

HURRAY! A PUPPY IS MOVING IN!



DIGITAL VERSION



Internationaler Berufsverband
der Hundetrainer & Hundeunternehmer e.V.

About the Authors:



Renée (Mumi) Schenk-III

Renée (Mumi) Schenk has been running a successful dog training school in the Zurich area (CH) for the past 13 years. This is where she lives and breathes force free dog training with all her heart and soul. She has completed diverse dog trainer qualifications and further educational courses, as well as being a qualified animal psychologist by the Institute for Ethology and Animal Psychology IET Switzerland. She offers courses for puppies/adolescent dogs, enrichment and mantrailing, as well as offering behaviour consultations. Additionally, she coaches future dog trainers



Sandra Klein

As a canine behaviourist (ATN), Sandra Klein supports people on “the way to the happy dog” (in German “zum glücklichen Hund”) and also trains assistance dogs. Formally she studied Linguistics and Communication Science and Sociology; and worked at a dog book publisher’s.
www.zumgluecklichenhund.de



We are so happy with you,
that you took the decision to
share your life with a dog.

Puppies are cute, fun and cuddly and can sometimes be very draining. To make the beginnings as stress free as possible, we have put together the next few pages which we hope you will find useful.

Two important things before we start:

INDIVIDUALITY

Every dog is an individual. So, there cannot be a one-type fits all “masterplan”. All recommendations will have to be adapted to your puppy. There is a possibility your dog is a little more anxious and therefore needs a little more time or support in some areas. But maybe he is totally cool, and he can take it all in easily and everything moves forward faster and better than expected.

EXPECTATIONS

Many dog owners today are under a lot of pressure and believe their four-legged friend needs to be perfectly behaved and flawless right from the get-go. But the truth is each young dog should have the right to develop at its own pace and is not able to manage exactly right from the start. Grass does not grow faster if you pull on it!

So, we strongly recommend taking it easy and not to set your expectations too high for your puppy.

THE FIRST DAYS



We are sure you will look after your puppy and have already made plenty of plans for the future with your four-legged friend.

Your future companion? He's been dragged away from his mother, his siblings and all his caregivers, totally out of the blue. He also had to leave all familiar noises and smells behind. That's quite a challenge! Even though dogs are extremely adaptable, it is paramount that you give this little creature time to arrive and adapt.

Give the puppy time to adapt to his/her new home.

There is no need for long walks in the first few days. If you have a garden, take short excursions there. If you are starting off in a flat, let the dog discover the

immediate surroundings and go back inside soon after.

Visitors should also hold fire in the first few days. Spend as much time as you can with the new puppy instead and offer him as many opportunities as possible to make body contact.

Puppies have a high urge to chew. Therefore, it is extremely important to prepare the new puppy's environment well: cables, shoes and toxic plants should be stowed away as best as possible, so the dog is not given the opportunity to chew on any dangerous or unwanted things. Keep adequate chewing material at the ready.

BEING HOUSE- TRAINED

In most cases the puppy doesn't yet know that he should relieve himself outside. Especially puppies that move into your home during the colder part of the year, often have problems with this.

Aside from that, when let outside, they are often so distracted by their environment and its many diversions, that even urgent needs are often forgotten about.

It is therefore advisable to look for a place for the dog to relieve itself right from the get-go. Take or carry your dog there in regular, short intervals throughout the day and wait until he can go. You should also take your puppy outside quickly after playing, eating or sleeping, as well as when your puppy starts 'circling' or sniffing the floor.

Praise your dog with a calm voice, when he has done his business.

If your puppy accidentally relieves himself inside, it is very important not to punish him!

This only causes loss of trust in your very new relationship. He is not doing it out of defiance or out of spite! Maybe he did not get enough calm time outside or something unsettled him? Maybe the young dog is not yet physically able to control his bladder and bowel movements?

TIP Stay with your puppy at night. This way you can see when he stirs and take him outside.



BITE INHIBITION



What we mean by bite inhibition is the dog's ability to use its teeth carefully when in contact with humans or fellow dogs to avoid injury.

