

BY JANET DIPIRRO

# COMPANION CANINE'S NEW PUPPY HANDBOOK



Did you hope for a cute, fluffy puppy for the longest time, but ended up with a teething little devil?

I can help you get back the puppy that you wanted!

I have helped many owners get on the path of bringing up a happy, well-balanced, and reliable part of the pack. I would love to help you and your puppy too!

Who am I? My name is Janet DiPirro and I own Companion Canines, LLC. My adult life has revolved around caring for dogs; I have been a Certified Dog Trainer for over 15 years, I am a member of the Association of Pet Dog trainers (APDT), and a certified AKC Canine Good Citizen Evaluator. It is my goal to share my compassion for animals with you so that the owner-dog relationship can be completely understood and thoroughly enjoyed.

I have several different training options for puppies and their humans. Please contact me for more information to see which option would be best for you!

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# POTTY TRAINING

## Starting Off On The Right Foot

First off, puppies should not have any freedom in the house. They should be in a crate or on a leash with someone in the room watching them. This way they can never be left unattended to have an accident without someone noticing or get into something they shouldn't, like the trash can.

### Potty Training Basics

- Be sure to take your puppy out regularly. A good rule to follow is that for every month of age, they can hold their bladder for an hour. So if your puppy is 1 month, they should be able to hold it for an hour. If they are 3 months, they should be able to hold it for 3 hours. As they get older, they will have better control of their bladder.
- Take your puppy out immediately after they wake up, after playing, or 10-20 minutes after eating or drinking. This will eliminate several opportunities for an accident to happen as these are the times they most often need to go.
- Take your puppy out on a leash and bring treats with you.
- Take them to the area of the yard you would like them to go and then ignore them. Let them sniff around within the length of the leash.
- Once they are in position to potty, tell them "Go Potty," "Do Your Business," whatever you would like to say in the future that they will associate with going potty.
- As soon as they are done, praise them happily and give them treats.
- Allow them to play in the yard after pottying.

If they do have an accident inside, don't make a big deal out of it. Scolding them or rubbing their nose in it will only scare them from pottying in front of you. Make sure you have a cleaner on hand, treat the area immediately and follow the directions on the bottle.

# NIPPING

## Keeping Their Teeth To Themselves

Puppies use their teeth on EVERYTHING. This is normal behavior but that doesn't mean we have to put up with it. The first rule you can follow is to NEVER use your hands as toys with your puppies. This will teach them that your hands are things to be played with and will encourage their nipping at them. There can be several reasons that puppies are nipping. Here are some things to keep in mind about them when they are nipping:

Has your puppy had enough physical exercise? Puppies need to be given appropriate outlets for their energy.

Are they over-tired? Puppies can often be compared to children. They can get wound up when they are too tired also.

Is your puppy getting enough mental exercise? Their minds are very active and they need to be kept occupied or they could default to unwanted behaviors.

Are they defensive biting? Have they been trying to show you that they are uncomfortable with something?

Is your puppy hungry or teething?

Is your puppy over-aroused and not able to control themselves?

## REDIRECT AND PRAISE

Redirect your puppy to an appropriate toy they can chew on.

Praise them for choosing to chew on the toy instead of you.

If that doesn't work, remove them to their kennel to take a nap.

# CRATE TRAINING

Whether a crate or specific place in the house, you want your dog to have a spot where they can have a "safe space" to relax and feel comfortable. Teaching them from the beginning to be settled in this space will save you a lot of trouble. You will have a space where you know they will be safe and comfortable while you are away, if you need a break, or others are taking care of them for you.

## Tips for crating:

- Feeding them in their crate will give them a happy feeling to associate with the crate. It will also give them a space to themselves to eat without being bothered by other family members or pets.
- You can occasionally spread treats in their crate without them knowing so that they can wander in randomly and find a fun treat.
- Give them something to chew on when they are in the crate so they don't get bored. I like to freeze a mixture of their food inside Kongs or hollow bones for them to work on.
- Leave the crate open so they can wander in and out on their own. This way they won't associate the space as someplace they are always shut into.
- You can put an exciting treat in the crate and shut the door. After they try to get at it for a little bit, let them in. This will build up their desire to go into the kennel.
- Tie a kong filled with treats to the back of the kennel so they have to stay in to get the treats. This way you can leave the door open and they can have an enjoyable experience in the crate.

It is also important where you place your crate. You don't want the crate to be in a space where they feel isolated from everyone else, but you also don't want it to be in too high traffic of an area or they won't be able to rest. Puppies will be confused if they are placed in a spot far away from the family at night; sleeping is an important group activity for safety, comfort, and bonding. If they are going to sleep in a crate at night away from everyone, you can place a shirt that smells like you in the crate, and/or have a baby monitor set up so they can hear you breathing.

# EXERCISE

Puppies seem to have a lot of energy, but they do not need a lot of repetitive exercise like walks. The younger they are, the more they need to take time to figure out the world at their own pace. Eventually, you can add time and distance as they get older. The following are some suggestions of what you can do with your puppy at different stages.

