

Amega Star Pup Academy

The Ultimate Puppy Guidebook



AMEGA STAR
PUP ACADEMY

What is Amega?

An Academy for breeders focused on Molding Puppies through Gentle Touch and Exposures, Birth-10 weeks. An Intentional Learning and Enrichment Curriculum.

Amega stands for:



Adventure



Achievements



Growth



Mental



Emotional

We are very intentional at providing a structured, stimulating environment that nurtures your puppy's growth and development. Focusing on the crucial birth-to-10-week stage, we introduce age-appropriate experiences that align with their physical and mental milestones, molding the foundation for a well-rounded, enriched and confident companion.



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Dear Puppy Parent,

Welcome to the Amega Star Family! Bringing a new puppy into your life is a big decision, and we're honored that you've chosen a puppy from one of our family of breeders to be your forever fluffy companion. This guide is designed to help you prepare with essential starter supplies and fundamental training tips, ensuring a smooth and joyful start to your journey together.

Bringing your new puppy home can feel overwhelming at first, but please remember your little one is ready to have structure, boundaries and loads of your love! Many milestones—or "Pup-stones"—lie ahead of you as you navigate the growth of your puppy and continued development into adulthood. Your puppy has been nurtured with a solid foundation, ready to explore a world of opportunities and grow alongside you.

The five core values of Amega Star Pup Academy are Achievement, Mental Strength, Emotional Well-being, Growth, and Adventure. At our Academy, we nurture and develop the first four values, then send our little stars off to embark on their grand Adventure in life!

A special blessing is placed on each puppy the Amega Way: "Now go and be the best puppy ever, and change the world one paw at a time."

Founder: Angela Miller, Amega Star, LLC





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THE KEY TO TRAINING SUCCESS IS YOU!

It is exciting to bring your new puppy home and into your life and heart. Your puppy now depends on you for everything – food, water, exercise, training, good health and hygiene. Spend as much time with your puppy as possible during the first two to three weeks your puppy is home. Be consistent, patient, praise when appropriate, and be willing – for however long it takes – to invest the time and energy necessary to make this important training time a success. The effort you put forth now will be well worth it for the lifetime of your puppy! Please remember that all puppies are different, and you should consult your veterinarian and trainer for the specific needs of your pup.

I know you will be excited to show them off and play with them right away, but remember to give your puppy some time to adjust! We recommend three days at home. No visitors and no outings. Your puppy is undergoing a lot of change and they need lots of rest while they adjust. Adding more stress during this transition is detrimental to both their mental and physical health. Signs of stress in puppies include yawning, panting, and pinning their ears back against their head.. If this occurs, lower yourself to eye level, invite them into your lap and begin gently petting them. Often, picking them up, and placing them close to your heart and face will slow the heart rate down.

Puppies don't know English, so the most effective way to train them is by rewarding the behaviors you want. When your pup does something right, offer praise with a gentle pat, a tasty treat, or encouraging words. (keep it short and simple though). For example, don't say "Sit...sit...sit...sit...SIT" and expect a response. Start by helping your puppy do the behavior (such as sit) and reward them immediately. Later, you can add a word cue and maybe a hand signal. Eventually, begin using "Yes" as a marker, but always pair it with a treat. No treat than just good boy or good.



Say it Once Dog Training

Vinnie has a slogan about saying it only once, and he has an interesting take on training. His social platform and YouTube videos are valuable. Buy a crate, and during the first few weeks, keep your puppy in it whenever you are not playing with, holding, or watching them explore their new surroundings. Spend as much time as you can with your pup, but when you can't watch them, crating them can prevent mistakes from occurring. In addition to providing the safe, secure refuge your pup needs and wants, crates are critical to house training because, as den animals, dogs are naturally inclined not to soil their bed. The most important thing dogs learn in a crate is that they can control the urge to eliminate until the proper time and situation.

Establish their schedule and don't deviate from it. When, where, and how you house-train your puppy must be consistent, so be sure everyone in the family follows the same guidelines. Pick a starting spot in your yard and take your pup there on a lead when it's time to eliminate. The odor from previous visits to this spot will stimulate the urge to defecate and / or urinate. In the housebreaking process, it is a good idea to use the same word "outside" when you're going out and "do your stuff" once you're outside.

Consistent use of a word with an activity will help to build a level of communication between you and your pup. Be patient. Dogs may urinate or defecate more than once in an outing, and not always right away. Don't distract your pup from the job at hand. This is a training exercise, not social time? Praise them for their success when the job is done.

Don't mix business with pleasure. Wait until your pup has finished and then go back inside and spend some time interacting. You know there is little chance your pup will have to eliminate for a while, so play and have a good time. The more time you spend with your pup, the better. Remember, they are still young and need to act like a pup, developing and learning about their new environment. When you are finished, take one more trip outside and place the pup in its crate.

Dogs are creatures of habit; they like to eat, sleep, and relieve themselves on a regular schedule. Establishing and maintaining a schedule is easy to do and gets easier as your pup grows.

Pay attention to your pup's behavior so you can develop a schedule that works for both of you. First, learn when your pup naturally defecates – in the morning, at night, 30 minutes after eating, etc. Look at your schedule and determine what compromises need to be made to make this workable for everyone. If you catch your puppy in the act of having an accident, firmly say "No!", then pick them up and take them outside immediately. If you don't catch them, simply clean up the mess and scold yourself for not being available—never scold your puppy. Be sure to take them out often and watch them closely while they're outside. When indoors, look for signs like pacing, sniffing around, circling, or trying to sneak away. These are clear signals that your puppy needs to relieve themselves, so pick them up and take them out right away.



When You First Bring Your Puppy Home

1

Limit your puppy's access in your home. Giving them whole access to your home will overwhelm them as they are used to small, controlled spaces. Too many new smells, people, and new places at once can be very stressful to a young pup. After they get settled and used to being away from siblings and mom, you can start to introduce them to other parts of the house, supervised.

2

Choose where you want your puppy to go potty. Start by taking them to the outside area where you want them to go. If they do go, use a command that you'll stick to, like "go potty", and reward with a special treat and praise.

3

Introduce your puppy to the whole family, but take it slow—this can be overwhelming at first. If possible, have each family member meet the puppy one-on-one. Always supervise young children and teach them to be gentle and kind. Avoid letting kids pick up the puppy, as this can lead to accidental drops. Instead, encourage the puppy to climb into their laps on their own.

4

Keep the stress and excitement LOW. Let them get comfortable in their new home before inviting friends over to meet them. We recommend keeping the house completely calm and stress-free for three days to a week (no new visitors, limited commotion, minimal handling).

5

Introduce other family pets. Puppies are still developing their communication skills and don't understand the rules set in place by adult dogs. As long as an adult dog's behavior is appropriate when correcting a puppy, it's okay if they growl a little. If the elder dog becomes agitated, separate or redirect the puppy.

6

Don't introduce new dogs yet. Wait until your new puppy has its vaccines before introducing them to new dogs (friends or other family members dogs).

7

Training your pup starts NOW! Your puppy needs to know the rules of the house right off the bat. If you don't want them on furniture, don't ever let them on it! Praise good behavior. Set your rules ahead of time and stick to them, for example: Where do you want the puppy to sleep? Is the puppy allowed on the furniture? Can the puppy have food scraps from the table?



