

kindred CANINE

FUN
GAMES
BASED
DOG
TRAINING

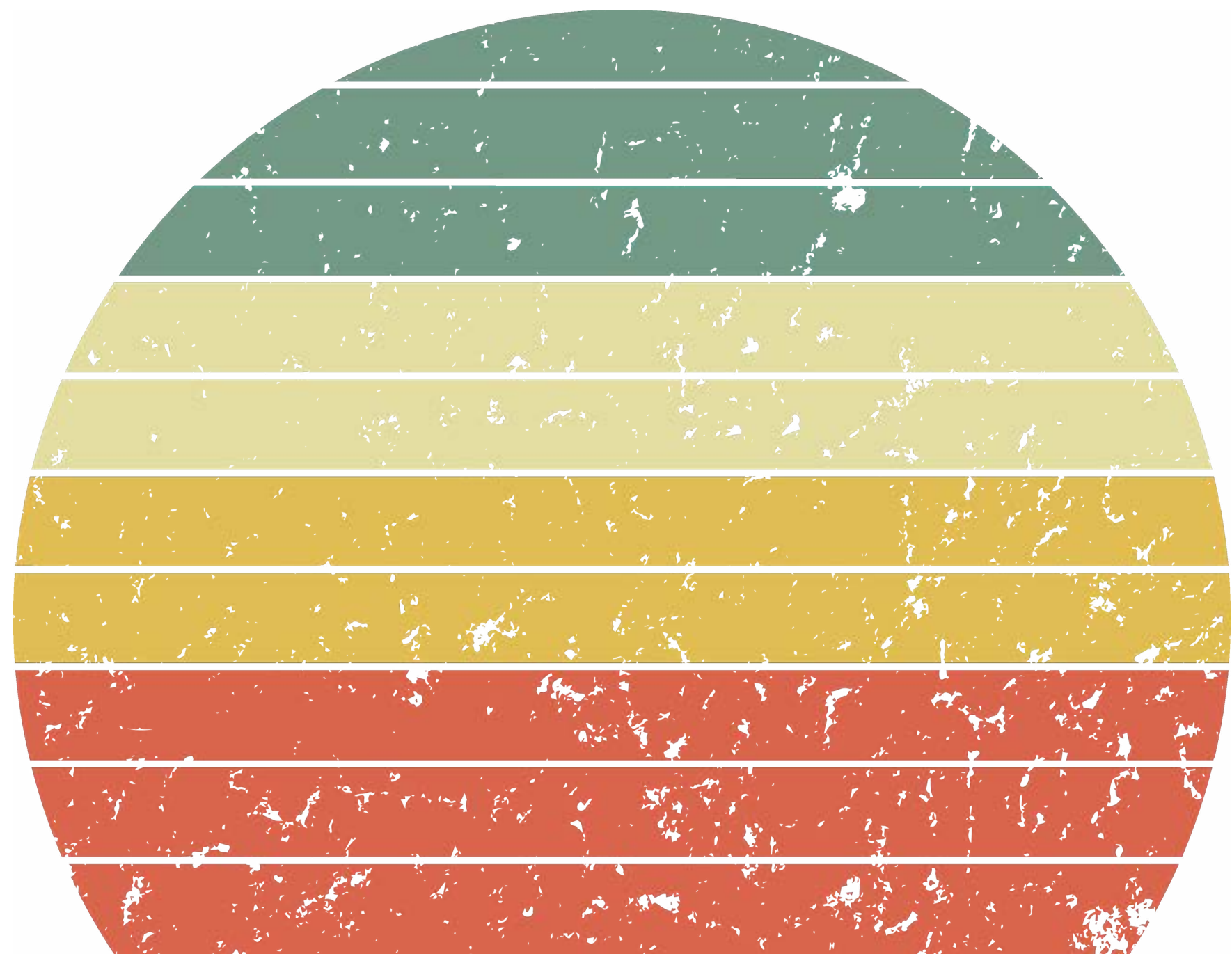
surviving PUPPYHOOD



BONUS

Why is my puppy biting me?
Barking Solutions
Socialization

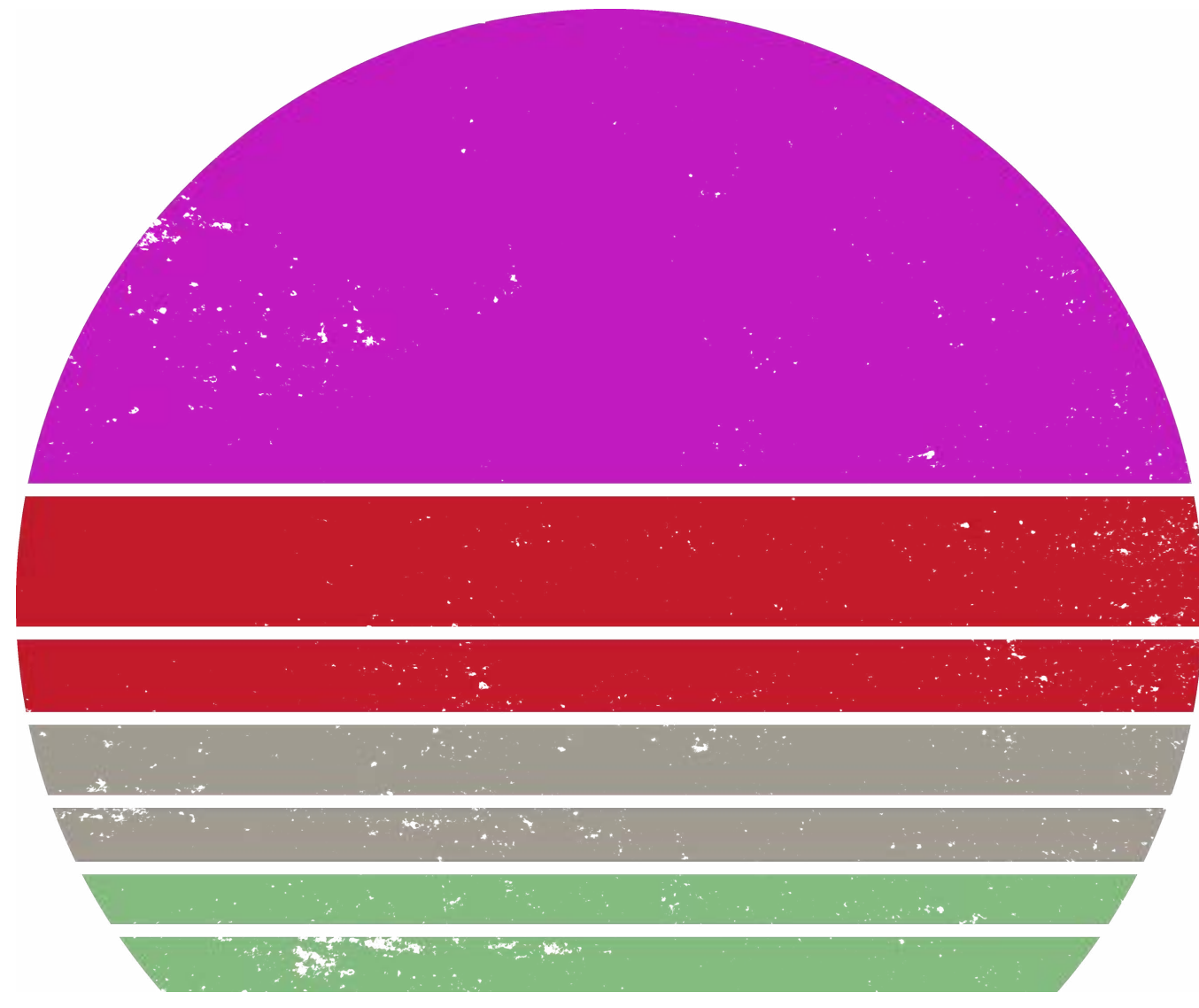
Jessica Beck, Pro Dog Trainer



Welcome!

You did it! You got a puppy. Whether this is your first or of many, you will find new information in your *Surviving Puppyhood* handbook. I was fortunate to grow up in an environment where my life was filled with puppies; my Mother is a renowned dog expert and I'm a certified professional dog trainer, and together we've 'talked dogs' my entire life. One could say I've been in dog school for a very long time! There is a lot to learn about having a puppy, and even more so with the advancements in science-based methods that are not only effective, they're fun, positive, and sure to gain you a special friend for life. Oh, the adventures you're going to have!

Jessica



CONTENTS

calmness

management

mental

physical

emotional

nutrition

toilet training

biting

socializing

barking

body language

planners

teach what you do want

Calmness is Learned

Calmness is vital for raising a well-balanced puppy who can quickly move out of fear or excitement. Your new role is to teach your puppy how to settle, which results in a dog being less likely to be reactive, barking and lunging at things that worry them, or over-react with excitement which can be just as much an anxious struggle.

stress bucket

GOOD & BAD EVENTS PAY INTO YOUR PUPPY'S BUCKET

This bucket gets filled up with all life (tv sounds, children running and making sounds, loud construction sounds, the neighbor's dogs barking, playing, and more) that impact their bucket can be really important.), perceived as good and bad. The fuller the bucket, stress overflows and we will see behaviors like excessive sniffing, growling, biting, hyperactive, barking, fearful, or shutting down and withdrawn.