**8-16 Weeks**

Trail kibble over different surfaces and terrains for 15-20 minutes, letting your puppy explore at their own pace

**17 Weeks to 6 Months**

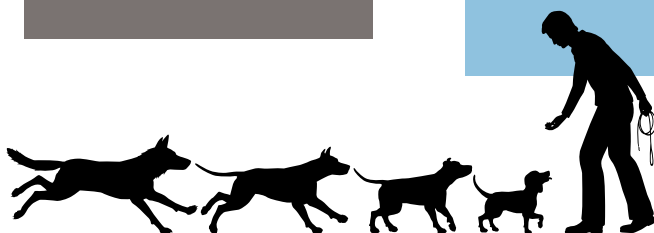
Let your puppy dictate the amount of time and distance for walks. You can add 5 minutes per month. Also introduce low impact, non-repetitive tricks and sports for them

**6-18 Months**

You should continue to avoid repetitive activities until the growth plates have closed. Walks should be more for exploring and sniffing

**18+ Months**

Slowly introduce endurance activities while gradually building up length of time of exercises



# SOCIALIZATION DONE THE RIGHT WAY

There are a lot of different ideas and misunderstandings out there about what socialization is; playing, greeting people and other dogs, exposing puppies to everything imaginable, even unrealistic scenarios.

Socialization should really teach them:

- To be okay with the normal, everyday things they will encounter
- Giving them exposure to new things in small, controlled doses and scenarios
- Keeping them neutral in social environments. They don't need to be barking, pulling, going crazy whenever they see another person or dog.



## Humans

You are allowed to say NO to people who want to pet your puppy.

Puppies are not public property!

You'll want to make sure all interactions with your puppy are short and sweet

## Dogs & Other Animals

Do not let other animals bully your puppy

## Environment

Give your puppy short and positive experiences in different environments

Some tips to remember:

- Keep exposures short
- Go at your dog's pace
- Never scare your dog!

Here are a couple of links with great websites for more information and ideas:

<https://anniedireland.wordpress.com/2020/03/on-lockdown>

<http://playwaydogs.com/we-need-to-stop-calling-it-socialization/>



Open an umbrella - start with the umbrella facing away from you and let your puppy explore it at their own pace

Present familiar objects in new ways

Drive to a parking lot and let your puppy watch the traffic. Reward them for calm behavior

Take them to a pet friendly store and let them observe. People do not need to pet!

Dress them up in clothes

Sprinkle their food in the bathtub

Let them walk on a plastic trash bag

Have them walk on Crinkled Foil

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

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

Fill a cookie sheet with one inch of water and let them walk through it

Play Dress Up



**Another aspect of socialization is enrichment.**

**Dogs will always find a way to enrich their lives if we don't provide the enrichment for them. Usually this is in a way we won't like! We as humans need to make sure we provide the right kinds of enrichment in the right doses.**

**Enrichment is something different from training, but it does increase their learning capabilities. These activities can help them reduce their stress by letting their natural dog senses and instincts kick in. Not all enrichment activities are meant for every dog so keep it in mind that safety is the first concern.**

**Simple things like puzzles toys, lick mats, and snuffle mats are easy activities that provide enrichment in their lives.**

**Learning tricks and scent work is another great way to provide enrichment!**



# SIGNS OF STRESS

When your dog's stress level goes up, their ability to think calmly and clearly goes down. If your dog is stressed, they will only be able to learn minimally at best. It is important to understand the signs of when your dogs is stressed. This can come from both good and bad sources.

## Body Language of Fear in Dogs



**Slight Cowering**



**Major Cowering**



## More Subtle Signs of Fear & Anxiety



**Licking Lips**  
when no food nearby



**Panting**  
when not hot or thirsty



**Brows Furrowed, Ears to Side**



**Moving in Slow Motion**  
walking slow on floor



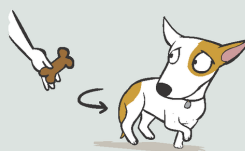
**Acting Sleepy or Yawning**  
when they shouldn't be tired



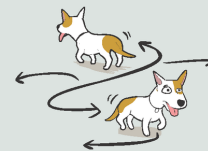
**Hypervigilant**  
looking in many directions



**Suddenly Won't Eat**  
but was hungry earlier



**Moving Away**



**Pacing**

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# CHILL OUT PUP!

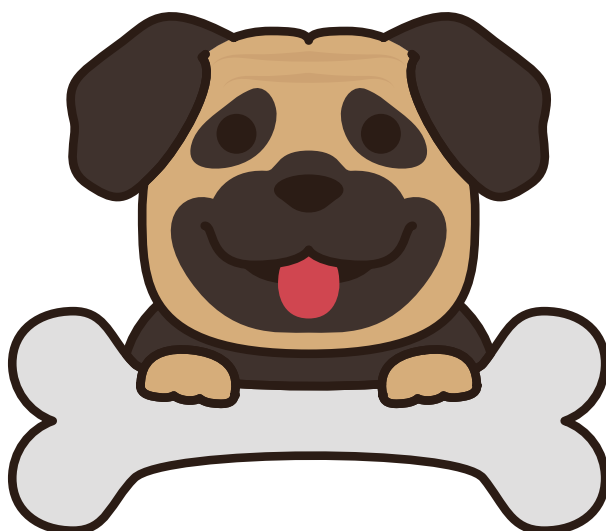
When your puppy starts to act out of control, you can give them an activity that includes licking, sniffing, and/or chewing. These are self soothing behaviors that will naturally help them calm down.

