

*Your*  
*Dog's*  
*Ancestor*  
*Is*  
*The*  
*Wolf!!*

*Relevant Books at Libraries, Bookshops and the Internet:*

‘Think Dog’	
‘Why does My Dog?’	John Fisher
‘Dogwise’	
Any Books and Tapes on the Wolf	
‘Dog Watching’	Desmond Morris
‘The Dog Listener’	Jan Fennell
‘The Practical Dog Listener’	
‘The Perfect Puppy’ and ‘Puppy Pack’	Gwen Bailey
‘Sirus Puppy Training’ Tape	Dr. Ian Dunbar (Good information but use gentle manner)

Dog Magazines e.g.  
Your Dog  
Dogs Today

Note ‘Think Dog’ was available as a tape with John Fisher & Katie Boyle. See if you can find a copy; it’s excellent.

Also look for TV programme ‘Me or the Dog’ with Victoria Stilwell on channel 4.

*Also for Cat Lovers:*

‘Cat Watching’	Desmond Morris
‘Cat Lore’	

*These books and videos are just a few examples of the many excellent books and videos that are available.*

### When Choosing Your Pup

#### Research

Make an informed decision. Once you have decided upon your favoured breed, go to the library or use the Internet and read about your choice.

#### Health

When you have found the pup that you want, try to see both of the parents if possible. Request to **see** certificates, for hip scoring and eyes (and heart where appropriate)

#### Behaviour

See how the mother behaves towards her pups. How is the mother towards you? Is she welcoming or aggressive? Avoid choosing a pup from a litter where the mother growls or snaps at you upon greeting. The mother's influence will affect her pups' attitudes. How does the pup react with the mother, litter mates and you?

#### Environment / Noise

Find out if the pups are reared in the family home. What are the family like with the dogs? Look and listen carefully. Are the pups used to house noises? Your home noises will be different to what the pup is used to.

*'Remember Fight, Flight, Freeze or Submit.'*

You will need to introduce your new pup to noises carefully and provide an escape route if necessary. This also applies to an adult dog; for example, when your appliances change so will the noise level. Treat each change carefully and give your dog the freedom to move away should noise worry him/her.

#### Choosing the right pup for you

After you have read all about your preferred breed, have contacted a breeder, are happy that the mother dog is happy with her pups and that the home conditions are good and the breeder is caring, you have to decide how to choose which pup would be best suited to your personality. You need to bear in mind the time of day you visit; for example if the pups have just been fed they may be sleepy. You really need to see the pups at play. How are they interacting and does this match your own personality?

- If you are quiet and sensitive and in need of a gentle companion then a 'middle of the road' pup is for you. This pup will play but does not dominate the play. This pup will not mind being held in your arms and may bite, but not too hard.
- If you are a person who is outgoing and robust then the pup that dominates the play, chews at your shoelaces, tugs at your trousers and bites down on your hand might suit you very well. If you chose a dog like this you will need to seriously instigate the pack leadership and early training will be a must.

Please do not choose a dog by its colour or because it's cute. If you choose a compatible pup, you will hopefully have a wonderful companion for years to come.

*Time of year to get a young pup*

If you decide to have a young pup, think carefully of the time of year. It is no fun having a pup in the winter, who doesn't want to go out in the cold or does not like wet or long grass. A black dog is hard to see in torch light. Under no circumstances must you try to hurry your pup when toileting or sound annoyed, because 'you' are wet and cold. If you do, you can put the pup off and you will be out there for ages.

Spring time is best because you have warmer, lighter days to come. With spring you have all the benefits which come with summer and autumn too. By next winter you will have an obedient, toilet-trained dog that will be obliging and be back very quickly when you open the door and say 'busy'.

*Collecting your new pup and the first days*

It is best to collect your new pup in the morning as he/she has the rest of the day, before dark, to settle in. When bringing your puppy home for the first time, have the pup on an adult lap in an open cardboard box, lined with plastic underneath paper with something soft to lie on. If your pup cries ignore it, stop talking and stroking it. Resume contact as soon as the pup is quiet. Make sure you have paper towels and bags in case your pup is sick. When arriving home allow pup to toilet in the safety of your garden before being taken indoors to explore.

