

**MIND YOUR MANNERS  
PET TRAINING'S**

**NEW PUPPY  
HANDBOOK**



*Did you dream of getting a puppy, only to find out you have a mixture of Piranha and Tasmanian Devil?*

*I can help you get back that puppy you've dreamed of having!*

*I have helped hundreds of puppies get started on the right path to becoming happy, well-mannered family members and I'd love to help you and your puppy too!*

*Who am I? My name is Kristi and I own Mind Your Manners Pet Training, LLC. I am a Certified Fear-Free Professional Dog Trainer and Behavior Consultant who has been training dogs for over 10 years.*

*I have several different programs for puppies. Please contact me for more information and to see which program would fit best for you and your puppy!*

**[info@mindyourmannerspctraining.com](mailto:info@mindyourmannerspctraining.com)**

**402-630-8333**



**Mind Your Manners**  
PET TRAINING LLC

# Potty Habits

## Getting it Right Before it Goes Wrong

Puppies should have ZERO freedom in the house. This means they are in a kennel, an x-pen, or on leash attached to someone or something in the room with someone who can watch them. This way they have no chance to sneak off and have an accident in the house when no-one's watching. They can't get into the trash or chew things they shouldn't either.

### Steps for potty training:

- Take the puppy out at regular intervals. General rule of thumb is that they can hold their bladder 1 hour per every month of age, stretching that a bit as they get older and have better control. For example: a 2-month old puppy should be able to go about 2 hours between potty breaks.
- Take the puppy out immediately upon waking up, after playing, and 10-20 minutes after eating or drinking.
- Take treats out with you and take the puppy out on a leash.
- Take them to one area of the yard and then ignore the puppy. Let them sniff around only wherever they can reach on leash.
- As soon as they "assume the position" say something like "Go Potty" "Do your business" etc.
- As soon as they are finished, praise them and give them 3-4 treats.
- Allow them to explore or play in the yard after pottying.

If they do have an accident inside, do not scold them, rub their nose in it or make a big deal out of it. You will only scare them from ever pottying in your presence. Make sure you have a bio-enzymatic cleaner on hand, treat the spot immediately, and follow the direction completely.

# Nipping - Nip it in the Bud!

Puppies use their mouth as babies use their hands to explore the world. This means that puppies use their teeth on EVERYTHING. It's perfectly normal, but that doesn't mean we have to tolerate their teeth on us. One of the best things we can do is NEVER use our hands as toys for our puppies! There can be many reasons puppies are excessively nipping. Here are some things to keep in mind with your puppy:

Have they had enough **physical exercise**? Puppies need appropriate outlets for their energy

Are they **over-tired**? Much like kids, puppies can get wound up when they are over tired.

Is your puppy getting enough **mental exercise**? Puppies have very active minds and boredom leads to nipping and other unwanted behaviors

Are they **defensive biting**? Have they given off other cues that have been ignored that they are uncomfortable?

Is your puppy **hungry**? Are they **teething**?

Is the puppy **over-aroused** and not able to control themselves?

## Redirect-Reward-Remove

**Redirect** puppy onto an appropriate toy (toys kept hidden are more exciting than toys they see lying around all the time).

**Reward** puppy's good choice for chewing on the toy instead of you.

If that doesn't work, **Remove** them to their kennel or X-pen for a nap

# Crate Training

Whether that is a crate, an x-pen, or specific room of the house, you want your dog's "safe space" to be a happy, comfortable place for them. Teaching them from the beginning to be happy and settled in their crate will save your sanity when you need your puppy safely and calmly contained, such as when service people are at the house, or your non-pet loving mother-in-law visits.

## Tips for happy crating:

- Feeding them meals in the kennel will go a long way to creating that happy feeling, as well as giving them a place to eat undisturbed.
- Sprinkle treats in the kennel occasionally so when they wander in there, they find a special little something in there.
- Give them long-acting chew toys when you need them to be in their crate so they don't get bored.
- Let them wander in and out on their own, so they don't think they will get shut in every time.
- Let them see you put a high value treat inside the kennel and shut the door so they build up their desire to go into the kennel. After a few seconds of trying to get in, open the door and let them have the treat.
- Tie a filled Kong to the back of the kennel so they have to stay in the kennel to get the goodies. Do this when you can leave the door open so they don't feel tricked.

