



ARIZONA ANIMAL
WELFARE LEAGUE & SPCA
ARIZONA'S OLDEST & LARGEST NO-KILL SHELTER

Your New Puppy



Your New Puppy

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Your New Puppy

Introduction

Raising a puppy can be fun and rewarding, as well as the cause of a few headaches. Puppies soil in the house, chew on valuables, bite at hands and legs, and engage in a variety of behaviors that can be objectionable. This can lead to frustration, even though these behaviors are normal. Puppies will do all of these things and more until they are trained to do what we find acceptable.

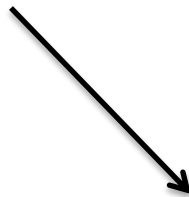
The information contained in this guide is designed to help you during those first few days/weeks (sometimes months) with your new puppy but it does not replace the professional training that we highly recommend you seek when you adopt your new puppy. The joys of your new puppy can quickly turn into headaches once the “oh what an adorable puppy” phase wears off and becomes the “oh no he ate another piece of my furniture” phase.

We want to assist you in every way we can to make your life and your puppy’s life as easy as possible throughout each stage of its life: puppy, adolescence, and adulthood.

What happens when you go from this...



Awwww, what a cute puppy!!!!



To this...



**We can help you. If you find yourself with
behavior issues**

**Contact our Behavior Department at
602-273-6852 ext. 124.**

Your New Puppy

Puppy Proofing Your Home

Since everything is a chew toy to puppies, it is important that you “puppy proof” your home. Ideally this is done *before* you bring your new puppy into your house but sometimes this isn’t possible so make sure you do this as soon as possible to avoid any loss of your favorite belongings (i.e., shoes, children’s toys, games, basically anything on the ground is fair game). Below are tips you can use to prevent problems as well as a room-by-room list of things you can do to ensure you are ready for your new puppy!

- Have your puppy on a leash which is attached to you or is dragging at all times so that you can control your pup when it gets hold of something it should not have or put your puppy in a crate when you cannot supervise it.
- Look around your home and put away things that could be harmful to your puppy. Think about things like aspirin on the night stand, chocolates on the coffee table, pantyhose, etc. These are items that can potentially kill your dog.
- Take Citronella oil and wipe it on electrical cords, legs of furniture and anything that you are worried about your puppy chewing on. Put it on frequently until you see your puppy is not interested in it.

Kitchens/Bathrooms:

- Use childproof latches to keep little paws from prying open cabinets
- Place medications, cleaners, chemicals, and laundry supplies on high shelves
- Keep trash cans covered or inside a latched cabinet
- Keep foods out of reach
- Keep the toilet lid closed to prevent drowning or drinking of harmful cleaning chemicals

Living/Family Room

- Place dangling wires from lamps/DVRs, televisions, stereos, and telephones out of reach
- Put away children’s toys and games
- Move common house plants that may be poisonous out of reach
- Make sure all heating/air vents have covers

Garage

- Move all chemicals to high shelves or behind secure doors
- Clean all antifreeze from the floor and driveway, one taste can be lethal to animals
- Keep all sharp objects and tools out of reach

Bedroom

- Keep laundry and shoes behind closed doors
- Keep medications, lotions, and cosmetics off accessible surfaces (like the bedside table)
- Move electrical and phone wires out of reach of chewing

Your New Puppy

Socializing Your Puppy

Socialization means learning to be part of society. When we talk about socializing puppies, it means helping them learn to be comfortable as a pet within human society, a society that includes many different types of people, environments, buildings, sights, noises, smells, animals, and other dogs. Socialization is the process of introducing your new puppy to the world in a way that will help him be confident and unafraid of people, places and things that he will encounter throughout his life. The most critical socialization window occurs before the age of 12 weeks, and that window is considered to be closing by 5 months.

