

OBJECTIVE

To meet together as a family in order to plan and prepare for your new puppy!

PRIOR TO PICKING UP YOUR PUPPY

Sit down as a family before your puppy comes home and discuss how it will be once your puppy arrives.

As a best practice, someone will need to be the main person in charge of the puppy and oversee the training process – we call this individual the PRIMARY PET PARENT, and it's important to identify who this will be moving forward.

Additionally, it is a good idea to understand some realistic expectations regarding animal ownership, to establish rules, to review our common language cards, to make a potty plan, to learn what it will be like to be your new dog, to have some fun and commit to working together toward achieving better animal ownership and experiencing the very best in canine companionship!

PRE-MEETING CHECKLIST

- ✓ Schedule your family meeting at a convenient time and place for optimal attendance.
- ✓ Personally invite everyone who will be involved in the training process to attend your meeting.
- ✓ Print out our **COMMON LANGUAGE CARDS** and provide one to each participant.
- ✓ Prepare the needed treats and props for the recommended meeting activity (SEE BELOW).
- ✓ Use this **FAMILY MEETING** outline to take notes and write down your plan.
- ✓ Practice what you will say and do to help make the meeting a success.
- ✓ And most importantly... **HAVE FUN!**

CHOOSE A PRIMARY PET PARENT

As the first matter of business, it is important to designate one person within your family who will become the PRIMARY PET PARENT. Preferably this person is the individual who will be spending the most amount of time with your new canine companion. It is their responsibility to oversee the training process, to help the puppy always feel safe, to teach the puppy it's manners and cues, as well as work to help reliably transfer these learned behaviors to all other members of the family.

This Primary Pet Parent role is successful because it clearly designates someone to lead and likewise provides some consistency for the puppy to first learn from one person and then also obey later from others too! Think of how you would feel if multiple people were constantly clamoring for your attention and asking you to do something in a foreign language. What's more, imagine if they each were doing this in slightly different ways – imagine how confusing this would be for you? As such, the Primary Pet Parent will be the main trainer to introduce things to the puppy, and then as they learn, these will be transferred to others.

IMPORTANT PRIMARY PET PARENT QUALITIES TO CONSIDER

- ✓ Must be Confident - Regarding puppy training, it's important to be confident so your puppy is too.
- ✓ Must be Clear – An ability to maintain a clear tone of voice that isn't intimidating is very helpful.
- ✓ Must be in Control - ability to manage frustrations and all types of unpredictable circumstances.
- ✓ Must be Caring and Affectionate - a new puppy needs lots of unconditional love and understanding.
- ✓ Must be Trusting - if a puppy is anxious, no amount of firmness, coercion or rewards will be effective.
- ✓ Must be Responsible - not only is the puppy counting on you, but many others are too.
- ✓ Must be Accountable - It doesn't help to blame others. Recognize problems, fix them and move on!

Our PRIMARY PET PARENT is: _____

KEEPING IT POSITIVE

Next, talk about the importance of keeping it positive. Discuss why positive reinforcement works – that when you are positive, your dog feeds off of your enthusiasm, your dog will want to be around you, your dog will be happy to work, and excited to learn – each critical ingredients to successful dog ownership and training!

In fact, concentrating on the negative and constantly critiquing your puppy on those behaviors we don't desire, will not only be frustrating for you, but likewise demotivating to your dog.

It's simple really, recognize, reward and reinforce the good your puppy does and chances are these desirable behaviors will be repeated over and over again throughout your life together!

A FEW THINGS TO REMEMBER

- ✓ Commit to focusing on the positive behaviors.
- ✓ Remember, that which gets rewarded gets repeated.
- ✓ As needed, take a deep breath, count to ten, and don't allow the emotions of any particular moment ruin the relationship you are building that will last your entire lifetime together.
- ✓ Focus on the future, as you and your dog work toward becoming best friends through love and learning!

DOGS WILL BE DOGS

Dogs are NOT humans and shouldn't be expected to act as such – understanding this is very important and will greatly increase your training success.