Just being aware that you influence these factors can change the way you approach your training.



bucket contributors

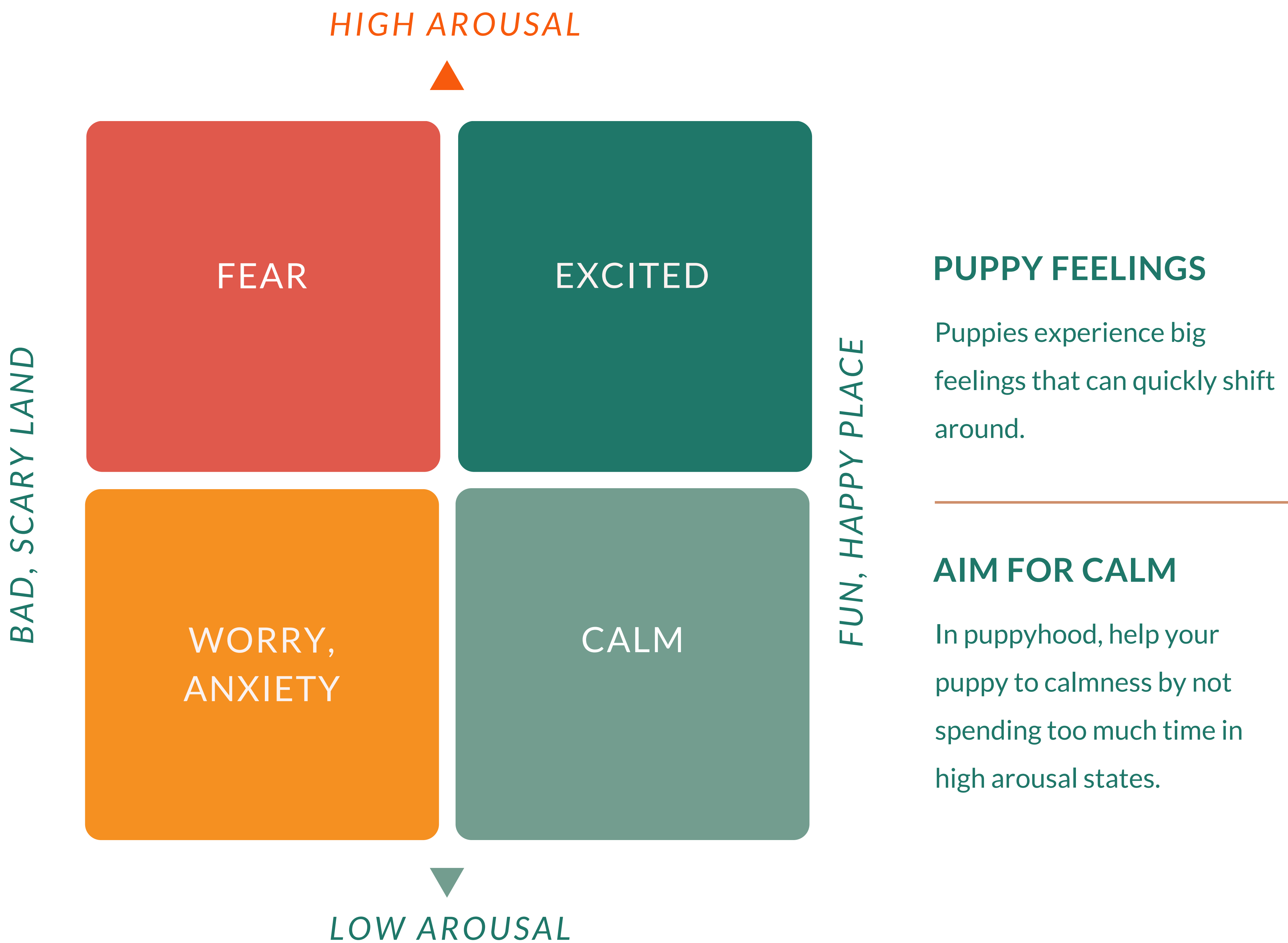
KNOWING YOUR PUPPUY'S BUCKET CAN CHANGE EVERYTHING

Other dogs in the house • Cat in the house • Going for walks • Going to puppy class
• Hearing sounds outside of the house • Daily household chaos • Exciting, fast games that encourage excitement UP! • Keys jingling to indicate you're leaving or a car ride!

QUADRANT OF EMOTIONS

LET'S GET GEEKY

calmness



This is a great graph to come back to any time you are wondering or doubting if something is good for your puppy, or why your puppy is doing a certain behavior. When in doubt, return to calm. We can never go wrong with calm. Excited is OK, however, you see how close it is to fear? Many puppies and adult dogs struggle with not being able to manage their high/low arousal shifts, meaning they don't easily come down from fear or excitement. Help your puppy with calm and you will prevent so many future struggles. Behaviors like barking, pulling on the lead, lunging, growling, resource guarding, separation, etc. come from all of these emotions but calmness. Aim for calm in your puppy's life!

Calm Conquers All

TRAIN FOR WHAT YOU WANT

calmness

The most vital skill we can help our puppy with is calmness. For many puppies, this doesn't come naturally and we can do a lot to give them the emotional tools to default to calm as adult dogs. We start with the calmness triad where essentially your dog is "employed" to do passive activities and rest, and you are rewarding "nothing". The following 'activities' help empty your puppy's bucket.

PASSIVE ACTIVITIES

By the nature of doing these activities, they are behaving appropriately, and the activity itself encourages calm.

- Long-lasting chew
- Filled Kong
- Calm Mat
- Scatter feeding
- Scenting/Sniffing
- And more!

Work on employing your puppy with a passive activity multiple times a day.

adapted from Absolute Dogs

REST

It's important in your puppy's life where choices are simplified and only a singular choice (rest, calm) is available. This is a priority!!

A quiet, safe space just for puppy: a crate in a quiet area, gated area, or quiet room.

REWARD NOTHING

Don't forget to reward what you do want! This looks like quietly slipping a piece of daily food whenever you see:

- Stillness
- Deep breathing
- Real calm with chin resting on the bed



CALM TRACKER

CALMNESS TRIAD

Did you know that puppies should be getting approximately 17-20 hours of sleep a day?

Rest / Alone Time

Crates / Pens / Rooms / Experienced dogs on raised beds. 1-2 hours at a time.

Passive Activity

Scatter Feeding, Meaty Bones, Filled Kongs, Treat Balls, Filled Tracheas, Dehydrated Treats, Scenting, Puzzle Feeders

Reward Nothing

Feed whenever calm, time feeding with external distractions and if you want to not train at any time pop them in a crate or give them a passive calming activity. Don't get frustrated.

secret to success and sleep...

Gated Community

crates, pens, baby gates

RESTRICT REHEARSAL OF PROBLEM BEHAVIOR

- helpful in a multi-dog household to keep the peace and calm.
- prevents jumping on guests and counter surfing.
- keeps puppy safe. PRO TIP: use a puppy line when in the house to quickly intervene an unwanted behavior!

keep the world small

SMALL IS BETTER, FOR LONGER

- don't rush to open up the world.
- supports toilet training.
- keeps puppy successful, yay!

TOO MANY CHOICES



SUCCESS!

alone time

I'M CUTE, BUT I NEEDED MY SLEEP

- aim for 17-20 hours of sleep (lots of it uninterrupted).
- rest is vital for growth, learning, and calmness
- many (most) struggles can be linked to an over-tired/stimulated puppy.

