



On Raising A Puppy



A Step By Step Training Guide



by **Ryan Gwilliam** 

Introduction



Welcome to my puppy training guide. Chances are your puppy has some bad habits (as all puppies do) which has led you to Train Walk Poop. First let me say, I feel your pain. Raising a puppy is one of the most adorably, frustrating things you will ever do!

Finding the balance between meeting your puppy's needs and meeting your own day to day obligations is no simple task. I hope this training guide will give you a sense of relief and a feeling of excitement about raising your puppy.

Ryan Gwilliam and Pig

Founders of Train Walk Poop

The 1, 2, 3s of Puppy Training

You can follow these three simple steps to solve many puppy behavioral problems:

1. Bark

2. Bump

3. Boundary

Bark – this is simply a verbal correction by you. A firm “no”, a snap of the fingers, or a clap will do the trick. The point is to mark exactly where the dog makes a mistake audibly.

Bump – if your verbal correction is ignored do not repeat yourself. Instead follow up with a physical correction. It should be a simple bump of the knee (if he’s tall enough) or a poke with your fingers (Cesar Millan style). The purpose is to get your dog’s attention; if your dog looks at you when you do this you’re probably doing it right. Timing is everything here as well; if you do it too early or too late he will be confused as to why you bumped him. This should be a gentle redirection of your puppy’s focus.

Boundary – this is basically a doggy timeout without doors or gates to block him (very important that your dog stay behind his boundary line because you are asking him to stay and not because he is forced to). Here’s a video that shows you how to apply all 3 steps:

[Teach Your Puppy to Take Treats Nicely & Respect Boundaries 2 of 2](#)

The above video is part two, I highly recommend you watch part one now, so you can learn how we got this hyper puppy interested in playing this game with us in the first place. If you go straight to bumping your puppy out of the room (like in video part 2 which you just watched), you will likely fail and you’ll both end up frustrated. Here’s video part 1:

[Teach Your Puppy to Take Treats Nicely & Respect Boundaries 1 of 2](#)

STOP! Try playing the game in part one with your puppy now. Once you’ve done a training session (keep it under 10 minutes for puppies) then come back and continue learning.

Timing and Consistency

The importance of timing and consistency cannot be stressed enough. Your dog will be beyond confused if you don't time your corrections right. He will be equally frustrated if you aren't consistently correcting unwanted behaviors.

Timing Ex:

Your puppy grabs some food off the coffee table, and you show up a few seconds later and yell "no"! This would be BAD timing. He already got a huge reward before your verbal correction so you can expect him to do it again. If you would have corrected him right as he was thinking about grabbing that food however he would have left it alone and you are headed in the right direction (if your dog ignores your bark what do you do? Go to step 2 and give him a bump)

Consistency Ex:

Your puppy jumps on you. Depending on your mood or because you just got home you reward it because it's soooo cute. Other times it annoys you and you try to discourage it; your poor puppy is so confused. He's probably wondering, "why can't mom make up her mind already?"

It's mean to confuse your puppy like this, so be consistent with house rules. If you don't want your puppy to jump then draw that line in the sand and never reward the behavior. If you are never rewarding jumping and your puppy is still doing it what do you do? Follow the 1, 2, 3s of dog training of course! Be consistent and watch how quickly your puppy can learn.

Potty Training

Enjoy this free chapter from my dog training ebook, "From Puppy to Pack Leader".

When a mother gives birth to a litter of pups she keeps the den very clean. She will eat the pup's waste during the first few weeks of life.

For a young puppy to suddenly end up in your house, or even more confusing in your apartment, and be expected to "hold it" for any period of time is just unrealistic. Here is how to potty train a dog in as little time as possible:

The following will work for adults and for puppies.

Adults are generally much easier even though they've had the "bad habit" for so long because they usually know what we are looking for already and have developed the necessary bladder control muscles. If your dog is over 4 months old and still having regular accidents in the house it is most likely due to frustration or simply not caring where you want her to go.

You may be thinking, "yeah right! I've yelled at her so many times for going to the bathroom in the house. There is no way she doesn't know what I want."