Rules of Socialization:

- **Each socialization exposure must be fun for your puppy:** If he is forced to confront fears he's not ready to handle, the process can backfire and create a fearful/aggressive response. Go at his pace and at a distance he feels safe. Your puppy should be the one to initiate each approach to something new and be allowed to retreat when needed to feel safe.
- **Socialization in different areas (not just what he/she knows):** Though your puppy may be fine with the toddlers or dogs in your home, that does not mean he is fine with all children and dogs. Even if he is in a training class he will need to meet new and different dogs and people, and in different places after his classmates and their owners have become familiar with him. It is important to expose him to new things, places and contexts to best generalize his confidence with new things.
- **Pair treats with exposure to make good associations:** If your puppy is worried about those children he sees running across the street, it can help if the sight of the children makes tasty treats suddenly appear. Or if he doesn't like his paws to be touched, a brief touch followed by some peanut butter or tasty treat can make paw touches easier to handle. If he will not take food, this is a good indication that you need to back up and lower the intensity of the exposure with more distance be more patient and give him time.

See next page for the "Socialization Checklist"

Your New Puppy

The socialization experience needs to be the top priority, varied, frequent, safe, and fun. By making experiences positive, your puppy will learn to adapt well with less stress.

Puppy Socialization Checklist			
Places	<input checked="" type="checkbox"/>	Meeting People	<input checked="" type="checkbox"/>
Pet Store		Men with beards	
Vet's Office		Men with hats	
Grooming Salon		Men with sunglasses	
Playground		Man wearing a helmet	
Park		Men with cigarettes	
10 different houses 1 2 3 4 5 6 7 8 9 10		Women with hats	
Outside Mall		Women with sunglasses	
Outside Restaurant (that allows dogs)		Woman wearing a helmet	
Ridden In		Children of all ages	
Car		Elderly people	
Mini Van/SUV		People carrying umbrellas	
Toy Wagon		Kids/babies in strollers	
Shopping Cart		Visual/Noises	
Walked		Sirens	
Something safe that moves (see saw)		Fireworks	
Through a tunnel		Car horns	
Under a bridge		Traffic	
Through belly deep water		Airplanes/Helicopters	
In the sand/grass/dirt		Motorcycles/Loud cars/Trucks	
Under a chair		Doorbells	
Up/Down stairs		Knocking on doors	
Escalators/Elevators		People yelling	
On Tile/Marble/Concrete/Wood floors		Thunderstorms	
Watched People		Radios	
Running		Trains	
Skateboarding/Rollerblading		Dishwasher/Washing Machine/Dryer	
Riding a bike		Clacking pots and pans	
On crutches		Interacting with People	
In a wheelchair		Touching paws	
Interacting With Other Animals		Touching muzzle	
Other puppies		Touching ears	
Male adult dogs		Touching tail	
Female adult dogs		Hugging puppy	
Kittens/Cats		Touching collar	
Horses		Checking teeth	
Cows		Clipping nails	
Sheep		Cleaning ears	
Chickens		Brushing/grooming	
Ducks		Pulling on tail	

Your New Puppy

House Training

If given a choice dogs prefer to eliminate away from the areas where they eat, sleep, and play. Dogs eliminate in the house for a variety of reasons:

- There might be a medical cause for the problem.
- The dog might not have been properly trained to eliminate outside.
- The dog might be marking his territory.
- The dog might urinate when excited, intimidated, anxious, or upset.

House training is accomplished by establishing a surface and location preference AND by preventing the dog from eliminating in unacceptable places. Crating and confinement needs to be kept to a minimum, but some amount of restriction is usually necessary for the puppy or dog to learn to “hold it.” Understand that house training demands an investment of time and effort. Puppies are sometimes not fully house trained until they are 8-12 months of age. As a general rule, a puppy can only hold his waste for the same number of hours that he is old, in months. In other words, a four-month-old pup should not be left alone during the day longer than four consecutive hours without an opportunity to go outside. By the time the pup is four months old, he should be able to make it through the night without going outside. Adult dogs adopted from shelters are often not fully housetrained and need a refresher course.

