

**‘Your puppy is doing the very best they possibly can, with the very limited education they have so far, in the environment that you’ve currently put them in’**

- 1: Be prepared with puppy essentials. Have a very intentional training plan in place
- 2: Have realistic expectations. Do not leave children and puppy unsupervised
- 3: Do not overwhelm puppy. Give new puppy 3 days without any visitors. No introductions to other dogs (even your own) for 1 week. Only through gates. Set boundaries so confidence can grow.
- 4: Set up multiple (at least 2) puppy zones. Do not give new puppy too much freedom too fast
- 5: Lay down carpet runners on all slippery floors. Puppies have very loose joints that can get damaged if playing on a slippery floor. Let’s not talk environmental Hip Dysplasia
- 6: Do not use pee pads or indoor potty stations
- 7: Do not take puppy into the outside world/town for 3 days. After that never put your puppy on the ground. At the first sign of overwhelm, go home
- 8: Do not start verbal training cues for at least 1 week. Start with bonding and building a trusting connection between you and your new pup
- 9: Do not overstimulate new puppy. An overtired puppy will bite, snap, growl and be naughty. New pups need a LOT of sleep
- 10: Let new puppy sleep in your room with you at least to start
- 11: Keep your cool at all times. Remember, ‘your puppy is doing the very best they possibly can, with the very limited education they have so far, in the environment that you’ve currently put them in’ Never scold a new puppy. Distract with play towards what you DO want them to be doing and then reward and reinforce.
- 12: Do not use food lures. Use food as reinforcements only. Play ‘It’s your choice’ game.

Connection - Interactive play/intentional tug game to connect.

Clarity – How and when to be excited and how and when to be calm.

Confidence – Help new puppy build their confidence. Never force a meeting with any one or any dog. You want to help build confidence in every moment.

Challenges – Slowly introduce distractions, more training and exposure

Choice – Let the dog make a choice between you and the distractions. If your connection is strong enough, your clarity is clear enough and that dog has enough confidence instilled in them then they should choose you over anything else.

6 am –

Wake up – Do not start your morning routine before 6am. If they wake up before 6 you can take them out to go potty but they go directly back into their crate.

Potty – Outside in a designated small fenced off area on a leash. “go potty” (pee) “get busy” (poop)

Walk – start with a 5 min. walk around the yard. Increase by 5 mins. per month. Do not overexercise. No stairs for 6 mths. No long hikes or running for 1 full year.

Chill time in X-Pen – Teaches contentment and calm quiet independence

6:30 am -

Play/Training with hand feeding kibble – 75% of your rationed kibble for the day will be used for training treats. 25% gets fed in a bowl. A tired puppy is a happy puppy and a happy puppy will get tired with playtime with you. Tug, freeze, ‘thank you’, release, reward.

Food/water – ½ cup kibble per meal. 3 meals a day = 1.5 cups total. Increase to 2 cups total by 2.5 - 3 mths. Old. 2.5 cups by 3 – 3.5 mths old. 3 cups total by 3.5 – 4 mths old. Always feed on the low end of the puppy food bag recommendation. We want a slow and steady grow.

Supervised free time in x-pen.

Potty – Outside in a designated area on a leash. “go potty” (pee) “get busy” (poop)

Naptime – In a crate or x-pen.

REPEAT -Every 3 hrs or so