JOIN THE KINDRED PUPPY E-COURSE

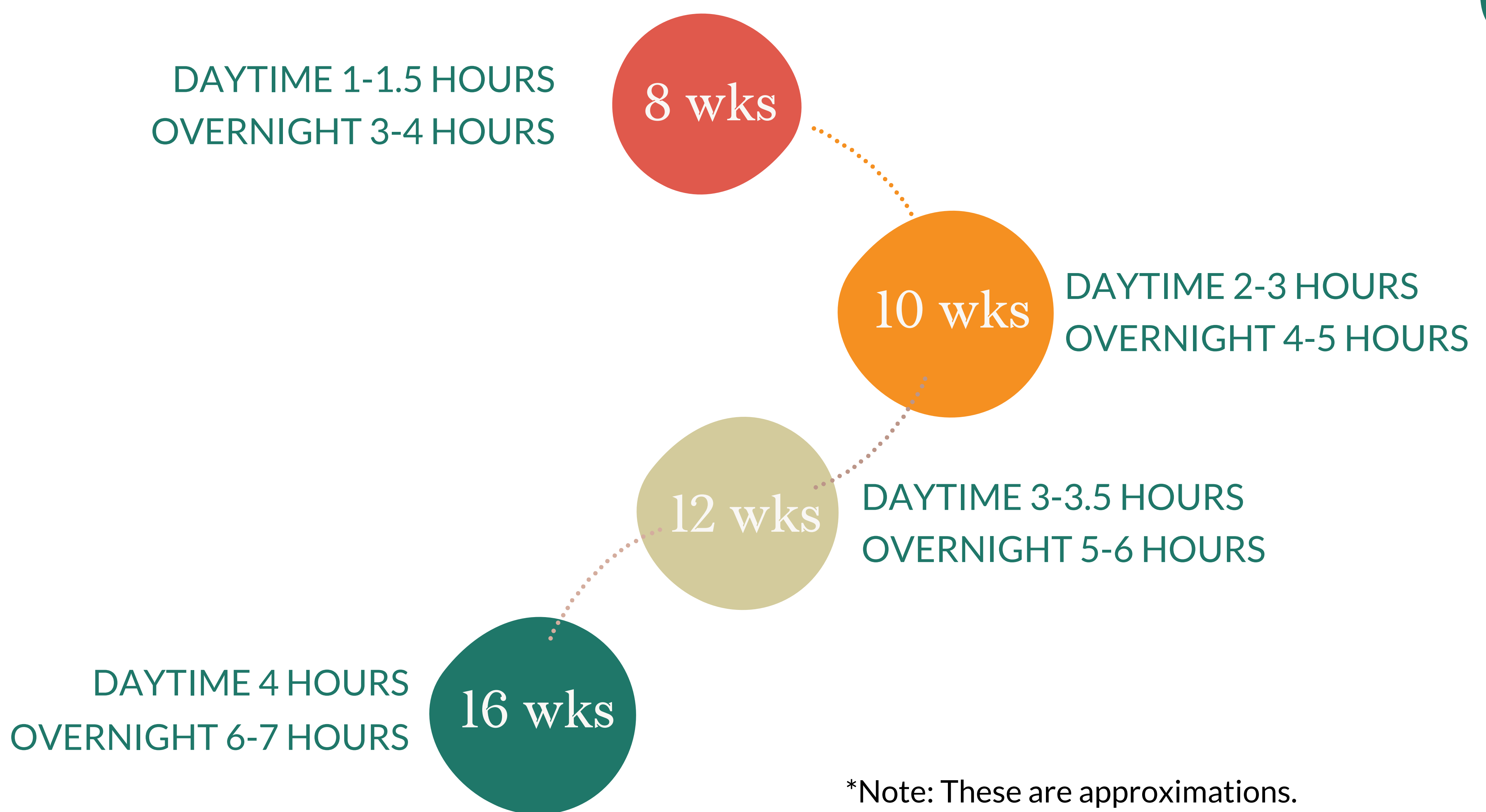
Jessica will walk you through the success strategies of raising a calm, cool, and collected puppy with expert guidance and bonus pro tips!

JOIN COURSE

TOILET TRAINING

HOW LONG CAN YOUR PUPPY HOLD IT?

adapted from Absolute Dogs



NEVER PUNISH FOR ACCIDENTS

Management is really key when it comes to toilet training. If your puppy has an accident, simply remove your puppy from the area. Do not yell or scold. This is very confusing for your puppy who doesn't understand. Be calm, cool, and collected. Set up clear areas for your puppy, and ensure you offer frequent toilet opportunities. Using pee pads for accidents is also helpful for the baby puppies.

Don't wait for puppy, offer.

- After a meal • After play • After sleep
- After an exciting (like visitors) or scary event
- Overly distracted and sniffing the ground • Diet change can increase the toilet needs • Going towards most recent exit for toileting • Drank water in the hour • Fun games training

Don't scold or correct accidents. Have better management.

TOILET TRACKER

YOUR PUPPY'S TOILETING JOURNAL

AM

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

NOTES: _____

IMPORTANT NOTE: If your puppy is peeing frequently with any discomfort, strain, or seems to be regressing in their toileting training, seek help from your vet to rule out UTI or another underlying medical condition.

AFTERNOON

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

NOTES: _____

PRO TIPS

A puppy will likely need to toilet:

- After a meal
- After play
- After sleep
- After an exciting (like visitors) or scary event
 - Fun games training
 - Drank water during the hour
- Diet change can increase the toilet needs

How To Know Your Puppy Needs To Go:

- Overly distracted and sniffing the ground
- Going towards the most recent exit for toileting
 - More bitey or hyperactive

REMEMBER!!!

Don't scold or correct accidents. Have better management.

EVENING / OVERNIGHT

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

NOTES: _____

contrafreeloading Mental Wellness

mental enrichment

GAMES! BUILDING BLOCKS FOR YOUR PUPPY'S BRAIN

- puppies enjoy interacting with their food instead of it just sitting there.
- food play can be more exhausting than physical exercise!
- preferable is chasing and sniffing for food.

dogs are contrafreeloaders meaning they enjoy interacting with their food!

food games adapted from Absolute Dogs

DOGS ENJOY INTERACTING WITH THEIR FOOD, SO DITCH THE BOWL!

Playing Games • Snuffle Mats • Calm Mat • Stuffed Kongs • Scatter Feeding • Frozen Snacks • Interactive Puzzle Toys • Stuffed Frozen Beef Trachea • Scent Work • Balance Paths (Obstacle Courses) • Hide and Seek

foodie puppy adapted from Absolute Dogs

FOOD DIVERSITY + PROBIOTICS KEEPS A HEALTHY TUMMY

Apples (no seeds) • Carrots • Honeydew • Pineapple • Bananas • Cauliflower • Lettuces • Pork • Beef • Celery • Mango • Potatoes • Beets • Cheese • Oatmeal • Pineapple • Blackberries • Chicken & Turkey • Oranges (no rind) • Plums • Blueberries • Cottage Cheese • Pasta • Pumpkin • Broccoli • Cucumbers • Peaches (no pits) • Rib Bones (raw) • Brussels Sprouts • Eggs • Peanut Butter (no xylitol) • Salmon

These foods are great for stuffing and spreading. Do your research before adding anything new to your puppy's diet. There are plenty more foods to explore...

big world, little puppy

Physical Wellness

physical

physical enrichment

GAMES, EXERCISE, FITNESS

- before going for a walk, play games for focus and engagement.
- aim to start your walk with a calm(er) puppy.
- don't play games that get your puppy too excited!

walk like a pro

EVERY WALK IS A TRAINING WALK

- instill now the behaviors you want for your adult dog.
- to prevent distracted, pulling on leash walks, practice more at home with focus and disengagement games.
- consider less walks if your puppy is really struggling. Don't worry, they'll get there!

how much exercise?

SATISFACTION DOESN'T MEAN EXHAUSTED

- avoid over-exercising seen by a puppy who collapses and crashes after walking.
- keep walks short and sweet, growing distance and distractions when puppy can focus.
- this could mean 10 meters down the path! Go at your puppy's success rate.
- if walking is a struggle, ditch the walk for a day and even a few days. Play games at home to build up skills you need for the walks.

Games For Exercise

KEEP GAMES SHORT AND SUCCESSFUL

physical



Treat Toss

Bowl or toss a treat away from your puppy's mouth. After they race or walk to get the treat, wait. They will sniff, eat, it and then...look back at you! The objective of the game is that your puppy picks you without you calling them to you. Repeat lots!

Luring

With a treat near their mouth guide your puppy around into a variety of positions, like sit, spin, stand, and down. Great for body awareness and no cues needed! Change the pace as you both build up your luring skills!



Recall -- I Love My name

Grow your puppy's love of their name with this super fun game. Start with treat toss and as soon as they turn to you, call their name! This is a game you don't want to do too much of, so play for just a few repetitions. You can increase the distance of the treat toss the more successful they are.



grow trust & co-operation

Emotional Wellness

relationship bank account

THE MOST POWERFUL TOOL YOU HAVE IS TRUST

- a relationship with your puppy helps them feel safe and certain with you.
- anytime you're struggling with your puppy, assess your relationship bank account. If it's empty, it's time to top it up.
- a great relationship is inspiring and makes you want to do more with your dog.

deposits adapted from Absolute Dogs

EASY WINS HAVE A BIG PAYOUT

Reward your Puppy for Toileting Outside • Reward your Puppy for Calm Behaviour • Reward your Puppy for Walking with You • Reward your Puppy for Resting Calmly on their Bed • Reward your Puppy for Calmness in their Crate • Reward your Puppy for Coming when Called • Reward your Puppy for Chewing on an Appropriate Toy through verbal praise or by tossing a yummy treat their way.