Follow the 3-3-3 rule of bringing home a puppy

3 days to decompress,
3 weeks to be comfortable in the house,
3 months to adjust to the house routine.



Start Your Routine: Day 1



1. Meal Times.

Put your puppy on a regular feeding schedule. Breakfast, lunch and dinner work great (3 x a day) – In equals Out with Puppies and this gives you control. Make sure unless exterior temperatures are super warm, food and water are down and up at the same time.



2. Potty breaks.

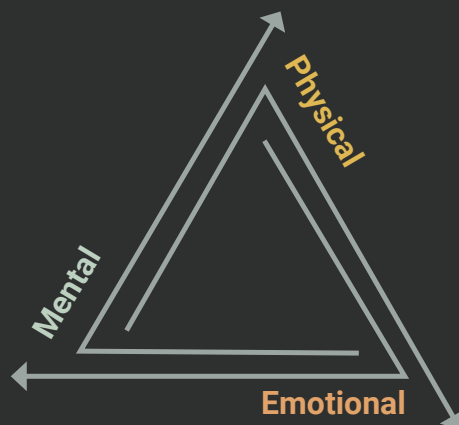
Every time your puppy eats, drinks, wakes up, plays, or sniffs around the room, it's time for a potty break. Most young puppies have to eliminate at least every 45 minutes when awake and around 2 hours at night. It's a good idea to take them out every 30 minutes for the first few weeks during daytime hours. Pick the puppy up and carry it to the designated potty area.

Never punish for going in the house. When they eliminate outside, reward immediately.



3. Play

Your puppy needs plenty of playtime and interaction with you and your family. While they're still young, keep activities gentle and not overly strenuous. Enjoy play with a variety of toys, provide mental stimulation through puzzle games, and let them run around the yard. Pups' and adult dogs' health is made up of three parts: human interaction, mental stimulation, and physical needs.



Surviving the First Night

1

The nighttime burst of energy. Puppies will often have a burst of energy at night. Before bed, make sure they have some playtime with you to get them nice and tired before sleep time. Make sure they go out right before you go to bed.

2

Place the crate in your bedroom. They will be comforted by being near you.

3

Set a bedtime for your puppy. Having a set routine will help the most with house training. Take them to the crate and help them settle down for the night – giving a small treat when they enter the crate willingly. Pups thrive on predictable routines!

4

Nighttime potty breaks. At this young age, they will not be able to hold it all night. Some may whine to let you know they need to go, but either way, you don't want them going in their crate. Set an alarm every 2 hours for the first few weeks. Let them out for a potty break, and then guide them back into the crate.



Check for safety hazards at their level

Get on the floor at the eye level of your puppy. What do you see that could be a danger or cause a mess? Could the hanging cord behind the couch look like a toy? Is there a box of tissues that's just asking to be shredded? Anything you see at this low level that you don't want chewed on – get it to a higher & out of reach location.

How to Introduce a new Puppy to your Dog:

Your dog might feel like a new puppy is taking over his space. So be sure to take the proper steps to introduce your pups so they can become BFFs.

Let your dog smell the puppy.

Bring home something from your puppy, like a toy, blanket or bedding, and let your dog sniff it so they can familiarize themselves with the puppy's scent.



Find a neutral area



Let your puppy and dog meet for the first time in a neutral space, like a park. Your dog thinks of your house as theirs, so you don't want them to act aggressively toward your puppy if they think their territory's being threatened. ALWAYS keep both dogs on leashes, and let them smell each other.

Go very slowly, and ideally arrange the first meeting in a neutral location, like a friend's fenced-in backyard. If they get along—showing loose body language, play bows, and balanced back-and-forth play without any clear winners or losers—and have a good play session, you can then walk home together.

You can try parallel walking, which is walking them on leashes side by side, to let them get to know each other, too. Keep both dogs on leash. Have a friend or family member walk the new puppy while you walk your own dog.

Have your first wellness visit scheduled with your vet before the puppy arrives at your home!

Once you've found a great vet, it's time to book your first wellness appointment. Here's what to remember on your first veterinary visit:

- ▶ Bring all your paperwork from any prior veterinary visits your puppy has had.
- ▶ Let your vet know what food you're feeding your puppy, as well as what treats and all supplements you may be giving them.
- ▶ Your vaccine protocol and desires for your puppy.

For a wellness visit, you can expect your vet to check in on the following for your puppy:



- ▶ Body condition (Joints, muscles, and body weight)
- ▶ Movement of the pup
- ▶ Auscultate the lungs and the heart
- ▶ Ear canals and eyes
- ▶ Visibility and hearing tests
- ▶ Please also discuss the recommended vaccine protocol based on integrative veterinarians and preventive parasite and heartworm prevention (monthly)

These first 12 weeks are very critical to continue to introduce sights and sounds, as well as conditioning by touch and exposure.

It is advised that daily & weekly these areas be worked on. Some are related to grooming and others to socialization.

Daily:

Grooming:



Brushing with
Combs



Teeth
Brushing



Palpitation of
the Paws. Apply
pressure to the
toes and between



Check
Sanitary Areas



Blow Dryer
Exposure (just the
noise)

Socialization:

- ▶ Daily Car Rides (first just around the block)
- ▶ Daily Exposure Visual Stimulation (outside on sidewalk or from inside the car)

Weekly Grooming:



Bathing



Check Toenails



Blow Dry Coat

The Life-Saving “Treat” Game for Puppies

Puppies love to explore the world with their mouths, which can sometimes lead to dangerous situations—whether it’s swallowing something harmful or picking up an unsafe object.

Teaching your puppy a simple and fun game can help prevent accidents and even save their life. Introducing “The Treat” Game!



How to Play: A Week-by-Week Guide:



Week 1: Once a day, wait until your puppy is focused on something else. Gently approach, place a tasty treat near their nose, and say “treat.” Let them take the treat and praise them. Simple and effective!



Week 2: Start calling “treat” from a short distance while staying in sight. When your puppy comes to you, reward them with a treat and praise. No barriers, just positive reinforcement!



Week 3: Add some challenge! Call “treat” and head toward the fridge. Introduce mild distractions like toys or background noise. When your puppy disengages from their activity and comes to you, reward them with a treat.



Week 4: Practice just a few times per week. Wait until your puppy is truly engaged in something (playing, chewing a bone, or interacting with another dog). Call “treat” and offer a high-value reward from the fridge when they respond. Praise them enthusiastically!

By consistently reinforcing this game, your puppy will learn to associate “treat” with something positive, making it a valuable tool for redirecting them from potential dangers. Have fun training and keeping your pup safe!

The Why?

Now, anytime the puppy has something in their mouth they should not, or that you need to get from them, simply call, “treat” and go to the fridge. They will drop the item when you say treat or when they get to you. Do not put any focus on it! Put your foot over it and wait for the pup to toddle off. Then pick it up. Do not ever chase a puppy with something in their mouth. You are only adding value to it. Just call “treat” and walk to the fridge. No panic or stress! You have done your work in ensuring you don’t have a resource guarder or gulper in your house!

