training you will also require a stopwatch or timer; any kind will do, if there is one on your oven or cell phone that will work fine. Some people, especially apartment dwellers with small dogs use *pee pee* pads. It may seem a little gross, but it could be a necessity if you live in an apartment where going downstairs constantly can be a major hassle.

There are some good grass beds available that are an alternative to *pee pee* pads. They are much more appealing to look at and to smell. This is also a good choice if your puppy will use your balcony to relieve himself or herself. Neither of these are good options if your puppy will eventually be a medium to large sized dog. Big dogs equal big puddles and big poops, and the pads and grass beds are not large enough to handle it.

Come up with a schedule. The rule of thumb is that a puppy can hold it for one hour, for every month of age, plus one hour. If your dog is two months old it should be able to hold on for three hours. However, this does not mean you should wait three hours before taking it out. Instead you should start feeding and watering the dog at the same time every day. Some people choose to feed dogs twice a day, some once. Your dog will let you know

which it prefers. Each time you feed the dog it should be given a set amount of time, maybe fifteen to thirty minutes to eat and then the food should be taken away.

After the dog has eaten, it should immediately be taken out to go for a poop. Make sure that *you* choose the area of your lawn that you want him/her to use as a toilet and take it to that area. Walk the dog around the area and use a cue phrase that suits you like “Go Potty” or “Do Your Business.” These cues will eventually get engrained into your dog’s mind and he/she will react to them throughout his life. Make sure that everyone in the household who will walk the dog uses the same cue phrase.

Continue using your cue phrase while the puppy goes to the toilet, until it is completely finished. When done, praise the dog and give it affection and a small treat. If the dog does not poop within five minutes take it back inside and put it in his kennel. Then, wait fifteen to twenty minutes and try it again. Throughout the day you will need to repeat this process once every hour, even when your puppy has not eaten. Each time your puppy has a successful potty venture, praise it and allow him/her to have some supervised play time.

At bedtime your puppy should be locked in his kennel. While he/she is still young, you might want to move the kennel into your bedroom at night, to make both the puppy and yourself feel more secure. Do not feed or give water to your puppy near bedtime, and try to get him/her

to go *potty* before you turn in. However, when your dog is small, you may want to set an alarm to go off at least once during the night so that you may take your puppy out to the *potty* area.

With few exceptions, this plan should work to have your puppy trained within a matter of days. If you still have problems, you may need to adjust your schedule so that it better suits the needs of the dog. Remember that even the best trained dogs have accidents while they are young, so be patient. Keep a good supply of floor and carpet cleaner on hand to deal with any mess the puppy might make in those first few months.

Also, never demean or punish your puppy for accidents. They are just that, accidents. Your pooch is not purposely disobeying you. All he/she wants is your love and approval, the more of that you are able to give to your dog, the more it will behave in a positive manner.

Kennel Training Your Puppy

As you are housebreaking your puppy, you will also be training it to stay in a kennel or crate. A lot of people seem to think of using the kennel, or crate, as a punishment for a poor behavior, but that should not be the case at all. The kennel is his/her very own space. He/she will enjoy it, and probably spend a lot of time in there even when the door is open. The dog should go in quite happily, knowing that you will be back and that it is not in any trouble. Never use it as a place of punishment.

Training your dog to stay in a kennel when you are not home or are asleep saves a great deal of anxiety for both you and your new pet. As previously mentioned, dogs are den dwelling animals. The feel of a small space is comforting to them. You may even want to cover a wire cage so that he/she feels even more secure inside it.

Dogs also have no real sense of time. That is why they are always excited to see you, whether you have been gone ten minutes or ten hours. When they are in the kennel all they will do is sleep. When you are not home and they are out of the kennel, they will either sleep or get into trouble. Putting the puppy in a kennel saves them from getting into trouble.

Kennel training your dog is a great step toward avoiding unwanted behavior like digging in garbage cans, chewing

on non-toys, and climbing on furniture. It also protects him/her from getting in a dangerous situation in your home. Dogs will eat things they are not supposed to eat and can get trapped in small places very easily. Puppies are in even greater danger because of their small size and lack of depth-perception, so a kennel is a useful safety precaution.