withdrawals adapted from Absolute Dogs

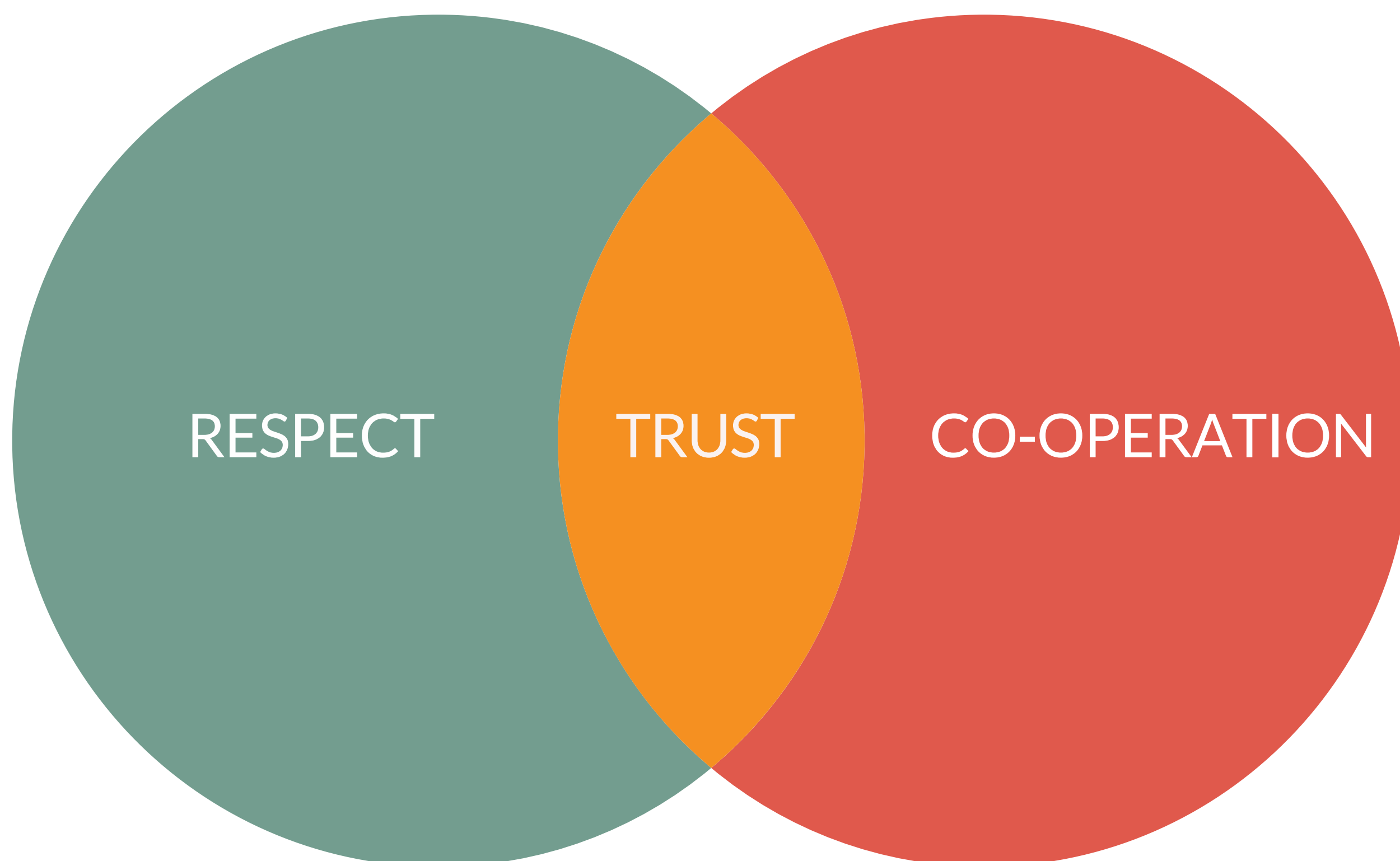
UNNECESSARY ACTIONS ARE RELATIONSHIP DRAINS

Scolding your Puppy for an Accident • Yelling at your puppy for barking • Yanking and tugging on the lead when your puppy unavoidably gets excited by the world around them • Smacking their crate to get them to quiet down • Telling your puppy off when they finally come back after you've called for them in panic for several minutes.

CONNECTION

OVER CORRECTION

emotional



RELATIONSHIP

At the core of your dog-owning journey is building an incredible friendship.

We do this through a mutually beneficial relationship.

Your puppy is an entirely different species than you. And while they may be a budding new best friend, they're experiencing the world significantly differently than you.

By taking time to learn about canine behavior from quality science-based sources, you find a fascinating friend under that fur. But, they are a dog, motivated at times by very different things than us, and seeing the world as bigger, scarier, and strange. Dogs are amoral which means they don't assess what's "good and bad" like us, so they aren't spiteful or plotting. One thing that is really helpful is to appreciate your dog is one of five emotions, and varying shades of these: fearful, worried, anxious, frustrated, excited, calm.

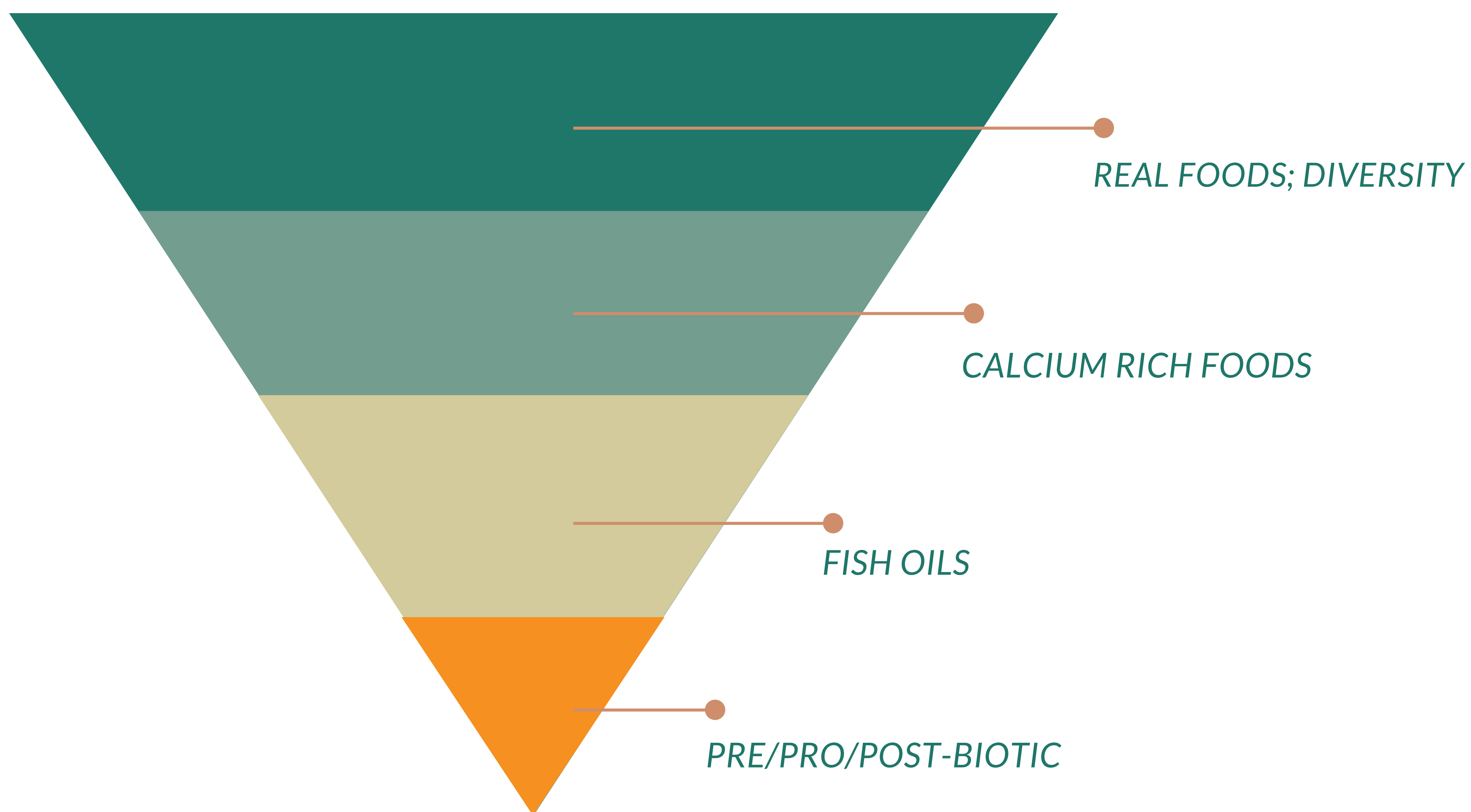
WHAT TO DO INSTEAD OF CORRECTIONS

Most of your puppy's naughty behavior is completely natural. First, manage their environment so they can't get into mischief. Build up an Attention Noise, "pup-pup" by initially pairing this word with yummy food and a smiley face. Once established, use your attention noise to redirect your puppy to you or away from an undesired activity.

NUTRITION

GUT HEALTH IS VITAL FOR CALM

nutrition



A puppy struggling with an upset tummy or parasites will have significant difficulties choosing calm over frustration. Look for high-quality supplements to add to your puppy's food as soon as they come home. . It's important in the early weeks to introduce different foods (see the mental enrichment section of this resource) to provide them with a diverse and varied diet. It isn't uncommon during this process for a little bit of tummy upset to occur.

DITCH THE BOWL

Play games with your puppy's food! This is when you take your puppy's daily food rations, and you use the food to reward your puppy for great choices. This food can also be used for passive activities. Ditching the bowl is easy to do! Get creative, have fun and your dog will love you for it! There's gold in that bowl, so don't just toss it in there and walk away!



PUPPY STAGES

What to expect during the first four months of your puppy's development.

8-12 weeks. Your puppy will sleep nearly all the time and will seem pretty easy. But, in just a couple weeks he will start to turn on a lot more and suddenly the world is that much more interesting! At this time, your puppy's brain is being shaped and reshaped (how cool is that?!).

