

**WALKABOUT HOUNDS**

# Puppy Handbook



Congratulations and welcome to the start of your Puppy Training journey. Getting a puppy is every dog lovers dream, but it can suddenly feel like you've brought a Tasmanian devil into your lives and you can begin to question what you have done.

We are here to help you get the puppy you have dreamt of owning. We have helped hundreds of puppies and puppy owners to get started on the right path to becoming a happy, content family with a well-mannered furry family member and we are here to give you the same help.

Having trained dogs professionally for the past decade we also have over 40-year combined dog owner experience and have owned Labradors, Spaniels, Lurchers, Terriers, German Shepherds, Rottweilers, Border Collies, Staffordshire Terriers and multiple cross breeds over the years.

The way we train is all about showing dogs and puppies what they are supposed to do in the human world. The way we do this is through reward-based training using food, toys, verbal praise, physical praise alongside marker words. The most important tool we can use with our dogs and puppies is our speech. But in the right way of course!!!

For full details of what we have available for puppies at Walkabout Hounds Training Centre please visit our website [www.walkabout-hounds.co.uk](http://www.walkabout-hounds.co.uk) for full details of what we offer.



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# MARKER WORDS & THE 3 D's

Marker words are a great way of reinforcing your puppy/dog's behaviour without having a treat in your hand all the time. It doesn't matter which word you choose, as long as it is short, easy to say and you are consistent in using it. We use GOOD but you could use YES/WIN/CLICK it doesn't matter. This Marker word says to your puppy "I Like That Do It Again!" You can also use a continuation marker word to increase duration such as "I Like That" "That's Nice" "Keep Going" before giving the "Good" at the end. The continuation marker can be used when your puppy has the basic understanding of the action and you are wanting to increase duration. To start follow these steps:

Step 1. You are not going to ask your puppy/dog to do anything, but you are going to reward whenever he looks at you. You say GOOD wait a second, then reward. Do this until your treats run out, up to 3 times a day. **Say your marker word then wait a 1-2 second before your hand moves to the treat pocket.**

2. After doing step 1 a few times then you can start to ask for a simple behaviour like a sit or a down something your puppy/dog already knows. Start to Mark the moment your puppy/dog gets the behaviour right. **Sit + puppy's/dog's bottom hits floor + Marker word = Food.**

## Try and Remember The 3 D's

### **D**uration **D**istraction **D**istance

Duration – Can your puppy/dog do that thing for longer

Distraction – Can your puppy/dog do that thing with crazy stuff going on

Distance – Can your puppy/dog do that thing where 1. The distraction is provided by you the handler you start close and move further away. 2. The distraction is provided by something or someone else you start further away, and you get closer to it

Extend the length of time that your puppy/dog has to do the exercise for.

Start off with none or very low-level distraction and when your puppy/dog can handle that slowly increases the level of distraction.

Once your puppy/dog can handle medium level distraction then you can start to increase distance.

**Too much distraction or too much/not enough distance will erode behaviour if your puppy/dog is not ready. GO SLOW to PROGRESS**

# COMMUNICATION



Communication is key when having a puppy/dog. You need to be able to clearly communicate what you want. BUT you also need to be able to learn how to listen to what your dog/puppy is saying as well.

Dogs are a species of body language and we are a species of verbalisation. As much as I would love to say that your puppy/dog knows exactly what you are talking about when you speak to them, they really don't. They understand actions and responses. What do they have to do to make you talk to them. If you talk to them all of the time, then they will start to ignore you. I want your voice to become a thing of awesomeness with your puppy/dog.

I want you to be very clear on how you communicate with your dog/puppy. When you give an instruction it needs to be nice and clear and simple. When you want to have cuddles with your dog/puppy, and they are not expected to do anything that's when you can have a conversation.

Here's a challenge for you. See if you can spend 1 day a week where you just say your dog/puppy's marker word to them and nothing else. See how well your dog/puppy begins to respond better to you when you purely focus on the Positive things that you like rather than on the things you don't like.



# SOCIALISATION

## What it is NOT!

There are many misconceptions about what socialisation is:

- Playing and greeting every 2- or 4-legged member of society
- Exposing puppies to 100 new things in 100 days
- Exposing puppies to every inconceivable scenario never encountered in real life.

## What it ACTUALLY IS!

The goal of socialisation is to teach our puppies:

1. How to be okay with normal, everyday things that puppy will encounter in their everyday life.
2. They can have controlled exposure to new things in small doses where they can safely get away without being forced into things.
3. Social neutrality. Just because a dog or person appears does not mean that it's time to go bananas jumping, pulling, barking. We want to show our puppies that 'you' your puppy's owner makes good things happen when they see other people and dogs and you are who they should be engaging with.

### Humans

You have the right to say NO to people wanting to stroke your puppy.

#### **Puppies in public are NOT public property!**

Make sure all interactions your puppy has with people are short and sweet and controlled by YOU!