HAVING REALISTIC EXPECTATIONS

- ✓ DOGS NEED TO BE INTRODUCED... to as many people, places, things, sights, sounds, smells, dogs, other animals and experiences as possible - this is called SOCIALIZATION and it's really important!
- ✓ DOGS LIVE IN THE MOMENT... they don't spend a lot of time thinking about what has already happened, and what might happen later - it's mostly about what is happening now.
- ✓ DOGS ENJOY BEING WITH OTHERS... they want to be included in your everyday life, and this is why they whimper, whine and bark when left alone.
- ✓ DOGS USE THEIR MOUTHS TO INTERACT WITH EVERYTHING... much like children who touch anything within reach and this is why your dog will lick, bite, bark, and chew all the time.
- ✓ DOGS WILL DO WHAT SERVES THEM BEST... when your dog wants something, they will do what they think is needed in order to get it.
- ✓ DOGS NEED TO CHEW AND WILL CHEW WHAT THEY WANT... until they are taught what to chew and what not to chew - which takes practice, patience and persistence.
- ✓ DOGS DON'T THINK OF RIGHT VERSUS WRONG... instead they live by what is harmful and harmless, and what rewards them and what doesn't.

TRAINING TIP:

Remember, "DOGS DO WHAT SERVES THEM BEST!" So if your dog continues to do something you don't like, think of what they are getting from it, and work to change this by teaching them something better is more rewarding for them!

CLEAR, CALM AND CONSISTENT COMMUNICATION

The key to successful communication is a combination of speaking in a certain way and using words or hand signals from an understood vocabulary. It is important to point out, canines DO NOT speak human and must be taught our language and our expectations when it comes to manners and behaviors.

Although dogs are capable of understanding hundreds of words, it's important to recognize their mind is comparable to that of a toddler, meaning they can become distracted easily, and lose interest fast. Hence, the more consistent your communications can be, the better your puppy will learn.

ESTABLISHING HOUSE RULES,

Consistency matters and as a family, it is important to outline what will be your house rules together, including:

SOME CONSIDERATIONS

- ✓ Will our puppy be allowed on furniture?
 - If so, which furniture, all or only some pieces?
- ✓ Which door will our puppy use to go outside?
 - Where will your puppy's designated "GO POTTY" spot be?
- ✓ Where will your puppy sleep?
 - What will be their planned bedtime?
- ✓ What will your puppy be allowed to eat?
 - Are table scraps ok? If so, what are the guidelines for this?
- ✓ Are there rooms your puppy will not be allowed in?
 - If so, how will this be managed?
- ✓ What other house rules are needed for your puppy?

Other House Rules:

- 1.
- 2.

A FEW TRAINING RULES

Regarding puppy training rules, discuss the following, as well as others you wish to talk about:

SOME CONSIDERATIONS

- ✓ Use positive reinforcement as much as possible with your puppy - praise, treats, belly rubs, toys, etc...
- ✓ No hitting, yelling, shaming, pulling, teasing or hurting your new puppy EVER.
- ✓ When your puppy is in the crate, DO NOT pull them out. Use a treat to lure them out instead or simply walk away leaving the door open and wait for them to exit on their own.
- ✓ DO NOT use the leash to yank them around or try to control them. Use a toy or treat to reward them for going where you want. We want them to like the leash, which is simply a tool to keep them near you.
- ✓ Your new puppy must sit (or at least have all four paws on the ground) in order for anyone to greet them, pet them or begin to play with them.
- ✓ Teach family, friends and others to wait for your puppy to sit prior to petting or playing with them.
- ✓ In order for your puppy to play in the house, they must have already gone potty.
- ✓ After they have gone to the bathroom, someone must watch them 100% of the time while they are out and about playing in your home. If you are not able to do this, the puppy must either be tethered to you, or placed back in the crate until someone can watch their every move for optimal housetraining purposes - at least in the beginning.
 - Signs that your puppy might need to go to the bathroom include: turning in small circles, sniffing the floor, sneaking away. If you see these, take them to their potty spot and be prepared to reward them accordingly!
- ✓ When your puppy is in a crate, kennel, room, etc..., they must first be quiet in order to be let out.
 - DO NOT acknowledge or reward their bad behavior as this will only train your dog to cry in order to be let out. If you think they need to go to the bathroom, take them to the potty spot and return them to the crate until you are ready to play.
- ✓ Other training rules you would like to agree on for your puppy include?