*Bedding*

For the pup's bed, you can have a cardboard box with the front cut out of it. This lets the pup walk easily in and out and as pups chew and grow it is easily replaceable. Have something soft for pup to lie on. You can get a hard bed later. When changing over to a bigger bed remember that 'Perla Beds' have slats in the bottom which help with ventilation. You can use 'Vet Bed' which is a soft bedding to put in the base of the hard bed; this is excellent and lasts for ages. To machine wash the bedding, use a warm wash – 'wool wash'. Use non-biological liquid/powder. Vet bed dries very quickly. This bedding is excellent when the dog comes in wet and after drying is still a little damp or has an incontinence problem. With this bedding he/she never lies in the wet, the damp goes to the bottom of the bed while the top remains dry. This is also great for a dog suffering joint problems, arthritis etc.

*Placement of the bed*

For the first week, you can have your pup by the side of the bed, in a fenced-off/contained area, using newspaper for toilet. If your pup is upset in the night, ignore it, but as soon as your pup is quiet give a gentle stroke, there is no need to speak. This will help settle a bewildered pup in very quickly.

By the end of the week, your pup will know its surroundings and can be put to bed where you wish. In the day time, move the bed around with you. If you are in the kitchen and the pup falls asleep, get the bed and put sleepy puppy in it, and say the word 'bed'. Later on the dog will associate the word bed with where his bed is.

If you are in the sitting room put the bed in there. Your pup will feel secure when he/she wakes up and you are around. You are also around to pop him/her out to the toilet area. The place that you decide you want your pup to sleep must only have happy associations.

*Feed/bed area*

Feed your pup in the place you intend your pup to spend the night eventually, if it is to be in another room from you. Play with your pup in that area too; (incorporating toys adds to the fun). Sit quietly with a sleepy puppy for a short while. All these things will help your pup to settle happily.

If you are not going to be at home to train a young pup, an older dog might be better for your circumstances.

Throughout this booklet **Kessie** is used for the dog's name.

The following are key behaviour points. They will assist you in becoming higher in your pack than your dog. Dogs are happier and more relaxed when they know where they stand. These points will enable your commands to be obeyed more readily when outside the home environment. There is NO aggression involved in these methods.

1. Greeting Dog ( Points a-c do not apply to young pups for the first two weeks as he/she needs time to settle in.)
  - a) Ignore your dog in the morning when you first get up for 5 minutes.
  - b) Also ignore your dog when you arrive home for the first 5 minutes. (This applies to everyone who comes into your home.)
  - c) When you are ignoring your dog, this means no eye contact as well. When you do look at your dog, look over at his/her eye line. Dogs do not like you staring into their eyes.
  - d) Give your affection when you choose to. Call your dog to you for a 'fuss', do not go to your dog – be enthusiastic.
  
2. Boundaries
  - a) Do not allow your dog on the bed or the furniture. Sit on the floor with your dog, or have his/her bed by you on the floor by your chair. Remember, a dog is a pack animal and may want to be near you.
  - b) If you wish to have your dog in the bedroom, his/her bed must be on the floor.
  - c) Sit in your dog's bed sometimes, as pack leaders are allowed anywhere.
  
3. Behaviour
  - a) Do not allow your dog to look down at you from the top of the stairs. (Note: to protect a pup's joints it's best to avoid steps etc which jolt the leg joints, especially jumping down. Exercise the same caution with getting out of vehicles. Also do not over exercise your pup, especially large breeds, until joints are fully developed.)
  - b) You go through doorways first. This applies to every doorway in the house. Use treats or toys, no manhandling to keep the dog just behind you. You walk through the door first, then call the dog through.
    - a) 'Kessie come' – give treat, praise – 'Good girl Kessie'
    - b) Release your dog with 'get on' or 'go play'
    - c) If you prefer your dog to sit instead of standing at doorways, use treats or toys to show your dog what positions are required. In time, your dog will quietly wait behind you while you go through first.
  - If your dog is lying across your path, do not step over the dog or walk around the dog. Ask the dog to move i.e. 'Kessie get on' – 'Good Girl' when she moves.
  - Do not let your dog lean on you or sit on your foot.