### Dogs & Other Animals

Do not let other animals bully your puppy

### Environment

Short positive experience in different environments  
Just remember to lower your level of expectation of your puppy in each new environment.  
Set your puppy up to SUCCEED!

## Some Tips to Remember

Keep exposure sessions short  
Go at YOUR dog/puppy's pace  
Never scare your dog/puppy

# IDEAS FOR ENVIRONMENTAL EXPOSURES

Drive to a supermarket car park and let puppy watch the traffic. Reward calm behaviour

Open an umbrella – begin with umbrella facing away and let your puppy explore it at their own pace

Present familiar objects in new ways

Play Dress Up (You not the puppy)

Sprinkle their food in the bathtub

Take to a pet friendly shop and let them observe. People do NOT need to stroke.

Place something under a tray or board so it moves when they walk on it

Let them walk on a plastic bin bag

Play odd noises on your phone while you calmly feed them. Start with a low volume

Have puppy walk on crinkled up foil

Fill a pillowcase with scrunched up paper for puppy to walk on and investigate

Fill a baking tray with just a covering of water and let puppy walk through it.

# ENRICHMENT

Puppies can always find ways to enrich their lives even if we don't provide it for them and unfortunately it is usually not in a way that we humans like!!! So, it is up to us humans to provide the proper kind of enrichment in the proper doses.

Enrichment is separate from training. But enrichment enables our puppies to increase their learning capabilities. It also lowers stress levels by giving them activities that allow them to use their doggy senses and instincts. Not all enrichment activities are for all dogs and safety should always be your number one concern.

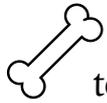
Simple things like puzzle toys, lickimats, snuffle mats are all easy ways to add just a bit of enrichment to their lives.

Another great form of enrichment is training for things like tricks or scent work. Ask Davina for our Trick Out Time information sheet.



# EXERCISE

Although puppies seem to be ever ready bunnies, constantly on the go, they do not need a lot of repetitive exercise, such as long walks. The younger they are the more important it is that they be allowed to explore the world at their own pace, slowly adding in distractions, time and distance as they grow and develop



8 – 16 weeks      Let puppy explore over different surfaces and terrains for 15-20 minutes, at puppy's pace.



17 weeks – 6 months      This is roughly 5 minutes for every month of the puppy's age. On a freedom walk let puppy dictate how long and how far. On a loose lead, paying attention walk then you need to dictate the length and distance BUT it should be significantly smaller in distance than a freedom walk. Build up to getting towards distracting scary things like traffic and noisy environments.



6 – 18 months      Continue to avoid repetitive activities until puppy has completely finishing growing (Smaller the breed, the sooner they finish growing, the larger the breed, the longer it takes to finish growing). However, walks should be structured and defined either as Freedom walks or Paying Attention walks. Use lots of time for sniffing, exploration but remember that you must do it together!!!!



18+ months      Slowly begin to introduce endurance activities, gradually building up duration of exercises. This is where you can introduce running, agility, flyball etc.

We do not recommend the use of ball throwers. There too much stress put on the body that can increase the risk of dysplasia, cruciate ligament tears and ruptures, arthritis and more.

# Chill Out Puppy

Sniffing, chewing and licking are all self-soothing behaviours. When your puppy begins to act out of control, giving them an activity that includes these behaviours will naturally help them calm down.

Dogs should always see their bed or crate as a happy safe place. Giving them a long-lasting chew whilst they are in their bed or crate will help them be happy or calm in that place. One way to ensure that puppy keeps these chews in or on their bed/crate is to tie them to the crate inside or onto an eyelet next to the bed to keep the toy in that location. If puppy can carry it away, then they may choose to go onto the sofa instead.



## Examples of Long-Lasting Chew Toys

- Yak Bars
- Stuffed Kongs (See later Chapter)
- Lickimats (Supervision required)
- Snuffle mats
- Puzzle Toys (e.g. Nina Ottosson)
- Natural Chews such as Pizzles, Bully Sticks, Moon Bones
- Chewroots & Coffee/Olive Wood Chews
- Deer Antlers

Puppies should have access to chew toys at all times. We want them to be able to choose to chew these rather than your Dining Table leg, skirting board or tv cables. Remember they are chewing for Pain Relief



# Crate Training

Whether that is a crate, a puppy pen, or specific room of the house, you want your dog's "safe space" to be a happy, comfortable place for them. Teaching them from the beginning to be happy and settled in their crate will save your sanity when you need your puppy safely and calmly contained, such as when service people are at the house, or your non-pet loving mother-in-law visits.

## Tips for happy crating:

Feeding them meals in the crate will go a long way to creating that happy feeling, as well as giving them a place to eat undisturbed.

Sprinkle treats in the crate occasionally so when they wander in there, they find a special little something in there.