There are two standard types of dog kennels, the wire mesh ones and the plastic kind. Both are good choices for your dog. If you plan to travel by plane with your puppy you might want to invest in an airline approved crate, which typically is the plastic kind. The wire mesh ones tend to be collapsible, which makes them easy to move and to clean.

When you first bring the puppy home it might not readily go into the kennel. But you can make it appealing by placing treats or toys inside. Use a simple word or phrase like “inside” or “kennel up” repeatedly until your dog gets it, and goes into the kennel on command. Once the pooch is inside, reward with praise and a treat. You will be surprised to find that after a while, you will not even need to give the command. Your dog will pick up on cues like putting on your coat, or grabbing your keys and purse, and go into the kennel on his own.

Do not be alarmed if your dog whines a little bit when he/she is inside the kennel. It is not usually because they want out, rather because they want you to be inside with

him/her. Dogs crave your constant attention, but your dog needs to learn to be comfortable alone and in his own space. You might go over and offer a few comforting words, but do not sit nervously nearby or let him/her out when behaving in this way. Doing that will only enforce the whining and he/she will end up training *you* instead of the other way around.

Some people choose to place a dog bed or blanket inside the kennel to make their pet more comfortable. As your dog gets older and larger, it might not need the blanket, especially if you live in a hot climate. But, whilst you have a puppy, it is a great comfort item. You might even put in a piece of clothing that smells like you to give extra comfort. Some people recommend keeping water in the kennel or feeding the puppy in it. The choice is yours obviously, but be aware that both of these choices come with the potential for creating quite a mess.

One of the best ways to make sure your puppy is comfortable is to keep it near you. The kennel should be strategically placed in an area that the family hangs-out in, most of the time. The family room is a good choice, as opposed to a bedroom or other room that is often empty. Having the kennel in the family room will encourage your puppy to sit in there while the rest of you are watching television or having other family time.

If you do not like the look of the kennel, consider dressing it up so that it fits with your decor better. You can easily

cut a piece of wood to fit the top of it and then place a tablecloth or other fabric over it. Then it simply looks like an end table and not a dog kennel in your living space.

A puppy should never be in the kennel for more than eight hours (overnight) at a time, usually less. If this means that you have to come home at lunch or wake up during the night to let the dog out, then you must do those things. Think about that time commitment before you bring the dog home.

Clicker-Training Your Puppy

Training your puppy with a clicker is one of the most effective and easiest ways to teach him/her how to behave. It is also one of the most humane ways you can train a dog because it centers on positive reinforcement rather than punishment. The process is a fairly simple one; it involves clicking when your puppy exhibits the behaviors that you request, and then immediately reward with a treat and positive words.

Clicker training has been used on a wide variety of animals, beginning with pigeons and including dogs, whales, bears, lions, and even cats. For all of these animals the process is the same; a verbal command can be added to a click, and eventually, the animal will not need the click anymore, just the verbal cue. This is conditioning your dog to do the things that you want, and to avoid behaviors that you do not like. The clicker is a tool that helps to train your dog; it does not do the training for you. However, the use of a clicker over other forms of training has been shown to reduce, by about a third, the amount of time it takes to train.

The clicker training aid is essentially a small toy that can be purchased at any pet store. They are inexpensive, so buy a few and keep them at hand at all times. Teach each member of the family how to use the clicker properly to train your puppy. In addition to the clicker you will need a

steady supply of treats to help get your training off the ground.

Clicker training can be used to teach any sort of behavior. Here is an example of how to train your puppy to sit using a clicker. Teaching a dog to sit is an essential part of helping it understand who is in charge in the household and how it should behave to get your attention.

Training Your Puppy to Sit

Choose your cue word or phrase and a hand motion that will accompany it. 'Sit' is a good phrase, for obvious reasons. You will also want a hand motion, perhaps an open hand, with your palm facing down making a downward, gentle motion.

