

# PUPPYBOOK

A guide to your puppy's first four months



by  
Michael Chill

*Includes:*

**Training Information**  
**Vaccination Charts**  
**Medical Records Log**

*All the information you and your puppy need!*

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*Drawings*  
David Graham-Costain

## HOUSEBREAKING

### Paper Training

Ideal for puppies between six and eight weeks old, paper training teaches your dog to eliminate on a specific surface (newspaper or manufactured pads). Choose a small room, such as a service porch, or section off part of a larger room with a puppy exercise pen (available from pet supply shops) and spread newspaper over the entire area. Placing your dog's bed, water dish, food dish, and a few toys inside, this room will serve as his living space. Keep him there at night, when you are out of the house, or any other time you cannot directly supervise him. Since the floor is completely

covered, your puppy will relieve himself on it and, after a few days, will begin to associate the odor of newspaper with the act of eliminating.



Over a one week period, gradually reduce the amount of paper in his area. At the same time, allow him more freedom around your home

under your direct supervision. Puppies need to eliminate frequently so take him to the paper often, especially at key times, such as after he plays, when he awakens from a nap, or after he eats or drinks. Schedule his meals to help make this more predictable. When he relieves himself, praise him.

Within a few days, your puppy should be running over to the paper on his own to eliminate, even from another room. Toy breed owners with long work hours usually stop at this stage for convenience. This entire procedure should take place over seven to ten days, with a minimum of accidents. If there are many accidents, you are probably trying to do too much too soon, either by reducing the papered area too quickly, or by giving him too much unsupervised freedom.

To fully housebreak your dog from this stage, simply remove the paper from inside your dog's area. Rather than bringing your dog to his area at key times, bring him to newspaper you have placed outside. After he has eliminated outside, bring him inside under supervision. When you cannot supervise, leave him in his area. Take your puppy outside several times a day, leaving him in his area overnight. Once he has gone two or three days without soiling inside, you can then slowly increase his living area to include an adjacent room. As he continues to stay clean inside, completely remove the newspaper from outside.



### Crating

Crating is a technique for puppy training that uses strict confinement. Crating is a good method for housebreaking your older puppy, as well as an effective way to keep him out of trouble

when you're not supervising him. Dogs are denning animals and tend to feel more secure in small spaces. Also, since most puppies spend an average of 16 to 18 hours a day sleeping, crating is a good way of adapting your pet to your schedule.

Purchase a fiberglass pet crate or wire puppy cage from a pet supply shop. It should be just big enough for him to stand comfortably, lie down, and to turn around with ease...that's all. Start by feeding your puppy inside the crate with the door open. After a few days, place your puppy in the crate with a chew toy



for amusement and leave him there for an hour or two to accustom him to it. Although many puppies will cry when first left inside, they adjust rather quickly. After the first hour or two, take the puppy out of the crate

and immediately take him outside. Stay with him until he relieves himself, praise him and then bring him back indoors. Keep him in the house with you under your direct supervision for about half an hour, take him outside once again, then return him to his crate for another hour or so.

Do not take your puppy out of the crate when he cries unless you are sure he is crying because he needs to relieve himself. If, when you take your puppy outdoors after a stay in the crate, he does not relieve himself, return him to the crate for a while and try again. Leave him in the crate when you are out of the house,

when you are sleeping, or any other time when you cannot directly supervise him indoors.

### **Why Use a Crate?**

Dogs have a natural tendency to keep themselves clean, so the time spent inside the crate will encourage your dog to develop bladder and bowel control. Taking your puppy outside right after an extended stay in the crate will teach him where and when to eliminate. The supervised time indoors will teach him to behave in the house without the inclination to relieve himself on your floors. If you find that your puppy eliminates inside the crate, do not discipline him; either you are keeping him in the crate for too long a period of time, or he is simply too young for the crating process. The crate should never be used for discipline or as punishment. It is simply being used to teach your dog how to “hold it”. After seven to ten days, the routine of “holding it” inside and eliminating outside should be so ingrained in your puppy that you could safely leave his crate open overnight, and at different times during the day with no mistakes.