#### 4. How to talk to your dog

- Each dog is very different. If you have a dog who plods, he/she might need lots of animated action to make him/her want to move. If you have a dog who is very easily hyped up, you will need to use a calm voice and calm actions. You will soon know.
- If a quiet voice is always used, then a raised voice is all that is necessary to let your dog know that you are not pleased with a certain action.
- Unless a dog is actually deaf, their hearing is far better than ours. Therefore shouting should be avoided and never at close quarters.
- If your dog is deaf, body language and hand signals will be necessary to communicate with your dog.
- There is no aggression involved with these methods. Puppies are not naughty.
- They just misunderstand.

#### 5. Training

- Give your pup a day to settle in before starting training (your pup should be at least 8 weeks of age).
- Start training very gently, no shouting or aggression must ever be shown. They understand your body language and work for treats or toys.
- Little and often is best. There are lots of times in the day for all training when you have a spare few minutes.
- Try always to keep training short and fun as young puppies tire easily. If you over tire your pup he/she will switch off.
- The attention span of a young pup is short so build up 'sits' and 'downs' in seconds until you are working in minutes – take your time, and lots of it.
- Always end on a happy note i.e. if your pup has reached 20 seconds, but is having an off moment and gets up after 10 seconds (after a couple of attempts) sit your pup with a treat, count to 5 seconds and give him/her the treat, 'good puppy' and release with 'go play'. Try again later in the day.
- When using the name of your dog do not shorten, for example say 'Kessie' not 'Kes' or 'Kessie Koo' etc.
- Be calm, be firm, be fair, be kind and be fun.
- When you command your dog i.e. 'sit' you must ensure that your dog obeys – treat – toy. If your dog does not do the command – no treat. Disobeying a command, with you not following through teaches the dog that it can do as it likes.
- Always release your puppy from any command. Do not let him/her wonder off without a release command. Release your dog with 'get on' or 'go play' followed by 'good boy/girl'.
- Do not nag or be unrealistic, for example
  - a) 'Kessie, Kessie, Kessie' WHAT? (Kessie is her name, not a command.)
  - b) 'Sit, sit, sit'', so becoming nagging.
  - c) It should have been 'Kessie sit' and once obeyed – 'good girl'. Her name followed by command.
  - d) Remember that a dog has to understand what you ask.

## 6. Toilet Training

- Wait until your dog is doing a 'wee' or 'pooh' then add the word, for example 'Busy' – 'Good boy/girl' with lots of praise and a treat. The dog will then associate the word with the deed.
- Your pup will soon learn to go on the command you choose, i.e. 'Busy'.
- A young pup will need to go out
  - a) On waking from sleep
  - b) After meals
  - c) When circling and sniffing the ground
  - d) After play and before bedtime
- Take your pup outside every 50 minutes during the day, staying with your puppy. Carry your puppy to the door, you go through first and let the pup walk out after you. Your pup will soon associate that outside is for the toilet.
- White Vinegar can be used for puddles on the carpet. Use paper towels to soak up the urine, then sprinkle on white vinegar and pat dry.
- Never tell your puppy off for puddles in the house. Show him/her what he/she needs to know, gently as above.
- Hygiene - pooh should be cleared daily from your garden and always take more than one bag when you go out with your dog.

## 7. Commands

- All the time you are giving your dog a sequence of commands, all the family should use the same commands for your dog i.e.

Come	Wait	Busy (toilet)
Sit	Stay	Gentle
Down	Bed	Heel/Close/Forward (choose one)
Get on	Eat up	No
Go play	Fetch	Off
Leave/ thank you.	(Choose one)	

- *Sit*
  - a) Don't add words until your pup reliably sits every time.
  - b) Do not use physical force to sit your pup.
  - c) Treat over his/her eye line.
- *Down - **this is taught once sit has been understood.***
  - a) Just as sit, don't add word until your pup reliably downs every time.
  - b) First sit your pup with a treat, and then take the treat straight down between front paws.
  - c) Do not use the command "sit down". "Sit" and "down" are separate commands.