NuVet Supplements:

I strongly believe in the immune support in this supplement and believe in its true inherent properties to give your puppy’s immune system an extra boost. Puppies explore the world with their mouths, which means they’ll inevitably try to eat things they shouldn’t—dirt, mulch, and even other animals’ feces. Yes, it’s gross, but it’s a normal part of puppyhood. You can rest easy knowing the properties behind this supplement are so beneficial to growth and health. You will want to order NUVET Plus or Joint Support, depending on your breeder’s recommendations and be sure to use their **order code**.

<https://www.nuvet.com/>

Puppy Go Home

Instructions- Prevention of Parasites

We suggest the following protocol when taking your puppy home to ensure a smooth transition. Stress, lack of sleep, and exposure to new people can weaken your pup's immune system, creating an opportunity for parasites to thrive. While ALL puppies are treated on a deworming schedule, pups can leave "clean" only to be home for a week or two and have parasites.

Please know that nearly all dogs / puppies have parasites. When you deworm and / or medicate, you can kill all live/active parasites; however, parasites and protozoa have a plan for survival in place. They lay dormant eggs in the tissues of the host. The ONLY way these eggs can be "activated" is through stress, a compromised immune system, pregnancy (hence the puppy parasites – they are passed from mama to baby) and sickness / disease. Our job is to treat live parasites and then keep pups healthy and happy to ensure their body is not a place where dormant eggs can be activated. Unfortunately, a puppy is a preferred host since they are 80% water upon birth, grow at an incredibly fast rate and naturally have a compromised immune system.

After a lot of thought and experience, I recommend you try the following protocol to minimize the activation of dormant parasites:

1. Keep the house completely calm and stress-free for three days to a week (no new visitors, limited commotion, minimal handling, etc.). Treat them like a newborn baby coming home. When you come home or have visitors stop by, please keep all shoes at the door. Parvo can be brought inside on shoes.
2. Do not wake the "sleeping baby." Puppies sleep an incredible amount of time. Do not worry. As long as your pup wakes up with puppy energy, silliness, eats well, and drinks well, then all is good!
3. Mushy poop is common with stress, please feed only boiled hamburger (or boiled chicken) and white rice. You can also add in a little canned pumpkin (not pumpkin pie filling, which has other ingredients) for the first three days if your pup develops loose stools. We also like to recommend Bernee's Perfect Poop (to have on hand), purchased from Amazon. A nice bland diet is imperative during a tough transition. If after three days, stools are firm, then SLOWLY add in dog food to the bland diet, increasing the dog food ratio over the next 5 days. You can make large batches of the boiled hamburger / chicken and rice at a time and put the mixture in the refrigerator, or even prior to the puppy coming home.
4. Do not feed ANY treats (including bones, etc.). Just the bland diet. You don't want to cause an upset tummy due to food or treats. Upset tummies create a nice environment for parasites.
5. When your puppy has transitioned back to just dog kibble, add a good probiotic to their food. I recommend Purina Forti Flora.
6. Most of the puppies have been raised on well water. If your home uses city water, start by offering bottled water for the first 1–3 days, then gradually transition them to drinking city water.

POOP: When to worry

1

Poop contains mucus or blood. If this happens, switch to a bland diet for 24 hours. If the issue continues after that, consult your vet and consider having a fecal test done.

2

Puppy is lethargic, does not play with some vigor and or refuses to eat.

3

Puppy cannot poop and vomits. This can indicate he or she ate something and has a blockage. This is an emergency. Seek immediate veterinary care.

4

Liquid poop. Be careful. A puppy can dehydrate quickly, so if poop does not improve quickly, then a visit to the veterinarian will be needed.

5

5. And whenever you have a concern, consult your veterinarian right away. They are your local expert in keeping your puppy healthy.



New Puppy Care / Training Tips

It is important to remember that your puppy not only learns by rewarding good behavior, but it also learns by disciplining undesirable behavior. If there is a behavior your puppy exhibits that you may think is cute while your puppy is small, you need to think ahead and determine if this behavior will be desirable from an adult dog. If the answer is no, then you need to curb their behavior as a puppy. Consistency is the most important tool for training a puppy. Each family member needs to use the same techniques and commands so as not to confuse your puppy. It is important to remember that a puppy associates a reward or a disciplinary action with their behavior in the past 3 seconds. Waiting longer than 3 seconds to reward or discipline is very confusing to a puppy. The following are undesirable behaviors and tips on how to correct these behaviors.

Puppy Chewing:

Puppies have needle sharp teeth and this can be tough! Some tricks to help you avoid becoming a pincushion are to have chew bones and toys always close by! Do not ever let them chew on you. All it takes is one family member that allows this behavior, and it will be possible for the toddler to become a chew toy too. Keep your rules and boundaries consistent. If your puppy chews on you, offer an acceptable item for them to chew on. If they persist, then take yourself away from them (get up and leave or turn your back to them). They will not want to lose you! Another tip that works for most puppies is to make a quick, sharp puppy "cry" noise. This is how they let other littermates know it hurts!

Jumping:

Jumping is another common challenge with young puppies. Your puppy may jump on you to get your attention, as this is how they would naturally seek attention from their mother. Their excitement and overwhelming love for people can make this extremely difficult; however, do not even start allowing this behavior. This may seem innocent while your puppy is small, but Grandma may not appreciate being knocked over by a full-grown, untrained dog. Do not reward, pet or praise a puppy that jumps on you. Ignore them, turn your back, or walk away! At times, you'll need to gently push your puppy down and firmly say "No" whenever they jump on someone. Be careful not to reward them for getting down, as this can teach them to jump up just to be told to sit for a treat. Instead, wait until your puppy is calmly sitting before offering praise and affection. Teaching calm, self-controlled behavior now will pay off as your puppy grows larger and stronger.



Growling:

From time to time, your puppy may growl to communicate that they dislike something. This isn't necessarily a sign of aggression unless it's allowed to go unchecked over time. If you respond with fear or back away when your puppy growls, it teaches them that growling works to get their way and can encourage dominant behavior. It's important to consistently and calmly discourage any growling directed at you.. If your puppy growls at you when you get close to the food bowl, immediately remove the food bowl and feed the puppy out of your hand. If your puppy growls when you brush them, scold the puppy and continue brushing. Do not stop brushing until the puppy accepts this without growling. If they growl as you're trying to take something from them, turn the them on its back and promptly take the item. Each puppy needs to learn its place in the pecking order of your family. Obviously, they need to be the lowest on the totem pole. If allowed to be the boss, growling is a normal thing for a puppy to exhibit when showing their dominance. It is easily curtailed with appropriate discipline, but many become fearful instead, adding validity to their sense of the place in the family. Each family member must establish they are the boss. This includes young children who are timid or fearful of the puppy. Remember that any behavior you allow as a puppy is then extremely difficult to curb later in life. If you don't want your adult dog on the furniture, don't hold your puppy there. And if you'd prefer your dog not to grab at pant legs, avoid playing tug-of-war or other rough games that can encourage it.

