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Puppy – Training Basics

At what age can I start training my new puppy?

You will be training your puppy from the moment you bring it home and start to house train. Puppies start learning from birth. Good breeders begin handling and socialization from birth. Some training can begin as soon as the puppy can open its eyes and walk. Young puppies have short attention spans but you can expect them to begin to learn simple obedience commands such as 'sit', 'down' and 'stay', as young as 7 to 8 weeks of age. (Ask for our handouts on 'Behavior Modification – Reinforcement and Rewards', 'Puppy – Training Sit, Down, Stand and Stay'; and 'Puppy – Training Come, Wait and Follow' for training on the specific tasks).

Formal dog training has traditionally been delayed until 6 months of age. Actually this juvenile stage is a very poor time to start. The dog is beginning to solidify adult behavioral patterns, dominance behavior is beginning to emerge, and behaviors learned in puppyhood may need to be changed. In addition anything that has already been learned or trained incorrectly will need to be undone and retaught.



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When training is started at 7 to 8 weeks of age, use methods that rely on positive reinforcement and gentle teaching. Puppies have short attention spans, so training sessions should be brief, but should occur daily. Puppies can be taught to 'sit', 'down', and 'stand' using a method called food-lure training. We use food treats to entice the dog to follow its nose into the proper positions for 'sit', 'down', 'stand', and 'stay' (See our handout on 'Puppy – Training Sit, Down, Stand and Stay').

How do I get started using food lure training?

Small pieces of food or a favored toy can be used to motivate your puppy to perform most tasks. Provided the reward is sufficiently appealing, the puppy can be prompted to give the desired response by showing the puppy the reward, giving a command, and moving the reward to get the desired response. For example, food held up over the puppy's nose and moved slowly backwards should get a 'sit' response; food drawn down to the floor should get a 'down' response; food brought back up should get a 'stand' response; food held out at a distance should get a 'come' response; and food held at your thigh as you walk should get the puppy to 'heel' or 'follow'. By pairing a command phrase or word with each action, and giving the reward for each appropriate response, the puppy should soon learn the meaning of each command. The use of rewards and the specific training commands are covered in separate handouts on 'Behavior Modification – Reinforcement and Rewards'; 'Training Dogs – Teaching Give and Drop'; 'Puppy – Training Sit, Down, Stand and Stay'; and 'Puppy – Training Come, Wait and Follow'.

How often should I give the command?

Ideally you should give the command phrase once and then use your food to move the puppy into positions. Once the puppy has performed the task, add in verbal praise and an affectionate pat, which are known as secondary reinforcers (see below). Some trainers also use clickers as secondary reinforcers. If the puppy does not immediately obey on the first command, then you are likely proceeding a little too quickly. If you keep repeating the command, the puppy will learn that several repetitions are acceptable before it needs to obey. Keeping a leash attached can help to gain an immediate response if the puppy does not obey.

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Remember that, early in training, your puppy does not know the meaning of the word. Therefore you could just as easily teach your puppy to sit with the word bananas, (or sit in any other language) as you could with the word sit. The key is to associate the word, in this case "sit", with the action of placing the hind end on the floor.

How should I phase out the lure and food rewards?



At first you are going to let the puppy see the food in your hand so that you will have her attention and can use it to guide her into position. As your puppy begins to comply more readily, you can start to hide the food in your hand, but give the command and repeat the motion or signal that she has learned to follow. Soon the puppy will come to expect the treat each time she performs the task. Then, signal and give the command, but when she performs the task, reward only with praise and give the puppy an affectionate pat. Next, you can begin to vary the frequency, giving praise with 'good dog' and perhaps patting each time, but giving the food randomly, perhaps every 3 or 4 times. In time, the puppy should respond to either the hand signal or the command.

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Over time, the words "good dog" or the affectionate pat become secondary reinforcers. Because they have been paired with food in the past, they take on more meaning and become reinforcement in themselves. It is important to use secondary reinforcement because you will not always have food with you when you need your pet to obey. In addition, if you rely on food to always get your puppy to comply, you will have a puppy that will only do the task when you have a treat.

At first training may begin in designated sessions throughout the day, with a variety of family members. All rewards should be saved for these training sessions. Over time however, you should begin to ask your puppy to perform the tasks at other times.