- *Recall*

- a) Use a happy voice and give praise or treats or both when the pup comes to you.
- b) Use daily tasks like feeding time to call pup e.g. when you are getting the food ready as this will always get a positive response. Also when pup is in another room call pup's name followed by "come". If this fails use squeaky toy to attract pup. If pup still does not come, go to pup with a treat and as soon as he/she responds run back to where you called from and the pup should follow. If you have someone to help you, get them to gently hold pup on the floor, you move a short distance away, then you get down to their level, call your pup, they then release pup who comes to you, then change roles. After increasing distance inside house then try in the garden where there are more distractions. Do not over do this or any other exercise as a tired pup will not respond which will set training back. Remember little and often is best.
- c) Teach recall on a lead in your home first then garden – walk with your pup on the lead, then still facing the way you were going, run backwards calling "Kessie come". Your pup will think this is a game.

- *Leave*

- a) Teach 'leave' to your pup with him/her in front of you and hold a treat covered by your fingers in the palm of your hand.
- b) By offering the treat covered by your fingers in the palm of your hand, it is a much safer way to give your dog the treat, especially if your pup or adult dog is particularly sharp mouthed.
- c) Holding your fist in front of your pup's nose let him/her smell the food. He/she will hopefully want the food. This is best not tried straight after a meal, otherwise your pup will not be hungry, or if your pup is tired.
- d) As your pup tries to get the food, say 'leave' and if he/she pulls their head back, give praise – 'good boy/girl' and give the treat on the flat of your palm.
- e) If your pup will not leave, he/she does not get the treat, try again later. Your pup will eventually learn to leave.
- f) Do not get cross – your pup will eventually learn to leave for 2 minutes, but build it up in seconds.
- g) If your pup is not interested in the treat, try another more interesting one.

- *Leave on lead*
  - a) Teach your pup or adult dog 'leave' on the lead at home.
  - b) Place a treat on the floor while the dog is on the lead.
  - c) Take your dog near the treat, and as he/she gets closer say 'leave'. Gently pull back on the lead if your dog takes no notice of the command.
  - d) Your dog will soon learn 'leave' means 'I can't have it'.
  - e) When your dog obeys your command, give him/her praise; give an even tastier treat – not the one on the floor. Your dog does not have the 'leave' treat, you pick that one up.
  - f) When out on a walk you could save your dog's life by using the 'leave' command. Imagine if it was poison that your dog was just about to eat.

## 8. Walks

- a) Before starting your walk, sit your dog and put the lead on.
- b) Sit your dog in the doorway and you go through first. Give the command 'heel', 'close' or 'forward', to tell the dog to follow you through the doorway, then 'sit and wait' command when your dog is through the door, while you close it.
- c) If your dog jumps and barks and will not sit, put the lead away and try a little later. Your dog will soon learn to sit and wait for the lead to be put on.

Pulling on the lead – Dogs do not go for a walk, they go for a hunt, pack leader in front.

If an older dog pulls the lead tight.

- a) Stop and stand still. Say nothing; take a few steps back facing the direction of the walk. Your dog will have to come to you. Do not yank on the lead. When your dog is in position by your side, give praise – 'Good boy/girl'.
- b) Then take a treat in your left hand and bring up to the top of your nose. Tell your dog to 'Watch'. Do this by having a treat in your hand, wiggle the treat in front of the dog's nose and get him/her interested in the smell, then slowly draw to your eye level ( Do not stare at your dog.) When the treat is at your eye level and the dog is looking at you, say 'Watch' or 'Look'. A squeaky toy can be used to achieve the same result. Your dog will learn that 'Watch' means looking up into your face, followed by the next command.
- c) Now your dog is in position on your left side, say 'Watch' and lower your left hand, tap your leg and say 'Heel' and start walking again. You should walk off with the leg nearest to the dog.
- d) If your dog is by your left leg, start off with the left leg. Everyone walking the dog should use the same side, so as not to confuse your dog. It doesn't matter if it is the right or left side, but use one side only.
- e) The lead should be in your right hand if the dog is on your left (across your body). Do not wrap the lead around your wrist.
- f) Your first few walks may be short, eventually the lead will be slack.

