



## Welcome to Basic Obedience

We are delighted you have chosen Riverdog Canine Coaching for your dog's education. Our mission is to unleash a new capacity for learning and communication between each dog and owner that strengthens the bonds of commitment and understanding between themselves, their families, and their community.

### **Our goal is that during this class, you will:**

- **Gain** a better understanding of dog behavior overall
- **Learn** to communicate with your dog more effectively
- **Discover** how to shape your dog's belief system
- **Provide** a positive learning environment for your dog
- **Become** a better, more dependable leader for your dog

### Safety Considerations

- **Animal must be on leash** - Please keep all dogs on leash at all times, unless otherwise instructed
- **Keep 4 ft between dogs** - Keep a 4 foot distance between your dog and other dogs at all times
- **Children** - Please keep them involved with your dog – no running, shouting
- **Bad Weather** - Please call for messages on any class cancellations

### Housekeeping

- **Restroom** - Available for all students, located down the hallway
- **Parking** - Available in front and back of building
- **Potty "accidents"** - Everyone is responsible for cleaning up after his/her own
  - **Inside** - Use towels to blot (use baggie if a # 2); then spritz with Nature's Miracle and re-blot. Please deposit soiled towels in dirty towel bin.
  - **Outside** - Please use Mutt Mitt baggies and deposit in garbage.
- **Demonstrations** - Every effort is made to work with students dogs; okay to decline
- **Sick Dogs** - Please leave ill dog at home, but come to class anyway if possible
- **Females in Heat** - Fit your female with panties for any spotting or bleeding for class
- **After-class questions** - Because we usually have a class starting right after yours, please feel free to phone or email your instructor with specific questions during the week

### What You Will Need for Class

- **Healthy dog or puppy** - Must be over 12 weeks of age, can be altered or intact
- **6 foot leash** - Leather or nylon – please no chain or Flexi leashes
- **Collar** - Buckle, pinch, or snap collar – instructor will suggest as class goes along
- **Training treats** - Soft, small treat pieces. Such as hot dog bites , string cheese, etc

# PLAN TO

Plan to train your puppy until two years old to have a



# TRAIN

well adjusted, happy, obedient dog.

Your puppy goes through several stages before becoming an adult. And your puppy will 'look' like an adult long before his brain acts like one! Knowing the stages your puppy will go through will help you understand your puppy better, and help you provide for his or her overall training and educational needs in a more complete way.

## STAGE 1

### Birth-7 Weeks **Puppy**

**EARLY SOCIAL DEVELOPMENT**  
Activities are nursing, keeping warm, pooping and sleeping! Puppy's nervous system, eyes, and coordination develops after 3 weeks. Social games begin, bite inhibition is learned, and pup is weaned during this critical stage.

**7-12 Weeks IMPRINT STAGE**  
Best time to go to a new home! Puppy can be cautious in this stage, so bonds to you and likes to follow you around. Looks to potty away from sleeping areas. Highly impressionable period.

**12-26 Weeks EXPLORATORY STAGE**  
High desire to wander, taste, chew, explore...and get into everything! Puppy is very busy, baby teeth fall out, short-term memory kicks in, and brain is fully 'on'.

**TRAINING GOAL: SOCIALIZATION**  
Introduce your puppy to friendly people and positive training techniques! Housetraining is a priority, as is exposure to other breeds of different shapes and sizes. Puppies need to cope with handling of their bodies, and constructive re-direction. Benevolent leadership is key. Plan to meet 100 positive people in the first 100 days!



**6-9 Months ADOLESCENT**  
Hormones awaken, and distractions begin to compete for pup's attention. "Come" request becomes optional (!) and puppy begins to exert influence. Jumping up and lunging on leash behaviors may increase if left unattended. Your puppy will repeat the most rewarding behaviors.

**9-18 Months JUVENILE**  
Pup's need for boundaries is in high gear! Pushy, and often more vocal, your active youngster finds impulse control challenging. Often called the 2nd fear imprint stage, puppy can be reactive on or off leash at either novel or familiar things.