Dogs should think of their kennels as safe, happy, comfortable spaces. Giving them a long lasting chew toy in their kennel will keep them entertained and keep them happy and calm in there. They should only have these chew toys when they are in the kennel and you should pick them after they are out of the kennel.

## Examples of long lasting chews:

- Himalayan chews
- Kongs stuffed with soft food and kibble
- Lick mats
- Snuffle mats
- Puzzle toys
- Everlasting chews
- Nylabone edibles

When your puppy is exiting the kennel, waiting for them to sit (with no prompting) before opening the kennel door will set a precedent of calmness when exiting the kennel. Unless you know that they need to go out right away, then get them outside right away!



# FOODS TO NEVER FEED YOUR DOG

 <p><b>ALCOHOL</b> COMA DEATH INTOXICATION</p>	 <p><b>AVOCADO</b> CONTAINS PERSIN: VOMITING DIARRHEA</p>	 <p><b>RAISINS CURRANTS</b> KIDNEY FAILURE</p>
 <p><b>COOKED BONES</b> STOMACH LACERATIONS</p>	 <p><b>WALNUTS MACADAMIAS</b> NERVOUS SYSTEM AND MUSCLE DAMAGE</p>	 <p><b>ONIONS GARLIC</b> TOO MUCH: BLOOD CELL DAMAGE ANEMIA</p>
 <p><b>DAIRY</b> TOO MUCH: DIARRHEA</p>	<p><i>the world's</i> MOST <b>DANGEROUS</b>  <b>FOODS</b> FOR DOGS</p>	 <p><b>GRAPES</b> KIDNEY FAILURE</p>
 <p><b>MUSHROOMS</b> SOME VARIETIES: <b>SHOCK DEATH</b></p>		 <p><b>FATTY FOODS</b> TOO MUCH: PANCREATITIS</p>
 <p><b>CAFFEINE</b> VOMITING DIARRHEA TOXIC TO HEART &amp; NERVOUS SYSTEM</p>	 <p><b>XYLITOL</b> (GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH</p>	 <p><b>CHOCOLATE</b> TOXIC TO HEART &amp; NERVOUS SYSTEM DEATH</p>
 <p><b>MEDICATIONS</b> (TYLENOL, ADVIL ETC.) KIDNEY FAILURE GI ULCERS</p>	<p>If you think your dog ate something dangerous, <b>CALL YOUR VET or:</b> <b>ASPCA POISON CONTROL HOTLINE (888) 426-4435</b> <b>NATIONAL PET POISON HELPLINE (800) 213-6680</b></p> <p>illustration by LILI CHIN   layout by DESIGN LAB CREATIVE STUDIO DOGGIEDRAWINGS.NET   DESIGNLABCREATIVESTUDIO.COM</p>	



# PLEASE NEVER FORGET:

**Your puppy is just a baby! They don't mean to upset you, they are just doing what comes naturally to them and trying to navigate through this new world with you.**



**Bonding takes time. Try to make your puppy happy every day! Spend time just being with them and have patience. They will reward your efforts a million times over!**

**What you invest in your puppy's training now  
will pay off for the rest of their lives!  
I can help!**

**[janetsdogs12@gmail.com](mailto:janetsdogs12@gmail.com)**

# DOG PARKS AND DAYCARES

## ALSO KNOWN AS SOCIALIZATION DONE THE WRONG WAY

I'm going to be very honest here. I do not like dog parks at all! They are a great idea, a good place for your dog to hang out with other dogs to get their energy out and play. What could be better?

### The reality of the dog park:

You have no way of knowing the temperament of the other dogs there  
You don't know if they are vaccinated or what health issues they may have

You don't know how the other dog owners will react to handle any issue  
between the dogs

Dogs can be bullied by other dogs

The chase game can quickly go from two dogs playing to one dog being  
chased by a very large pack of dogs

Play can get out of control

These are some of the issues that can arise at a dog park and cause your  
dog to have a negative experience socializing. These can also occur at  
daycare facilities if they are not run well by people who understand and  
know dog body language.

### Things to look for and ask at a daycare facility:

Do they separate dogs by size, age, temperament?

Are there cameras where you can check on your dog during the day?

How many humans do they have to the number of dogs in the room?

What kind of training does the staff have?

What do they do in the event of inevitable scuffle?

Is the facility clean?

Does it smell?

None of this is saying that there aren't good daycare facilities out there.  
These are just important things to note before leaving your dog in the care  
of any facility.