Other Training Rules:

- 1.
- 2.

WHEN YOUR PUPPY NEEDS TO GO POTTY:

Everyone in the family must know EXACTLY what to do when your puppy needs to go potty (circling, excessive sniffing or darting off to a hiding spot):

- ✓ Quickly put the puppy on a leash.
- ✓ Get a high-value reward ready in your hand or pocket.
- ✓ Take them to the designated potty spot.
- ✓ Say, "GO POTTY" and give them 3-5 minutes to do their thing.
 - If they don't go, return them to a crate for 10 minutes before trying again.
Once they go, and immediately after they finish, enthusiastically say "YES!" and reward them with (3) high-value rewards (like freeze-dried liver).
 - If they go, also reward them with some interactive playtime.
 - This is now an ideal time to be in the house together.
 - Set a timer to remind you of the next potty break.

If you see your puppy begin to go to the bathroom in the house:

- ✓ Slap a wall to get their attention, and then quickly take them to the designated potty spot to finish.
- ✓ When they finish when and where you wanted, recognize and reward as noted above.
- ✓ DO NOT yell at or intimidate your puppy when they have an accident.
- ✓ This will teach them to hide when they need to go next time.
- ✓ DO NOT hit, hurt or intimidate your puppy in anyway as this will not help at all.

If your puppy has an accident but you do not happen to catch him in the act:

- ✓ Simply clean up the mess and learn how to do better next time.
- ✓ Spray the area with an enzyme cleaner to prevent a recurring accident in that spot.
- ✓ Commit to keep a better eye on the puppy!
- ✓ If you cannot watch the puppy 100%, remember to put them in their create or exercise pen!

PLAY THE HOT and COLD GAME

TIME:

10 minutes

MATERIALS NEEDED:

- ✓ 20+ bite-sized human treats, such as skittles, M&M's, chocolate chips, etc...
 - Everyone is different, so offer a variety of treats to please each participant.
- ✓ Random props / objects, such as a chair, jump rope, hula hoop, blanket, ball, etc...

HOW TO PLAY:

- ✓ Watch the included video example

First explain that as part of The Online Puppy School curriculum, "FREE SHAPING" will be a powerful puppy-training tool for the family to use to help your dog learn. As such, this game of hot and cold is designed to help people learn how free shaping works and why it is such a good way to train your new puppy.

To get started, choose one person to pretend they are the new puppy, and another person to be the trainer.

The person who is pretending to be the puppy will be escorted out of the room while everyone else prepares. The TRAINER, along with the help of the others in the room, will think of a behavior they want their pretending puppy to do. For example, it may be something like sitting on a certain chair, or picking up a ball, etc... really

anything is possible, either with or without using one of the props in the room. Be creative and make up your own objectives, or use one of the following examples:

- ✓ Circle the chair and then sit on it.
- ✓ Find the hula hoop and squeeze through it.
- ✓ Lay down on the blanket and begin to roll around.
- ✓ Pick up the jump rope and set it back down upon the end table.
- ✓ Place both of their hands above their head and sit on the floor.

The person pretending to be the puppy is brought back into the room and no one says a word. The trainer, without saying anything, watches the pretending puppy, and rewards them with one treat for each correct step they make toward the chosen task. Make sure to break each task down into achievable steps. For example, consider example #1 above. If I was the trainer, I would give a treat to the pretending person for moving toward the chair, then for moving to the right of the chair, then for moving behind the chair, to the left of the chair, back to the front of the chair, and then for sitting on the chair. When they finally sit down, I would give them five treats and cheer!

TRAINING TIP:

It also helps the person get it right more quickly if you hand them the treat in the spot where they offered a correct thing - think of the traditional game of hot and cold - as the player gets closer, the trainer says hot and as they go further away, the trainer would say cold. In this case, we don't say anything, but instead reward them with a treat for getting closer.