Ask yourself the following:

1. Is your dog over 4 months of age?
2. Have you caught your dog in the act of going to the bathroom in your house 10 times in a row?
3. When you caught your dog in the act did you immediately go outside and wait until the dog finished going potty outside?

These questions are important because unless you are consistent, your timing is perfect and the dog knows that going potty near you is not always a bad thing, chances are your dog is just plain confused.

Keep in mind that 95% of the time potty training problems in dogs over 4 months old quickly dissipate on their own when the rest of the principles found in this book are adhered to. Dogs who are getting regular exercise and who know their place in their family rarely leave steamy piles of poo on their owner's floor.

When you catch a dog in the act all you need to do is startle him.

Interrupt the behavior by clapping your hands or saying “NO” in a firm tone as you walk toward your dog. Once the peeing or pooping has been interrupted you now act like your dog’s best friend again. Calmly walk your dog toward the door and go outside with him so he can finish relieving himself in the proper area. When he does, praise him!

Timing is key. Be as consistent as possible. The better your consistency the faster your dog will learn.

The number one commandment of potty training is, “Thou shalt interrupt the behavior 100% of the time, at exactly the same time, or thou shalt wake up to a fresh steamer all the days of thy life.”

Take your dog to the same exact spot every time and don’t carry him if at all possible. It’s important that he walks and smells the path to his spot several times a day.

The second he finishes outside pet him and praise him. No need to jump up and down and get your dog all riled up, but let him know you are proud of him. Treats can be used as well, but are generally not needed since relieving oneself feels good and is self rewarding. Also if he smells the treat before he pees he may get so distracted by it that he will forget to pee so beware.

Again, if your pup has a routine everyday his internal clock can adjust to it. Make your dog’s schedule as predictable as possible for him and it will pay off in dividends.

One last resort for older dogs and puppies who are very accepting of being leashed is to tie your puppy’s leash around your waist for the first week or so. This way you are guaranteed to be there every time he makes a mistake. This works especially well for people who are easily distracted, and for owners of little dogs (they can be especially sneaky).

As a side note, DON’T USE PUPPY PADS! Puppy pads are extremely confusing to dogs. You are basically training your dog to pee in the house so don’t mess with pads unless it is out of necessity (like if you live on the 15th floor of an apartment building, and the only grass is several blocks away).

Be aware that when you move to a new home or visit other people's homes it will feel natural for some dogs to pee in this new territory. Keep an extra close watch on your dog in these new situations to prevent this nasty habit from developing. Whenever I go someplace new with my dog I take her out to potty about 10 minutes after arrival (even if she just peed or pooped), a high percentage of the time she will go again.

Not All Dogs Pee On Your Floor For The Same Reason

Lastly, not all peeing/pooping in the house is potty training related. I know you're thinking, "wait... what? That makes no sense."

Trust me, a dog will pee in your house to be territorial, out of frustration, excitement and anxiety. None of which have anything to do with knowing where the humans want the dog to pee.

Most older dogs know exactly where you want them to go, but they either don't care, or they can't control their pee even though they want to (see your vet if you think this may be contributing to your dog's problem).

If the methods described above aren't improving results noticeably within 2 weeks, you are either doing it wrong or your dog may have a health issue your vet needs to address. If it isn't health related it's time to call a reputable dog trainer in your area.

Bonus Potty Training Tip: For young puppies potty training is stressful because many times they try to ask us to let them out but we don't notice. For example: my first puppy would come and give me a look that I thought meant he wanted to be pet. So I'd pet him and he'd pee on the floor moments later.

The solution? Train your puppy to ring a bell to let you know when he needs to get outside! Here is my step by step video that will show you how to get your pup ringing the bell every time:

[Teach Your Puppy to Ring a Bell for Potty Training](#)

Note: if you'd like to read my full dog training ebook, "From Puppy to Pack Leader" you can [**purchase it here for \\$5.95 and download it immediately.**](#)

Mouthing

As I'm sure you are aware, puppies want to eat everything. This includes your hands, clothes, furniture and anything expensive. I recommend you say "no" in a firm, stern voice and then redirect with a toy or a treat. We don't want to do this for your dog's entire life, but for the first few months of life, and during the initial puppy training sessions this is the best approach.