What to do:

1. Keep the dog on a consistent daily feeding schedule and remove food between meals.
2. Know where your dog is at all times. To anticipate and prevent accidents, you need to watch for early signs that he needs to eliminate. These signs include pacing, whining, circling, sniffing and leaving the room. If you see any of these, take the dog outside as quickly as possible. Not all dogs learn to let their owner know they need to go outside by barking or scratching at the door. Some will pace a bit and then just eliminate inside.
3. If you cannot watch the dog, confine him to a crate, a small room (with the door closed or baby-gated), or tether him to you with a leash that does not give him much leeway. Gradually, over days or weeks, give the dog more freedom. If the dog eliminates outside, give him some free time in the house (maybe 15-20 minutes to start). If all goes well, gradually increase the amount of time out of confinement.
4. Accompany the dog outside and reward him with praise, treats, play, or a walk whenever he eliminates outdoors. It’s best to take the dog to the same place each time, as the smells may prompt the dog to eliminate. Some dogs will eliminate early on in a walk; others need to move about and play for a bit first.

Your New Puppy

House Training (cont.)

5. Take the dog outside on a consistent schedule. Puppies should be taken out every hour, as well as shortly after meals, playtime and naps. All dogs should get out first thing in the morning, last thing at night, and before being confined or left alone. Adult dogs must get out at least four times a day.
6. If you can catch the dog in the act of eliminating inside, make loud noises. Immediately run to the dog and rush him outside. If he is small, pick him up; otherwise, just grab him by the collar and run outside with him. The idea is to startle him, which should stop him in mid-stream. Allow the dog to finish outside, and reward him. If you do not catch the dog in the act, do not do anything to the dog.
7. Clean accidents with an enzymatic cleanser to minimize odors that might attract the dog back to the same spot.

What not to do:

- Do not rub the dog's nose in his elimination (this teaches him nothing).
- Do not scold the dog, unless you catch him in the act of eliminating in an inappropriate place.
- Never, ever physically punish the dog for accidents; that includes hitting with a rolled-up newspaper.
- If the dog enjoys being outside, don't bring the dog inside right after he eliminates—he may learn to “hold it” to stay outside.
- Do not use an ammonia-based cleanser. As urine contains ammonia, this could attract the dog back to the same spot to urinate again.

Above all, please be patient! If a puppy has an accident, it is not because he is spiteful or lacking in the ability to learn—it's because the owner failed to adequately supervise him, didn't take him outside frequently enough, or ignored or was unaware of the dog's signals to go outside.

Your New Puppy

Crate Training

A dog that is trained to be content in a crate can be kept safe when traveling in a car, visiting someone else's home, or being transported in an airplane. Some dogs really take to the crate, preferring to sleep in it or take refuge there when things get too hectic. Other dogs are never happy in the crate, but will tolerate it when necessary. Still other dogs panic when closed in a crate. While some people view crate training as cruel and unnecessary, it's actually very beneficial and less stressful to your dog. If done correctly your dog will come to appreciate the crate as their own space to relax and feel at home.