Placement of the kennel is an important factor as well. Don't place it in the middle of a high traffic area of your house so they can't rest when they are in the kennel, but also don't put in an area so remote they feel isolated from everyone. Sleeping is a group activity for safety, comfort and bonding. Puppies don't understand why they are banished away from the family every night if their kennel is isolated from everyone. If they sleep in their kennel away from everyone, place a shirt that smells like you close to the kennel at night, and/or have a baby monitor set up in reverse so they can hear you breathing.

# Exercise

As much energy it seems that puppies have, they do not need a lot of repetitive exercise, such as long walks. The younger they are the more important it is that they be allowed to explore the world at their pace, slowly adding time and distance as they mature.

8-16 Weeks

Trail of kibble over different surfaces and terrains lasting 15--20 minutes, letting puppy explore at their own pace

17 Weeks to  
6 Months

Let your puppy dictate the length of time and distance for walks. Rule of thumb is +5 minutes per month. Can begin introducing low impact, non-repetitive tricks, sports, flexing activities

6 - 18 Months

Continue to avoid repetitive activities until the growth plates have closed. Walks should continue to be more for exploration and sniffing.

18+ Months

Slowly introduce endurance activities, gradually building up duration of exercises



# Socialization Done the Right Way

There are many misconceptions about what socialization is, from playing and greeting every 2 or 4- legged member of society, to exposing our puppies to 100 new things in 100 days, including every inconceivable scenario never encountered in real life.

The goals of socialization are really all about teaching them:

1. Being okay with the normal, everyday things they encounter in life
2. Giving them controlled exposure to new things in small doses
3. Social neutrality. You make good things happen when they see other people and dogs and you are who they should be engaging with; they do not need to go bananas pulling, barking, jumping, every time they see another dog or person.



## Humans

You have the right to say No to people wanting to pet your puppy.

**Puppies in public are not public property!** Make sure all interactions your puppy has with people are short and sweet.

## Dogs & Other Animals

Do not let other animals bully your puppy

## Environment

Short positive experiences in different environments

### Some tips to remember:

- Keep exposures short
- Go at your dog's pace
- Never scare your dog!

### Here's a couple of links to great websites for more information and ideas:

<https://aniedireland.wordpress.com/2020/03/21/on-lockdown>

<http://playwaydogs.com/we-need-to-stop-calling-it-socialization/>

Open an umbrella - begin with the umbrella facing away and let your puppy explore it at their own pace

Present familiar objects in new ways

Drive to a parking lot and let your puppy watch the traffic.  
Reward for calm behavior

Take to a pet friendly store and let them observe  
People do not need to pet!

Sprinkle their food in the bathtub

Dress them up in clothes

Let them walk on a plastic trash bag

Have them walk on Crinkled Foil

Place something under a cookie sheet or board so it moves when they walk on it

Play odd noises on your phone while you calmly feed them  
Start with the volume low

Fill a cookie sheet with 1" of water and let them walk through it

Play Dress Up



Another aspect of socialization is enrichment.

Dogs can always find ways to enrich their lives if we don't provide it for them and it's usually not in a way we like! So it's up to us to provide the proper kinds of enrichment in the proper doses.

Enrichment is separate from training; however, enrichment does increase their learning capabilities. It can also help reduce stress by giving them activities that allow them to use their doggy senses and instincts. Not all enrichment activities are suitable for all dogs and safety should always be your number one concern.

Simple things like puzzle toys, lick mats, snuffle mats are all easy ways to add just a bit of enrichment to their lives.