**TRAINING GOAL: FLUENCY** Time for your puppy to become responsive with obedience. Many owners stop training during this time period, yet this is when your puppy needs to make the most progress! Puppies need to make good, reward-able decisions, cope with fair and gently firm boundaries, and get lots of exercise! Plan to practice 3,000 repetitions of each obedience command to become consistently dependable.

## Teenager

## STAGE 2

# Learning Cycle Of Your Puppy



## STAGE 3

### Pre-Adult

**18-24 Months IMMATURE ADULT**  
Your puppy looks nearly full grown, but is still lacking in many skills. Habits – good or bad – become ingrained, and the resources your puppy controls is starting to cement for life. Nearly-grown pups are bored easily, need plenty of exercise and mental stimulation.

**TRAINING GOAL: GENERALIZATION**  
Your pup needs to practice obedience skills in new places and around different distractions. Generalizing – practicing longer durations of commands, at greater distances, around more complex distractions – is what gives your dog the skills to be fully trained. Train up through this stage to polish your pet's responsiveness to your requests!

## STAGE 4

### Yes, you made it!

Your devotion to the education of your puppy has resulted in a loving, obedient member of the family. Does this mean training stops? Of course not!

**TRAINING STAGE: MAINTENANCE**  
This is the 'use it or lose it' stage of your pet's life. Plan to regularly ask for the obedience you worked so hard to achieve, and don't forget important occasional rewards, so your pet maintains his or her skills!

## Maintenance

Questions regarding The Learning Cycle of Your Puppy? Contact Riverdog > 425.427.5958 / riverdogk9.com





## **The Riverdog Training Guarantee**

**OUR COMMITMENT TO YOU FOR THE LIFE OF YOUR PET**

- We are committed to your desire to unleash the capacity of your dog to be a great family companion.
- Once you have enrolled your dog in our Basic Obedience course, you or any of your family members may repeat it with the same dog again at no extra charge.
- If you miss a class, you may always make it up in another class setting, at no extra charge.
- We understand that circumstances sometimes prevent you from completing your class, and will always allow you to schedule a later re-enrollment in the same class at no charge.
- We will always make ourselves available sometime during the week via electronic mail or telephone to answer your questions and concerns regarding class exercises and homework.
- Within the confines of the class setting, we will do whatever it takes to help you achieve your training goals.
- Should you ever need to re-home your dog, the new owners may schedule with us to take the Basic Obedience course with the same dog, at no extra charge.
- If we are unable to accomplish your goals in a class setting, we commit to providing you priority scheduling if you wish to continue working with us on a private lesson basis.



# Day C.A.M.P.

canine activities & meaningful playtime

**Day C.A.M.P. is available to all breeds of well-mannered, sociable dogs who love to romp and play with other dogs. Your dog's day is filled with fun and exercise, along with spoiling and attention, in a structured day care environment that doesn't "undo" all the training you've done with your pet. Each dog receives Lap Time, Nap Time, and Biscuit Time with an experienced C.A.M.P. Leader, along with many hours of play with other dogs in our large indoor and outdoor play yards. Group "Sits" and "Waits" are featured attractions throughout the day, and there's even time out for a nap. You'll be happy knowing your pet is getting physical, social, and educational exercise all throughout the day!**

## BENEFITS OF DOG DAY C.A.M.P.

Lonely, bored, and under-exercised dogs can get into all kinds of trouble when left alone for long periods during the day. And most dogs need more aerobic exercise (2+hours/day) than many busy families can give them. Enrolling your dog in a day care program:

- Helps meet your pet's need for stimulating social & mental exercise
- Gives your dog a healthy outlet for burning off excess energy
- Reduces problem behaviors, such as digging and destructive chewing
- Provides you with a happy, relaxed pet you can enjoy at home

## HEALTH & HAPPINESS REQUIREMENTS

It is important to us that your neutered, housetrained pet enjoys a safe and healthy environment while at Riverdog. Therefore, we require written verification of:

- General good health, current vaccinations (including Bordatella), and negative fecal test
- Spay / neuter certificate for puppies over 6 months of age
- Completed, current C.A.M.P. enrollment application on file
- Is currently on a flea control program
- Is not a constant barker (or can wear a bark collar)
- Has no history of biting or aggression towards dogs or people

**🐾 "Wow, Breezy has never been so enjoyable to be with at home. She is so happy and more relaxed – now I don't feel guilty anymore when I leave for work."**

– Steve C.