Give them long-acting chew toys when you need them to be in their crate so they don't get bored.



Let them wander in and out on their own, so they don't think they will get shut in every time.

Let them see you put a high value treat inside the crate and shut the door so they build up their desire to go in and investigate. After a few seconds of trying to get in, open the door and let them have the treat.

Tie a filled Kong to the back of the crate so they have to stay in the kennel to get the goodies. Do this when you can leave the door open, so they don't feel tricked.

Placement of the crate is an important factor as well. Don't place it in the middle of a high traffic area of your house so they can't rest when they are in there, but also don't put in an area so remote they feel isolated from everyone.

Sleeping is a group activity for safety, comfort and bonding. Puppies don't understand why they are banished away from the family every night if their crate is isolated from everyone. If they sleep in their crate away from everyone, place a shirt that smells like you close to the kennel at night, and/or have a baby monitor set up in reverse so they can hear you breathing. However regardless of where puppy will end up sleeping as an older dog, I always start off with my puppies in their crate next to my bed so that I'm comfortable and relaxed and so is my puppy.

# TOILET TRAINING

## GETTING IT RIGHT BEFORE IT GOES WRONG

Puppies should have ZERO freedom in the house. This means they are in a kennel, a puppy pen, or on leash attached to someone or something in the room with someone who can watch them. This way they have no chance to sneak off and have an accident in the house when no-one's watching.

The reason toilet training tends to fail is unfortunately down to lack of watchful human supervision. Dogs are the only species on the planet that we make go to the toilet outside. Even humans have the option of staying inside in the bathroom.

### Steps for toilet training:

Take the puppy out at regular intervals. General rule of thumb is that they can hold their bladder 1 hour per every month of age, stretching that a bit as they get older. For example: a 2-month-old puppy should be able to go about 2 hours between toilet breaks.

Take the puppy out immediately upon waking up, after playing, and 10-20

minutes after eating or drinking. But remember this is GENERALLY, does not always apply to every puppy.



Take treats out with you and carry the puppy out to the garden on a lead.

Take them to one area of the garden, pop the puppy on the ground and then ignore the puppy. Let them sniff around only wherever they can reach on lead.

As soon as they have finished doing their business you can say something like "Go Toilet" "Do your business" "Be Quick" etc and then reward them. You are rewarding them for going. You do not want to disrupt them when they are mid flow so to speak as this may spook them and they could become reluctant to do it in front of you.

You can then either give them a release word such as "Be Free" and let them off lead to allow them to explore or play in the garden. Or take them inside and remove the lead once the door is closed. They only get to go play when they are given the release command. Not just because they went to the back door.

If they do have an accident inside, do not scold them, rub their nose in it or make a big deal out of it. You will only scare them from ever toileting in your presence.

# PUPPY BITING

Puppies use their mouths to investigate everything in their world. This means that puppies use their teeth on EVERYTHING TOO. It's perfectly normal, but that doesn't mean that we have to tolerate their teeth on us. One of the best things we can do is NEVER use our hands as toys for our puppies especially when they are very young (i.e. when it doesn't hurt yet) because they don't suddenly grow out of doing the things they have been allowed to practice. That being said they still need to chew things because for puppies it's PAIN RELIEF.

There are 7 questions you can ask yourself when dealing with a teething puppy (they also work with pretty much any puppy problems though).



1. Are they hungry?
2. Are they thirsty?
3. Do they need the toilet?
4. Do they need their brain exercising?
5. Are they tired or indeed over-tired?
6. Are they trying to tell us something and are being ignored?
7. Are they over excited and unable to control themselves?

## **Redirect – Reward – Remove**

**Redirect** – move puppy onto an appropriate toy (use a toy they don't always have access to, it's more fun!!). Make sure you do this in silence though.

**Reward** - puppy gets verbal praise for chewing the correct toy rather than you or a human only object (i.e. the skirting board)

**Remove** - If the above does not work, then remove them (in silence) to their crate or pen. You can ask them to re-join you once they have calmed down, had a sleep or a good chew of a something cause their teeth hurt really bad.

What we are trying to teach your puppy here is:

1. "If you chew the skirting board then the only thing that will happen is that you will be moved away. But your human does not speak to you. "
2. "When you have certain objects your human will start to talk to you and encourage you to chew that object"
3. "If you go back to the first item, your human will remove you from their presence completely, BUT when you are calm, they let you come back to join them"

## JUMPING UP



Jumping up is a very common problem in puppies. It tends to happen because they are trying to get up to our faces because that is where all the magic happens, us talking and our facial expressions. Unfortunately jumping up tends to continue because we start to talk to our puppy telling them to “Get Down” “stop jumping” or other such phrases. Your puppy has learnt to make you speak by jumping up at you. That’s what they want so therefore they are going to continue to do it.