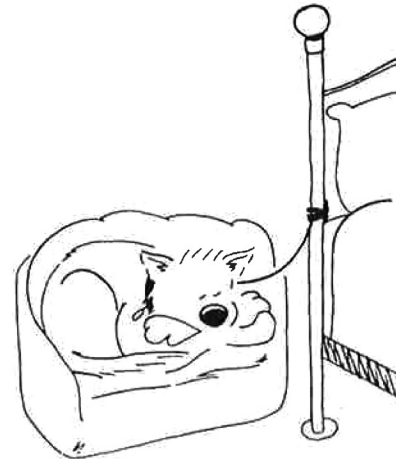


### **Short Leashing**

A variation on the crating method is “short leashing”. Instead of using a crate, simply tie your dog to a sturdy piece of furniture

with a leash attached to his collar or harness. Restricting him to only 3 feet of leash will encourage him to keep his immediate area clean. You would then follow the same routine as you would for crating. Short leashing allows you the convenience of taking your

puppy from room to room easily; however, you must not leave him unsupervised, as you can with crating.



### **Which Is Best?**

Whether to choose paper training or crating/short leashing depends on your puppy’s age and your schedule. Paper training should be used for puppies younger than 10 weeks.

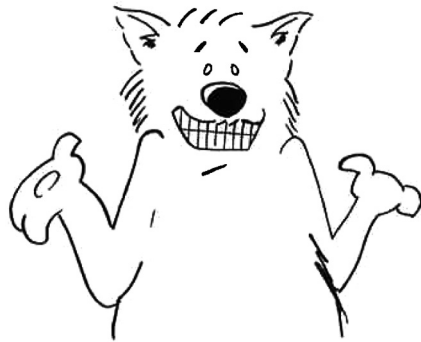
These puppies need to eliminate every few hours until they develop full control, usually around 12 weeks of age. Puppies purchased from pet shops should also be paper trained at first, no matter how old; since they are used to eliminating in their display boxes, they will soil a crate. It is best to paper train these puppies for a few days to allow them to regain their natural clean tendencies.

Crating is ideal for puppies 10-12 weeks and older and is a faster method for housebreaking with the potential for fewer mistakes. It takes more diligence on the owner’s part and is more time consuming. You can even combine the two; if your schedule does not allow you to be home during the day, paper train

during the work week, and then crate or short leash on the days you can devote more time to training.

### Accidents Will Happen

Mistakes are inevitable, and proper discipline is very important. When you find an accident, go get your puppy and bring him over to the area. Never call your dog to you for discipline and never hit your dog or “rub his nose in it.” Simply show him the mistake and tell him “No” firmly. Release him and transfer the mistake to where you want your dog to eliminate. For urine, soak the moisture into a paper towel; for feces, pick them up in a paper towel and take them outside. Go get your puppy, bring him over to the relocated mistake, show it to him and give him praise. Remember, it’s not *what* your dog did, but *where* he did it that you’re addressing. After a few minutes, dispose of the paper towel.



Clean up the soiled area inside with a good pet stain remover and odor neutralizer available at most pet supply shops. Do not use household cleansers and disinfectants, as they contain chemical and ammonia smells which will just re-attract your dog to the same area. Do not attempt to discipline your dog if you catch him in the act of eliminating; it will only cause him to be afraid to eliminate in front of you. Wait until he is finished, then proceed with discipline procedure.

If there are too many mistakes, you are probably asking too much of your puppy. A rule of thumb is that most young puppies can

“hold it” for one hour for every month of age, so a three month old needs to eliminate at least every three hours daytimes. At night, they can hold it for much longer.

### BARKING AND WHINING

Many puppies will whine or cry when first brought into their new home. This is a normal reaction to a new environment. As long as you are confident that there is nothing wrong with the puppy, simply ignore his complaining. Any attention given your puppy while he is crying, such as picking him up and comforting him, will simply reinforce this behavior.

Make sure you take the time to expose your puppy to people and things (like vacuum cleaners) early, since many puppies bark as a sign of apprehension; these pups need to be socialized and exposed early to help them lose their fear and become more comfortable.



For puppies who bark or cry incessantly for no reason, you can correct them by using a penny can. Place seven pennies inside an empty soft drink can and put tape over the opening. As your puppy barks, shake the penny can firmly while saying “No”. The sharp sound of the penny can will startle him slightly and he will stop barking. Wait a few moments and praise him to reinforce his being quiet. If your puppy overreacts or ignores the penny can, or if you have other pets in the home, you can use a spray bottle instead. Put the spray bottle on “stream” and squirt your puppy with a “No” command, then praise him when he stops barking.