Another great form of enrichment is training for things like tricks, or scent work. Check out our website for our Rainy Day Games class and our AKC Trick Dog class! [www.mindyourmannerspettraining.com](http://www.mindyourmannerspettraining.com)



# Signs of Stress

Just as with humans, when stress levels go up, the ability to think calmly and clearly go down. The ability to actually learn when stressed is minimal at best. Stress can be from both good and not-so-good sources.

Learn to recognize the signs of stress your dog exhibits.

## Body Language of Fear in Dogs



**Slight Cowering**



**Major Cowering**

## More Subtle Signs of Fear & Anxiety



**Licking Lips**  
when no food nearby



**Panting**  
when not hot or thirsty



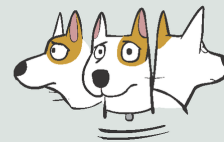
**Brows Furrowed, Ears to Side**



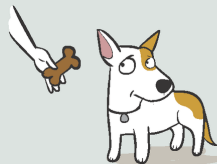
**Moving in Slow Motion**  
walking slow on floor



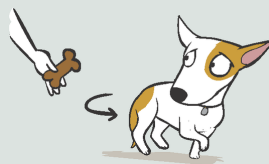
**Acting Sleepy or Yawning**  
when they shouldn't be tired



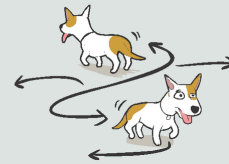
**Hypervigilant**  
looking in many directions



**Suddenly Won't Eat**  
but was hungry earlier



**Moving Away**



**Pacing**

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For additional Low Stress Handling information, posters, flyers, books, and DVDs, please visit our website at <http://DrSophiaYin.com>



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# Chill Out Pup!

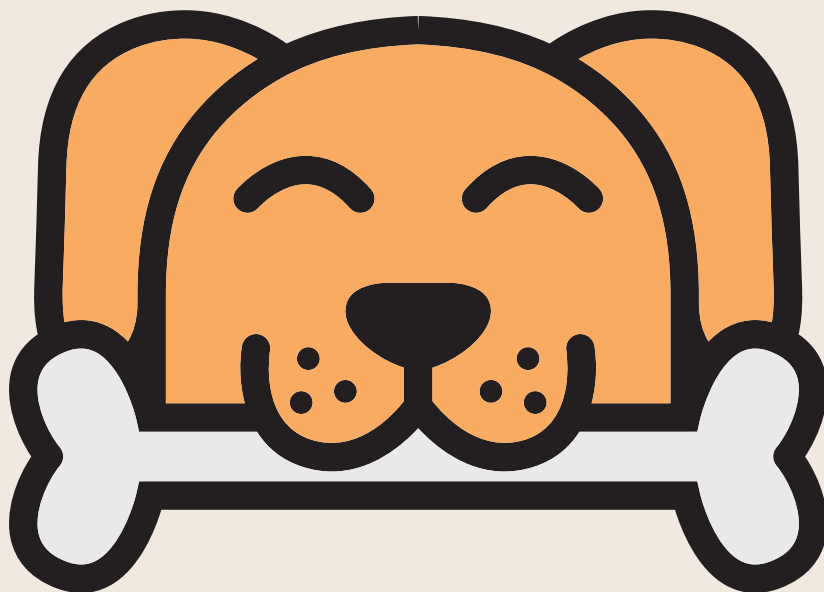
Sniffing, Chewing, Licking are all self-soothing behaviors. When your puppy begins to act out of control, giving them an activity that includes sniffing, licking, and/or chewing will naturally help them calm down.

Dogs should always view their kennels as a happy, safe place. Giving long-acting chew toys when they are in the kennel will help them be happy and calm in their kennel. These chew toys should only be available when they are in the kennel and should be picked up when they are released from the kennel.

## EXAMPLES OF LONG-ACTING CHEW TOYS:

- HIMALAYAN CHEWS
- KONGS STUFFED WITH SOFT FOOD AND KIBBLE
  - LICK MATS
  - SNUFFLE MATS
  - PUZZLE TOYS
- EVERLASTING CHEWS
- NYLABONE EDIBLES

Unless you know your puppy needs to go out right away, waiting for them to offer a sit (with no prompting) before opening the kennel door, will help set the tone for calmness when they exit the kennel. When you know they need to get outside right away, get them outside right away!