The easiest way to stop a puppy jumping up at you is to calmly step into them if they jump up. This makes puppy move backwards and therefore loses the game. If we take a step backwards then puppy has won the game, so its within their interest to do it again.

## POO EATING

Technically known as Coprophagia, poo eating is a very upsetting and revolting act for us humans. Unfortunately, not so much for dogs and puppies. There are a number of medical, physical and behavioural reasons behind this, including:

- Intestinal parasites
- Being underfed and/or a poor-quality diet
- Taste – they can be really appetising to a dog
- It’s natural. Mum eats her pups’ poo to clean the dean.
- Certain medications can make a dog very hungry
- An abused dog that was not fed (faeces may have been the only food source)
- Owner attention
- Boredom and being isolated for long periods
- In fear – if a puppy or dog has been told off for pooing in the house, they may eat it to hide the evidence.



Making sure your dog/puppy has sufficient exercise, interaction, stimulation and playtime. If due to a medical condition, then poo eating will stop once well again. Make sure that your puppy/dog is fed a good well-balanced food. Check out [www.allaboutdogfood.com](http://www.allaboutdogfood.com) to check out the nutritional value of your dog food. Patience is the key with poo eating, breaking the habit. Make sure you clean up regularly after your dog/puppy, but it can be advantageous to not let your puppy see you clear their poo up. Once they have done it move them into the house and then clean it up.

# STRESS IN DOGS

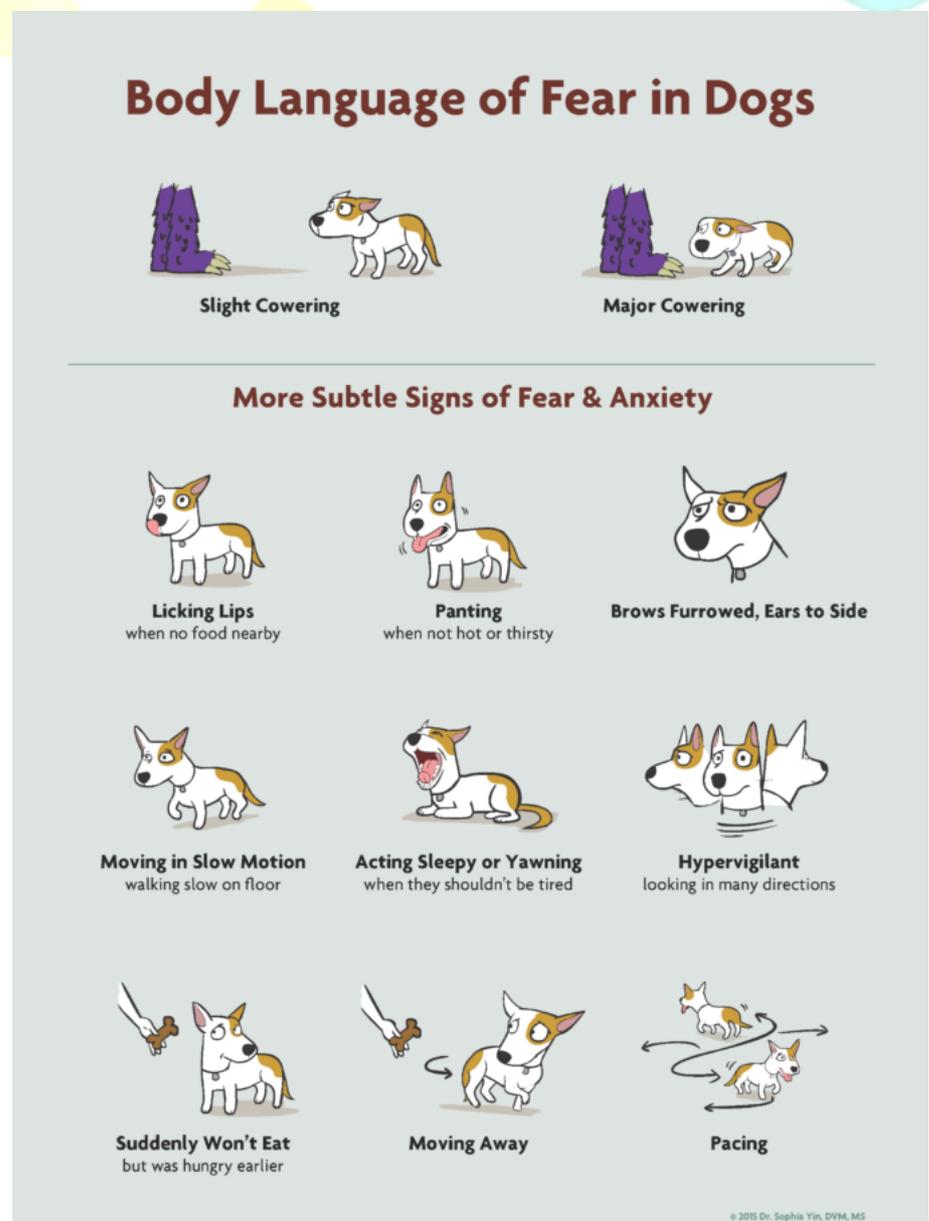
The amount of stress we put on our puppies and dogs is actually a lot. Just like humans, when stress levels go up the ability to think clearly and calmly becomes impossible. The ability to actually learn when stressed is minimal at best. That being said we (all animals) do need appropriate amounts of stress but just in the right form.