## JUMPING

Many people allow puppies to jump on them, only to find it increasingly annoying as their pets become older and larger. To



avoid this problem, it is best to discourage jumping while your puppy is still young. Do not constantly carry your puppy around in your arms, as this may encourage jumping. Kneeling down to your puppy is a good way of keeping him from jumping when he greets you. Teach your puppy an alternative way of greeting you by training him to sit. Place your hand under your puppy's chin and bring his

face up towards yours while you stand over him. This alone will encourage most puppies to sit. You may emphasize it, if necessary, by putting one hand on his back by the base of his tail, and gently push backwards (do not push down!) while you lift his chin up with your other hand. Tell him to "Sit," and praise him when he responds. Then, when your puppy does jump up on you, place your hand on his chest and gently lift him off you and back on all fours while saying "No". Tell him to "Sit" and praise him to reinforce this new form of greeting.

### When "No" Is Not Enough!

For active puppies and chronic problems, you can discipline jumping by using the penny can. As your puppy jumps on you,

shake this can firmly while saying "No". The sharp sound of the penny can will stop his jumping slightly, and he should back away; tell him to "Sit," and praise him when he responds. Used consistently, the penny can will stop your puppy's tendency to jump within a few days. And, as with barking, you can substitute the penny can with the spray bottle.

## CHEWING



Problem chewing is a source of frustration to many pet owners. Chewing can not only represent a financial or personal loss, it can be a danger to the puppy who chews sharp objects, electric cords, or toxic chemicals, such as those found in cleansers stored under kitchen sinks. All

dogs chew, and puppies between the teething ages of 3 to 8 months are the worst culprits. You do not want to stop your puppy from chewing. You simply want to teach him what he is, and is not, allowed to chew.

### Avoiding Isn't Cheating

Try to avoid problems whenever possible. Shoes must be put in closets with the doors closed. House plants, many of which are toxic, should be lifted off the floor. Waste baskets need to be kept on counter tops at night, and all kitchen cabinets kept securely closed. Small objects and books should be placed out of reach.

Avoiding chewing problems as much as possible is an excellent way of temporarily dealing with a teething puppy.

### **Discourage Inappropriate Chewing**

Objects that cannot be moved out of reach can be treated with topical solutions made specifically to discourage chewing.

Pet supply shops and veterinarians sell many preparations to stop the chewing of bandages and fur. After testing for color fastness, these can be applied to furniture, floors, door jams, carpets, drapes, shoe laces - even hands!

Once you have applied the solution to the objects, take a small amount on your fingers and rub it on your puppy's tongue. He should react quite strongly to the taste: when he then smells the treated objects, the association of the scent with the bad taste will discourage any inclination to chew. If one product is not effective, try another.



### **Discipline Chewing Problems**

Chewing problems can, and should, be disciplined. Contrary to popular belief, since dogs can smell their saliva on an item up to 24 hours after they have chewed it, they can be disciplined even after the fact. When you find something your puppy has chewed, go get him and bring him over to it. ***Remember, never call your dog to you for discipline!***

Show him the article and tell him “No” firmly. Offer it to him again and repeat the command “No” until he no longer goes for it. Release him, wait about 10 seconds, and put a chew bone or toy into his mouth while saying “Good boy.” With this procedure, you are essentially showing disapproval for his choice of chew item, then directing him towards an appropriate alternative.

### **Teach Proper Chewing Habits**

An exercise that is useful for teaching your puppy how to choose proper chew toys can be practiced by laying out 2 or 3 items of yours, such as shoes, books, and hair brushes. Place 4 or 5 chew toys of your puppy's alongside these items. When he goes for the wrong item, tell him “No” firmly, then place one of his toys into his mouth and praise him. Repeat this exercise for a few minutes every day and vary the type of items you lay out. After a week or so, your puppy will begin to ignore your personal items that you have laid out and go for his chew toys.

***Remember, your goal is not to stop your dog from chewing!***

Chewing is a natural behavior, and to attempt to stop it completely would not only be difficult, but detrimental to your puppy's well-being. You simply want to influence your puppy's choice of chew toys. Keep the number of chew toys down to around 4 or 5, so he can choose a specific item when the chewing urge hits. If your puppy has dozens of choices, he will never learn to be selective. But have a large number of toys on hand and rotate them with the ones he has access to regularly to keep him from getting bored. Use common sense when choosing toys: your puppy should not be expected to distinguish between an old tennis shoe and an expensive new one, or a discarded rag and a nice towel. Buy toys for your puppy from a quality pet supply shop.

## ACTIVE HANDLING

Active handling is a simple way to encourage proper behavior and good manners in your puppy. As he gets older, your puppy will contend with veterinarians prodding and probing all over his body, from between his foot pads and under his tail, to checking his teeth, gums, and inside his ears. Your dog will also require grooming and brushing, either from you or a groomer. You can make this much easier on your puppy and you, as well as these professionals, by instilling good manners early.