## ENROLLMENT

In order to be sure that our Day C.A.M.P. is the right environment for your dog, we require that all of our potential Day C.A.M.P. clients visit us for a one day trial. Enrollment is easy, and consists of three steps:

- Call or email us to set up an appointment for a one day trial
- Complete our Day C.A.M.P. enrollment application
- Bring your dog's veterinary records to verify your dog meets our Health & Happiness requirements

## RESERVATIONS

As part of our ongoing commitment to providing the best care, a reservation is the best way we can guarantee space for your pet in our busy daycare. It's easy to make your reservation. Tell us which days you would like to reserve and bring your dog in on those days. If your schedule changes, - simply call us 24 hours in advance should you need to cancel your pet's stay for that day to avoid a full day's charge for C.A.M.P.

## PRICES & HOURS

Prices range from \$30 - \$43 a day. Monthly passes are available.

C.A.M.P. hours: M-F 6:30 am – 6:30 pm

Office hours: M-F 9:30 am - 6:30 pm

**To learn more about Riverdog and our programs, or obtain a map to our training facility, please visit us on the web at [www.riverdogk9.com](http://www.riverdogk9.com).**



**doggie socializing good obedience educational play structured environment lots of extras**



# Training C.A.M.P.

canine activities & meaningful playtime

Enrolling your dog in Training C.A.M.P. gives you the best of both worlds – your pet gets trained and so do you...without either of you having to go off to boarding school! In our multi-week program, you drop your dog off with us each weekday morning, and pick your dog up each night. During the days, your pet is taught more than a dozen basic obedience words (such as sit, stay, come, loose leash walking, down, quiet, etc.), and fun tricks like “shake”. Your pet also gets plenty of time and exercise with other dogs in our large play yards. C.A.M.P. also includes one private lesson per week for the family, plus daily homework. Together we help you learn how to understand, communicate with, and help your newly training pet behave and become a loving, safe, and obedient member of the family. It’s true...a trained dog is a good dog!

## BENEFITS OF TRAINING C.A.M.P.

Dogs don’t instinctively know how to behave in the human world. It’s our job to show them. Yet it takes a little skill and a lot of good timing to train a dog, and many families simply don’t have the time or knowledge needed to train their pets effectively. Enrolling your dog in training:

- Builds a communication language so your pet responds better to you
- Provides you with coaching and tools for managing your pet’s behavior
- Keeps your dog mentally & physically exercised, reducing problem behaviors, such as barking and being disorderly around visitors
- Lets you enjoy & stay involved with your pet during the training week, eliminating “backsliding”, often associated with boarding schools

## HEALTH & HAPPINESS REQUIREMENTS

It is important to us that your pet enjoy a safe and healthy environment while at Riverdog. Therefore, we require written verification of:

- General good health, current vaccinations, and negative fecal test
- Completed, current C.A.M.P. enrollment form, with any history of aggression towards people or dogs clearly detailed
- Is currently on a flea control program
- Is not a constant barker (or can wear a bark collar)

🐾 “I so appreciate your approach. You are so positive with us that you make learning a really fun experience. I didn’t think Hank could be so well behaved. Thanks!

–Nancy K.