This is not an innate ability, this has to be learned in the first few months!

It really hurts when the sharp milk teeth bore themselves into the skin, and it takes some impulse control from the humans not to get angry or "correct" the puppy.

Instead, when he becomes too rough, calmly stop all interaction with the puppy and keep his arousal levels in mind. If there is ever a situation in which you suspect your puppy may turn into a little crocodile at any minute, try to offer him an alternative before this happens. This can mean offering a soft toy, cardboard to shred, a toy or any puppy suitable chews. Hard rubber toys such as

KONG® are real life savers when it comes to over excited dogs. They can be filled with cream or cottage cheese, a little paté, treats or dry food and then emptied by the dog.

The licking soothes the mind and if the treats come straight out of the fridge, they even help with pain relief. A real blessing for teething pain, for all involved!

You can distract your dog with a snuffle mat, a treat safari in the grass (a sniffari), or a box full of toilet roll tubes with some treats hidden inside, if he is ever stuck in a very "snappy" mode.

SETTING BOUNDARIES

Your puppy experiences limitations every day, even without us setting additional boundaries. These are mainly barriers such as doors, the end of the leash, or decisions he is not allowed to take for himself. All this can be quite frustrating! You should avoid any unnecessary boundaries and allow your dog as much freedom as possible.

„But he has to learn that he is not allowed to do that!“

Yes, but with know how! There are many kind ways to direct your dog's behaviour into the right direction.

So, for example: why is a young dog not simply allowed to learn what he IS allowed to do? We can communicate rules and boundaries to the dog, by making it worthwhile for the dog to behave in the way we want him to. If you reward and reinforce wanted behaviour (like leaving all four paws on the floor when greeting visitors), the unwanted behaviour (jumping up at visitors) will

simply fade away. The dog soon likes to stay in the “green area” without crossing the “red line”.

This type of training may take a little more effort from the humans than quick “corrections”- But don't you think little puppies should deserve our support rather than punishing them?

A bonus side effect: the still developing relationship with your dog will not be weighed down by punishing actions. Additionally, the dog's self-esteem is strengthened. Confident and relaxed dogs can make better decisions.



SOCIALISATION

Your puppy should see many things and meet many people, animals and dogs – that is absolutely correct! But it should be done in a measured way. This is not about taking your puppy to the train station every day or walking daily from the horse paddock to the dog field, so that he is well “socialized”.

„Quality instead of quantity“ should be the motto instead.

It is important your puppy has good experiences with other dogs and the world and that he learns that you are always a safe partner and haven. This means that you are allowed to shield him from other dogs and humans!



Provide a „safe zone“ in your immediate proximity for your puppy, which will not be disturbed by any dogs or humans.

This is how he learns that he can rely on his human in situations of insecurity or conflict. Also note, that new places can be very exciting for puppies, but are also very draining. Plan in enough breaks and rest days.





HARNESS AND LEASH

Small bustling puppies find most things exciting, and they want to jump at anything that moves. Leading the dog on a collar can have huge impact on the very sensitive throat area.

It is definitely preferable to use a well fitted harness

Depending on how much your puppy may grow, this might have to be adapted in size more regularly than a collar but look at it like an investment into good shoes. It is much safer and comfortable to show your new puppy his new world with a harness – without

exerting pressure on his throat and causing breathlessness.

We also recommend a three to five meter long, light leash, so that the dog has a certain radius. This makes it less stressful for both dog and human, as walking on a short loose leash takes an incredible amount of impulse control and is way too strenuous for your puppy. Of course, you can explore the world with your puppy off leash, whenever and whenever it is safe to do so.



Some good news:
You can take it easy with your dog!

Management is anything that ensures a safe environment for your dog and anything that prevents him from practicing unwanted behaviour and therefore prevents it from becoming a habit. Many day-to-day situations with puppies can be avoided simply by providing chews and using baby gates or leashes.

- Take your puppy on the leash if he is hunting insects.
- If he is destroying toys, tidy them away!
- If the cat litter tray has turned into his snack bar, block the access with a baby gate.
- If he chews on the leg of the table, offer him a chew toy as an alternative.