# Foods to Never Feed Your Dog

## ALCOHOL



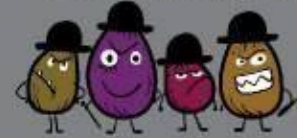
COMA  
DEATH  
INTOXICATION

## AVOCADO



CONTAINS PERSIN:  
VOMITING  
DIARRHEA

## RAISINS CURRANTS



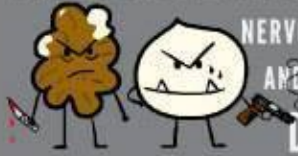
KIDNEY  
FAILURE

## COOKED BONES



STOMACH  
LACERATIONS

## WALNUTS MACADAMIAS



NERVOUS SYSTEM  
AND MUSCLE  
DAMAGE

## ONIONS GARLIC



TOO MUCH  
BLOOD CELL  
DAMAGE  
ANEMIA

## DAIRY



TOO MUCH:  
DIARRHEA

*the world's*

MOST

DANGEROUS



FOODS

FOR DOGS

## GRAPES



KIDNEY FAILURE

## MUSHROOMS



SOME VARIETIES:  
SHOCK  
DEATH

## FATTY FOODS



TOO MUCH:  
PANCREATITIS

## CAFFEINE



TOXIC TO HEART & NERVOUS SYSTEM

VOMITING  
DIARRHEA

## XYLITOL



(GUM, CANDY ETC.)  
LIVER FAILURE  
HYPOGLYCEMIA  
DEATH

## CHOCOLATE



TOXIC TO HEART  
& NERVOUS  
SYSTEM  
DEATH

## MEDICATIONS



(TYLENOL, ADVIL ETC.)

KIDNEY  
FAILURE  
GI ULCERS

If you think your dog ate something dangerous,  
CALL YOUR VET or:

ASPCA POISON CONTROL HOTLINE (888) 426-4436

NATIONAL PET POISON HELPLINE (800) 213-6680

illustration by LILI CHIN | layout by DESIGN LAB CREATIVE STUDIO

# Dog Parks and Daycares

## Also known as Socialization Done the Wrong Way

I will be very upfront and honest here, I am not a fan of dog parks, at all! Dog parks are great in theory, let your dog go hang out at the local bar with their buds and have a few drinks, shoot the breeze. What could be more fun?

### Here's the reality of the dog park:

You don't know the temperament or personality of the other dogs there

You don't know what they have been vaccinated against or what health issues they may have

You don't know the personality of the other dog owners and how they are going to handle any issues between dogs

Dogs can be bullied at the dog park

Dogs can learn bullying behaviors at the dog park

What starts out as 2 dogs playing chase can quickly turn into a mob of dogs chasing 1 dog, who is truly scared and running for their life

Play can quickly get out of control

These are just some of the issues I have with dog parks. When it comes to daycare facilities, many of the same issues can apply if they are not well run by people who truly understand and know dog body language.

### If you choose to use a daycare facility, here are some things to look for and ask:

Do they separate dogs by age/size/temperament?

Are there cameras that you can check on your dog throughout the day?

What is the ratio of humans to dogs in each group?

What training does the staff have regarding dogs and dog behavior?

How do they handle the inevitable scuffle?

Is the facility clean? Does it smell?

This isn't to say that there aren't good daycare facilities out there, I'm sure there probably are. These are just some of the things you should know before leaving your dog in the care of any facility.

# Please Never Forget:

*Your puppy is just a baby! They've been taken away from everything they've ever known. They don't mean to upset you!*



*Bonding takes time. Try to make your puppy smile everyday! Spend time just being with them and have patience with them. They will reward your efforts a million times in a million ways!*

**What you invest in your puppy's learning now  
will pay off for the rest of their life!**

**We are here to help!**

**[info@mindyourmannerspettraining.com](mailto:info@mindyourmannerspettraining.com)**