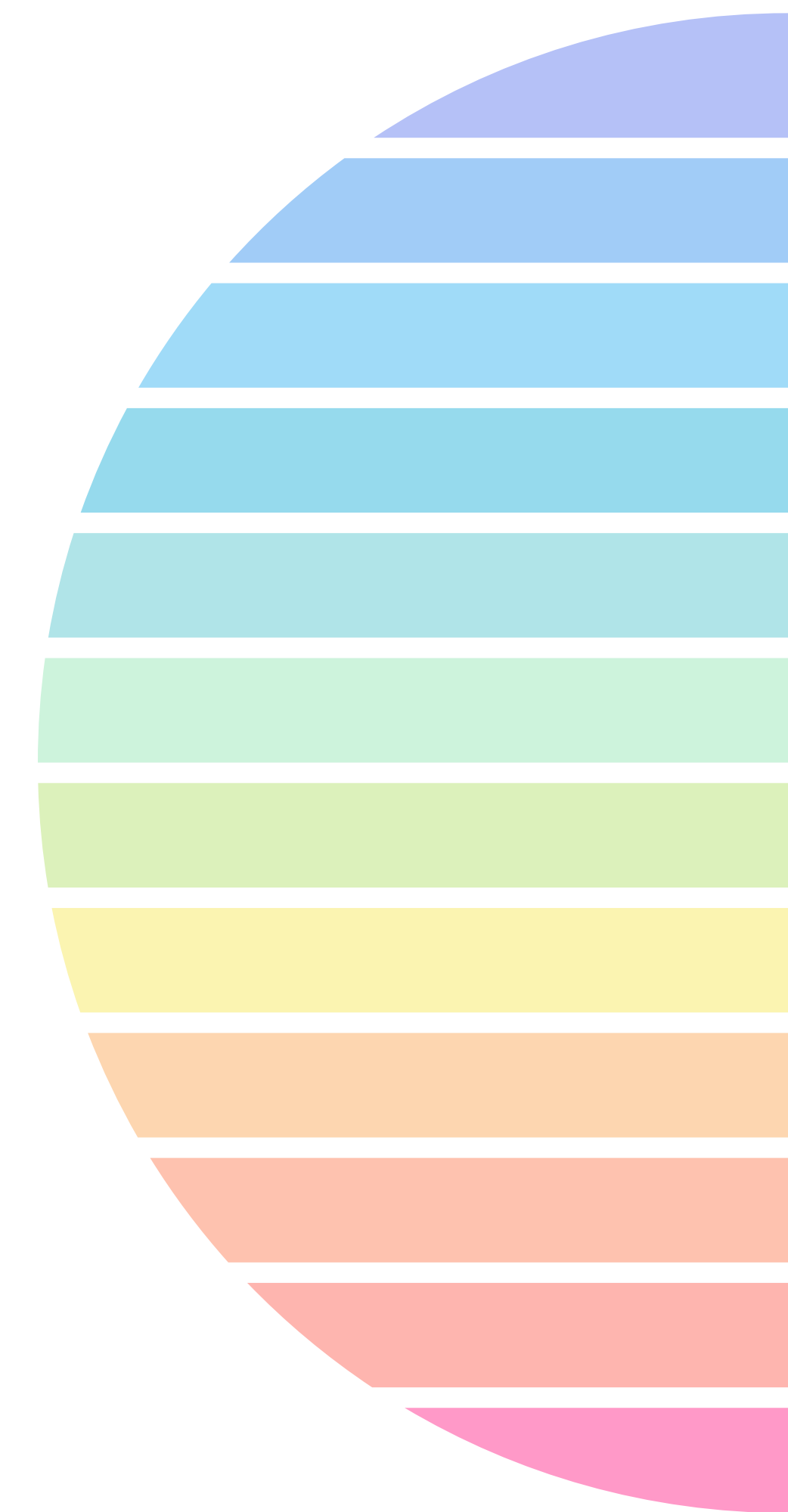
12-16 weeks. Now you're really going to meet your 'new' puppy who is biting more, busier, and less likely to settle on his own because teething is occurring. Your puppy may also start to wonder off more now that the world is interesting.

16 weeks and beyond. Some puppies will really fill up their buckets quickly during this phase and quickly feel overwhelmed; which looks like being more worried about novelty and events. Keep your puppy in low distraction environments working on confidence and optimism, along with lots of rest.

NOTES :

Puppy Planner

adapted from Absolute Dogs



SCHEDULE

SLEEP (NIGHT TIME) (4-6 HOURS, gradually increase as your puppy matures)

TOILETING OPPORTUNITY (5-10 MINUTES)

PHYSICAL ENRICHMENT/EXERCISE – PLAYING GAMES (20 MINUTES)

TOILETING OPPORTUNITY (5-10 MINUTES)

PHYSICAL ENRICHMENT/EXERCISE – PLAYING GAMES (20 MINUTES)

MENTAL ENRICHMENT OPPORTUNITY WITH OPPORTUNITY FOR REST/ SLEEP IN A QUIET SPACE (2 HOURS)

TOILETING OPPORTUNITY (5-10 MINUTES)

PHYSICAL ENRICHMENT/EXERCISE – PLAYING GAMES (20 MINUTES)

TOILETING OPPORTUNITY (5-10 MINUTES)

MENTAL ENRICHMENT OPPORTUNITY WITH OPPORTUNITY FOR REST/ SLEEP IN A QUIET SPACE (2 HOURS)

Repeat until Bedtime (about 9pm, last toileting 11pm)

OUTINGS

quick car ride, no visits, just the ride

stroll around the yard

vet visit

WEEKS GOAL :

play 10 foundation games

brush hair

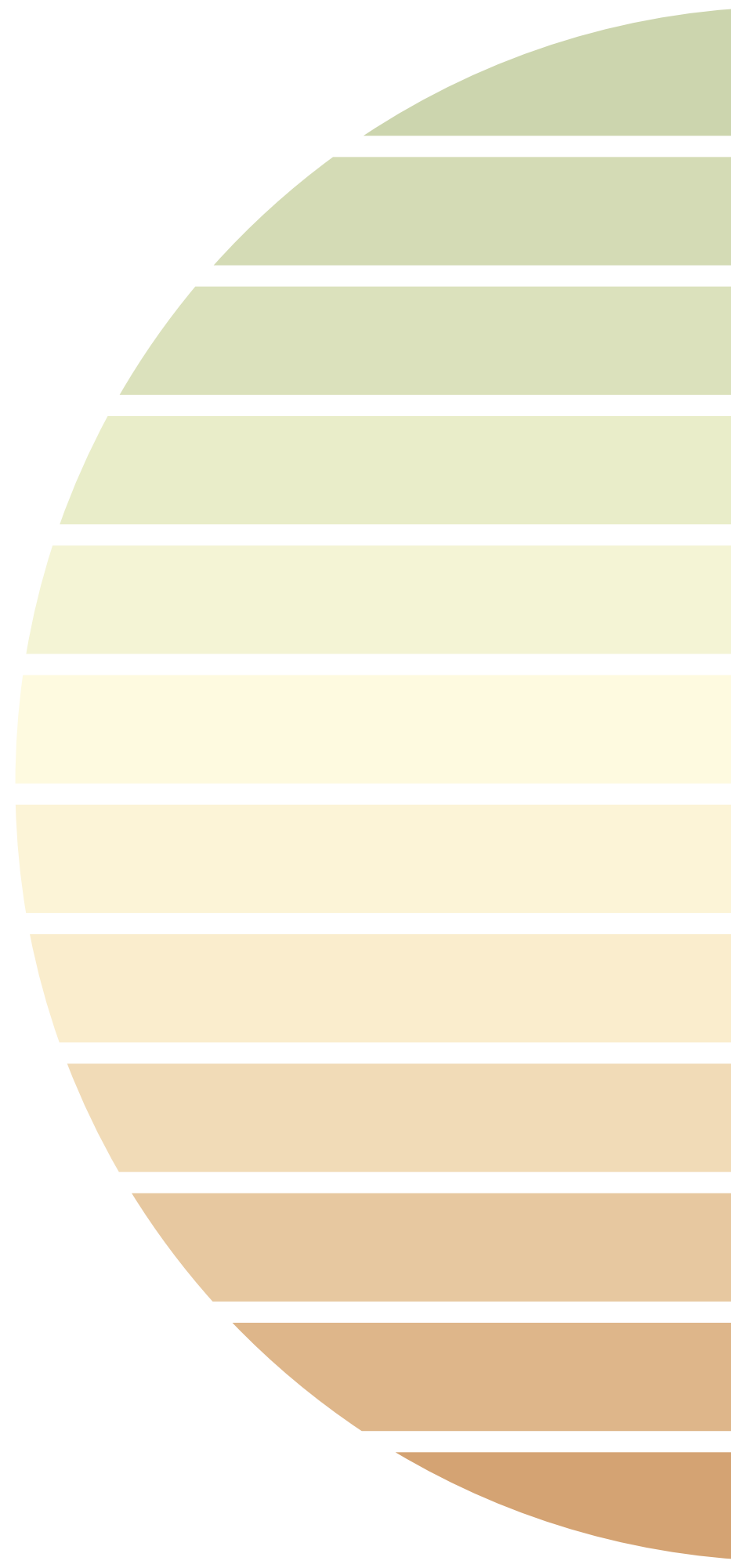
toenails

NOTES

Date: _____ | Month: _____

Note: _____

Puppy Tracker



- vet visit
- meet new friends
- play date
- chiro
- accupuncture
- physio
- puppy class
- meet with dog trainer
- groomer

MONTHLY GOALS & IMPORTANT DATES

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Puppy *and* Meeting People

DO'S

DON'T'S

Less is more when it comes to meeting new people. It can be very overwhelming for your puppy.