We are asking this completely different species to live in our strange, scary, wild world and us humans just expect that our dogs will be fine with it. Unfortunately if we don't handle it properly then that is when we start to see real issues with dogs. Think of living on a desert island for a 12-week period and then being dropped into the middle of Time Square and being expected to be fine with everything that is going on around you. That's what we do to our puppies when we take them out on their first walk after their injections have been complete!!!!

The first thing we need to remember is that dogs are a species of body language, NOT verbal communication. Our dogs tell us so much but us humans forget that we need to learn to listen to what our dog is telling us.

The image shows some signs that our dogs are trying to tell us that they are NOT okay with what is happening in that given moment

If we ignore these signs, then our dogs and puppies start to feel ignored and feel like they have to go a stage further in order to make us listen that they are not comfortable with the situation. Most dog bites happen because humans just haven't listened, and the dog feels it has no other choice. Dogs are never wrong, just mis-understood.



# CHILDREN & DOGS

Noisy, smelly, fast moving, exciting and that's just the children, let alone the dogs/puppies. Put the 2 together on their own and it's a recipe for disaster. The key thing to remember when dealing with Children and Dogs/Puppies is management. If you don't manage the two then you are setting up both parties to fail.

The younger the child the more supervision they need. Older children can do more, but don't become complacent. An older child can still do things that a puppy or older dog does not understand, and it may escalate quickly.

## How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



ROLL OVER



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



SNIFF SNIFF



Playing hide-n-seek

Always remember:

**Supervise all interactions. Accidents can happen in a split second.**



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



# HOW NOT TO INTERACT WITH DOGS!

It's common sense. Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating

Avoid stealing other people's toys



Avoid taking a dog's bones or toys

Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face

Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.

Avoid pestering



Avoid grabbing tail/ears

Avoid climbing on or trampling



Avoid climbing on or trampling

Avoid pinching



Avoid hugging. Most dogs dislike it.

Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.

# CHILDREN & DOGS OUTSIDE

## THE 20 PAW PLAN

- 1 Never touch a dog without asking the owner first.
- 2 Always keep away from busy dogs, bored dogs, dogs that are ill, or dogs that are tied up.
- 3 Never touch a loose dog.
- 4 Never make sudden movements when close to a dog. Keep quiet and calm around dogs.
- 5 Never tease a dog. Never pull its ears, tail or fur. Dogs may not find it funny.
- 6 Only play with a dog when an adult is nearby.
- 7 Do not kiss or put your face near a dog - even your own dog. Never let a dog lick your face.
- 8 Never touch a dog that is sleeping.
- 9 Don't cuddle your dog too much - remember that dogs can feel smothered too.
- 10 Never eat when close to a dog.
- 11 Never go near a dog when it is on its own territory. If your ball accidentally goes over someone's fence, always ask an adult for help. Do not attempt to get the ball back yourself. Remember that dogs defend their own territory.
- 12 Never stare at a dog.
- 13 Never leave a young child alone with a dog.
- 14 Never touch a dog that is with its puppies.
- 15 Never run from a dog, screaming and waving your arms around.
- 16 Never ignore a dog's warning growl.
- 17 Always wash your hands after touching a dog.

- 18 If a dog jumps up at you or you are frightened by a dog then be a Tree. Read the Safe and Sound guide to find out how.

**WHAT TO DO IF A DOG JUMPS UP AND FRIGHTENS YOU**

**BE A TREE**

Stand still  
Drop everything you are holding  
Fold your arms across your chest  
Tuck your chin in  
Don't move  
Don't scream  
Don't run away  
Don't move your arms  
Don't stare  
Act bored

**YOU ARE NOW A TREE!**

When the dog moves away, walk backwards very slowly, keeping your eye on the dog. If it comes back, become a tree again.



- 19 If you are knocked over by a dog then be a Stone. Read the Safe and Sound guide to find out how.

**WHAT TO DO IF A DOG KNOCKS YOU OVER**

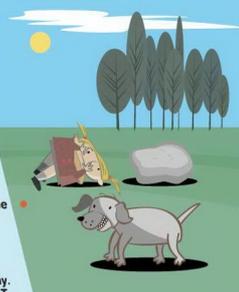
If you have been knocked over by a dog and you are on the floor then...

