



# 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*  
*Founder 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. No**

## **2. Leash tug**

## **3. Timeout sit**

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

**Leash tug** – if your verbal correction is ignored do not repeat yourself. Instead, follow up with a physical correction. It should be a simple leash tug (I recommend your puppy drags a leash around the house until basic house rules are understood. We can talk more about this during a training session together or send me an email at [info@trainwalkpoop.com](mailto:info@trainwalkpoop.com) and I'll be happy to send you a longer explanation).

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 corrected him. This should be a gentle redirection of your puppy's focus.

**Timeout Sit** – this is a 5-second timeout where your puppy sits politely at your side until you drop the leash or walk away (10 seconds for puppies 4+ months old). We use the leash slowly and gently by pulling up (don't tug or increase the strength of the correction, keep it gentle). You can say sit the first few times to teach your pup what you're doing but phase it out quickly so the leash is doing all the talking. This technique is better explained in a video, so here you go:

[Here's a video](#) of me discussing and demonstrating all 3 steps.

[Here's a short video](#) of an employee practicing the timeout sit with Francis.

**\*Quick Tip for Chewing** - Put anything your puppy shouldn't chew up high or 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 your puppy to chew so you can redirect her attention when needed.

**\*Introducing the leash** - Have your puppy drag a leash around the house for a couple of 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!

## *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 would be headed in the right direction.

### **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 (like when grandma comes over or a kid who is terrified of dogs); 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](#)

## **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 more 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.

I don’t use treats as I find they are more distracting than helpful. They can be used 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 or pretend to pee so as to earn a treat (we’ve seen both of these behaviors on many occasions).

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

One last resort for 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.

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.

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

**Potty Training Schedule Outline** - Here's a great little outline another trainer made that shows you how we break up a puppy's day with potty breaks:

### [Potty Schedule for Puppies](#)

**\*Quick Tip** - 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.

**\*Food** - Feed a high quality food! You can find an in depth review of your puppy's current food by going to [www.DogFoodAdvisor.com](http://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 for your puppy to hold until the next potty break.

We have our own premium quality dog food line [www.UtahPaw.com](http://www.UtahPaw.com), and we offer free home delivery to most areas.

Raw feeding is getting more popular and if done right is a great option, I feed a high quality dog food instead of raw because it's so much simpler. If you want to get educated on dog nutrition and raw feeding I would check out [www.betterdogcare.com](http://www.betterdogcare.com).

Here's a video where I discuss why I no longer feed raw and a little about how to pick the right dog food for your pup:

### [Dog Food Video](#)

Foods We Recommend:	Foods We Don't Recommend:
Acana, Orijen, Fromm, Blackwood, Horizon, Merrick, Nulo, Wellness, Honest Kitchen.	Kirkland, Purina, Hills, Science Diet, Iams, Royal Canin, Beneful, Nutro, Rachel Ray, Blue Buffalo, Alpo, Kibbles & Bits, Trader Joe's, Eukanuba, Diamond, Natural Balance, Nutro.

**\*Quick tip** - don't feed rawhide bones unless you'll be watching very very closely. Dogs like to swallow chunks of these bones and it can cause a blockage and an emergency trip to the Vet. We prefer bully sticks to rawhides but again only give these to your pup when supervised.

## *Kennel/Crate Training*

I prefer plastic crates to the wire ones because they are quieter (no noisy tray on the bottom that makes noise every time your puppy moves during the night) and they feel more cozy like a den which most puppies appreciate.

The wire crates have the benefit of being collapsible (some are adjustable too so you can make the crate really small with the divider and the crate can grow with your puppy), so they're better for travel and for dog owners who need to move the crate around a lot. We typically put a blanket or sheet over these crates to help puppies feel cozier and nap longer.

We do not give puppies bedding in their crate until they are potty trained! Bedding causes more accidents because it soaks it up. Small, cozy crates with no bedding encourage your puppy to hold it as long as possible.

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, 3 months old then 3 hours at a time would be the max and so on.

**\*Quick Tip** - 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 littermates and go to a new home. I recommend your crate be kept in a backroom 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.

## *Mouthing*

A mouthy puppy is a tired puppy! Most puppies aren't sleeping enough. Is your pup sleeping 18-20 hours a day? If not, then less run around time is the answer even though you feel like another walk or play session is needed. They are kind of like toddlers, so the more tired they are the more WIRED they get and will fight sleep.