Nipping/ Biting:

Your puppy is teething, and it has an insatiable desire to chew. You cannot stop this behavior, but you can certainly direct your puppy to chew upon acceptable items until this phase passes (at about a year of age). The only way puppies know how to play is the typical wrestling, biting, chasing, tackling, pulling and nipping they do with their littermates. In the absence of littermates, you and your family are going to become the new littermates. Each and every time your puppy puts its mouth and or teeth on your clothes or hands, you immediately need to remove the teeth from the object. Firmly close the puppy's mouth with your hand. Firmly, deeply, and loudly say NO! Your puppy will undoubtedly bite at you again. Repeat this same disciplinary action a total of 3 times in a row. After the 3rd disciplinary action, distract your puppy by giving them something they can chew on. Every now and then, a particularly feisty puppy will become more excited by this disciplinary action and need a more distinct disciplinary measure. This next action needs to be initiated quickly. When the first disciplinary actions don't seem to work, you can try another technique that may be more effective. Immediately upon your puppy putting their mouth on you, place your thumb on their tongue and your other fingers under the jaw, and press down gently on the tongue. This will be uncomfortable for your puppy. When behavior meets with uncomfortable consequences, the behavior will stop. Another option is to mix 30% white vinegar and 70% water in a small spray bottle. Spray this on your puppy's face (avoiding the eyes) each time they bite you. That said, the absolute best remedy is to arrange daily playdates with other puppies or young dogs. Allowing your puppy to expend energy this way will help them to be much calmer the rest of the day. The bottom line is that your puppy needs to have active playtime each day. It is your job to find or create activities that are fun for your puppy and that tire them out.



Obedience/Training

Please start training your puppy immediately. They are smart, eager to learn and want to please! Dogs are pack animals and are looking to you for leadership and guidance when they join your pack. You will be amazed at how much they can learn starting at 8 weeks old. It is very exciting and rewarding when your pup learns something new! Start with sit, down, stay, kennel and go potty. I also highly recommend enrolling your puppy in a puppy kindergarten class. They get to socialize, start learning self-control and begin on basic obedience tasks. Follow through with any "puppy homework" you are given to continue building your relationship with your pup and helping learn through repetition. Please do not stop at puppy kindergarten. Upon graduation, enroll your pup in a basic obedience class as well. In the puppy evaluation paperwork, I outlined two critical concepts to help lay a nice foundation for your pup: hand feeding and the "sit on the dog" activity. Also don't forget tether training! These exercises are very beneficial in teaching your puppy self-control, focus and pack order. I have a special code for Bella & Baxter that is an online step by step training course for puppies. Use my code: AMEGASTAR for 25% off the lifetime membership.

Toys and Training

We highly recommend things like antlers, Benebones and Nylabones toys to distract your busy puppy. If you give your puppy fabric toys, only allow them to play with them under supervision. Ingesting fabric is the leading cause of intestinal blockages requiring surgery in puppies. Chewing rawhides and ropes can be dangerous for any dog. If you catch your puppy chewing something inappropriate (like your shoes), replace it with an appropriate item. Puppies are like toddlers, if you don't want them to have an item, do not allow them access to it. They should 'earn' free roam of the house by behaving responsibly. Gates are your friend, muzzles are awesome, and crates are the best thing ever. I would not allow your puppy to do anything that you wouldn't enjoy in a full grown dog.

Grooming

Your puppy should be brushed every day if possible. Even though you will not find tangles or mats until the coat grows somewhat, you want your puppy to be used to being brushed. If you wait until the coat is tangled and matted, the process will not be pleasant for your puppy. You want them to learn that grooming is a fun process. As a coat grows longer and thicker, make sure you're brushing from the root out so you don't leave mats close to the skin. For brushes, you will want to use a Slicker brush to separate the hairs and a metal comb when you are done, as it will find tangles you missed. Every day you should massage the toes gently to desensitize a puppy to make clipping nails easier. Nails should be clipped about once a month. When the adult coat is in (about 6 months of age), you will want to brush your dog completely at least once to twice a week, but daily is preferred. The dry, unhealthy-looking puppy coat can be removed to reveal a healthy adult coat underneath. Puppies typically need grooming every 6 to 8 weeks.



Socializing and Developmental Stages

It is imperative that your new dog socializes with other people and pets in a safe manner. Try to steer clear of other dogs and any areas populated by puppies and other dogs for a few weeks, until your veterinarian has administered all of your dog's vaccinations. Having your puppy around other people, dogs, new locations, in the car, etc., will create a much happier, well-socialized dog in the long run. You will be so proud to take your pup with you on the go, and he or she will enjoy meeting new people and visiting new places. However, you must be cautious of Parvo, a highly contagious and very dangerous virus that can live in any environment for years and can be easily tracked into your own house on your shoes. We suggest you clean your house before your puppy comes home, keep your shoes at the door and employ the "all four off the floor" method to socialize your puppy until he or she receives its parvo vaccination. Do not keep your puppy sheltered during these precious developmental weeks, just make sure that you avoid areas with other dogs and that your pup keeps all four paws off the floor outside of the home. Brief and safe socializing is so important to the proper development of a puppy. I have 8 weeks. You have 8 weeks. And it takes both of us to ensure a stable, happy puppy follows! If you desire a walk around the neighborhood, a stroller or backpack is the best for them to experience outside safely for their immune system until they are fully vaccinated.

Veterinary Care

It is recommended to have an appointment with your vet within a **72 hour window** of picking up your puppy or receiving it via transport. Establishing a solid relationship with your vet is a very important resource to have in the new days with your puppy, and continuing your deworming and vaccinations allows for sooner completion of those protocols. Your vaccination records are enclosed in the puppy packet. Your vet will advise you on what is best for the proper care of your pet. Please spay or neuter your pup at approximately 8-14 months old, or as advised alongside of your vet. The health benefits are overwhelming, not to mention the implications of an unplanned pregnancy can be devastating. Males are often recommended closer to 12 months, but please consult your vet and make a plan that works best for you both.

Parasites

Unfortunately, parasites in pups are extremely common and it is estimated that 95% of pups have parasites. Our breeders do their very best to keep our puppies parasite-free. They are dewormed on a strict schedule, however, not all parasites respond to particular deworming and excess stress with "go-home" can "awaken" parasites that previously lay dormant. Upon bringing your puppy home, it is worthwhile for your pup to have another fecal test done at the veterinarian when you bring them in for their vaccinations. The vet usually requests one, but please be proactive and request a fecal sample to be able to stay on top of this. And please make sure you discuss a monthly regimen for prevention over their lifetime.

Tackling Resource Guarding in Puppies:

Resource guarding can be alarming and frustrating, especially since its root cause isn't always clear. This behavior is common in puppies, and any pup that shows signs of guarding possessions should be trained early to prevent it from becoming a long-term habit.

Some believe resource guarding stems from large litters, communal feeding, or even genetics. However, research has yet to find a definitive cause. I've seen the largest pup in a small litter exhibit resource guarding, while runts from the same parents show no signs at all. Because there's no consistent pattern, the best approach is to focus on prevention and training.

The good news? Puppies who show early signs of resource guarding—whether mild (staring or tensing up) or more intense (lunging or attempting to bite)—can be successfully trained. The key is to teach them that the item they're guarding isn't valuable to you or anyone else.