KONG

TIP A KONG® is very versatile in its use and satisfies the puppy's need to chew.

PUPPIES AND KIDS

A home with children requires a high level of carefully thought through management.

NEVER should any child and dog be left unattended!

Age-appropriate rules should be set and discussed, depending on the child and dog. As part of a sustainable bite prevention plan, children should learn to “properly” read dog language. Most dog bites happen with familiar dogs and result from a misinterpretation of the dog’s signals.

General rules are:

- The dog bed is a no-no.
- Do not disturb the dog when he is eating or interacting with any other resources (toys or the like).

Of course, you need to set the dog boundaries, by example: Which toys are his to have and which belong to the children? In which rooms is he allowed to be?



ACTIVITY, REST AND RELAXATION



As we already mentioned, it is important to control the arousal levels of your dog – and it's a big job. Most dogs can already play rough. They often still have to learn to keep calm and relax. What dogs need most to develop into a pleasant companion is: rest.

Adult dogs need about 18 hours of rest a day, puppies even more!

Next to chew toys, many dogs also benefit from a positively reinforced area, like a box or a separated corner of the room, to “come down” in.

Of course, this should never be used as a punishment, as this would be utterly counterproductive.



HANDLING AND VET TRAINING

Pulling ticks, checking ears and paws, brushing and bathing – dogs have to endure quite a bit of handling. Even visits to the vets are not always pleasant.



Stress can be considerably reduced with the right preparation! As soon as your puppy has settled in his new home, you should carefully get him used to anything he might have to do later.

“He just has to get on with it” is not the right way to do this! You may have to move forward in small steps and reinforce generously. Ideally the puppy stays relaxed during all training sessions. That is much more important than being able to brush him all the way through the first time around.

DVD Recommendation

Anna Oblasser-Mirtl and Barbara Glatz:
Medical Training for Dogs
Drehpunkt Audiovisual Media



PUPPY GROUPS



Most puppy owners have firmly planned to visit a puppy group to socialise their puppy. This is where the foundations are set for the future life between humans and dog and inter dog greetings.

Look carefully!

A small group and the right composition of dogs, in terms of age, size and temperament is what really makes a good puppy socialisation group. The sessions should alternate between short training units, bursts of free play and most importantly cooling down phases.

Free play should be watched and calmly moderated throughout. Timid players should feel supported (“safe zone”) and allowed to explore their environment at their own pace. Whereas little “daredevils” should be encouraged to learn calm and friendly behaviour. At no point should puppies be allowed “to sort it out between themselves”!

Last but not least, training sessions should not be short of theoretical knowledge for the handler and offer the opportunity to ask as many questions as you need.

DOG TRAINING SCHOOL



TIP

Make a first visit to the dog training school without your puppy, so you can make sure the chemistry between you and the dog trainer is a good fit. This can avoid unnecessary negative experiences.

Are you still looking for a dog training school near you?



www.ibh-hundeschulen.de/hundeschulen

There is a huge choice of dog training schools nowadays. The differences in quality can also be enormous... We recommend looking for the following when making your choice:

- Check the website to see if they train with positive reinforcement.
- Refuse to use excessive pressure or any other aversive training methods!
- Ask for qualification! What is required is the sharing of current knowledge and the use of versatile and individual training methods!
- Your dog's behaviour is the best indicator!

STAYING ALONE

Puppies often find it hard to stay alone. They tend to look for close contact with their new caregivers, as they are their only means of orientation in this “new world”. Puppies need a lot of body contact, which is readily available with their siblings.

You should not leave your puppy alone in the first few weeks and only start the stay-alone-training when they reach an age of 16 to 17 weeks. But this can also be very individual to the puppy. Nothing speaks against letting your puppy

TIP There are many well priced webcams on the market. This is an easy way to check on your puppy, when he is being left alone.

be alone for small increments and mini-separations earlier (such as a shut bathroom door), if you have picked a “natural pro” who can deal with this without getting stressed.