When it comes to puppy training, the trainer will offer treats as a way to encourage the new canine companion to continue in the direction they are going. Rotate who gets to be the trainer and who gets to be the pretending puppy. Play several rounds and you will begin to see how free shaping will help you teach your new puppy manners, behaviors and some cool new tricks too!

WORKING TOGETHER FOR OPTIMAL OUTCOMES

The purpose of having the family meeting is to make sure everyone is on the same page when it comes to training your new puppy into the healthiest and happiest canine companion possible.

Likewise, it is very important to choose a Primary Pet Parent and commit to keep it positive, to have realistic expectations, to work together, to communicate effectively establish rules, to understand the basics of housetraining and experience how to help your puppy learn what is wanted.

Lastly, successfully training your dog to be calm, well mannered and better behaved will require coordinated effort with practice, patience and persistence... **YOU CAN DO THIS**, we are here to help you each and every step of the way and don't forget to have some fun and enjoy the journey of achieving better animal ownership and experiencing the very best in canine companionship.

THE FIRST WEEK TOGETHER

- YES!** - Marker word to communicate correct behavior!
- NO** - Dog did something wrong and must try again
- GO POTTY** - Go to the bathroom

BASIC TRAINING

- SIT** - Position your bottom on the floor until released
- DOWN** - Lie down with your belly on the floor until released
- STAY** - Remain in your current positioning until released
- OK** - Release word to communicate request completed
- COME** - Request to return / recall to requestor
- LET'S GO** - Walk by my side and pay attention to me
- WATCH ME** - Make eye contact with me
- TOUCH** - Touch your nose to my hand or target
- WAIT** - Do not cross imaginary threshold until released
- LEAVE IT** - Ignore / leave alone a designated item completely
- GENTLY** - Use a soft mouth / tongue without your teeth
- DROP IT** - Release an item currently in your mouth

INTERMEDIATE TRAINING

- CRATE** - Go inside this crate
- KENNEL** - Go inside this kennel
- PLACE** - Go to a designated spot / area until released
- GO TO BED** - Go to a designated spot / area until released
- SETTLE** - Relax, be calm and quiet until released
- LEAVE IT** - Ignore / leave alone a designated item completely
- HEEL** - Position directly behind my left heel parallel to me
- SAY HI** - Sit politely in order to be greeted by a visitor

ADVANCED TRAINING

- HERE** - Move to where I am pointing
- GET IT** - Retrieve what I am pointing at
- BRING IT HERE** - Bring it back to me
- GIVE** - Place it in my hand
- STAND** - Stand on all four legs / paws for an inspection
- ROLL** - Roll over onto your back for inspection
- GO IN** - Position yourself into an area I am pointing
- OUT** - Leave an area or room you are currently in
- LAP** - Position your front paws on my lap until released
- LAY ON** - Lay your body across someone until released
- GET YOUR...** - Retrieve an item upon request and bring it to me
- FIX** - Lift your leg over something when it is caught
- FIND** - Play find and seek with a person, place or thing
- FOLLOW** - Follow what I am pointing at until released
- BACK** - Take two steps in a backward direction on request
- TAKE IT TO...** - Take something to someone upon request

JUST FOR FUN

- SHAKE** - Place your paw in my hand for a handshake
- HIGH FIVE** - Touch your paw to my open hand for a hive five
- TURN** - spin around in a circle, at least 360 degrees
- FETCH** - Retrieve an object and bring it back to me
- CATCH** - Catch an object in your mouth
- SIT PRETTY** - Sit with your front paws elevated off the ground
- JUMP ON** - Jump on an object / surface as designated
- OFF** - Remove your paws from what they are touching
- SNUGGLE** - Position yourself in my lap and allow me to snuggle
- HUG** - Remain calm while I wrap my arms around you
- KISS** - Lick what I am pointing at
- NO LICK** - Stop licking
- SPEAK** - Bark on cue
- QUIET** - Stop barking

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