When your puppy is mouthing or biting a lot always remember to redirect, redirect, redirect! For a real life example watch this video:

[Quick Tip: Puppy Biting Hands](#)

I know this seems too simple an answer, but that's all there is to it; your puppy will simply need to grow out of this stage of her life. Until she does, the best way to keep your sanity is to redirect your pup's mouth to puppy approved items and make sure to meet her energy needs (puppy proofing your home can save you a lot of time, energy and money too; get non-puppy approved items off the floor). The more bored your puppy is throughout the day, the more she will take that boredom out on your arms, legs, furniture and kid's toys.

Side note: sometimes a puppy's mouthing behavior will improve temporarily and then regress when their puppy teeth start falling out. Much like a teething baby, a teething puppy can be a bit more moody and mouthy for a couple weeks.

How to Introducing Anything Your Puppy Fears

A common problem is that certain things scare puppies because they are loud (vacuums, construction equipment, blow dryers), or they move in weird ways (skateboards, bikes, strollers). Here's the step by step process to introduce things to your puppy in a fun way:

[How to Introduce Anything Your Puppy Fears](#)

Pulling on the leash

How do you get your puppy to stop pulling and biting on the leash? There are 2 different correct answers to this question depending on how old your dog is. Is your puppy younger than 3 months? If yes, continue reading; if no, skip to the next section about leash pulling.

For Puppies 7–12 Weeks Old

Think about it from your puppy's perspective, how much would you hate leashes if you were a puppy? The leash puts pressure on your neck and stops you from going where you want to go. Why wouldn't you try to bite it off? You would at least pull hard in hopes that you can reach that stick or leaf that is just beyond reach.

And guess what, your puppy is too young to be leash trained. So stop trying to get your puppy to heel; it ain't gonna happen!

Here's how I recommend you walk a 10 week old puppy:

[How to Walk a Puppy Under 3 Months Old](#)

If you're learning from my videos please be sure to click the like button and/or share them on your facebook page. The more interaction I get from viewers like you the more feedback I have for my next video! Plus you could be that friend that brings a world of relief to a friend's life who is struggling with his/her dog's behavior.

Now you know the truth about teaching a young puppy to heel. Come back to this section when your puppy is 3 months old and teach your puppy to heel when he is mentally ready to handle it.

Leash Pulling

The following video is an instructional video on how to teach your dog not to pull on the leash. It's all about communicating with your puppy through leash tension. If you're doing this right, the results come quickly and last a lifetime:

[Teaching a Puppy to Heel Using Gentle Leash Pressure](#)

It's very important you teach this with NO distractions. This means nothing on the floor that might be distracting, no kids running around, no other dogs wandering around and no distracting smells. Indoors always works better than outdoors, but a really quiet driveway can also do the trick (grass is too much fun to sniff, so save the backyard and front yard for another day).

The above video should have you well on your way to a well behaved dog while on walks. If your dog is still struggling I highly recommend you get signed up for one of my training courses. You can learn about my puppy training course by going **[here: www.trainwalkpoop.com](http://www.trainwalkpoop.com)**

Jumping up and demanding attention

How do I get my dog to stop jumping up? Jumping up is a way for your dog to demand your attention, so before I explain how to put an end to the jumping please watch this video:

[Is Your Dog Asking or Demanding Attention?](#)

Now do you understand the difference between polite requests for your attention and impolite ones? Great! Now I can explain how to stop the jumping.

First, stop rewarding the jumping! If your puppy is still jumping then you must be rewarding or at least not discouraging it in the right way. The best way is to follow the 1, 2, 3s of puppy training, so when your puppy jumps you say “no” right as he starts jumping. Then you bump him in some way to make him get down (don’t be too rough here, it won’t help. Be gentle yet firm and very patient for fastest results), if he jumps again you’ll send him out of the room or behind some sort of boundary until he settles down (depending on the puppy I may opt for a short “on leash” timeout instead of a timeout behind a boundary).

If your puppy decides that Bark, Bump, Boundary is a fun game to play and that all the negative attention is a lot fun then she likely needs a leash work session or another puppy to play with to get all those wiggles out.