If a puppy is pulling

Simply run backwards a little way encouraging the puppy – make it fun or change direction as soon as lead tightens.

- When out for a walk with your dog off the lead, make sure you are in a safe area away from roads and traffic.
- If your pup is coming to you, having learned recall at home and in your garden, you can let your dog off the lead with the command 'go play'. Call your dog to you sometimes, and give lots of praise when he/she comes to you. Get your dog to sit for a moment, give a treat or a fuss, then give the command to 'go play' again. This is so your dog will come to you happily to say 'hello' knowing that it will not be put on the lead to go home i.e. the end of the hunt.
- Your body language is very important. Open arms wide and stand tall and relaxed, a very welcoming posture for your dog to see.
- You need to be much more fun than anything on your walk when you want your dog to return to you. For example, squeaky toys, favourite toy, sound exciting, treats, ball on a rope, throwing balls in the air, clap hands etc. You think of some ways.
- You move away – never chase after your dog.
- Never tell your dog off if he/she doesn't come in straight away. Be **MORE** fun if your dog didn't come to you.

### 9. Games

- Do not engage in tug of war or rough and tumble games. These are strength games that should be avoided.
- Don't chase after your dog; let him/her come to you. The dog will come to you if you are fun.
- Try finding a toy or titbit or throw and fetch games which will help to teach your dog to come.
  - a) Roll the ball for a young pup as they can't follow a thrown ball.
  - b) Let your dog 'strut' when coming back with the thrown toy. Do not grab the toy as this could become a strength game of 'tug of war' and could hurt the dog's mouth. This will encourage the dog to come right up to you.
  - c) After you have allowed your dog to strut, your dog will come nearer, then stroke his/her fur but avoid the mouth for a short while before exchanging the toy for something else, such as titbits or an identical / favourite toy.
  - d) After following these instructions, your dog will happily come right up to you.

### 10. Eating

- Never give your dog titbits at the table. This is a time when you should ignore your dog.
- Feed your dog after yourselves, 'gesture eat' if it's not your meal time, eat a piece of fruit for example. Then, bowl in hand, sit your dog and put the bowl in front of your dog on the floor. Give the command to eat, for example 'Eat up'.
- Always stay with your dog whilst feeding. Put your fingers in the bowl at the side, give one gentle stroke on the pup's head, across its shoulders and all the way down its back to the end of its tail, then sit quietly with your dog until the food is finished. Do not take the bowl from your dog until he/she is finished.
- Occasionally putting an extra tasty titbit (for example a small slice of chicken) into the bowl will ensure that your dog is happy to see your hand come towards his/her food bowl. The adult dog will then always be happy when humans are around the food bowl.
- For medium large breed dogs raising the feed bowl (stand) is helpful to prevent torsion.

- Be Careful if you are taking on an older dog, he/she may not be used to fingers around the food bowl, so go gently, still stay with your dog, see what the dog can cope with.
- Food - For adult dogs, split food quantity in half and feed twice daily, always staying quietly with your dog. Check food & treats for colourings, preservatives & derivatives. Natural food & treats are better.
- Food & collar – Feeding time can also be used to help get pup used to a collar and lead. Get pup used to collar and disc by putting the collar on at meal times. The pup will be too busy feeding to bother about weight round neck and the jingle from identity disc. Initially remove when meal finished. This way pup will get used to collar and will be happy to wear it. When the collar is accepted, attach lead to collar when feeding too. Take off when meal finished as you do not want the pup to start using lead as a chew toy.
- Hygiene – Always use clean bowls and have fresh water available at all times.
- Training aids– When using food rewards as a training aid a portion of the daily requirement can be used ( a natural dried kibble is best) for this purpose or a natural treat. Break off a small amount but not so small that the pup can choke.
- Car Sick If your pup is car sick do not feed pup before going out, and wait at least one hour after feeding. Occasionally feed your pup in car when it is parked, so pup associates vehicle with good experiences.