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:

### [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. Playdates 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 Tip Biting** - Lemon juice or bitter apple spray can be put on your hands and chair legs to discourage chewing 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.

## *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](#)

The basic steps are:

1. The object doesn't move or make sounds and your pup will take treats near and then off of the scary object.
2. The object either moves or makes a sound and your pup will take treats off of it.
3. The object can both move and makes sounds and your pup will take treats off of it or near it.

# *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 heel.

## **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! I recommend enjoying the goofy, clumsy puppy stage as much as possible because it'll be over soon. So don't worry about obedience on walks until around month 4.

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

## **[How to Walk a Puppy Under 4 Months Old](#)**

We separate puppy training from dog training at 4 ½ months or 20 weeks of age. Why? Because after training hundreds of puppies I've noticed that after 20 weeks they are mentally ready for learning harder tasks like: heel, sit, down stays, coming when called off leash with distractions, etc. You can certainly teach a puppy all these things before 20 weeks but the effort you have to put in outweighs the benefits.

Do you really need a puppy who can down stay at a distance for 2 minutes? Can it be done? Absolutely. But I would argue that your time and energy are much better spent teaching your puppy good social skills and introducing her to all kinds of smells, sounds, environments and situations that will teach her what is normal for a dog living in a city or in suburbia. These experiences will pay off 100x over a solid down stay.

# *Controlling Space & Setting Boundaries*

Here is a bonus activity you can use to teach your pup to give you space when needed. This is basically a doggy timeout without doors or gates to block him (very important that your dog stays behind his boundary line because you are asking him to stay and not because he is forced to). Watch part 2 first so you get what the end goal is and then go to part 1 to see how we taught the pup. Here's part 2 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.

# *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: no, leash tug, then timeout sit.

If your puppy decides that the timeout sit is a fun game to play and that all the negative attention is a lot of fun then she likely needs a nap or a puppy to play with to get all those wiggles out.

**\*Quick Tip for Socialization** - 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).

## Conclusion

I hope you've learned a lot from my 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 get started.

Visit us at [www.TrainWalkPoop.com](http://www.TrainWalkPoop.com) or shoot us an email to [info@trainwalkpoop.com](mailto:info@trainwalkpoop.com)

Puppies are simple creatures; they want to wrestle, bite things, eat yummy things, eat gross things, play hard, nap hard, chase leaves, and know that they are safe.

You want your puppy to obey a few simple house rules, be your buddy, learn when it's time to play and when it's time to relax. If you make sure your puppy gets what she needs, she will happily give you what you need.

As one of my mentors says, *"Dog training should feel like you're playing with dogs or you're not doing it right."* Marc Goldberg

Enjoy that cute, goofy, clumsy puppy because this phase will be over before you know it!

# *List of Essential Equipment*

1. Crate
2. Collar with tags
3. 6-foot clip leash
4. 6-foot English slip lead (we use these for the timeout sits discussed earlier, and we sell these at our daycare).
5. Puppy food - we recommend [Utah Paw](#) of course :)
6. Water (but you knew that already)
7. Deer antler, hard Nylabone, and/or bully sticks (avoid raw hides)
8. Toys (as if you haven't bought 10 already), the easier the toy is to destroy or bite pieces off of the more carefully I watch the puppy when she's playing with it. Put toys that are a choking hazard away unless you are watching and definitely don't put them in the crate!
9. Nature (let your puppy chew on sticks, leaves, and anything natural other than rocks. If she is swallowing chunks then stop her but most puppies just like to crunch it and don't actually swallow it.)
10. More puppies (for learning social skills, getting wiggles out, and having someone that actually likes being bitten to play with. Use our daycare services or friends dogs who are well behaved.)

That's it! If I got a new puppy today and that's all the equipment I had, I'd be good to go! In fact, that's all we use for puppies who go through our [Perfect Puppy program](#).

## *Keep Learning*

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.

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 unsure which program to sign up for I'd recommend dropping your dog off for an assessment day. Your dog will have a couple of play sessions and we'll do a couple of basic training games with him while he's here.

When you pick your dog up we'll have an assessment form with feedback about how he did and what training program we'd recommend.

You can go here to get registered and request services:

[New Customer Registration](#)

## 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 recommend 1 on 1 training to start and join a group class after that. Group classes have more distractions for your dog which

makes training harder and you'll get less individualized instruction. Group classes are a great next step to take your dog's new skills to the next level.

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.