Kennel/Crate Training

Introducing the crate properly is very important for him to have a positive experience. Even if he has already had some unpleasant experiences in his crate, this will start to change the crate to have more positive associations. This one is much easier to understand in video format, so without further adu:

[Crate Training Your Puppy Step By Step Instrucions](#)

Crating your puppy is the safest and best way to encourage good behavior while unsupervised. Puppies can easily choke on many household items or eat something that will make him sick, so be safe and teach your puppy that the crate is his new happy place while you are away.

This is not a suggestion; crating is mandatory. I've had many past clients say, "oh my dog does great in the house without a crate." Then a year or two later their dog gets into the flavored pain meds from the vet one day and ends up with kidney issues for the rest of his life (I hear this exact story at least once a year), or their dog will eat a chocolate bar or a sock and end up being rushed to the emergency Vet.

Don't be the person who tells me a horror story this year; introduce the crate properly and use it for life! *Every single dog trainer I have ever met crates their dogs for life; there is a reason for it.*

Give yourself a break during the day, even while you're home, by putting your puppy in his crate. If you have met his emotional needs by giving him exercise, training and affection then it's time you reward yourself with a much needed break.

How long can my puppy be crated safely? It depends on personality, energy levels, bladder control abilities, etc. Generally if your dog has been well exercised both mentally and physically then he can be kenneled during the day for several hours. A good general rule is if your dog is 2 months old then 2 hours is the max time, 3 months old then 3 hours would be the max and so on.

Conclusion

I hope you've learned a lot from our free training guide. This guide should be enough to improve your puppy's day to day behavior, but if you want to get to that next level and really get your puppy's behavior under control please give us a call to set up a training session.

Visit us at www.TrainWalkPoop.com or shoot us an email to info@trainwalkpoop.com

In the end, the most important thing for your success with training your puppy will come down to consistency. If your behavior towards your puppy is consistent, your puppy's behavior toward you will be consistent.

Keep Learning

Get signed up for our Social Class. Your puppy will get some play time and get trained at the same time. Your puppy will need to be assessed by one of our trainers before attending, and there is a small fee for the assessment, but once assessed the class is free for life for your puppy! You can get the details here:

<http://www.trainwalkpoop.com/social-class>

To see my puppy training courses go here:

<http://www.trainwalkpoop.com/training>

P.S. If you're in need of a dog walker or pet sitter we'd love to help with that as well. To learn how your puppy will be GPS tracked on each walk, how we will secure your house key and to meet some of the dog walkers we've hired go here:

<http://www.trainwalkpoop.com/63-2/71-2/>

We also offer daycare and boarding options. Our daycare is managed by our trainers, so we monitor social interactions closely. Here are a few of the many things your pup will learn and do in our daycare group:

- Healthy play and social skills
- Basic leash work
- How to walk on a treadmill
- Group walks
- Being calm in the crate
- Staying in place on command
- Sitting on command
- Coming when called

More info can be obtained on our website:

<http://www.trainwalkpoop.com>

Bonus Section: Teach Your Dog to Walk on a Treadmill

Teaching your puppy to walk on a treadmill can be a great outlet for all that puppy energy. It teaches your puppy to focus on one thing for an extended period of time and is perfect for those extremely hot sunny days/extremely cold winter days.

Introducing the treadmill is easier to learn through a video, so here you go:

[Step By Step Treadmill Dog Training](#)

FAQ

Do you teach with positive or negative reinforcement training? Short answer is both. Our trainers both reinforce good behaviors and discourage bad behaviors. If you ever feel uncomfortable with our approach (I highly doubt you will), please let us know and we will approach your dog's training a different way.

Which is better, group or 1 on 1 training? We implement both as needed. Your dog is unique, so the best way to decide which route to take is to Contact Us so we can evaluate your situation and make a suggestion. Both forms of training will be very helpful, but depending on your dog it may be best to start with the In Home Course.

My dog is fairly well behaved. Can you help me and my dog? Yes. I'm glad you've got the basics down with your dog. I'd love to help you take your dog's obedience to the next level. Whether that means having off leash control of your dog or preparing to take your CGC (Canine Good Citizen) test.

How old does my puppy need to be before getting training? It is never too early to start training your dog. Puppies can be surprisingly well mannered by 3-4 months of age. Get professional advice now before your puppy develops bad habits that can be hard to break.