Bringing puppy to large, overstimulating events with people, other dogs, etc.

Short-duration visits where you gradually help the puppy settle with a passive activity.

Hours of play without encouragement to settle, letting puppy become overstimulated.

The most valuable skill puppy's can learn is people are none of their business, meaning calm interactions.

Meeting every person with high arousal as we will see this as an adult dog who jumps, pulls, etc to meet people.

Our goal is not to meet every person, but rather experience people as a calm event that's not exciting.

Greeted with squealing and excitement where the new person is encouraging high arousal.

Puppy *and* Meeting Dogs

DO'S

Focus on advocating for your puppy to have appropriate interactions by being proactive. Plan for success.

If your puppy is struggling, distance and taking a step back is truly your friend, and the best strategy.

Remember, you're most important in your puppy's life so help them perceive everything else as a non-event (none of their business).

Whether puppy is on leash or not, you will want to be able to quickly help your puppy, so use your attention noise, or keep the leash on.

DONT'S

Let your puppy become overstimulated, overwhelmed and over-excited.

Force close contact interactions putting too much pressure on your puppy to negotiate interactions.

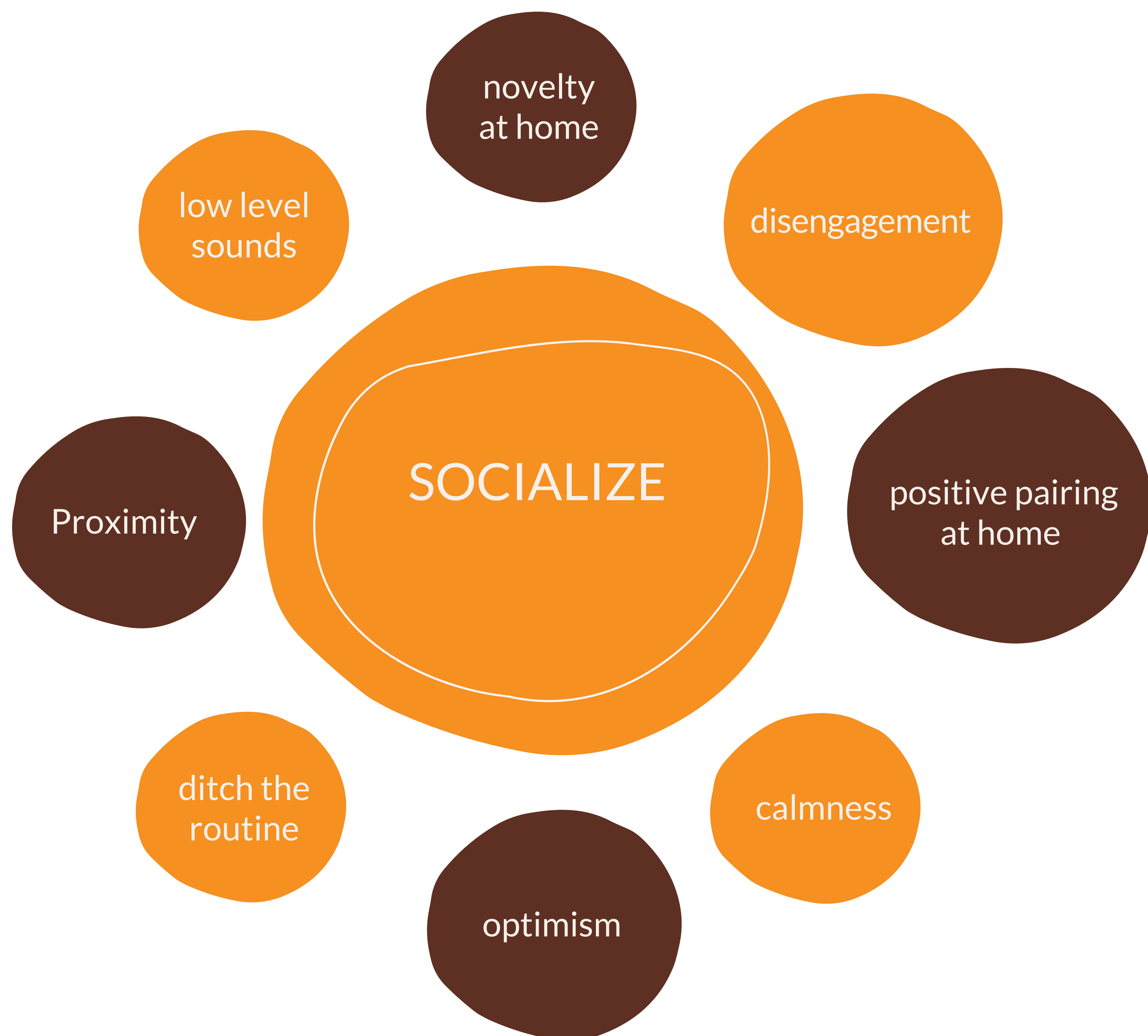
Having your puppy meet every dog for "socializing", which leads to increased chances of pressure and overwhelm.

Restricted greetings with leash tension that grows frustration in your puppy, instead of loose, flowing interactions.

PUPPY MAP

OF SOCIALIZING

socialization



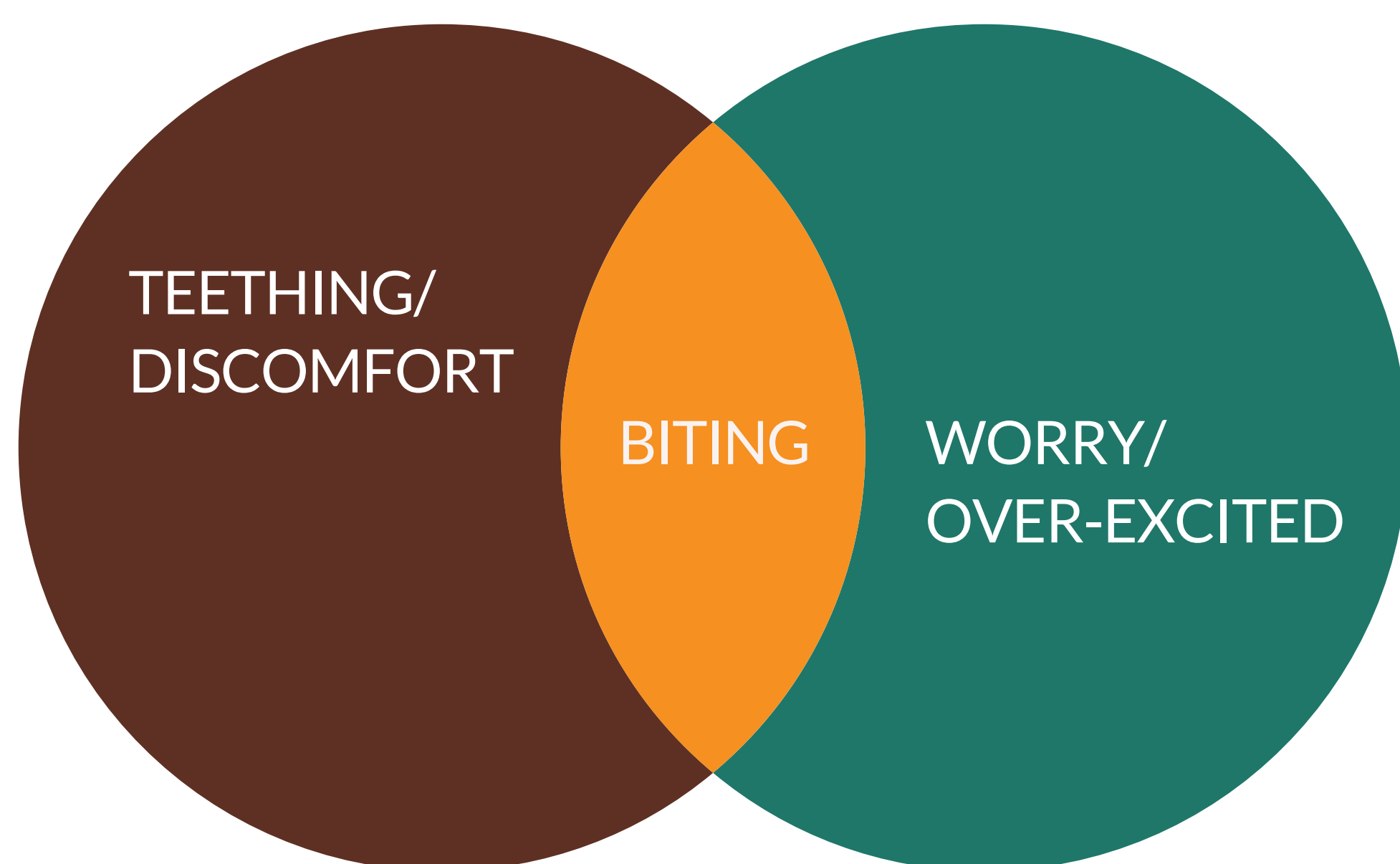
Ditch the list!! One bad experience will far outweigh a hundred good ones. Ditch the "Socialization List" and go for quality rather than quantity. Focus on your puppy learning to like things (optimism, calm) at a distance, where that "thing" can't interfere with your puppy (be a bad experience), ie; other dogs at a distance and puppy is laying beside you while calmly rewarding her settling. Things are happening all the time at home, ie; a van drives by you can positively pair that event with a bit of puppy daily food allowance (vehicles and sounds are safe and none of your business). Look for opportunities at home!

