



Sleep! Sleep and More Sleep!!

Tired puppies are naughty, crabby and bitey.

Did you know that puppies need up to 18 hours sleep in a 24-hour period? The most common cause of naughty puppy syndrome is tiredness. Puppies are not always good at regulating themselves and can easily get overtired.

Puppies are stimulated by all the different things in the environment such as different sights, sounds, smells and too much of all this can cause over excitement. Depending on what your puppy was bred for will determine how stimulated their different senses get.

For example, herding breeds such as collies need to watch sheep so they are very sensitive to movement and they are also sensitive to sound and can easily get scared by noises. In contrast, gun-dogs such as spaniels and pointers are sensitive to smells and movement, as they need to sniff out birds and watch them fly away.

Dogs bred to do a job need to be alert and watchful when there are things happening in the environment, so it can be hard for them to relax and sleep in a busy household. It is important, therefore, to make sure that your puppy has a quiet and calm place where it can sleep during the day as well as at night in order that they get the sleep they need.

Remember, up to 18 hours!

What do I do when my puppy gets things wrong?

I like to set new puppy owners a goal of a minimum of 80% positive feedback to their puppy. Ideally, this should be in the 90's but realistically, if you have never owned a puppy before, that can be challenging while you learn to be proactive.



TROUBLE SHOOTING

The Five Step 80/20 Puppy Training Rule.

- 1) If your puppy is up to mischief, like it has found a corner of the sofa to chew, simply walk over quietly, say nothing and just pick them up and put them somewhere else near to where there is something appropriate, for example their own toys, to interact with.
- 2) Draw as little attention to what they are doing wrong as possible while interrupting the behaviour.
- 3) If you ignore chewing, it will not go away as it is a self-rewarding behaviour.
- 4) Make sure you don't also accidentally give your puppy your attention for doing something that you don't want to happen again.
- 5) If you need to stop or interrupt something quickly that might be dangerous to your puppy, you can use a verbal interrupter such as 'Ah - Ah' but this needs to be used as little as possible or it will lose its effectiveness. If this gets your puppy's attention, quietly tell them they are a good puppy and then find them something else to do.