How much time should I spend training my puppy every day?

You do not necessarily need to train in a set session daily. Rather, integrate these tasks throughout the day. A goal to strive for is at least 15 minutes of training every day. These can be short 5 minute sessions spread throughout the day. Try to have all family members ask your puppy to do these tasks. Remember to try and train in every room of your house. You want your puppy to 'sit', 'lie down' and 'stay' everywhere, not just in the training location.

"To have a well-trained dog, you need to be committed to reinforcing the training tasks on nearly a daily basis for the first year of your puppy's life."

Use these training tasks as you integrate the puppy into your life. For example, ask your puppy to 'sit' prior to receiving her food, 'sit' before you let her in or out the door, and 'sit' before you pet her. These are times when your puppy wants something and is more likely to comply. In this way you are training your dog all the time, throughout the day and also establishing yourself as the leader, the one who controls the resources. Training your puppy prior to getting each reward also helps to prevent problems. Having your puppy sit before getting a food or treat prevents begging, while teaching your dog to sit before opening the door can prevent jumping up or running out the door. Be creative. The time you spend training your puppy now will pay off when you have an adult dog. To have a well-trained dog, you need to be committed to reinforcing the training tasks on nearly a daily basis for the first year of your puppy's life. The more you teach and supervise your puppy, the less opportunity it will have to engage in improper behaviors. Dogs do not train themselves, when left to choose their behavior they will act like dogs. For more information see our handouts on 'Training Dogs - Learn to Earn and Predictable Rewards', 'Training Dogs - Enrichment, Predictability and Scheduling', and 'Behavior Modification - Working for Food - Dogs and Cats'.

What can be done if my puppy is too distracted or excitable to control?

Training should begin in a quiet environment with few distractions. The chosen reward should be highly motivating so that the puppy is focused entirely on the trainer and the reward. Although a small food treat generally works best, a favorite toy or a special dog treat might be more appealing. It might also be helpful to train the puppy just before a scheduled mealtime when it is at its hungriest. For difficult or headstrong puppies, the best way to ensure that the puppy will perform the desired behavior and respond appropriately to the command is to leave a leash attached and to use a head collar for additional control. In this way, the puppy can be prompted into the correct response if it does not immediately obey, and the pressure can be released as soon as the desired response is achieved (see our handout on 'Training Products for Dogs - Collars and Harnesses'). Clicker training is also an excellent way to immediately and strongly reinforce the desired response (see our handouts on 'Behavior Modification - Reinforcement and Rewards', and 'Training Products for Dogs - Clicker and Target Training').

Should I also consider training classes?

Pet owners who are novices at training can begin a training program with these few simple steps. It takes repetition, time and perseverance for the puppy to be able to predictably and reliably respond to commands in a variety of situations.

However, a training class serves many functions. Trainers can demonstrate techniques and help guide you through the steps in training. They can help advise you on puppy training problems, and can help you advance your training to more difficult exercises. The puppy will be learning in a group situation, with some real life distractions. And, considering human nature, the pet owner who takes his or her dog to a puppy class will be forced to practice (do their homework) throughout the week if they do not want to fall behind by the next class. Finally, a training class is a good place to meet and talk to other new puppy owners and see how all puppies behave.

Training classes for young puppies are also an excellent way to socialize your new puppy to a variety of people, dogs, and other stimuli in a controlled environment. In addition, you will learn how to prevent problems before they can begin, or deal with them as they emerge, rather than having to find a way to correct problems that have already developed. Your puppy might also make some new friends of the same age. You could then visit these friends (or vice versa) with your puppy for social play and exercise sessions. Since the primary socialization period for dogs ends by 3 months of age, puppy socialization classes are most valuable for puppies 8 weeks of age and older (ask for our handout on 'Puppy - Socialization

and Fear Prevention'). If all puppies in the class have had initial vaccinations, are healthy and parasite free, the health risks are low and the potential benefits are enormous. Discuss the location of classes in your area and when to start them with your veterinarian.

Additional Help

There are many options available for more help with your dog. One of the very best in our area is **Smart Dog University**. Check out their website at SmartDogUniversity.com for helpful newsletters, classes, and other cool dog info.

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