



On Raising A Puppy



A Step By Step Training Guide



by *Ryan Gwilliam* 

Introduction

Welcome to my puppy training guide. 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
Owner of Train Walk Poop



Ryan Gwilliam and Batman

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 around 5 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 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 thinking, "mom loves when I jump up so she must be saying "no" about something else."

Mixed messages can be stressful for your puppy, 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

First, here are some great basic tips that all puppy owners need to be reminded of:

[Puppy Tips Segment on ABC4](#)

Now, please read through 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:

Adult dogs 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 have consistent house rules rarely feel the need to pee or poop in the house.

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

Interrupt the behavior by clapping your hands or say “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 calmly; a simple “good boy” will do.

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

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 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. 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 a health issue may be contributing to your dog's problem). 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:

[**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 weeks 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.

Also, the only thing that enjoys being chewed on by a puppy is another puppy. Play dates are a lifesaver during the first year of your dog's life. Find well behaved dogs for your puppy to play with or bring her to us for daycare and we'll let our other puppies wear her out for you!

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. Adult teeth usually come in around 5-6 months of age.

Quick Tips for Puppy Owners

- Put anything your puppy shouldn't chew up high so your puppy can't reach it, or put it in a closet for the time being (removing all rugs for a few weeks isn't a bad idea either). Make it easy for your puppy to be successful by removing items your puppy shouldn't have and put out a couple bones/toys for you puppy to chew so you can redirect her attention when needed.
- Lemon juice or bitter apple spray can be put on your hands to discourage mouthing on chair legs and other things that seem fun to chew on. The effect

of these sprays tends to wear off over time but they can be worth the investment during the first couple weeks.

- Put the crate next to your bed the first night. After that you can move your crate a few feet further away from your bed and closer to the crates permanent location to ease the transition. This will minimize the inevitable whining during the first few nights; it's a tough transition for your puppy to leave her litter mates and go to a new home and family. I recommend your crate be kept in a back room or in the quietest area of the house, preferably in a room with a door you can close. *Note: some puppies do best if they are crated near you during the day, so feel free to experiment with different locations, but I find most puppies will take longer naps in a quiet area.
- Puppies have a harder time "holding it" during the day than they do at night. I recommend potty breaks be no more than 1 hour apart for every month old your puppy is, so a 2 month old puppy should get a potty break at least every 2 hours.
- Have your puppy drag a leash around the house for a couple minutes the first day and give some small treats while she's doing this. It will teach her a positive association with the leash and having her drag that leash is going to really come in handy for teaching good behavior in your home, especially in a few weeks when she learns how fast she is!
- Have your puppy meet 50 new people and dogs before she is 6 months old! We want good quality interactions where your puppy is enjoying the interaction and not feeling overwhelmed by the person or dog. Avoid dog parks! I recommend puppy play dates with friends and family members dogs or bringing your puppy to us for daycare. If you don't live near our daycare center then reach out to us and we'll recommend a daycare center closer to you (not all dog daycares are created equal).
- Feed a high quality food! We have our own dog food line www.UtahPaw.com and we offer free home delivery to most areas. You can also find an in depth review of your puppies current food by going to www.DogFoodAdvisor.com. You'll be surprised to find that many well known brands have low ratings because of the low quality ingredients they contain. Cheap food makes for soft stools which leads to puppies who need to poop like it's an emergency! Good quality food turns into poop that is more firm and easier.
- I recommend you buy 2 books, "The Art of Raising a Puppy" by The Monks of New Skete, and "Let Dogs Be Dogs" by Marc Goldberg and The Monks of New Skete. Both are available on Amazon.com and will give you the right mindset as you begin building a relationship with your new puppy.

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, schedule some training because your puppy is old enough to start learning to walk nice on the leash.

For Puppies 7-14 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 isn't worth the effort!

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

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

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:

[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 them sick, so be safe and teach your puppy to relax in the crate.

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 at a time is the max time, 3 months old then 3 hours at a time 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

Join the IACP to continue your education:

<http://www.canineprofessionals.com>

To see my puppy training courses go here:

<http://trainwalkpoop.com/puppy-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/>

Puzzle Toys

In the video below Dizzy shows you how she uses a few puzzle toys for a quick mental workout. Puzzle toys have numerous health benefits and dogs love them. Check it out:

[Puzzle Toys Segment on Fox13](#)

FAQ

Do you teach with positive or negative reinforcement training? The short answer is both. Our trainers both reinforce good behaviors and discourage bad behaviors.

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 a boarding school or a 1 on 1 training program.

How old does my puppy need to be before getting training? We start potty training with our puppy boarding school programs as young as 8 weeks. Puppies can be surprisingly well mannered by 4-5 months of age. Get professional advice now before your puppy develops bad habits that can be hard to break.