**BE A STONE**

Don't try to get up or make sudden noises  
Let go of anything in your hands  
Cover your face with your hands  
Keep your elbows in  
Roll onto your front  
Keep your legs together  
Pull your knees up to your chest  
Tuck yourself up to be as tight as possible (protecting major parts of your body)  
Keep still

**YOU ARE NOW A STONE!**

Don't move until the dog has gone away. After the dog has gone TELL AN ADULT.



- 20 Always remember the Safe And Sound Hello when saying hi to dogs.

**HOW TO SAY A SAFE AND SOUND HELLO TO DOGS**

**ALWAYS**

Ask the owner first before touching a dog  
Approach the dog calmly  
Put your hands by your side  
Make a LOOSE fist with one hand  
If necessary, bring your arm slowly towards the dog  
Let the dog sniff the back of your hand - this tells the dog all about you

**YOU CAN THEN GENTLY STROKE THE DOG UNDER THE CHIN**



# DANGEROUS FOODS FOR DOGS

## ALCOHOL



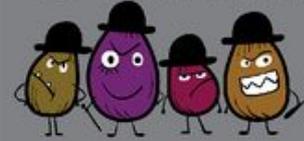
COMA  
DEATH  
INTOXICATION

## AVOCADO



CONTAINS PERSIN:  
VOMITING  
DIARRHEA

## RAISINS CURRANTS



KIDNEY  
FAILURE

## COOKED BONES



STOMACH  
LACERATIONS

## WALNUTS MACADAMIAS



NERVOUS SYSTEM  
AND MUSCLE  
DAMAGE

## ONIONS GARLIC



TOO MUCH  
BLOOD CELL  
DAMAGE  
ANEMIA

## DAIRY



TOO MUCH:  
DIARRHEA

*the world's*

MOST

**DANGEROUS**

**FOODS**

FOR DOGS

## GRAPES



KIDNEY FAILURE

## MUSHROOMS



SOME VARIETIES:  
SHOCK  
DEATH

## FATTY FOODS



TOO MUCH:  
PANCREATITIS

## CAFFEINE



VOMITING  
DIARRHEA  
TOXIC TO HEART & NERVOUS SYSTEM

## XYLITOL



(GUM, CANDY ETC.)  
LIVER FAILURE  
HYPOGLYCEMIA  
DEATH

## CHOCOLATE



TOXIC TO HEART  
& NERVOUS  
SYSTEM  
DEATH

## MEDICATIONS

(TYLENOL, ADVIL ETC.)



KIDNEY  
FAILURE  
GI ULCERS

If you think your dog ate something dangerous,  
CALL YOUR VET or:

ASPCA POISON CONTROL HOTLINE (888) 426-4436

NATIONAL PET POISON HELPLINE (800) 213-6680

illustration by LILI CHIN | layout by DESIGN LAB CREATIVE STUDIO

# TOYS FOR PUPPIES

These days toys are so diverse. Toys can be divided into a few categories.

- Treat dispenser enrichment toys help fight off boredom and provide mental stimulation.



- Interactive toys build the bond between you and your dog and include items used to play fetch, and tug. Don't be afraid to get down your puppy's level and roll around a bit.



- Self-amusement toys are usually stronger, and more durable for dogs to play with when home alone.



- And lastly comfort toys, which typically are plush toys, but it can be any item with which the dog bonds and often sleeps with.

A good toy box can help keep your house, organised and your puppy's favourite toy ready to go. In fact it can be a good idea to have 2 toy boxes. Put all your puppy's toys into one box (Interactive toys for definite but you can put some of the other types of toys in too) and only allow puppy to have one toy per day. At bedtime the toy gets put into the second box.

Once the first box is empty the first and you work your way your puppy sees the play with them rather than and they get bored. This promise!!!!

the second box gets emptied into way through the toys again. This toys as exciting when he gets to having them all of the time will save your wallet I



# KONG RECIPES

## Cube Chillers

### Ingredients:

- 12 small KONG Snacks or pieces of Freeze-Dried Meat Pieces
- 1 sliced banana
- 1/2 cup blueberries
- 1 cup water
- KONG Classic



Place ingredients into ice cube tray and freeze until solid. Place the frozen cube into KONG Classic!

## Candy Corn

### Ingredients:

- 1 cup pumpkin
- 1 cup plain yogurt
- 1 Tbsp maple syrup, Agave Syrup or Manuka Honey
- 1 Tsp Cinnamon
- 1 cup mashed banana
- KONG Classic



Spoon small amount of banana into silicone mould tray. Mix cinnamon with pumpkin and spoon small amount into silicone mould tray. Mix maple syrup with yogurt and fill the remainder of the silicone mould tray. Freeze for 1-2 hours. Stuff KONG with candy corn treats!

\*Tip: Freeze each layer for about 20 minutes to prevent the layers from mixing.