The Right Approach:

Humans unintentionally reinforce guarding behavior by chasing or grabbing items from puppies. Instead, follow this approach:

1. **Stay Calm:** If your puppy has something you want, don't rush toward them. Instead, pick them up gently without showing concern. Many will drop the item naturally.
2. **Encourage Release:** If they don't drop it, lean them forward slightly. Still holding on? Grab a high-value treat (keep inexpensive hotdogs in the fridge for emergencies). Hold the treat near their nose— they'll likely drop the object in favor of the treat.
3. **Remove the Item Without a Fuss:** Once they drop it, place your foot over it, set the puppy down, and keep their focus on you. When they're distracted, discreetly remove the item. Reward them with praise and treats for focusing on you instead of the object.

Establishing a Strong Foundation with Food:

One of the best ways to prevent resource guarding before it starts is by hand-feeding one meal per day for the first several months. After that, continue hand-feeding at least once a week. This consistency reinforces the idea that food comes from you and establishes a proper hierarchy of value.

The only thing a puppy or dog will naturally guard is their food—so setting clear expectations early on is crucial. By taking control of their most valued resource from the start, you build trust and create a foundation for success in so many aspects of their training and behavior.



Potty Training

Baby gates and dog pens will be your best friend. If you have an area rug, roll it up until your pup is potty trained. Cleaning them is a pain and pups always look at them as pee pads. Never give them full run of the entire house. If you do, they will designate a spot to go, plus then you can't keep an eye on them to catch their signs when they have to go. DO not free feed water or food. Puppies must go shortly after eating or drinking. If they have food 24/7, they will need to go 24/7, making it very difficult to establish a routine and schedule. IF you can't keep an eye on them, crate them with a high value bone to get some chewing out. You can also try tethering them to you, so you have a constant eye on them. They're less likely to go potty at your feet. As they gain your trust, you can increase the amount of space they have access to in your home. If you don't have hardwood, invest in a good carpet cleaner. Once they go somewhere, they will constantly smell it and will continue to go there. Vinegar and baking soda are great for removing smells. If they're still having lots of accidents, try something else. They can regress also so maybe try cutting back down the space they have access to. Punishing will never never work! Unless caught in the act, they have no idea why you're yelling or spanking them.

For most dogs, this just makes them scared of you and want to hide their potty. You can let out a stern no or clap your hands loudly to startle them. Then take them right outside to finish. Always give lots of praise when they go in the right spot! As always, be patient with them, they are a baby, you don't expect a human baby to be potty trained until 3 years old. An 8-week-old puppy is equivalent to a 1 year old child.

Day Time Routine:



Your puppy will need frequent trips outside: after naps, after meals (within 5–10 minutes of eating or drinking), and about every 45 minutes to 2 hours in the beginning. As a general rule, a puppy can only hold their bladder for 1 to 2 hours per month of age.

Night Time Routine:



Depending on your bedtime schedule, remove food and water 2-3 hours before your bedtime to allow the puppy a greater chance of holding it all night. Remember that your dog's bladder will not be fully developed until they reach five months old. Therefore, as your pup gets older, they will be able to hold it longer. If you do have to take your puppy out at night, please do not make this a play session. Be matter of fact (as little talking as possible) and get down to business. Praise the potty behavior and right back into the kennel. These puppies are very bright and if they know that you will get up in the middle of the night to play, talk sweet and love on them, they will start waking you for this attention alone. When you bring your puppy home and put them into an appropriately sized kennel (not too large, just enough room to turn around and lay down) they will fuss when they have to go potty! If you cannot watch your puppy or it is nap time, tuck them into their kennel. When it is time to go out, place the kennel by the door and let the puppy walk themselves out. In the beginning, you may need to place the kennel right at the door, sometimes they squat just after a few steps! Over time, you can move the kennel farther and farther away from the door.

While puppies understand the concept of a den vs. an elimination area, you are bringing them to a new “den”, and you will have to show your new puppy the ropes!

When your puppy has an accident, please just clean it up thoroughly and move on. Only clap hands and scold vocally IF you catch the pup going potty. Rubbing their nose in it, is not acceptable and is a complete waste of time. In your pup’s brain, they are wondering why you are making them smell their own urine or feces. They know what it smells like! In general, your pup will need to potty every 30 minutes as well as after a nap, vigorous play, exiting the kennel and following meals. When in doubt, take, out! Again, if you can’t watch your puppy, in the kennel they go!

The “Sit on the Dog” Exercise was created by Margo Woods years ago to help dogs learn self-control and calm down on their own. It’s one of the most beneficial exercises for your dog and can be done almost anywhere and at any time.

Here’s how it works:

If you only do one exercise with your dog, make it this one. Not sit. Not stay. Not even come.

This simple exercise does more to build a bond and trust with your dog than any other. It teaches your dog that you won’t always be available to entertain them, and that they are expected to relax and be well-behaved when you aren’t giving them attention.

The Exercise Explained:



1. Leash and Set Up

Put your dog on a leash and sit down with the leash under your body, allowing just enough slack so your dog can lie quietly at your feet with a little tension on the leash. (For large or especially active dogs, consider wrapping the leash around your leg after sitting on it.)

2. Ignore Your Dog

Once set up, ignore your dog completely for 30 minutes. That’s it. The key is to make sure your dog learns that attention isn’t always guaranteed and that calm behavior will get them what they want.

3. What to Do If Your Dog Misbehaves

If your dog engages in unwanted behaviors (climbing on you, chewing the leash, or anything else), don’t talk to or touch them. Instead, gently pull the leash downward (near the collar) to apply steady pressure until they settle down. No words, no touching—just calm, steady pressure. Once your dog calms, you can continue with the exercise. The 30 minutes begin once your dog has settled.

Note: Some dogs may take longer to settle in the beginning. You may find that the first few sessions last 45 minutes or even an hour, but with consistency, your dog will learn to settle more quickly.

4. Frequency and Family Involvement

Practice this exercise at least once, preferably twice a day. The more consistent you are, the quicker your dog will learn. It’s helpful for all family members to take turns practicing the exercise, as this reinforces the leadership role you’re establishing.

Why it Works:

While it might feel like you're doing "nothing" with your dog, "Sit on the Dog" is an incredibly powerful exercise. By practicing it, you are teaching your dog to:

- ▶ **Calm down on their own:**
This helps them develop self-confidence and self-control—skills every dog needs to be well-behaved.
- ▶ **Wait patiently for attention:**
Sometimes, your dog needs to learn to wait for what they want, and this exercise helps them build that ability.
- ▶ **Relax quietly:**
Puppies especially struggle with learning how to settle, and this exercise teaches them the value of being calm.

By sticking with this routine, you'll help your dog develop the "doggy zen" they need to relax when needed, and also affirm your role as the leader in your relationship. It may feel like you're "doing nothing," but you are, in fact, teaching your dog invaluable life skills that will pay off in the long run.



Potty Training 101

Depending on your bedtime schedule, remove food and water 2- 3 hours before your bedtime to allow the puppy a greater chance of holding it all night. Puppies develop their bladder fully around 5 months old, so eventually, they will be able to hold it longer.

When you have to take your puppy out at night, please do not make this a play session. Be matter of fact (as little talking as possible) and get down to business. Praise the potty behavior and right back into the kennel.