## ENROLLMENT

In order to be sure that our training environment is appropriate for the goals you have for your dog, we require that all of our potential Training C.A.M.P. clients visit us for a free behavior evaluation. Enrollment is easy, and consists of three steps:

- Call or email us to set up an appointment for a free behavior evaluation
- Bring your dog’s veterinary records to verify your dog meets our Health & Happiness requirements
- Complete our Training C.A.M.P. enrollment application

## PRICES & HOURS

Weekly Rate: \$595/week  
C.A.M.P. hours: M-F 6:30 am - 6:30 pm  
Office hours: M-F 6:30 am - 6:30 pm

To learn more about Riverdog and our programs, or obtain a map to our training facility, please visit us on the web at [www.riverdogk9.com](http://www.riverdogk9.com).



dog/people socializing improved obedience new language better leadership deeper bond



## **Canine Poison Control**

LIST OF COMMON CANINE HAZARDS  
VETERINARY POISON CONTROL HOTLINE

Below is a list of toxins, plants, and common things that are known or thought to be poisonous to dogs when ingested.

### **Foods**

**CHOCOLATE  
RAW SALMON**

**ONIONS  
MOLDY CHEESE**

**GRAPES  
RAISINS**

### **Toxins**

**ANT POISONS  
ASPRIN  
DRAPERY WEIGHTS\*  
LAWN CHEMICALS  
PAINT\*  
SHOTGUN AMMO\***

**ALCOHOL  
CARBON MONOXIDE  
FLEA COLLARS  
LINOLEUM\*  
PUTTY\*  
SLUG BAIT**

**AMPHETAMINES  
COCAINE  
FLEA POWDERS, SPRAYS  
PRESSURE-TREATED LUMBER\*\*  
TAR PAPER\***

**ANTIFREEZE  
DISINFECTANTS  
GOLF BALLS\*  
POT POURRI  
TYLENOL**

\* Contains lead; \*\*contains arsenic

### **Plants**

**AZALEA  
CHERRY  
ELDERBERRY  
HYACINTH BULBS  
LAURAL  
NARCISSUS BULBS  
POISON HEMLOCK  
THORN APPLE all  
YEW**

**BLACK LOCUST  
DAFFODIL BULBS  
ELEPHANT EAR  
IRIS TUBERS  
MISTLETOE  
NIGHTSHADE  
RED SAGE  
WATER HEMLOCK**

**BLEEDING HEART  
DAPHNE BERRIES  
FOX GLOVE  
JESSAMINE  
LILY OF THE VALLEY  
OAKS  
RHODODENDRON  
STAR OF BETHLEHEM BULBS**

**BUTTERCUP  
DIFFENBACHIA  
GOLDEN CHAIN  
LARKSPUR  
MONKSHOOT  
POINSETTIA  
RHUBARB  
WISTERIA**

Poisons can be eaten, inhaled, or absorbed through the skin. Call your veterinarian or the ASPCA Animal Poison Control Hotline immediately if you suspect poisoning. Common signs of poisoning include:

- Vomiting and/or diarrhea
- Drooling, Foaming
- Irritated skin
- Seizures and/or trembling
- Bleeding from, or ulcers in, mouth
- Burned lips, mouth, skin
- Lethargy, coma
- Swollen/red eyes
- Bleeding from any body cavity

**ASPCA  
ANIMAL POISON CONTROL HOTLINE  
1-888-426-4435**

*-Sources: Some of the information contained here came from "Pet First Aid", ©1997 by The American National Red Cross and the Humane Society; and "The Holistic Guide For a Healthy Dog", ©1995 by Wendy Volhard and Kerry Brown. This handout not intended as substitute for proper veterinary care.*



## **Potential Positive Motivators**

### **LIST OF COMMON FOOD, TOYS, & OBJECTS USED IN TRAINING**

Below is a list of suggestions for types of treats and toys that can be used for motivating your dog during training. Every dog is different, and not every suggested item will be motivating for every dog. If you are using food, each treat should be no larger than a jelly bean. You will probably need to use several different kinds of rewards, and vary them during training. Puppies often get bored with one type, and you can increase the effectiveness of your training by varying the reward.