LINK TIP



Dog Training by Kikopup

YouTube-Channel

from Emily Larlham all about
the subject of training puppies

<https://www.youtube.com/user/kikopup/featured>

LITERATURE

We can recommend these books for
more information:

Chin:

**Doggie Language: A Dog Lover's
Guide To Understanding Your Best
Friend**

Summersdale Publ

McDevitt:

**Control Unleashed® Book 2: The Pup-
py Program**

Clean Run Productions

Zulch/Mills:

**Life skills for puppies: Laying the
Foundation for a Loving, Lasting
Relationship**

Hubble&Hattie an Imprint of Veloce
Publishing Ltd



Internationaler Berufsverband
der Hundetrainer & Hundeunternehmer e. V.

ABOUT THE IBH

Dogs are our profession.



The IBH and its members stand for:

- Respectful, empathetic and individually adapted interaction with all dog-human teams.
- Force free training, interaction and mentoring on the basis of positive reinforcement during all interactions with your partner dog.
- Competency based on scientifically founded expertise around the dog.



The IBH founded the #PositiveRocks campaign in cooperation with well known supporters; which informs the public about force free training based in positive reinforcement. Explained by “Rocky” in Olaf Neumann’s comics. The Author Olaf Neumann is well known in Germany and beyond, for his comics Dogtari Publication & Art-work. He explains the modern world of dog training. Funny, ironic and always to the point! The comics feature on our website and social media and are always accompanied by a short article.

 www.facebook.com/PositiveRocksKampagne

 www.instagram.com/positiverockskampagne

 www.positive-rocks.com

Impressum

Idea & Concept:	Kirsten Berger – www.dogs-track.de
Texts:	Renée (Mumi) Schenk-III – www.fairtrain.ch Sandra Klein – www.zumgluecklichenhund.de
Editing:	Sandra Klein
Layout & Design:	Julia von Rockenthien
Translation:	Tanja Chai, proof read by Kirsten Dillon

Responsible for the content:

Internationaler Berufsverband der Hundetrainer & Hundeunternehmer (IBH) e.V.
Postanschrift/Geschäftsstelle: Ernst-Gremler-Str. 17, 58239 Schwerte
Vertreten durch: Kirsten Berger, 1. Vorsitzende

Contact:

Telefon: + 49 2304-9685924
Fax: + 49 2304-9681420
E-Mail: info@ibh-hundeschulen.de
Internet: www.ibh-hundeschulen.de

Verbandssitz: St. Georgener Straße 19, D-79111 Freiburg
Eingetragen im Vereinsregister des Amtsgerichts Freiburg i. Br.
Vereinsregister-Nummer: VR 700298

Photo proof:

Title: Ivan – 262244997 – stock.adobe.com
Page 2: Renée (Mumi) Schenk-III, Sandra Klein
Page 3: Cyrus – 268933674 – stock.adobe.com
Page 4: Mat Hayward – 231406837 – stock.adobe.com
Page 5: cunaplus – 211028489 – stock.adobe.com
Page 6: Magryt – 165277191 – stock.adobe.com
Page 7: Africa Studio – 101861055 – stock.adobe.com
Page 8: Nordreisender – 344826492 – stock.adobe.com
lainen – 244736906 – stock.adobe.com
Page 9: Kirsten Berger
Page 10: KONG®
Page 11: Africa Studio – 167286081 – stock.adobe.com
Page 12: manushot – 187990258 – stock.adobe.com
Alexander Borisenko – 338882207 – stock.adobe.com
Page 13: olgagorovenko – 302049144 – stock.adobe.com
Page 14: Renée (Mumi) Schenk-III
Page 15: mdorottya – 150698232 – stock.adobe.com
Page 16: projects_s – 135017891 – stock.adobe.com
Page 17: Africa Studio – 119229328 – stock.adobe.com
Page 18: devulpup – 1070227 – stock.adobe.com

This booklet is handed to you by:



Are you still looking for a dog training school?
www.ibh-hundeschulen.de/hundeschulen



Dogs are our profession.

www.ibh-hundeschulen.de

www.facebook.com/IBH.Internationaler.Berufsverband.Hundetrainer