### 11. Grooming

- Gently get your dog used to being touched. Carefully handle your dog every day for short periods, followed by treats or a toy.
- Try grooming when your pup is sleepy if there is a problem.
- The grooming process includes ears, eyes, mouth and feet as well as brushing the coat.
- When cleaning their teeth use dog toothpaste only.
  - a) Start by gently lifting up the corners of the dog's mouth.
  - b) When the dog allows you to do that, give a treat and praise.
  - c) When your dog is opening his/her mouth happily, start to use the word 'open', followed by praise and treats.
  - d) Then wet your finger, add toothpaste and say 'YUM' while smiling
  - e) When your dog accepts this, use a baby toothbrush.
  - f) Very gradually get your dog used to a bigger brush later on.

### 12.

#### Teeth/Biting

- Pups have sharp teeth and soon learn from their littermates' reactions when playing together if their bite is too hard.
- If your pup's teeth are too sharp say 'ouch!'. Your pup should back away from your hand, then praise 'good boy/girl' and give a treat.
- If your pup continues, say 'ouch' and then get up and turn your back on the pup. Walk away and ignore for a minute. Ignoring your pup in this way is a big punishment – only ignore for a minute with a young pup.
- Then make friends and play with your pup again. Call him/her to you, and focus your pup on a **toy**.

13.

Socialisation

- Carry your pup in your arms until fully vaccinated.
- Start quietly and build up to more activity gently.
- Be very aware of noise.
- Do not make a fuss of your pup if he/she is frightened by a noise, just turn away or distract with a toy.
- If you are out walking and your dog is frightened by a bigger dog, allow your dog to move within the length of the lead – do not tell off. Remember Fight, Flight, Freeze or Submit. Your dog is unable to get away when you are holding the lead.
- When your dog barks, say ‘Thank you’ because your dog is calling the pack, which is you. If your dog continues, put your fingers to your lips and say “shush” very quietly. Your dog will stop and listen to you.
- Please never smack your dog.

14.

Introducing Pup to an older Dog

- Use a cloth to mix scents.
- Meet on neutral territory i.e. away from the first dog’s home.
- Do not leave your pup and the adult dog alone at first; either may need protecting from the other.
- Have the pup on your lap on the floor, unless you are going to let the adult dog on the furniture later.
- Everything must be done for the older dog first.
- When feeding the dogs, you can use a child or dog gate (it might need a wire mesh). Feed the older dog first, on the other side of the gate so that they can see each other feeding, but can’t dive into each others’ bowls – (this could otherwise lead to a possible fight). Put your fingers in the pup’s bowl. Always stay with your dogs when they are feeding.
- You will need bowls of water in both areas.
- You will need two toy boxes; the adult dog keeps his/her own toys. Let the older dog instigate play with his/her toys with the pup.
- You also have your own toy to play with the dogs. You get the toy out, and you stop the game. Then put the toy out of reach – this is your toy as pack leader.

The information in these pages can assist with rescue dogs who have no prior training, no matter what age.

*If you decide to take your puppy to dog training classes*

Choosing a class for your pup's training should be given as much care as the choosing of your new puppy

Go along to classes in your area without your puppy and watch and listen.

Do you like what you are seeing and hearing?

Is there plenty of space so that your puppy cannot be attacked by another dog? – This is something that could cause problems in your pup's adult life.

There should be no slippery floors

.Pups should not be allowed to play when on lead, which is distracting from training.

Is there an owner standing by the doorway whose dog is ready to snap at every dog passing through the door?

Is the class noisy and chaotic, and is the trainer aggressive with the dogs or the owners? If so, avoid this.

Choose a calm, fun, well-organised club that uses reward-based training.

Do not join a class where they use choke chains, and the trainer's methods are harsh. Do not let your dog be bullied, or you as owner.

A 'good club' might not necessarily be the one nearest to where you live.

Puppy will need a vaccination certificate before being allowed at club, so you have time to look around and get your pup booked in ready to begin training.

Hopefully your pup will have experienced lots of sights and sounds, being carried in your arms before he/she is ready to put four paws down in the outside world.

Talk to other dog owners and ask if they can recommend a 'good class'. Your vet may also be able to advise, or ask at the library – but please check out the club on your own first.

Remember – you go through the door at the club first on the way in and on the way out – pup follows.

**Have Fun**