#### **Foods for Classes, Socializing, and Playtraining**

<b>COSTCO MEATBALLS</b>	<b>STRING CHEESE</b>	<b>CUT UP HOT DOG PIECES</b>
<b>CHEDDAR CHEESE</b>	<b>CUT UP CHICKEN</b>	<b>KITTY TREATS (E.G., POUNCE BRAND)</b>
<b>SQUEEZE CHEESE</b>	<b>CHEERIOS CEREAL</b>	<b>MOIST N' MEATY COMMERCIAL DOG FOOD</b>
<b>DOG FOOD KIBBLE</b>	<b>CHOPPED CARROTS</b>	<b>LEFTOVER STEAK OR BURGER PIECES</b>
<b>POPCORN</b>	<b>FRENCH FRIES</b>	<b>SOFT DOG TREATS (E.G., BEGGIN' STRIPS)</b>
<b>BREAD/BAGEL PIECES</b>	<b>COOKED TORTELLINI</b>	<b>CUT UP COOKED/DRIED LIVER PIECES</b>

#### **Toys For Classes, Socializing, and Playtraining**

<b>TENNIS BALLS</b>	<b>KONG TOYS</b>	<b>ROPE TUGS</b>
<b>SQUEAKY TOYS</b>	<b>PUPPY TUGS</b>	<b>SOFT PLUSH TOYS</b>
<b>BUMPER TOYS</b>	<b>LEASHES</b>	<b>RUBBER HOSE PIECES</b>

#### **Objects and Toys for Alone Training**

<b>KONG TOYS</b>	<b>BUSTER CUBES</b>	<b>GOODIE BONES</b>	<b>ROASTED FEMUR BONES</b>
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Every dog is different, and you have to experiment with not only what treats your dog likes, but also what treats your dog can tolerate internally. When trying a new treat, give a very limited amount until you are sure that your puppy's digestive system can handle the new item. Discontinue any treats that result in diarrhea, vomiting, or upset stomach. This handout is not intended to override any diet restrictions your veterinarian has recommended for your dog or puppy, nor does it make any claims as to a treat's effectiveness in training. If you are unsure about a treat, consult your veterinarian prior to utilizing it in training.



## **Classroom Safety, Health, and Housekeeping**

It is very important to us that your pet enjoy a safe and healthy environment while at Riverdog. We have never had a serious illness here, as we clean and disinfect our classrooms daily with the same solutions that veterinary clinics use. Even when we do our part, we also depend heavily on you, our client, to use good judgment when on the Riverdog campus and assist us with maintaining an obsessively clean and healthy training environment.

### **Safety & Health Considerations**

- **Riverdog Waiver/Release**
- **On leash, All The Time**
- **4 Feet of Safety**
- **Current Vaccinations**
- **Sick Dogs**
- **Aggression Disclosure**

This document must be filled out and signed before class begins  
Dogs must be on leash at all times, unless otherwise instructed  
Keep a 4' distance between your dog and others at all times  
All dogs must be current on their vaccs to participate in class  
Please leave ill pups at home, but come to class anyway if possible  
If your dog or puppy has any history of aggression towards people or other dogs, you must let us know prior to the start of class.

### **Housekeeping**

- **Restroom**
- **Parking**
- **Potty “accidents”**
  - **Inside**
  - **Outside**
- **Demonstrations**
- **Bad Weather**
- **After-class questions**

Available for all students, at the end of the hall.  
Available in the front and east sides of the building  
Everyone is responsible for cleaning up after his/her own puppy  
Use towels to blot (use baggie if a # 2); then spritz with Nature’s Miracle and re-blot. Please deposit soiled paper towels in the receptacle outside  
Please use Mutt Mitt baggies and deposit in garbage  
Every effort is made to work with students pups; its okay to decline  
Please call/check email for messages on any class cancellations  
Because we usually have a class starting right after yours, please phone or email your instructor with specific questions during the week

### **Children In Class**

- **Parent Participation**
- **Acceptable Behavior**
- **Children as Handlers**
- **Use of The Doghouse**

