

SKY WALKER: PUPPIES
SESSION NO: 1



NOTES

NAME

Remember, name to your puppy is just another weird sound that humans make and at the moment it might mean nothing to your wee one. Our goal is to make it meaningful, we want to pair it up with positive things, so the next time we call "Rex!", Rex actually looks at us anticipating a reward!

To teach that, remember the key things:

- to start, have your puppy next to you
- nice, cheery voice when calling your puppy's name
- say "good" a second after calling your puppy's name
- reach for a treat/toy after "good"
- do not overuse the name. Call it once, if your puppy is not reacting, choose a quieter/less stimulating place for your practise.

"Rex!" -> "good" -> treat/toy/other reward

Start at home, then gradually move to the street, park etc. and, remember, at this stage we want to be generous with our rewards, so reward any contact and look very happy and excited when the puppy looks at you 😊

Homework: 2-3 short practices a day (for example, meal/walkie times) in different environments, 5-7 repetitions per session.

MENTAL STIMULATION

Let's make meal times fun and also start using them to our advantage, so it's not only the "miraculous bowl" that always provides food. Use half/full of their portion as treats, add food into puzzle toys, spread on the grass or the floor inside... get creative! You can also fish for ideas from my post here: <https://www.instagram.com/p/CMDILrmMYDH/>

HW: "Ditch the bowl for a week" challenge, so you get used to the new ways of feeding. You can bring the bowl back in after that week but I want you to see the difference giving some extra mental stimulation makes to your puppy's energy levels etc.

PLAY BITING/NIPPING

Remember, first comes management then comes training. Before we do any sort of training towards play biting, let's ask ourselves:

- 1) Can my puppy just be tired and need a nap?
- 2) Is my puppy just bored and needs some mental stimulation (i.e. a wee training session or a puzzle toy)?
- 3) Have I provided my puppy with loads of "legal chews"?

We want to always have toys around, so if we're up for a play, we want to make sure that we are always using toys for that, not our hands. If the nipping or biting starts – we firstly try to redirect our puppy on to a toy. The second a puppy chooses our hands/legs again – we become boring, maybe even turn our back. We might stand up and leave the room for 10s, then come back with our **super toy** (hide one/two favourite toys and make them accessible only through you) and play.

Final note:

What gets rewarded, gets repeated! If you see your puppy doing something that you like, make sure to always acknowledge it at least with a verbal praise!