## Sweet & Savoury

### Ingredients:

- 1/2 cup minced turkey
- 1/2 cup diced apples
- 1/2 cup diced sweet potato
- 1 tablespoon melted coconut oil
- 1 tablespoon KONG Easy Treat Liver
- KONG Classic

Mix all ingredients together in a bowl. Split mixture between KONGs and seal with KONG Easy Treat Liver and freeze for greater challenge.

## Toby's Tasty Treat

### Ingredients:

- 1/2 Cup Shredded Carrots
- 1/2 Cup Shredded Courgette
- 1 Tablespoon KONG Peanut Butter
- 1/2 Cup Sweet Potato
- KONG Classic

Mix all ingredients together in a bowl. Split mixture between KONGs and freeze for greater challenge.



# KONG RECIPES part 2

## Sweet Summer Smoothie

Ingredients:

- Strawberries
- Blueberries
- Plain yogurt
- KONG Peanut Butter Easy Treat

Mix all ingredients together in a bowl. Split mixture between KONGs and freeze for greater challenge.



## Pup-Ermint

Ingredients:

- 1 cup plain yogurt
- 1/4 cup chopped mint
- 1/4 cup chopped parsley
- 1/2 cup diced apples
- KONG Classic
- KONG Peanut Butter Spread

Mix all ingredients together in a bowl. Split mixture between KONGs and freeze for greater challenge.

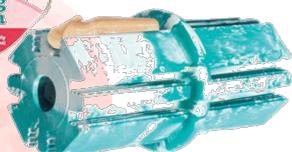
## Fido's Farmhouse Feast

Ingredients:

- 4-5 whole carrots
- 1 cup pumpkin puree
- 1/2 cup unsweetened dried cranberries
- 1 cup apple sauce
- 1 cup baby spinach
- KONG Classic
- KONG Easy Treat Peanut Butter

Mix all ingredients together in a bowl. Split mixture between KONGs and freeze.

\* This recipe will fill several KONGs depending on size used.



## Oat Cookie Dough Treat

Ingredients:

- 1 cup rolled oats
- 1 cup applesauce
- 1 chopped up banana
- KONG Classic
- KONG Peanut Butter Spread

Mix all ingredients together in a bowl. Split mixture between KONGs and freeze for greater challenge.



# Can My Dog Do A Sit?



Many people come to us for training and they tell us, oh yes, my dog can do a Sit. My next question is always “how well can your dog do a sit?” Most of the time the reply is, oh when I’m at home and only if I have a treat in my hand.

All of these “When” scenarios can be pretty much changed to fit any other obedience skill. But in the meantime the above will give you a goal to work towards.

So here is a checklist which can apply to all aspects of dog training elements but for now it is just for a Sit.

Your criteria is:

1. You must only ask once
2. Your dog must comply within 5 seconds.

## Handler Positions

	Dog sits when handler is stood
	Dog sits when handler is stood with hands above head
	Dog sits when handler is stood on a chair
	Dog sits when handler is sitting on a chair
	Dog sits when handler is sitting on the floor
	Dog sits when handler is lying on the sofa or in bed
	Dog sits when handler is lying on the floor

## Dog Positions

	Dog sits in front of handler
	Dog sits to the side of handler (Right)
	Dog sits to the side of handler (Left)
	Dog sits behind handler
	Dog sits from a down
	Dog sits from a stand

# Can My Dog Do A Sit? Continued

## Locations

	Dog sits on 3 surfaces – grass, carpet, tile, concrete, sand, gravel
	Dog sits on sofa or chair
	Dog sits on a grooming table, vet table or raised platform
	Dog sits in the shower or in the bath
	Dog sits in a car (on the seat, in the boot)
	Dog sits under a table
	Dog sits in a field
	Dog sits next to a pond

## Access

	Dog sits before food bowl is put on the floor and remains sat
	Dog sits before a door is opened and remains sat
	Dog sits before exiting a crate
	Dog sits before being stroked and remains sat
	Dog sits before a toy is thrown
	Dog sits before sniffing interesting scent/tree
	Dog sits at side of the road before crossing

## Conditions

	Dog sits while you hold collar
	Dog sits on a hand signal only (no verbal)
	Dog sits with door open (Car or house)
	Dog sits with mild toy distraction
	Dog sits with another dog in the room
	Dog sits with another dog playing in the room
	Dog sits in the rain
	Dog sits while traffic passes by
	Dog sits while a bike/skateboard passes by
	Dog sits while a child runs by
	Dog sits while a dog passes by

## Advanced

	Dog sits automatically in heel when you stop walking (no verbal)
	Dog sits when handler is 10ft away
	Dog sits “in motion” (handler continues to walk forward)