Children are always welcome, as long as parents are also present  
When on the training floor, all kids must be participating in the classroom exercises and be able to stand quietly with parents during any lecture portions of the class.  
Even if the dog “belongs” to your child, parents of kids ages 14 and under must first handle the dog for each exercise, then hand the leash to the child. We expect all parents to actively participate in class exercises.  
Children are welcome to hang out quietly in the Doghouse, to play quietly draw, watch videos, or read. Each parent is responsible for their child(ren) – there is ‘No Lifeguard On Duty’ in the Doghouse. If you or your child choose to hang out in the Doghouse, we expect you/your child to remain there for the entire length of the class, in order to minimize disruption for students working out on the classroom floor. Lights must remain on.



## **Controlling Fleas and Ticks**

The most clever thing the first fleas in the universe ever did was to swindle us into believing they spend their entire lives on our dogs. They don't. In fact, fleas spend only 10% of their lifetime in your dog's fur... the rest of the time they are in your home. *Reproducing.* So, the only way to keep fleas and ticks out of your life is to develop a flea control plan that treats both your dog and where you live. The key components of any parasite prevention program are:

1. **Effectively treat both your dog and your home environment.**
2. **Choose newer, less toxic products to keep your dog healthier and reduce the risk of poisoning.**

**Fleas** are tiny creatures that live on or near animals and people. They have a 3-stage life cycle: they hatch out of eggs laid on the animal host, then drop off into the environment to become larvae that live in cracks, carpets, and blankets in your home, then grow into adult fleas that hop onto the nearest animal host to feed, lay eggs, and start the process over again. Fleas only live about 3-4 months, but they reproduce rapidly – estimates are that for every flea you see on your dog, there are at least 10 more somewhere in your house. Flea bites are annoying for all dogs, painful to some, and allergic for others; fleas are also a carrier for tapeworms.

**Ticks** are small skin parasites, bigger than fleas. Ticks hatch out of eggs laid in the woods, then crawl up onto trees, waiting there to drop off onto unsuspecting animal hosts. Once they attach themselves to the animal, they gorge on its blood, then drop off to go lay eggs again. Until recently, ticks were mainly found east of the mountains in Washington, however they are now here on the west side. Some ticks carry Lyme disease, so treating and removing ticks will also help prevent Lyme disease.

### **Treating the Dog**

- **Topical Applications** The commercial product Advantage kills fleas, and Frontline kills both fleas and ticks. Typically used monthly, these lotions are applied topically to the dog's skin, between the shoulder blades. The lotion stays in the skin and attaches to the parasite, killing any adult fleas on the animal, and any larva in the animal's bed.
- **Shampoos** The two most common effective ingredients in flea shampoos are a) pyrethrins, which work by paralyzing the flea's nervous system; and b) D-Limonene, which dissolves the flea's waxy coating and causes death to the parasite if shampoo is left on for at least 10 minutes. Pyrethrins are natural and commonly thought to be less toxic than many remedies; D-Limonene is a natural citrus extract, although thought to be toxic to cats.
- **Pills or Injections** Known commonly by the commercial name of Program, this parasite remedy interrupts egg development. The flea still has to bite the host animal to effect the future eggs, so dogs who are allergic to flea bites may still develop skin irritations.

#### **Caution: Flea Sprays, Collars, and Powders**

There are some traditional flea remedies that are now thought by some to be quite toxic to dogs, fairly ineffective, and too risky for use on your family pet, unless prescribed by a veterinarian.

- **Flea Sprays** Although easy to obtain in most grocery and pet stores, these can be very toxic to dogs, and most sprays smell too strong for dogs to wear comfortably.
- **Flea Collars** Made often with toxic organophosphates, some are designed to kill fleas through the pet's blood. They can cause extreme hypersensitivity in the neck area, including hair loss, rash and open sores, and if chewed off and eaten by a dog, can cause severe paralysis.
- **Flea Powders** Notoriously ineffective on dogs, store bought flea powders often just don't seem to work. However, some contain carbamates, which are considered to be more toxic than pyrethrins, more effective, and are actually tolerated better by cats.