There is no socialization period! Take away the pressure on you and your puppy.

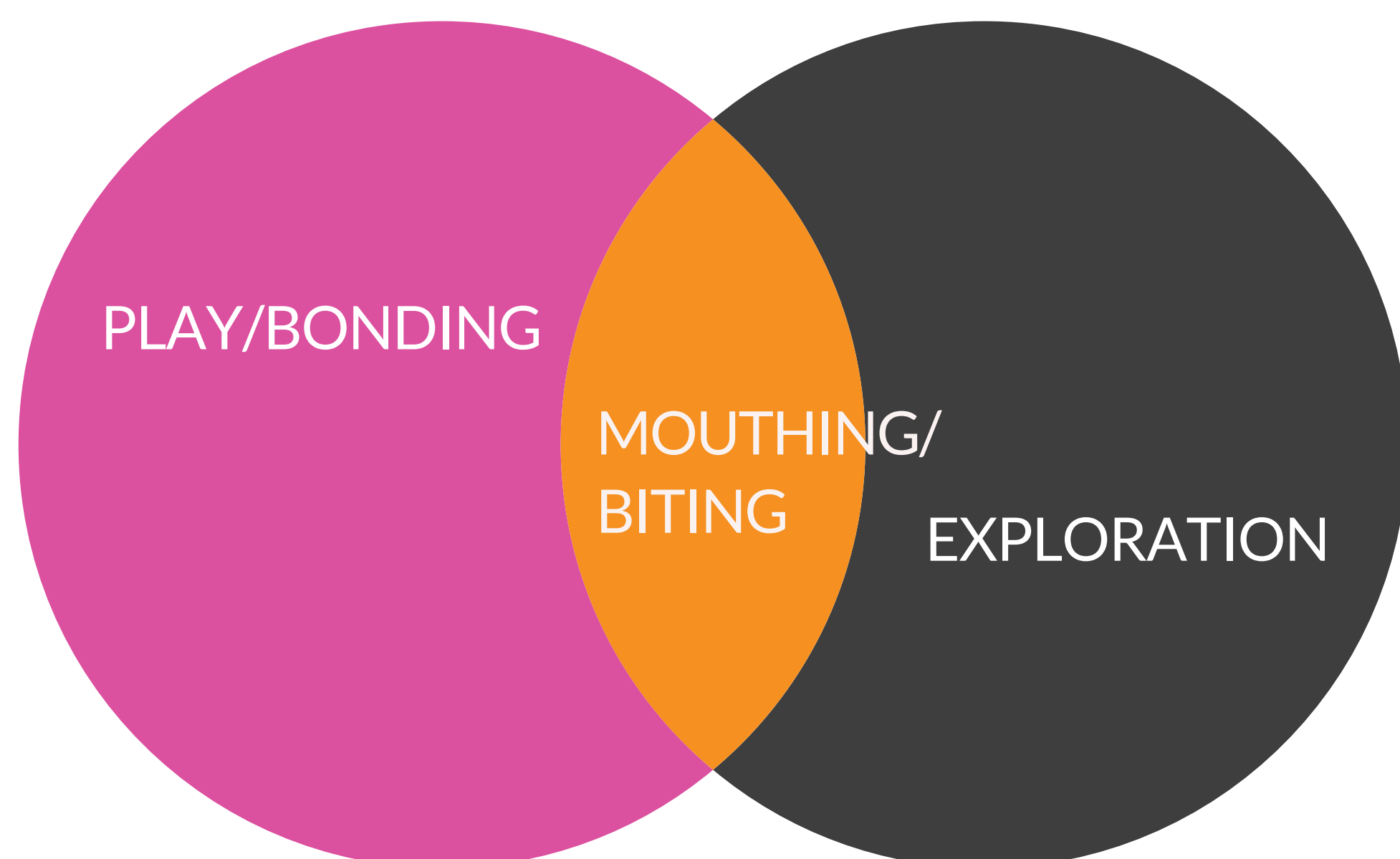
got a little land shark?

Biting Explained

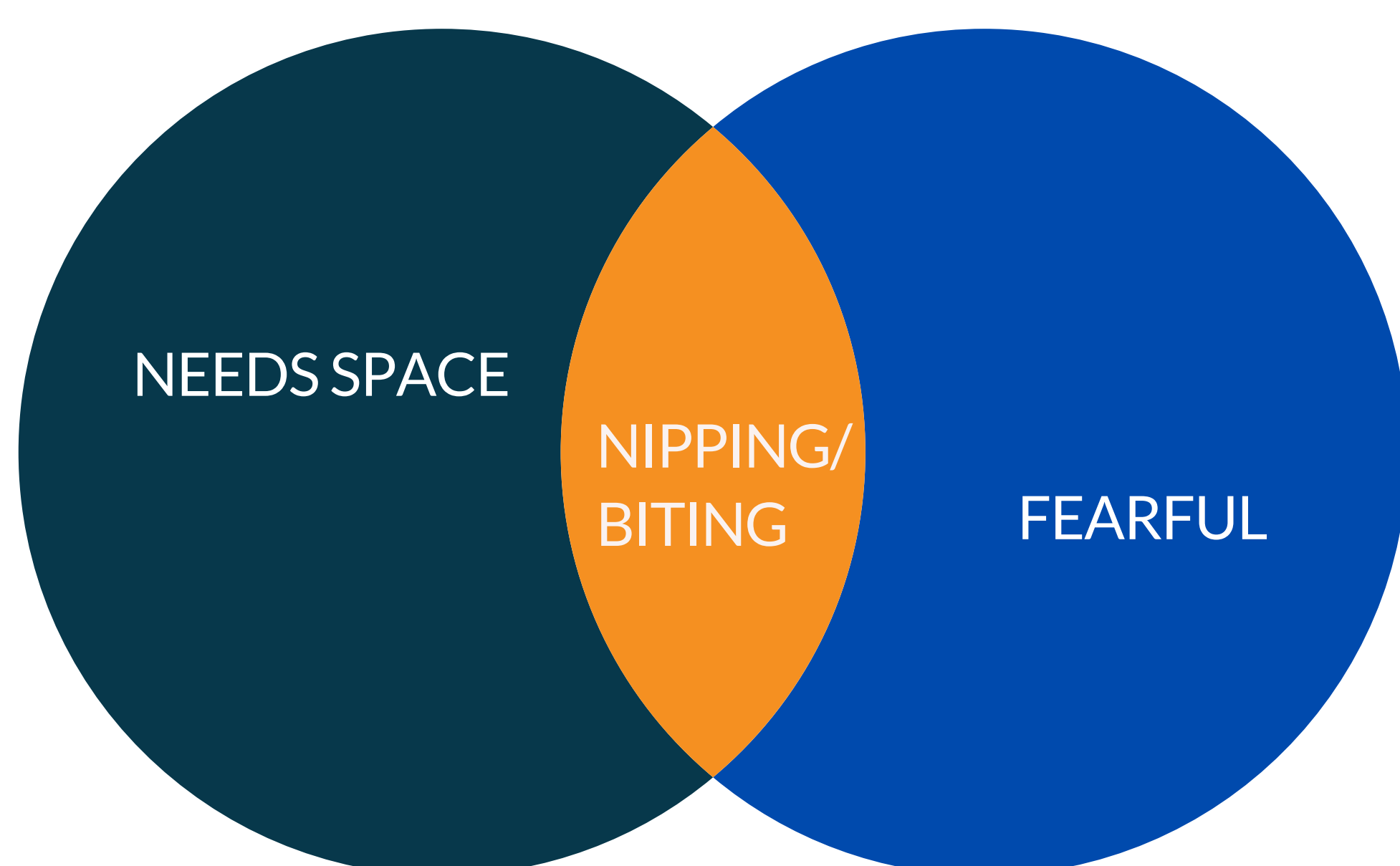
puppy biting



Could be more hyperactive, seems more busy, and destructive. Teething, tummy aches, tired, uncertain, and commonly over-excited from touch, pressure, and play. Never correct a puppy for biting.



Soft explorations of our body with their mouth, loose body, soft, happy face. Content and quiet, easily re-directed, snuggly, and sweet. Ok with touch. Never correct a puppy for biting.



If other communication wasn't picked up on (turning away, stiffening of body, etc.) a puppy may communicate with their mouth, leading to sharper use of biting. Never correct a puppy for biting.

Never correct your puppy for biting. Redirect, restrict access, stop play, but never correct your puppy for biting. Don't bite them back, and don't "yelp" as both of these can cause your puppy to be uncertain and worried. Simply redirect, restrict, and stop touching. Never correct your puppy from biting. BITING IS NORMAL, NATURAL, NEVER CORRECT.

BARKING

SOLUTIONS

Dogs barking is normal and natural, however, it's a language we can learn to understand and translate what the type of bark means. Barking is an emotional response to your puppy's environment. Keep in mind, calm dogs don't excessively bark.

barking

01

EXCITED

02

FRUSTRATED

03

WORRIED/
FEARFUL

01 Excited barking is a high-arousal positive emotion, however, can be stressful.

Grow calmness and arousal up /down for your dog to manage exciting feelings.