# TRICKS TO TEACH YOUR PUPPY & BEYOND



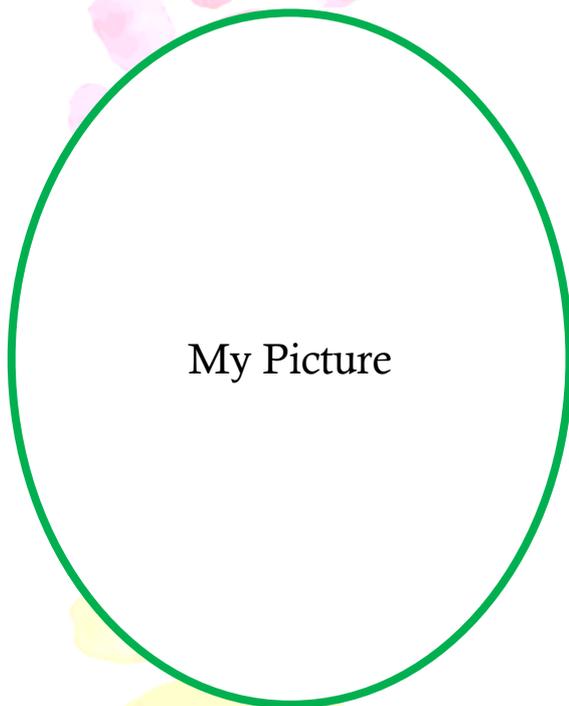
## PUPPY TRICKS

F	NF		F	NF	
		Play Dead			Roll out a carpet with nose
		Come			Speak (bark on cue)
		Crawl (5 crawl steps)			Spin circles
		Drop it			Leg Weave
		Fetch			Bow
		Find the hidden treats			Kisses
		Hide and seek			Leave it (10 sec)
		Catch a toy in mid-air			Memory game (3 baskets) muffin tin game
		2-on/2-off			Paws up on an object

Spend just 5 minutes per day teaching a trick to your puppy. It may take them a little bit of time to complete. But it will be so good when you can check that box to say you can do it.

First Box F means with Food, Second Box NF means with No Food

# MY PUPPY DETAILS



Puppy Name \_\_\_\_\_

Birthday \_\_\_\_\_

Breed \_\_\_\_\_

Male/Female \_\_\_\_\_

My Owner \_\_\_\_\_

My Address \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

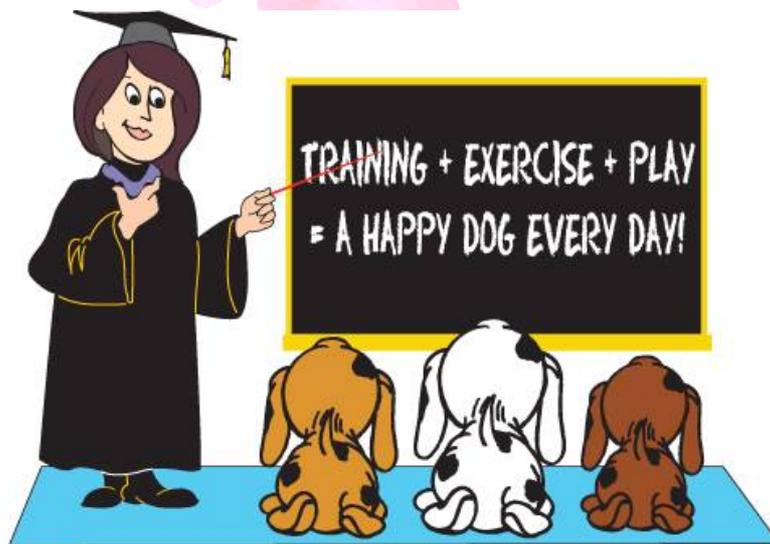
My Owners Contact Numbers \_\_\_\_\_

\_\_\_\_\_

My Vet \_\_\_\_\_

My Microchip Number \_\_\_\_\_

# My Puppy Training Log



## PUPPY & TRAINING COURSES

My First Puppy Course Completed \_\_\_\_\_

My Second Puppy Course Completed \_\_\_\_\_

My First Training Course Completed \_\_\_\_\_

My Second Training Course Completed \_\_\_\_\_

My Third Training Course Completed \_\_\_\_\_

My Fourth Training Course Completed \_\_\_\_\_

My Fifth Training Course Completed \_\_\_\_\_

## ACTIVITIES

Activity	Tried It	Liked It	Will Continue
Agility			
Scentwork			
Hoopers			
Trick Class			
Gundog Training			

## JUST REMEMBER!!!



Your puppy is just a baby. They have been taken away from everything they've ever known. They don't mean to upset you. They just don't know how to live in the human world yet. Be your puppy's teacher, guide, best friend and protector.

Bonding does take time. Try to make your puppy smile EVERYDAY! Spend time just being with them and above all have patience with them. Let them learn at their pace and don't assume that they should know what they are supposed to do. Because, if you do let them learn they will reward your efforts a million times over in a million different ways.

What you invest in your puppy's learning now will pay off for the rest of their life!

Just remember we are here to help!!

*Davina and James*

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