## Treating the Environment

- **Flea Busters Powder** is an environmental treatment that is non-toxic and lasts up to a year. It is a very fine powder of boric acid (mineral salts) which dehydrates and kills fleas in all stages of their life cycle. It is applied easily to carpets, furniture, and the cracks in hardwoods. Once applied, the treated area can be immediately vacuumed up, so no residue remains. You can either apply it yourself or have Flea Busters do it for you.
- **Washing Machine** Hot, soapy water kills fleas in all stages of life...really well. Be sure to be laundering your dogs bedding at least once a week during flea season. If you prefer cedar or foam-filled beds for your dog, be sure to purchase one that has a removable, washable cover.
- **Vacuum Cleaner** Still one of the best ways to keep fleas under control, it is also the least toxic flea prevention for your dog! Vacuum every few days, including areas in which your dog rests and sleeps. The secret ingredient to success: put a flea collar into your vacuum cleaner bag to kill any fleas, eggs, and larvae that is sucked into the bag!
- **Lawn Mower** Flea larvae are allergic to heat, and short grass allows sunlight to warm the soil, which kills the larvae. If you bag your clippings in plastic, any fleas sucked up in clippings will be killed from the heat that builds up inside the plastic. A good lawn watering program will also result in a lot of drowned fleas.
- **Foggers** These products work indoors to control fleas. The most effective ones contain either a) methoprene, which is a growth regulator that kills eggs, or b) pyrethrins, which paralyze the flea's nervous system. The treatment benefits are short term, and use of foggers requires careful preparation to protect plant and pet life from the fumes. Can be irritating to cats.

### Sample Parasite Prevention Plan

(consult your vet - your plan may vary)

- **Weekly (at least)**
  - Floors and furniture cleaned and vacuumed**
  - Dog is regularly groomed, brushed, and checked for fleas and ticks**
  - Dog's bedding is laundered in hot, soapy water**
  - Lawn is mowed short in summer months**
- **Monthly**
  - Dog is bathed (sometimes more often) with a good non-toxic shampoo**
  - Frontline is applied to dog's skin**
- **Annually**
  - Dog is taken to veterinarian for vaccinations, flea comb and health checkup**
  - Flea Busters powder is applied to home environment**
  - Cedar or foam filled bed insides are replaced with fresh materials**

## A Note about Heartworm

Heartworm has historically been an East coast problem, however the threat of heartworm is slowly moving this direction. Heartworm is carried by the mosquito, and adult worms actually live in the dog's heart, where they eat and reproduce. Severe infestations are deadly, and nearly impossible to cure, so prevention is the key to protection from heartworm. As with ticks, dogs that travel east of the mountains should definitely be considered for preventative monthly treatment. Check with your veterinarian; the treatment usually requires blood testing and is by prescription only.



## Learning to Motivate your Dog

BASIC OBEDIENCE – WEEK ONE

“One of the fascinating aspects of the dog’s mind is that learning improves when the emotion of INTEREST is aroused.”

- Bruce M Fogle, D.V.M., M.R.C.V.S., “*The Dog’s Mind*”

### Behavior

- LOVE ≠ UNDERSTANDING. You wouldn’t be here in a dog class if you didn’t love your dog! Yet love alone will not teach your dog what he/she needs to know to become a good canine companion.
- THEY’RE ALWAYS LEARNING: Your puppy is learning **something** 100% of the time, whether you are interacting with him or not.
- INSTINCTS AREN’T EVERYTHING: Puppies are not born with instincts that prepare them to behave properly in the human world – it is our responsibility to teach them.
- MOTIVATE YOUR PUPPY TO LEARN: Learning improves when your dog is motivated and rewarded for his/her behavior.
- MAKE THE PROCESS POSITIVE: Learning requires thinking. Positive motivational training helps teach your dog to think, and actually enjoy the learning process.
- POSITIVE MOTIVATORS: The best things you can use to motivate your puppy are the things your puppy likes best! Varying the ones you use is also important to making the rewards about **you** and your puppy, not just about the reward itself.
  1. FOOD
  2. TOYS
  3. PETTING
  4. PLAY
  5. VERBAL PRAISE
  6. GOING FOR A WALK
  7. ....and others, too!