Place your puppy on the floor or on a table. Put one hand under him for support and control, and with the other hand gently pet every inch of him. While stroking his head, slowly run your finger along his gums and carefully touch inside his ears. As you pet each of his legs, grasp each foot individually, and gently place your finger between the pads and the toes. Take a soft bristle brush or a comb and brush him all over, even under his tail. These simple actions performed a few minutes every day will make routine exams and grooming much less stressful for your pet.

## PUPPY LEASH TRAINING

Start leash training your puppy when he is 10-12 weeks old. Even though he won't be ready for formal obedience training until he is around four months old, teach him to wear a collar and walk on a leash early. Remember, even if you have a yard and don't

intend to walk your dog, there will always be trips to the veterinarian or the groomer, so no matter what size dog or what type of living conditions, all dogs should be trained to walk on a leash.



Buy your puppy a buckle collar or body harness made of a soft fabric or leather. Do not use sliding or choke collars on a young puppy. The collar should be loose enough for you to comfortably slide two fingers under it, yet not so loose that it can get caught on things or slip off over your puppy's head. Make sure that you check the collar for size every day! It's amazing how quickly a puppy can out-grow it! The harness should fit snugly but it should not be too tight or restrictive. Although some puppies are uncomfortable with their collars or harnesses at first, they quickly get used to them.

Once your puppy is comfortable wearing his collar or harness, he is ready for the leash. Simply attach the leash to his collar or harness and let him drag it around. Although he may be a little hesitant, he should soon be walking around, ignoring the leash. You then want to pick up the leash and follow him, allowing him to go wherever he chooses. After 2 or 3 days of following your puppy, begin to encourage him to walk with you. ***Do not be impatient;*** it can

sometimes take a few days for a puppy to grow accustomed to a leash. If your puppy chews his leash, treat it with a chewing deterrent to discourage chewing.

If your puppy is especially timid of his leash, attach it to his collar or harness just before a favorite activity, such as eating or playing, and remove it immediately afterwards. Within a week, your puppy will associate the leash with this favorite activity and will no longer be afraid of it.

### THINK AHEAD

Think ahead to how you intend to live your life with your pet when he is an adult. If you intend to leave your dog home for long periods of time, then get him used to being alone while he is still young and adaptable. If your dog will be your constant companion,



socialize and expose him to public situations early. Even under-vaccinated puppies can be brought to some environments, such as banks and drug stores, where other dogs typically aren't found, to avoid the risk of illness.

Conversely, the pet that mostly stays home will encounter other people and dogs on occasion, so he does

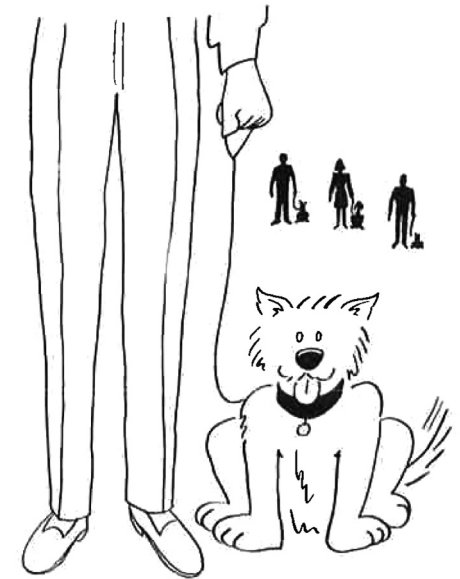
need socialization, and the constant companion will need to stay alone once in awhile, so acclimate him early. Common sense and planning ahead will save you hours of frustration later on.

### FIND PROFESSIONALS

If you do not have a veterinarian, ask a friend, relative, neighbor or your local animal shelter for a referral. Go to the animal hospital and take a tour of the facility. Ask for references, any specialities, and any affiliations, such as accreditation from the American Animal Hospital Association (AAHA), which insists its members adhere to certain standards of quality and cleanliness. Seek out groomers and boarding kennels and ask for a tour. Develop a relationship with these professionals early, since they will be an integral part of your pet's life.

### BASIC OBEDIENCE TRAINING

Formal obedience training for your pet should start when he is between three and five months old. This is the age when your pet's attention span is beginning to increase, and he is developing an improved ability to remember things. He should also be vaccinated at this age, so he can socialize with other dogs without the risk of contracting infectious diseases.