- **Choose the proper size crate.** The crate should allow enough room for standing, sitting, and stretching out, but you don't want the crate to be so big that your dog has enough room to make one section of the crate the bathroom and the other the sleeping area. If you only want to buy one crate, get one that will be large enough for your dog as an adult and block off an end of it while your dog is still small.
- **Make the crate comfortable.** Find an old blanket or towel to fold up and place on the floor of the crate. If your dog already has a bed that they're accustomed to, you can use that too. The idea here is not only to create a comfortable place for your dog to lie, but also to remind your dog that the crate is for sleeping and comfort, not for going to the bathroom.
- **Provide water.** This is especially important if you're planning on leaving your dog confined for more than two hours. If you're worried about your dog making a mess, invest in a small hamster-type water bottle and fill it with ice water.
- **Make the crate appealing.** Place your dog's favorite toys inside at the far end of the crate, provided they are sturdy and large enough that your dog will not choke. Later on in the training process, you can also place juicy treats such as marrow bones in the crate when your dog goes in.
- **Keep the crate in a high-traffic area.** By keeping the crate in an area with a lot of people, such as a living room or kitchen, your dog will associate the crate with being surrounded by people rather than completely alone and isolated. Allow the crate to sit there for a little while before you ask your dog to go into it. This way, the crate will become a normal piece of furniture in your house rather than a strange object.
 - NOTE: At night the crate should be kept in your bedroom. Once again, being around humans and human activity will comfort the puppy. In addition to that, your sleeping patterns will influence those of your puppy to ensure a full night of sleep for you and the dog.
- **Use positive reinforcement.** Though it may be tempting, you should never use the crate as a form of punishment. Always talk to your dog in a happy tone of voice when referring to the crate.
 - Begin positive reinforcement by dropping little treats or pieces of dog food in and around the entrance of the crate. While exploring the room and new object, your puppy will begin to associate it with delicious treats.
 - Praise your puppy every time you see him enter the crate. Drop what you're doing when you see him enter and give your dog full-blown praise. Hug him, pet him, say good dog, and maybe even give him a treat out of your hand.

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Crate Training (cont.)

- Play "games" with your puppy. Drop a treat in the crate without showing your dog. Then, call your puppy by name and say something along the lines of "Where is your treat?! Go get it from your crate!" Use an extremely happy, friendly voice and gentle gestures to playfully guide your dog to the crate. As soon as the dog finds the treat, praise him enthusiastically. If your dog is more motivated by toys, you can also do this with his favorite ball or squeaker.
- Never try to push, pull, or force your puppy into the crate. With the exception of nighttime, you should allow the puppy to enter at its own will during this stage.

Tips/Warnings:

- If your dog whines in the crate, ignore it (unless something is physically wrong). Release him only when he is calm. Otherwise, your dog will associate whining with being let out of the crate.
- Be sure to use a crate that is the right size. If the crate is too big, the dog can use a corner to go to the bathroom and will not learn to leave the crate to relieve himself. The crate should be big enough for the dog to stand, lay down, and turn around. If you are starting with a puppy you may need a smaller crate and get a larger one as the puppy grows.
- In case of accidents: Be sure to use an enzyme based stain and odor remover so that your dog does not eliminate waste in the same place. Remember - just because you cannot smell anything it does not mean that your dog can't!
- Never use ammonia-based products. To dogs, ammonia smells like urine, and thus these products can encourage increased use of a specific spot as a bathroom.
- Remember to take your dog out to potty a short time after eating. Most dogs will need to eliminate a short time after meals.
- Leave soothing music or a TV on for your dog while he is in the crate during the day.
- Don't leave your dog in the crate for more than a few hours at a time (unless overnight). You can gradually build the number of hours your dog can stay in the crate to 6 hours maximum (on the rare occasion when absolutely unavoidable), but this process occurs at a rate of one hour per month
 - A 2 month old puppy must have a break after 2 hours.
 - A 6 month old should be able to go 6 hours, but this is not hard and fast. You know your dog - watch for signs of distress and do your best to relieve his problem before he makes a mistake. Remember - sometimes you have those days, too, when you have to go much more often than usual. He's an animal, and things may change for a living thing every day. Be willing to accept some variations.
- Make sure there are no sharp edges or wire ends that can hurt the dog. Some dogs with protuberant eyes, such as Pekingese, have been known to hurt their eyes on sharp crate edges.
- If you must leave your dog in the crate for more than 5 hours, it is highly recommended that you hire somebody to come walk them, and don't do this on a regular basis.

Your New Puppy

Destructive Chewing

Chewing is a perfectly normal behavior for dogs. Dogs love to chew on bones and sticks and just about anything else available. They chew for fun, they chew for stimulation and exercise, and they chew to relieve anxiety.