We strongly suggest crate/kennel training along with house training. Puppies will rarely potty where they sleep.

When you bring your puppy home and put them into an appropriate sized kennel (not too large, just enough room to turn around and lay down) they will fuss when they have to go potty! If you cannot watch your puppy or it is naptime, tuck them into their kennel. When they do fuss, scoop them up in your arms and get outside as quickly as possible. You can also try carrying their kennel straight to the door.

When your puppy has an accident, please just clean it up thoroughly and move on. Only clap hands and scold vocally IF you catch the pup going potty. Rubbing their nose in it, is not acceptable and is a complete waste of time.

In general, your pup will need to potty every 30 minutes as well as after a nap, vigorous play, exiting the kennel, and following meals. When in doubt, take them out! Again, if you can't watch your puppy, in the kennel they go!



Kennel Use/ Crate Confinement

First Weeks:

Your puppy can sleep through the night, but will not because of the transition and separation anxiety, which it will experience when going to a new home. Crate training is recommended. The first night is typically the most difficult and you should see some improvement each night. You should walk your puppy the last time before bed. Make sure you give it ample time to eliminate. Then place the puppy in their crate with a towel or blanket and some toys, many find covering the crate aids in distraction and helps them settle down. The space should be just large enough for the puppy to stand up, turn around, and lay down. Let the puppy cry itself to sleep. It may wake up again and cry, but you should not take the puppy out of the crate until at least 3 hours have passed. DO NOT wake a sleeping puppy. Anytime after the 3 hour limit that the puppy wakes up crying, take it out to eliminate and then put the puppy back in the crate and let it cry. IF you are consistent with this method, your puppy should be sleeping through the night in a week for 7 to 9 hours.

Dogs are den animals and actually prefer sleeping in small places. The cost of a crate may initially seem expensive, but when you compare it to the cost of ruined rugs and / or chewed up furniture, it is well worth it! When you bring your puppy home, it is best to begin using the crate right away. There are many different crates, but I typically use the Petco 300 or 400 series for puppies initially, and then purchase an adult crate later on. The kennel needs to be large enough for them to walk into, turn around and lay down. You should, however, refrain from giving your puppy a large kennel in the beginning, because you don't want them to have enough space to have both a "sleep" and a "potty" area inside the kennel. Kennel training can make potty training easier, give you and your puppy a few breaks throughout the day, and help keep your puppy safe when you can't watch them! I suggest putting a small plastic bin with a lid on the top of the kennel, filled with many different toys to keep your puppy occupied while they are inside the kennel. Toys like Kongs, Busy bones, Nylabones, are all great options. Puppies will enjoy going into their kennel to see what special surprise you have for them! Even though we expose puppies to kennels early on, they have free rein in and out of them. Once you close the door, protest will occur. This is where tough love comes into play – you will need to ignore the whimpering all the way up to the outright screaming (just make sure the pup does not need to potty or that something is wrong). If you let them out, you are teaching them that screaming will get them out! If you "console" them, you are teaching them that they are correct in their feelings of disdain. You cannot enable this behavior if you do not want it to persist into the future. Both behaviors from you will make this process very difficult. Try to get the pup to enter the kennel on them own, by luring them with one of those special treats or toys and then closing the door.

Make sure you name the behavior as they walk in with the word "Kennel" or something clever if you prefer. Generally, the crying and protesting only lasts 3 days - stick with it, it will pay off!

Your puppy should be placed in the crate during any unsupervised time. The crate is used like a playpen for a human toddler. At 8 weeks of age, your puppy is on the same level as a 1 year old human toddler. One would never allow a 1-year-old human toddler free range of a house or be left unsupervised for even a minute. If your puppy has an accident that you do not catch it as it happened, do not scold the puppy, but instead, scold yourself. The puppy only associates the scolding with the act if it is caught in the act. Each accident that happens in the house is a step backwards in the training and should be avoided. A puppy should not be allowed access to the floor unless it has eliminated outside within the last 45 minutes. This will help to avoid the accident. If the playtime reaches an hour, the puppy should be taken outside to eliminate again. In the crate, the limit is 3 hours, but outside the crate, the limit is 1 hour. Every month, the crate time limit can be increased by 1 hour.

Puppies need at least 18 hours of
sleep per day, and an overtired
puppy is a cranky puppy.
Remember
NEVER wake a sleeping puppy!



Why Crate Training is Vital for Your Puppy



Crate training is great for everyday life for dogs who might need a break from a bustling household or a familiar place to rest. Crates help dogs learn to self soothe, or deal with their anxiety, during situations where they become distressed, like during fireworks, a thunderstorm, or construction. Their crate becomes their safe space for any and all situations.



Crating prevents puppies from tearing up your home while you are away and keeps them safe from getting into anything harmful or hurting themselves.



If your dog ever needs to stay overnight at the vet's or fly on an airplane, they will be far less stressed when they are confined in a cage if he has already been crate trained.



Crates are great for house training. Dogs and puppies don't like to use the bathroom where they sleep, so a properly sized crate is very useful to assist you in teaching them bladder and bowel control.

Crate Training 101

While crates can be used to manage behavior, they should never be used for punishment. For example, try not to put them straight in their kennel after getting into the trash or counter surfing. Then they will associate their kennel as a place they go when they are in trouble.

Don't leave your dog in the crate too long. A dog who's crated all day and night doesn't get enough exercise or human interaction and can become depressed or anxious.

Puppies under 6 months of age shouldn't stay in a crate for more than **three or four hours at a time**. They can't control their bladders or bowels for that long.

The crate should always have a comfortable bed and the door left open when you're home so your dog can enter it when they need a safe space. This is also an indication that your dog needs some quiet time. Teach children and guests to leave your pup alone if they go into their crate.

Create positive associations with the crate through the use of treats and games. Be patient — crate training can take six months of consistency.

LOVE Their Crate

Since your puppy has already been introduced to a kennel at such a young age, it should be relatively easy to train them to love their safe space.

Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or bed in the crate.

Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If they refuse to go all the way in at first, that's OK; don't force them to enter.

Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If they aren't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

After introducing your dog to the crate in your home, begin feeding them their regular meals in the crate. This will create a pleasant association with the crate.

Once your dog is standing comfortably in the crate to eat their meal, you can close the door while they're eating. The first time you do this, open the door as soon as they finish their meal. With each successive feeding, leave the door closed a few minutes longer until they're staying in the crate for 10 minutes or so after eating.

LOVE their Crate Pt. 2

After your dog is eating their regular meals in the crate with no sign of fear or anxiety, you can confine them there for short periods of time while you're home.

- 🐾 Call them over to the crate and give them a treat.
- 🐾 Give them a voice cue to enter, such as "crate." Encourage them by pointing to the inside of the crate with a treat in your hand.
- 🐾 After your dog enters the crate, praise them, give them the treat and close the door.
- 🐾 Sit quietly near the crate for 5 to 10 minutes and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let them out.
- 🐾 Repeat this process several times a day, gradually increasing the length of time you leave them in the crate and the length of time you're out of sight.
- 🐾 Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving them crated when you're gone for short time periods and/or letting them sleep there at night. This may take several days or weeks.

Put them in the crate using your regular command and a treat. You might also want to leave them with a few safe toys in the crate.



