

# DOGTALK PUPPY COURSE

## PUPPYCOURSE THEORY



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## Lesson 1

### WELCOME TO THE PUPPYCOURSE

*You have taken the first step in raising your puppy into a happy and balanced dog and we are happy to help achieve that! You will receive a handout with tips & tricks every lesson. Please do not hesitate to ask additional questions by e-mail: [info@dogtalk-cursussen.nl](mailto:info@dogtalk-cursussen.nl)*

*Sincerely,  
Team DogTalk*



## Positive "Training"

What is meant by training on the basis of positive reinforcement? It means you will reward desired behaviour so that the behaviour will be repeated. This is how you show the puppy what you expect from him and encourage the pup to repeat that behaviour. Because you reward the puppy, the puppy will become a happy and free puppy, who has all the trust in you as an owner!

Please realize that the puppy still does not understand everything that we ask of him, he does not yet understand the commands and "does not speak our language." It is therefore up to you as the owner to explain to the puppy what you expect of him and to reward that behaviour.

If the puppy does something that is not allowed you should always ask yourself "does he know what is expected of him?" If not, then we also cannot expect the correct behaviour of him yet, and then we know that what to train and/or teach.

## Good night

### "puppies sleep to grow big and smart"

Maybe you have already noticed that young puppies can sleep like a log. They also often dream; then you can hear them making sounds and see they move their legs a bit.

It is not something to be taken lightly, everything the puppy experiences for the first time will have to be processed, that is why it is important to let the pup sleep a lot, really a lot. A puppy sleeps an average of 18 hours a day.

Sometimes it is necessary to give the puppy this rest because they prefer to keep going. The effects of too little sleep are hyperactive, overly-excited puppies. If the pup sleeps do not wake him up. It costs a lot of energy to grow and learn, energy that they get by sleeping. They also then get the chance to process what they have learned.

It is often difficult for the puppy to sleep through the night, which is also not surprising. They lack the warmth and presence of the littermates and they are in a new environment. You can therefore choose to stay closer to the puppy at night, so you can comfort him and be there in time to let the puppy out when he has to pee and/or poop. Prepare yourself for some bad night's sleep! Gradually you will see that the puppy will get used to the new environment and will be able to sleep longer.



Attention  
Trust  
Cooperation

## What exactly is socialization?

Puppies still have to investigate the world around them, and most situations are new to them. We call this socialization, a good socialization forms their future behaviour and influences how they experience the many stimuli. It is therefore quite an important part of training, socializing is not self-explanatory, you should really plan and train different situations.

Socializing is not as easy as many people think or as it looks. It is often said that the puppy has to get acquainted with stimuli, but that is not the only thing, it is even more important that the introduction to these stimuli is fun and does not pose a threat to them. You can influence that by linking the stimulus to something positive; a treat, a stroke, attention or by playing with him. If your dog is not interested in the reward, it often means that the stimulus is too exciting and it is a good idea to try and make the distance between it and the pup bigger.

Give the puppy time to discover the stimuli in his own way, let him do it at his own pace, so do not pull him along with you. You will see that the pup quickly realizes that it is not so exciting. If you do not give the puppy enough opportunity to discover what he thinks about this stimulus at his own pace, there is the possibility that you will give him a negative association with that stimulus.

That is the opposite of what you want to do! Get started with your list from last week that has the situations written down that happen in your family and what the pup will experience. You will plan these situations and try to repeat them about 3 times during the first 8 weeks. Do not train too many times, one new situation per 2 days is more than enough.

Give your puppy the opportunity to gather information about the stimulus, let him watch from a distance and if he wants to go to the stimulus – and if it is safe! – you should go with him. If he does not want to do that, make sure that he sees the link that looking at something from a distance is also fun but do not force him to go to the stimulus. So your puppy has the control!

## How should you train your puppy?

You want to give your puppy a good start and him to learn as much as possible. But how can you do that? Training a dog is not as difficult as it seems, as long as you – as the owner – are aware of the dog's way of thinking. Dogs repeat behaviour that gives them something positive, they will repeat behaviour that is rewarded. That is why we always reward new trained behaviour.

How do you train? First of all, you should imagine of the behaviour you want the dog to learn. Please realize that you imagine that, not the puppy. We will therefore have to "explain" this to him. Together with that image you immediately determine a command and a gesture.