Give your puppy the command and perform the hand motion at the same time. You will probably have to do this repeatedly to get the puppy to actually sit. It may need some gentle assistance with placing his hind on the floor. But as soon as your puppy sits, click the behavior and then immediately offer a treat. The click indicates that the dog has done the right thing. He/she hears the cue, performs the behavior, hears the click, and gets a treat.

You would not expect a puppy to get it the first time, but in fact it is going to take a while. You will need to repeat the training with your puppy regularly for several weeks until it understands the verbal and visual cue to sit, after

which the puppy will be very happy to oblige. Once he/she has got it, do not *always* reward with a treat. Sometimes just give verbal praise and some love in the form of a pat on the head and a 'good boy.' This is important because your dog has to learn to do the requested behaviors even if it is not rewarded with food.

Eventually you will be able to request behaviors without the need for the clicker. Your dog should quite quickly learn to respond to your verbal and visual cues as long as you have maintained *consistency* with them.

Clicker training can be used to teach your dog all kinds of tricks and behaviors. Your dog can be taught to sit, lie down, and even go inside the kennel with the use of a clicker. It can all be accomplished without ever having to physically punish your dog or otherwise demoralize it. Dogs, like children, react to your attention whether it is negative or positive reinforcement. When your puppy does well, it should be rewarded with affection and a treat. When the dog does not do what you want, it gets nothing, and when it exhibits behaviors that you do not want, just ignore it, and those behaviors will eventually go away.

Puppies are like sponges, you can train them to do anything you want. Some people train their dogs to ring a bell when they want to be let out, or let in, to the house. You can train your dog to sit next to his/her food and wait until you give permission to eat. The more time you spend

training your pooch, the more he/she will enjoy learning new things because the dog will know that it has pleased you.

Walking Your Puppy

Teaching a dog to walk on a leash is not always an easy task because it is in the dog's nature to want to wander off and sniff everything that comes into its path. However, this behavior is not entirely conducive to a pleasant walk. You, his/her master or mistress, have to strike the balance between allowing your dog to explore the world and walking in a controlled way.

The first thing you will need to do is purchase an appropriate leash for your dog. Make sure that it is the right weight according to how much your dog weighs right now. Even if it will eventually be 75 pounds, your puppy will not be able to handle a heavy leash while it is still small. The next thing to choose is a collar for walking. Some people use harnesses or leaders that attach around his head and snout. Both of these products can help you better control your dog in a humane and safe way. Choker collars are not recommended for any breed of dog, as there is significant danger of hurting the animal. When your dog is small, a simple collar and your leash might be plenty. However, you may want to use some type of device, such as a harness or leader, when your dog is bigger.

One of the most important steps to ensuring that your walk is pleasant, is to try to get your dog to do the 'number two' business before you leave your home. If

he/she learns that the walk is the time to go to the *potty*, then you will almost always be stuck carrying around a bag of his waste on your walks. It should ideally learn to *potty* in a specified spot in your yard. Of course, to be on the safe side you should always carry a bag with you for picking up any potential droppings.

This part of the training process is time consuming and requires a great deal of patience. Do not expect your first walk to be a long one, distance wise at least. Think of it as a training session that requires lots of stopping and starting to get it right.

Training to Walk On a Leash

Choose a side that you want your dog to walk on. It should always walk on the same side, and that should be the side that *you* choose, either right or left, Keep in mind that this behavior will stay with your dog so make sure that you are comfortable with the position of the leash and your arms.

Take a few steps with your dog and when he/she begins to pull, stop and make it sit. Reward with praise for sitting and then start again. Each time it begins to pull on the leash, repeat the stop and sit pattern. This might mean you only manage to take a few steps before you have to stop and begin again.

Allow your dog to veer off the path, as long as it does not pull and smell things. He or she will also occasionally mark

with their urine, this is normal behavior, allow them to do it, as long as it does not become constant.

When your dog stays with you, at your side and keeping pace, reward it with praise and a treat. Remember the dog wants to please you; it just has to be taught how to do that.