Puppy Feeding Schedule

Your puppy has either been “Free” fed or fed 3 x a day by your breeder. The first days: 3 x a day feeding **morning, noon, evening** (for quantity food recommendations always refer to the back of the bag of food) until they are 3 months old. After 3 months, gradually start working them down to getting fed once in the morning and evening. Your puppy is used to eating dry kibble (since 6 weeks), but if they are having trouble getting started eating after travel, add a bit of water. The amount fed varies for each puppy. Typically, they are given $\frac{1}{4}$ cup per feeding until they transition to being fed twice a day, at which point they receive $\frac{1}{2}$ cup per meal (though this depends on the individual puppy). If you have any questions about how much to feed, ask your veterinarian. Your puppy may only nibble at some meals or may not be interested at all in others. You should make the meal available for 15 minutes. If the bowl is emptied, offer more.

Offer water only at meal times, until your puppy is going to the door to ask out. Your puppy should be maintained up 1 to 2 meals for the rest of his life (some of this dictated by the dog)

How much should you feed your new puppy? Please follow the guidelines on the particular kibble you feed that correlates to your pup’s weight and age!

If you choose not to feed the food the breeder has sent home, it is best to gradually switch the puppy to their new food. Switching them to quickly will cause GI upset, leading to loose stool. Remember, the adjustment away from mother and littermates is hard enough on their little bodies, changing their food doesn’t have to be another factor! We strongly recommend—almost to the point of requiring—that they be fed the same food their breeder used, at least through the first 4 months of life and until they are fully vaccinated.

If you choose to switch, please follow the mixing recommendations below:

Mix as follows:

For the first 2-3 days, mix $\frac{3}{4}$ breeder food to $\frac{1}{4}$ new food. Then mix $\frac{1}{2}$ breeder food to $\frac{1}{2}$ new food for 2-3 more days.

Finally, you will mix $\frac{1}{4}$ breeder food to $\frac{3}{4}$ new food for 1-2 days.

After that, as long as the puppy has no complications and can tolerate the new food, you can start them at 100% their new food.

Water should be monitored during the early days of house training, but later on, we recommend allowing the puppy access to water at all times, except when they are in their crate. Be sure to take your puppy potty after eating and getting up from naps.

Note: It is our personal feeling that most foods that can be purchased at the grocery store may not be good quality food. Typically, the cheaper it is, the less nutritional it is for your puppy.

Please do your research and compare the ingredients.

IF YOU CAN BUY IT AT THE GROCERY STORE, YOU SHOULD NOT BE FEEDING IT!!

Daily Puppy Massage

Puppy Massages:



1. Start the top of the head and pull your finger down towards the nose.
2. Tap the nose.
3. Cover the eyes.
4. Open the mouth and roll your fingers around the teeth (Vets and Groomers will love you).
5. Move back to the top of the head, grab each ear and gently massage and begin a very soft tug.
6. Return your hand to the chest area and run your hands down both front paws.
7. Separate the toes, and rub the bottom of the paw pads, tap on the end of the toenails.
8. Run your hands down the rear legs doing the same.
9. Run your fingers down the tail. I like to twist it (rotate in circle) and then gentle tug again (These tugs can increase with intensity as they age).
10. Reverse pet, from tail to neck.
11. Tap on their backs, patting down from the neck to the rear.
12. Roll them on their bellies and cradle them. Gaze into their eyes.
13. Roll circles on their belly. I like to draw hearts and tell them I love them.
14. Return them to an upright position. Hold them on your left side, and squish them into your body with pressure. I like to hold their head to my neck or chest.
15. Hold them next to your heart until your pup settles.
16. Whisper near their ears.

This is an excellent time to check your puppy over from head to foot each day, to ensure everything is forming correctly and the pup's conformation looks and feels good. I use my hands and fingers as a way to explore and touch every part of them. You can be standing (elevation work) or sitting - try both! Don't always perform the "puppy massage" in the same room at the same time. As pups age, it helps to do this exercise when they are sleepy - after a solid play session is a great time. It is also CRUCIAL to have others do the massage as well. You want your dog to be tolerant to touch by friends, strangers, kids, the elderly, veterinarians, groomers etc.

The Puppy Crazies



FRAP (Frenetic Random Activity Periods) is the technical term for what I call the "puppy crazies" or others call the "zoomies." These FRAP sessions typically occur approximately two to three times a day. This is when your well-mannered puppy goes absolutely crazy! They will run around, jump on the furniture, attack everything, spin in circles, bark and quite honestly act like they have gone off the deep end. This is totally normal! The good news is that these periods of high energy only last a few minutes, and your dog will grow out of it. With that being said, this is a time when young children need to be picked up and placed in a safe location! FRAP and young children are rarely a good mix.



SAMPLE SCHEDULE FOR A WORKING FAMILY

For puppies between 2 and 6 months old, plan on feeding 2 to 4 meals per day, especially if you can come home at lunchtime. If you have family members at home during the day, your puppy can spend 1 to 3 hours at a time in the crate, with plenty of supervised play and interaction outside the crate beyond what this schedule suggests. Remember, puppies are resilient—you can adjust the routine to fit your lifestyle and set a wake-up time that works for you.

- 7:00 am** **Wake up & Potty Time:** Take pup out first thing in the morning, don't wait until you shower or until the coffee is made. If they whine and you don't respond, accidents may happen. Puppies usually go potty, poop, then potty again (if puppy wakes up at 4:00-5:00 am do a quick potty break and put them right back to bed to "WAKE UP" Time)
- 7:15 am** **Playtime:** kitchen playtime or training session.
- 7:30 am** **Breakfast Time:** Feed and water. Allow 15-20 minutes for eating, and remove the dish. If they struggle to eat, try hand feeding or adding a little water. Make sure to clean the water bowl daily.
- 8:00 am** **Post Breakfast Potty / Playtime:** Take pup out, continue to crate when you leave; place safe chew toys in crate for entertainment. IF you remain at home, allow puppy to have supervised playtime and take outside every 45-60 minutes to eliminate.
- 9:00-11:00 am** **Nap Time:** Even if you are home, crate/pen time is important.
- Noon:** **Lunch Potty Time:** Take pup out, if arriving home on lunch break.
- 12:15 pm** **Playtime:** kitchen playtime or training session.
- 12:30 pm** **Lunch time:** Feed (they may eat less this meal) and water.
- 12:45 pm** **Lunch Potty:** Take pup out.
- 1:00 pm** **Nap Time:** Continue to crate when leaving. If remaining at home, this is a good time to have the puppy nap in the crate.
- 4:00-5:00 pm** **Potty Time:** Take pup out if home or arriving home from work.
- 5:15 pm** **Playtime:** kitchen playtime or training session.
- 5:30 pm** **Dinner:** Feed and water. It's always best to feed around the same time as your dinner.
- 5:45 pm** **Potty Break:** Take pup out.
- 6:00-8:00 pm** **Evening Playtime w/ Potty Breaks:** Supervised playtime for the rest of the evening, taking the pup out every 45-60 minutes. Keep puppy up and awake until time for routine bedtime.
- 9:00-10:00 pm** **Evening Wind-down:** Expect higher energy with play and offer a chew toy. An evening walk is great for exercise & pre final potty break
- 11:00 pm** **You Made it!:** Good night: take pup out and crate overnight.