But that's not it on the list of destructive behaviors. Dogs also steal things off the counters and tabletops, and they raid the trash. Most dogs prefer human food to dog food and, if given the opportunity, will help themselves. While these behaviors are normal, dogs can, of course, be taught to control themselves. Understand that your dog needs to be taught not to chew your things or steal your food—he's not born knowing that he shouldn't.

What to do:

- Provide the dog with plenty of his own toys and chew bones; introduce something new every day or two.
- Give the dog a "single serving" chew bone once or twice a day—something he will finish in one chew session (i.e., Greenie, Dentabone, etc.)
- Identify the times of the day when your dog is likely to chew, and give him a stuffed Kong, Goodie Ship, or Buster Cube at this time. You can include some of his daily ration of food in the toy.
- Discourage chewing inappropriate items with chewing deterrents, such as Bitter Apple or Chew Guard*
- Always supervise your dog. If you see him licking or chewing an item he shouldn't, say "uh uh," remove the item from his mouth and insert something that he can chew. Be sure to praise him.
- Booby-trap the counters and tables to discourage the dog from jumping up. You can try double-sided sticky tape, cookie sheets placed precariously so they fall down if the dog touches them and a pyramid of empty soda cans all tied together and placed so that they fall if the dog touches them (you can tie to a small tidbit of food to this contraption). You can also place "baits" to be stolen: food adulterated with bad-tasting substances, such as Tabasco or Bitter Apple.

What NOT to do:

- Do not show the dog the damage and spank, scold, or punish him after the fact.
- Do not crate the dog for lengthy periods of time to prevent destructive chewing.

* Using taste deterrents: When you first use the deterrent, apply a small amount to a piece of tissue or cotton wool. Place it directly into the dog's mouth, allow him to taste it and then spit it out. The dog has learned the link between the taste and the odor of the substance and will be more likely to avoid chewing items that smell like the substance. Re-apply the deterrent to the off-limits objects every day for 2-4 weeks.

Your New Puppy

Bite Inhibition

Puppies must learn to use teeth properly as part of behavior development. By helping puppies learn bite inhibition early on, you can help avoid bite incidents involving other dogs as well as people. Puppies normally learn bite inhibition by 4 ½ months of age. You should try to teach dogs bite inhibition by age three months and reinforce it throughout their lives.

Bite inhibition is a learned response in which the dog consciously inhibits the full force of his biting ability. Most dogs display bite inhibition when they are playing together, and even when engaging in a fight with another dog. If a dog does not have bite inhibition, he could injure and possibly even kill another dog.

Puppies who are properly socialized learn bite inhibition while nursing and playing. When pups bite while nursing, the mother dog will train them by standing up and walking away. When pups bite too hard during play with siblings, the bitten pup will yelp and stop playing with the rough pup. Or the bitten sibling might leap up and knock the roughhousing pup over with a loud bark or growl. This teaches a puppy that playtime ends if he bites too hard.

This is one reason puppies should go to puppy kindergarten or socialization class, where they can play and mouth while carefully supervised. They will learn that while gentle bites might be tolerated, hard bites will stop the play session.

People can use the same idea to teach their puppies bite inhibition.

- Sit down with the pup to play, bringing his attention to your hands. When the pup tries to bite your hand too hard, yelp or say 'Oww' firmly and stop interaction. In addition to stopping interaction, some canine specialists advise to pull your hands back and freeze, and to avert your eyes or look to the side, away from the pup.
- Do not make your response sound like wincing or whining, or the pup may think it is part of the game. The pup needs to learn that fun stops when he bites.
- Give the pup a toy to chomp on instead of your hands or clothing. If he does not take the toy and instead nips again, stop interacting. Turn away, cross your arms, do not look back...you can even walk away.
- After time has passed, face your pup again and offer your hand. If he tries to bite, repeat the process.
- When your pup is gentle, pet and praise him calmly and resume play.
- If he bites again, say "Oww" as you did previously, and give him a 10-minute time-out. Leave the room, or better yet, place your pup in a time-out area. This area can be a separate room with no people or animal occupants, or in his crate. But avoid making this action seem like punishment -- you do not want the pup to learn to fear the crate or associate it with punishment. Time out is not the same as punishment. It is a suspension of playtime and fun.
- As you practice, the pup will use less and less pressure as he comes in contact with your hand.