Now you want to try and make the puppy show the desired behaviour and as soon as you see this behaviour – or something that is similar – please reward the puppy with a treat and encourage him enthusiastically. You will see that the puppy will repeat this behaviour. The moment you are sure that the puppy understands the behaviour / movement you make, you can add the command. The biggest test is the owner's patience; do not force your puppy to do something, a pup who thinks/does something himself learns much faster. (also in future situations)

You can practice this process with, for example, teaching him to give a paw. Please remember that a dog needs rest and attention to learn things, if he does not get that the dog will not absorb most of the information. So choose the right moment to train and stop in time.

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### Exercise "Give a paw"

#### What you will need:

- Treats
- A quiet place

Take the puppy to a quiet place and hold a small treat under the puppy's nose. The puppy will now do everything to get the treat.

Observe this behaviour well, you probably see the puppy will lick, nibble, bite, maybe sit down, look away or lie down. And suddenly he will put his paw in your hand! Immediately at that moment you should give him the treat and encourage him enthusiastically. If you repeat this several times you will see that the puppy will repeat the behaviour quickly.



*"Make sure that you train several times a day, and not too long, a few minutes is enough and stop at the moment that the puppy does good."*

*"If you train too long the puppy will often make mistakes due to fatigue and that would be a shame."*



## Vaccinations

When and what to vaccinate. It is advised to vaccinate dogs regularly against a variety of different diseases. A number of diseases are serious and possibly fatal, while others are only just a nuisance and generally not a serious threat to the health of your puppy.

### The most common Dutch vaccination schedule for dogs.

When should you get your dog vaccinated against:

- six and nine weeks old: parvo and distemper
- 12 weeks old: parvo, distemper, Leptospirosis (also known as Weil's disease) and Hepatitis contagiosa canis (or canine hepatitis) and kennel cough.
- one year old: parvo, distemper, Leptospirosis, Hepatitis contagiosa canis and kennel cough, or what the Dutch call the "big cocktail".
- from the age of one, every three years the big cocktail
- from the age of one, every year Leptospirosis and kennel cough

If the dog is vaccinated according to the schedule, he will be optimally protected. Does this mean that the pup cannot get sick? No, unfortunately, this does not guarantee immunity, like people there are many viruses that dogs can still pick up. But the dog will be protected against the most serious ones – parvo, distemper, Leptospirosis, Hepatitis contagiosa canis and kennel cough.

You can also ask the vet to do a titer test first. That is a blood test that measures the amount of antibodies from parvo, distemper and Hepatitis contagiosa canis. If there is sufficient resistance, you do not have to re-vaccinate and you can ask for a new titer test the following year. Because of the vaccination schedule you will be at the veterinarian regularly for the first few weeks, so look for a veterinarian that you feel comfortable with. Please go by regularly so you can weigh the puppy and to let the pup to get used to the veterinarian without something unpleasant – i.e. vaccinations or tests – being done every time.



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## Veterinarians

What are things that you should consider when choosing a veterinarian?

- Location, travel time
- Experience
- Opening hours
- The amount of time per consultation
- Overall impression
- Prices

We are happy to help you make a decision in case you are not sure about what veterinarian to pick!

You can also go to a veterinarian for a so-called "puppy consultation", your puppy will only get weighed, get a treat and maybe a cuddle from the assistant. That is how the puppy learns that going to the veterinarian can be pretty fun.

# Homework assignment

Besides all exercises you have learned in the first lesson you can also start with the following:

## Plan different situations for socialization

Consider what you are going to do and when. Plan this and give the pup the control during the exercise – as described in the text about socialization.

## Give paw

The previously described exercise of "give paw" is a good exercise to test the owner's patience, but also to give both the pup and the owner an insight into the way of training.

## Attention exercises

It is important that the puppy learns that it pays off to pay attention to the owner. You can practice this in different ways, please try the following exercises:

**Attention 1:** Walk a few steps with the puppy on the leash and then stop. Say nothing, do not ask him to do anything but wait quietly until the puppy tries to make eye contact with you. Then reward him enthusiastically with your voice and give him a treat. You will see that the puppy will try and make eye contact with you faster.

**Attention 2:** Take a few treats in both hands, let the dog smell them and stretch both hands next to your body. The puppy will of course first follow your hands because the treats are in it. Wait quietly until the pup looks at you, then bring your hand from your sides to your chest and give the treat to the dog.

It is very important not give the treats without raising your hand to your chest, because then the dog will follow your hand and the exercise is to make sure the dog will look at you and try and make eye contact with you.

## Next week

Please take the following with you next week:

- the leash
- the blanket
- 2 toys
- tasty treats

Services we offer:

- dog training
- puppy course
- basic course
- advanced course
- puppy personal training
- private lessons
- dog walking service
- behavioural therapy
- workshops & lectures

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*"Wij brengen  
hond en  
eigenaar op  
één lijn."*