This is just a sample schedule to give you an idea of the time involved in house training a puppy. When possible, your puppy should not be crated once you're home for the evening. This is when you spend quality time with them and work on basic obedience.



Bedtime Routine

- 🐾 Set a consistent bedtime (8 PM – Midnight). Take them to their crate & help them settle down.
- 🐾 If they can't hold it all night, set an alarm for a quick, quiet potty break, then back to bed.



Potty Training Tips

6:00 AM – Wake-Up & Potty Time

- 🐾 7:00 AM – Wake-Up & Potty Time
- 🐾 After waking up = immediate potty break Every 30-60 min while awake, Praise & treats for successful potty outside
- 🐾 Caught them going inside? Say “No!”, pick them up & take them outside
- 🐾 Use scent-killing cleaner for accidents (vinegar-based works best)



Training Tips

- 🐾 Chewing something they shouldn't? Say “No!”, remove & replace with a chew toy
- 🐾 Biting too hard? Say “Ow!”, then replace with a toy
- 🐾 Nipping at legs: Stop walking, say “No!”, and redirect attention
- 🐾 Jumping up: Say “Sit!”, ignore until they sit, then reward
- 🐾 Whining/Barking: Ignore or command “Sit” before giving attention



Puppy Socialization Guide



Tag, you're it! It is your turn to work on curriculum and exposure. We had 8 weeks, now you have 8 weeks. Together, we can make these first 16 weeks great!

People:

Aim to have your pup meet 100 people by 16 weeks old

Adults

- ☐ Young
- ☐ Middle-aged
- ☐ Elderly
- ☐ Disabled
- ☐ Loud/confident
- ☐ Shy/timid
- ☐ Delivery
- ☐ Joggers
- ☐ Uniformed
- ☐ Hats
- ☐ Glasses & Sunglasses
- ☐ Motorcycle Helmets
- ☐ Umbrellas
- ☐ Raincoats/Capes Pipes, Canes, Crutches,
- ☐ Walkers
- ☐ Different ethnic skin colors

Children

- ☐ Babies
- ☐ Toddlers
- ☐ Preteen
- ☐ Teenagers

*Tip: Keep a plush toy nearby when meeting children to avoid accidental biting

Keep outings and socialization brief and fun!

Places:

- ☐ Friend's house
- ☐ Store
- ☐ Park (just observe)
- ☐ Park (meet new people)
- ☐ Outside a school
- ☐ Off-leash hike
- ☐ Outdoor Cafe Slippery/uneven/bumpy
- ☐ surfaces
- ☐ Social gathering
- ☐ Vet's office
- ☐ Groomer/Self Wash
- ☐ Tile/Carpet/Wood Floors
- ☐ Puppy Obedience Class
- ☐ Neighborhood walk
- ☐ Elevators
- ☐ Bridges
- ☐ Decks
- ☐ Grates

Moving Vehicles:

- ☐ Cars
- ☐ Pickup Trucks
- ☐ Semi-trucks
- ☐ Construction Trucks
- ☐ Garbage Truck
- ☐ Motorcycle/4-wheeler
- ☐ Bicycle
- ☐ Stroller
- ☐ Wheelchair
- ☐ Airplane

Other Animals:

- ☐ Stable adult dog
- ☐ Puppies
- ☐ Cats
- ☐ Small Pets
- ☐ Birds/Fowl
- ☐ Livestock
- ☐ Horses

Sounds:

*Hint: You can use YouTube, Alexa, Google for most of these!

- ☐ Screaming/Shouting
- ☐ Crying Baby
- ☐ Fireworks/Gunshots
- ☐ Clapping
- ☐ Busy Street
- ☐ Vacuum
- ☐ Ice Maker
- ☐ Blender
- ☐ Blow dryer
- ☐ Garage Door
- ☐ Lawn Mower
- ☐ Sirens
- ☐ Echos
- ☐ TV
- ☐ Thunder
- ☐ Doorbell
- ☐ Sirens

Handling:

- ☐ Handle Ears
- ☐ Cover Eyes
- ☐ Touch paws - in between toes
- ☐ Lift/hold paws while standing
- ☐ Tail tug
- ☐ Rub hair wrong way up back
- ☐ Rub belly
- ☐ Touch/Handle nose
- ☐ Pat back
- ☐ Open Mouth
- ☐ Tug or put pressure on collar

Remember:

Keep "four off the floor" when taking your puppy out. Do not let their paws touch the ground until they have been fully vaccinated!

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of go home to activate your offer.**

It only takes a few minutes, and a real person
is available by phone 24/7/365 to assist you.

Or go to **TRUPANION.COM** to activate your offer.

PROMO CODE:*
BR1MP52121

*Excluding NY

NY PROMO CODE:
BR2MP52121



Pick up your
new puppy.



Call Trupanion to
activate coverage.



Protect your
puppy for life.

Offer is valid 24 hours before to 24 hours after go-home.* Offer must be activated by new owner.

*Dreadnott are not compensated for providing this offer. This special offer is available for pets, when activated anytime from 24 hours before until 24 hours after going home to their new family in the US and Canada. Florida buyers may activate anytime from reach date to 24 hours after go-home. This offer is non-transferable. Limit one per pet. Offer programs vary based on where you live. For residents of CA, ID, FL, PA, PR, SC, and WA, your monthly payment is discounted the first year of this plan. We also collect the first month's discounted cost over months 2 through 12 of your first year as part of your monthly cost. Terms and conditions apply. See the policy at Trupanion.com/Policy. Underwritten in Canada by Omega General Insurance Company and GPC Insurance Company and in the United States by Amerscan Pet Insurance Company and ZPIC Insurance Company, 6100 4th Ave S, Seattle, WA 98108. Administered in Canada by Canada Pet Health Insurance Services and in the United States by Trupanion Managers USA, Inc. (CA license No. 0032803, NPH 0588500). Please visit AmericanPetInsurance.com to review all available pet health insurance products. PF321-0523.0514

Poisonous Foods for Dogs



Animal Poison Hotline

1-888-232-8870

- ✗ Chocolate (contains theobromine)
- ✗ Onions and garlic
- ✗ Pear pips, kernels of plums, peaches and apricots, apple core pips (contain cyanogenic glycosides resulting in cyanotic poisoning)
- ✗ Potato peelings and green looking potatoes
- ✗ Rhubarb leaves x moldy/spoiled foods x macadamia nuts / walnuts x alcohol
- ✗ Yeast dough
- ✗ Coffee grounds / beans & tea (caffeine) x hops used in home brewing x tomato leaves and stems (green parts) x broccoli (in large amounts)
- ✗ Raisins and grapes (damages the kidneys)
- ✗ Cigarettes, tobacco, cigars x nutmeg
- ✗ Raw potatoes
- ✗ Turkey skin
- ✗ Voltarin (in arthritis medication) – very fatal x baby food (can contain onion powder) x citrus oil
- ✗ Fat trimmings (can cause pancreatitis)
- ✗ Human vitamins containing iron (can damage the lining of the digestive system) x large amounts of liver x mushrooms x raw fish

Thank You