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Bite Inhibition (cont.)

- Keep in mind that the first goal is to teach the dog to actively inhibit the force of his bite, and THEN reduce the frequency. If you never let the pup put his jaws on you at all, when it does happen (say, an accident during which the dog's paw gets stepped on), the dog will probably react with an over-strong bite.
- Do not tap or smack the dog's nose as punishment for nipping -- instead of discouraging nipping, this tends to trigger instinctive biting in self-defense.
- Do not tease a pup or dog by flashing hands around his face or tapping his face. This can scare or startle the dog and trigger biting behavior, whether in play or self-defense.
- However, as the bite inhibition training progresses, you can gradually begin to incorporate some sudden movements into your play with the dog so he learns to be less spooked by human movement. If a dog is afraid of objects, you can help desensitize him by slowly incorporating hand-held objects into play.
- Daily grooming helps a dog get used to human touch. Teach your pup early on to allow you to touch his face and open his mouth. This will prepare him for activities like vet exams and tooth brushing. Start by gently raise the dog's lip and praise. You can also give a treat. Gradually lift the rest of his lip and examine the inside of his month.

Bite inhibition can be taught to a dog later in life, but it is more difficult and time-consuming. You will want to be prepared to avoid and control problems that may arise.

Your New Puppy

Surviving Canine Adolescence

From the age of 6 to 18 months, your dog undergoes adolescence — that gawky stage between puppy-hood and adulthood. Physically, your dog has his adult teeth, but he still needs to chew on hard toys. That cottony puppy coat is falling out during one tremendous shedding cycle, allowing the adult coat to grow in. He has almost reached his adult height, but for now is all loose elbows and gangly movement.

And what movement! During adolescence, the domestic canine resembles a perpetual-motion machine that requires superhuman stamina to wear out. It's a good idea to find your pup a friendly pack of other canine adolescents to run with in the safety of an urban dog run or suburban fenced-in yard. If your dog lacks canine friends, send him or her out with your resident human teen to fetch a Frisbee or go jogging.

Tiring out your canine teen will also save wear and tear on your home. Chewing often results when a bored, anxious, or curious dog is allowed the run of the house. For the canine adolescent, boredom and curiosity can lead to major household damage via chewing, digging, and general reorganization. This damage could largely be avoided if caretakers would simply continue to confine their dog in a training crate or dog-proof room whenever no one is around to monitor canine investigations.

Canine teens are not yet capable of the consistency it takes to earn the run of the place unsupervised. An adolescent, even a neutered one, will experience occasional lapses in attention. At times he may look at you as though you had just addressed him in Mandarin, trying to convince you that you never taught him the sit command. Handle these lapses the same way you would with an untrained dog. Take a step or two backward in your training program and patiently re-teach him the command by luring him into the requested position. Be sure to make it worth his while with the use of positive reinforcement. Keep his focus on you, using favorite toys and treats as lures. And keep your training sessions short and functional, always ending with a game or playtime. If you take away the fun, he or she will show even less interest.

Patience and consistency are key to managing and training adolescent dogs. They really will grow up and grow into their brains sooner or later. Before you know it, this will pass, and you'll wonder where all the golden years went when that teenager is a senior dog, and look forward to seeing him suddenly feeling chipper again in spring. Hang in there!

In order to get through your dog's adolescence, remember to provide plenty of exercise, continue to crate/confine when he or she is unattended, and keep your training sessions fun. And by all means, hang on to your sense of humor. Although your pup may try your patience, take heart — adolescence is one thing your dog is guaranteed to outgrow!

What happens when you feel like you just can't take it anymore? There is help out there! Please call our Dog Behavior office at 602-273-6852 ext. 124.