02 Frustration could be from not being able access what they want.

Grow frustration tolerance with skills and games to equip your puppy.

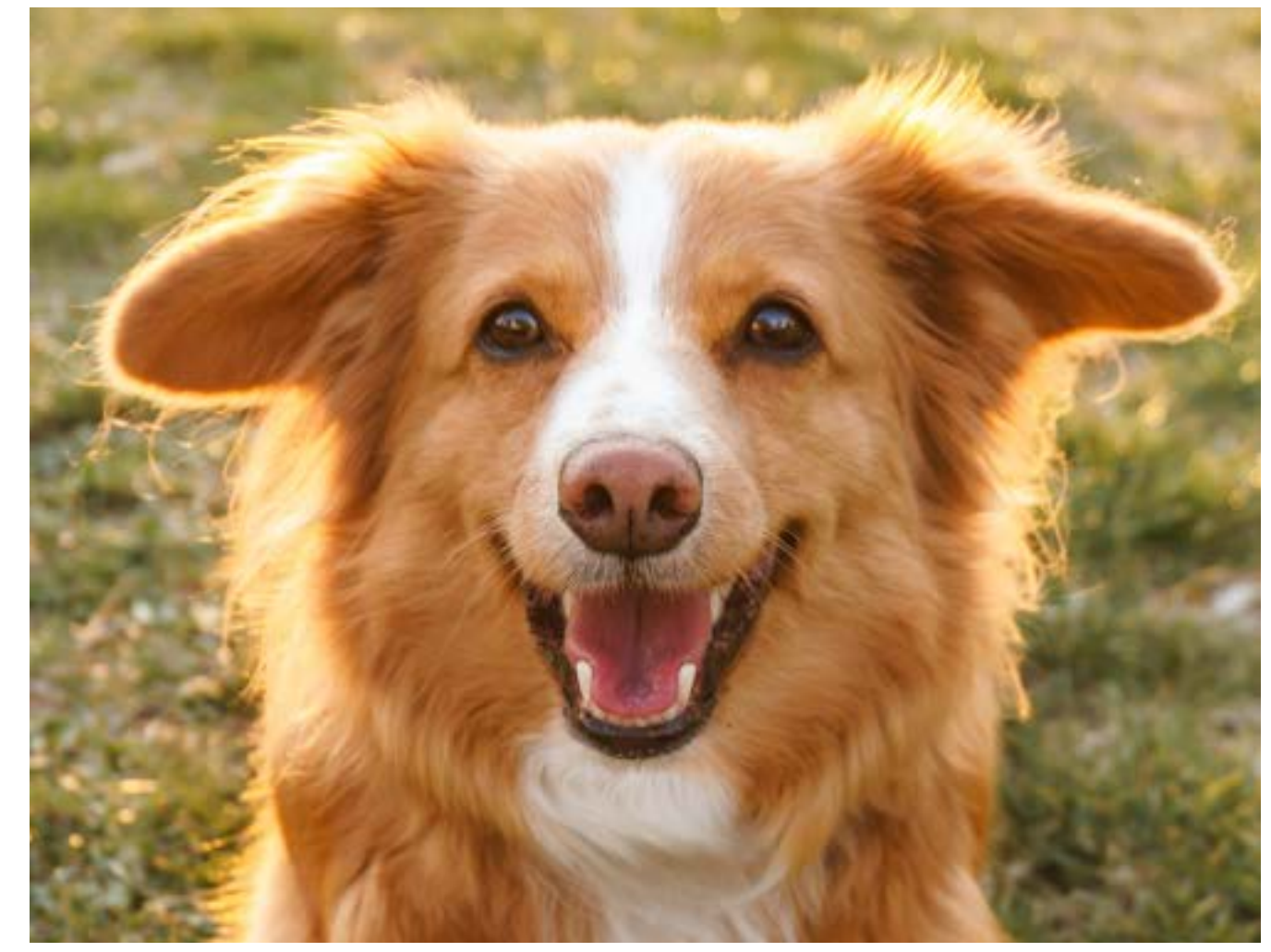
03 This could be the most common, and instead of correcting, we want to help.

Growing optimism and calmness is the most effective way of managing fears.



Relaxed, Neutral Tail

Your puppy may be feeling happy, relaxed.



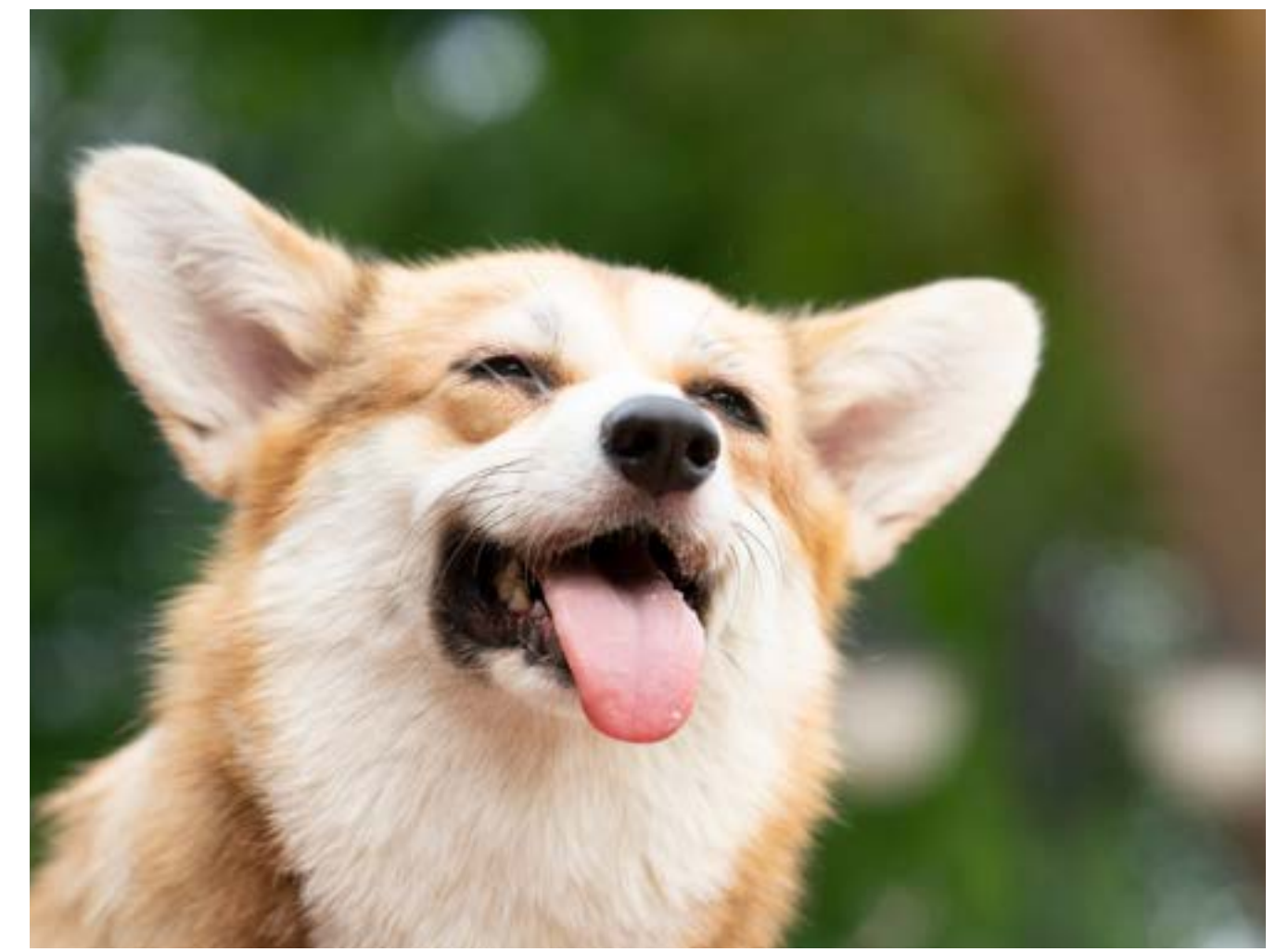
Soft Eyes, Relaxed Face

Your puppy may be feeling happy, non-confrontational



Happy, Smiling Mouth

Open, or softly closed, resting relaxed tongue, your puppy may be feeling happy and relaxed.



Relaxed, Neutral Ears

Soft, flexible ears, your puppy may be feeling relaxed.



Anxious, Low Tail

Tail is clamped over the bum or between legs, your puppy may be feeling unsure, anxious, worried.



Alert, High Tail

Your puppy may be feeling alert, excited or agitated, the agitated or excited the faster the wag.

work with Jessica

fun games based dog training

Are you excited to give your puppy the very best there is and can't wait to start your games-based dog training journey?! Working with Jessica is fun, collaborative, and complete with tons of support, and resources (ebooks, video library, and more). Whether you're meeting online or in-person, Jessica makes sure you and your puppy have the best start possible.

Go to www.jessicabeck.ca to learn more and find the solutions for you!

Excited to meet you!

Jessica



jessicabeck.ca