#### House Pet Obedience

Basic obedience for the house pet (as opposed to a show dog) consists of the training commands of *Heel*, *Sit*, *Stay*,

*Down*, and *Come*, and should include the concept commands of *No*, and *O.K.*

These commands specifically address many of the training problems experienced by pet owners, such as pulling on the lead, bolting through door-ways, or running away. At the same time, training makes your dog more manageable, and teaches him to listen. You will learn techniques to handle behavioral problems, such as digging, chewing, or barking. You should also gain skills to address temperament problems such as aggression, shyness, or hyperactivity.

A good training program includes discipline and lots of positive reinforcement. Discipline should be firm, yet not severe or abusive; never hit, kick, or knee your dog! Positive reinforcement and praise are vital in creating a happy dog who wants to behave. A dog who wants to behave will behave; a dog who is forced to behave may not.

### **Methods May Vary**

Methods may vary from trainer to trainer, yet most utilize the principles of conditioning and behavior modification, in addition to training the dog and educating you, the owner. Programs for obedience training include in-home private training courses, group lessons (often held in city parks), and kennel/board training programs. Ask your friends, neighbors, your veterinarian, groomer, or pet supply shop owner for a referral to a trainer and check the trainer's credentials before you enroll in any program. Ask questions as to the methods employed, particularly those pertaining to your individual problems. Observe the trainer in action, either by viewing a class in session, or by watching him or her handle a variety of dogs.

**You** are responsible for your dog's progress, and your involvement will determine the ultimate success or failure of your dog's training program.



## PUPPY INFO

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Name

---

Breed

---

Date of Birth

Sex

Altered

---

Description/Color

---

License Tag No.

---

Other I.D Information

---

AKC Registration

---

## OWNER INFO

---

Name

---

Address

---

City

State

Zip

---

Phones ( )

Cel

( )

Work /Home

---

Emergency

( )

Phone

---

## PUPPY CARE

---

Vet

( )

Phone

---

Address

---

Emergency Hospital

( )

Phone

---

Trainer

---

Groomer

---

Boarding Kennel

---

Animal Shelter

---

## NUTRITION

---

Type of Food

---

Amount

---

Special Medication

---

Allergies

---

Preferences

---

## MEDICAL INFORMATION

All puppies should be brought to a veterinarian within a few days of coming home. Your veterinarian should give a thorough examination, checking your pet's eyes, ears, teeth and gums, skin and coat and inform you of any congenital or hereditary diseases which may be common in your pet's particular breed.

Many veterinarians suggest bringing a fresh stool sample with you. This allows for an analysis of internal parasites which are common in puppies. Some parasites, such as heartworm, are found in certain parts of the country during certain times of the year. Ask your veterinarian for information regarding this or any other regional parasites or diseases you should be aware of, and if he suggests testing or preventative treatment.

A vaccination schedule will be set up. Commonly, the standard vaccines are given when a puppy is 8 weeks old, with boosters given at 12 weeks and 16 weeks of age. Your vet may prefer a different schedule, based on local circumstances. Rabies vaccinations typically are given between 4 and 6 months of age.

## SUGGESTED VACCINATION SCHEDULE

Always consult your veterinarian before vaccinating your dog.

### ***6 to 8 Weeks***

DHPP-Shot 1\*  
Bordetella  
Leptospira  
Lyme  
Influenza Virus-H3N8  
Influenza Virus-H3N2

### ***Annually***

Bordetella  
Leptospira  
Lyme  
Influenza Virus-H3N8  
Influenza Virus-H3N2  
Rabies\*\*

### ***10 to 12 Weeks***

DHPP-Shot 2\*  
Leptospira  
Lyme  
Influenza Virus-H3N8  
Influenza Virus-H3N2  
Rabies\*\*

### ***Every 3 Years***

DHPP Booster\*  
Rabies\*\*

### ***14 to 16 Weeks***

DHPP-Shot 3\*

\*DHPP includes vaccines for Distemper, Adenovirus (Hepatitis), Parainfluenza and Parvovirus.

\*\*Some rabies vaccines are every 3 years.

Source: American Animal Hospital Association (AAHA)



**NOTES**

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**DOG TRAINING AND BEHAVIOR**

*Private In-Home Programs  
Group Lessons • Board Trainings*

**310 559-5900**

8720 Venice Boulevard, Suite 201  
Los Angeles, California 90034

**[asdogtraining.com](http://asdogtraining.com)**

## **Animal Services**

*is a full service company specializing in dog training and dog behavior problems. Should you have any questions regarding the material in this booklet, or should you need information about our dog training programs, please feel free to call or email.*



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