When you come upon other people or other dogs, your puppy may experience anxiety, which may cause pulling on the leash, or barking. Reassure him/her with affection and demonstrate to your dog that you are there. If he/she gets too excited, have it sit and wait for people to pass. Children are always especially interested in puppies and it is in your best interest to teach your dog how to interact with them. But, you have to be in control of the situation. If you are comfortable with it, you may allow others to pet your dog, but try to make it sit and behave while they do it.

You should walk your dog at least twice a day, if not more, especially while it is young. This will help your dog get used to walking and allow it to burn energy. As your dog gets older and better behaved, you may consider allowing him/her to walk off the leash. Do this with great care, especially when cars are around. Even the most well trained dog is still an animal and, as such, is unpredictable. You would not want anything bad to happen to your dog because it was off leash in an unsafe area.

Barking and Your Puppy

Dogs like to bark, it makes them feel powerful and in control of their surroundings. However, barking can be a nuisance that you need to control in order to keep a happy dog and household. By training your dog to 'speak' on command it will be less likely to do it without being instructed to do so. Barking is a dog's warning system, so when they bark, they want something, or are trying to warn you about something, offer praise for one bark. This should teach the dog that barking *once* gets your affection but barking excessively only gets him/her ignored.

While a lot of people see nothing wrong with leaving a dog in a fenced yard while they are at work or away from the house, it is not the best choice for your dog. Your domesticated dog needs you, when you are not around he/she will feel anxious which may cause barking excessively. Your pooch might even exhibit other behaviors like digging or finding ways to escape your yard. Dogs really should not be left outside unattended.

One of the easiest ways to manage your dog's barking is to understand why he/she does it. Many people experience the problem of their dog barking whenever someone walks by the front window of their home. Dogs do this because they are territorial, when they bark at people walking by, their intention is to scare them away. Any person who is just walking by your house will continue

their walk because; obviously they are not scared of a dog that is inside the house. Your dog does not understand this concept. It thinks that because the person continued to walk, that they must have been scared away. This enforces the idea that the barking works, so he/she will continue to do it.

The best way to manage this behavior is to teach your puppy that his barking, in fact, does not work. You will need to enlist the help of some friends who are not familiar with your dog to teach it not to bark. Have those people walk by your house when the dog is looking. When your dog starts barking, they should stop and continue standing in front of your house. The dog will not only, fairly quickly, learn that his barking did not work, but also that someone on the sidewalk is not a threat.

Training a dog not to bark can be tricky, since dogs are also a good warning system should someone come into our home uninvited. There is a fine line between teaching your dog to behave and still allowing it to be protective of you and your home. When the puppy exhibits behaviors that are meant to protect you and your family, or the pack, reward him/her with praise. Your dog should learn the difference between this and unwanted behavior fairly quickly

Final Words

Now that you have taken the time and spent the money to get a new puppy, you should take the time to train it well. A well-trained dog makes for a happy home. Your dog does not have to do a bunch of tricks, nor does it have to be perfect. You are probably not training a show dog or a guide dog, so you do not have to stress out about making your pooch behave perfectly.

Try to focus your energy on key behavior like housebreaking, responding to commands, and walking properly on a leash. As you get to know your dog better, you will find out what he or she is good at. You can then work on expanding those good behaviors, and learn to manage unwanted behavior. Most puppy training can be done on your own, right in your own home. There are dog training classes that can help you get started, and they can be good, but are really only the beginning of the training process. Your dog will need to have continued attention and behavior training in order for to be the best dog that he/she can be.

People will tolerate a badly behaved puppy, but nobody likes a badly behaved dog. On the other hand, everybody loves a well-behaved dog. But, if you follow the advice in this little book, you and everyone else who comes into contact with *your* dog is going to absolutely love him – or her!

Watch the Video

Thanks for reading! I hope you enjoyed the book. We also have a **free** video you are sure to enjoy watching too ...



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In the video, Adrienne shows how to quickly correct dog jumping behavior when greeted

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A Coffee-Time Read

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