### Obedience

- **GOOD:** Say this word every time you pet your dog, every time your dog looks at you, every time you reward your dog for good behavior, and every time you catch him in the act of doing something good. Remember, often a puppy who is doing nothing at all is **not** getting into trouble, so be sure to say “Good!” when your puppy is relaxing, too!
- **QUIET:** Like “Good”, you want to say this word as often as you can, especially after your dog has been noisy. Say “Quiet” in a reasonable voice, and then “Good Quiet!” as soon as there is even a nanosecond of silence.
- **SIT:** There are two techniques: *LURING:* With a treat right at your dog’s nose, lure your dog’s head up, and the rear will eventually go down. Praise with “Good sit!” whenever that rump hits the floor, especially if the dog offers to sit without being asked. *PLACING:* If you are placing your dog, kneel quietly beside him, pet him by gently stroking him over his back, down around his rump, and apply slight pressure behind the knees, to encourage the rump to the floor. Praise, with “Good sit!”
- **SPIN:** With a treat right at your puppy’s nose, take one step backwards and draw your puppy towards you, then make a motion with the treat hand like you are stirring a big pot! When your puppy follows the hand all the way around and back to you, say “Good spin!” and give him the treat!
- **OKAY:** This is your release word. To teach it, you want to say it prior to the dog releasing himself from the exercise. For example, if you’ve asked for a sit, try and say “Okay!” **before** he breaks it.

Weekly homework activities on reverse

# Weekly Homework Activities

## Language skills

- GOOD: Find good, positive reasons to say it to your puppy at least 25 times per day
- QUIET: Be really on top of this, say it several times a day when the puppy has ceased noisemaking
- SIT: Practice luring and placing your puppy into a sit several times each day, no more than 2-4 times per session
- SPIN: Warm up with this one! Practice 2-3 times each direction!
- OKAY: Say it in an exhilarating way, after each sit, spin, and as you release your dog from cradling.

## Leadership techniques

- CRADLING: Replace any 'lap' time or 'pick-up-and-snuggle' time with the cradling position. Keep it calm and try very hard **not** to let the puppy struggle away. Stop petting during any struggling, resume calm stroking when puppy is quiet.
- PETTING: Pet your puppy in long strokes, in the direction of his fur, starting behind the ears and going over the shoulders and down the back. Avoid patting the head, hugging about the neck, and stroking underneath the chin. Part of your goal is to keep your hands away from the puppy's mouth. A good butt scratch is always okay!

## Training tools

- SQUIRT BOTTLE: Best to have 2 or 3 around the house during the puppy stage. Start with a solution of 1 part distilled white vinegar to 6 parts water; can be made stronger if necessary. Be sure and use the **stream** (not mist) to squirt! Use to interrupt unwanted behavior, such as stealing off counters, excessive barking, and too much roughhousing.
- WORD LIST: Read it. Know it. No excuses.
- RIVERDOG FOLDER: Become familiar with the contents, and bring it each week. We will go over items already in it, plus add new ones regularly.

## Fun with Play Training Games

**THE LURING GAME:** Playfully practice this, getting used to moving your pup's head and body around. Keep the food at the nose. If your puppy gets too mouthy, stop the game, close the treat in your fist, and wait for any grabbing to cease, then start over!

**THE NAME GAME:** Choose a moment when your puppy is looking away from you, then happily say his name. When he turns around and looks at you, make a big deal about it: scoop him up and fuss over him, or run to the cookie jar and give him a treat! Give him a reason to really **love** to hear you say his name!

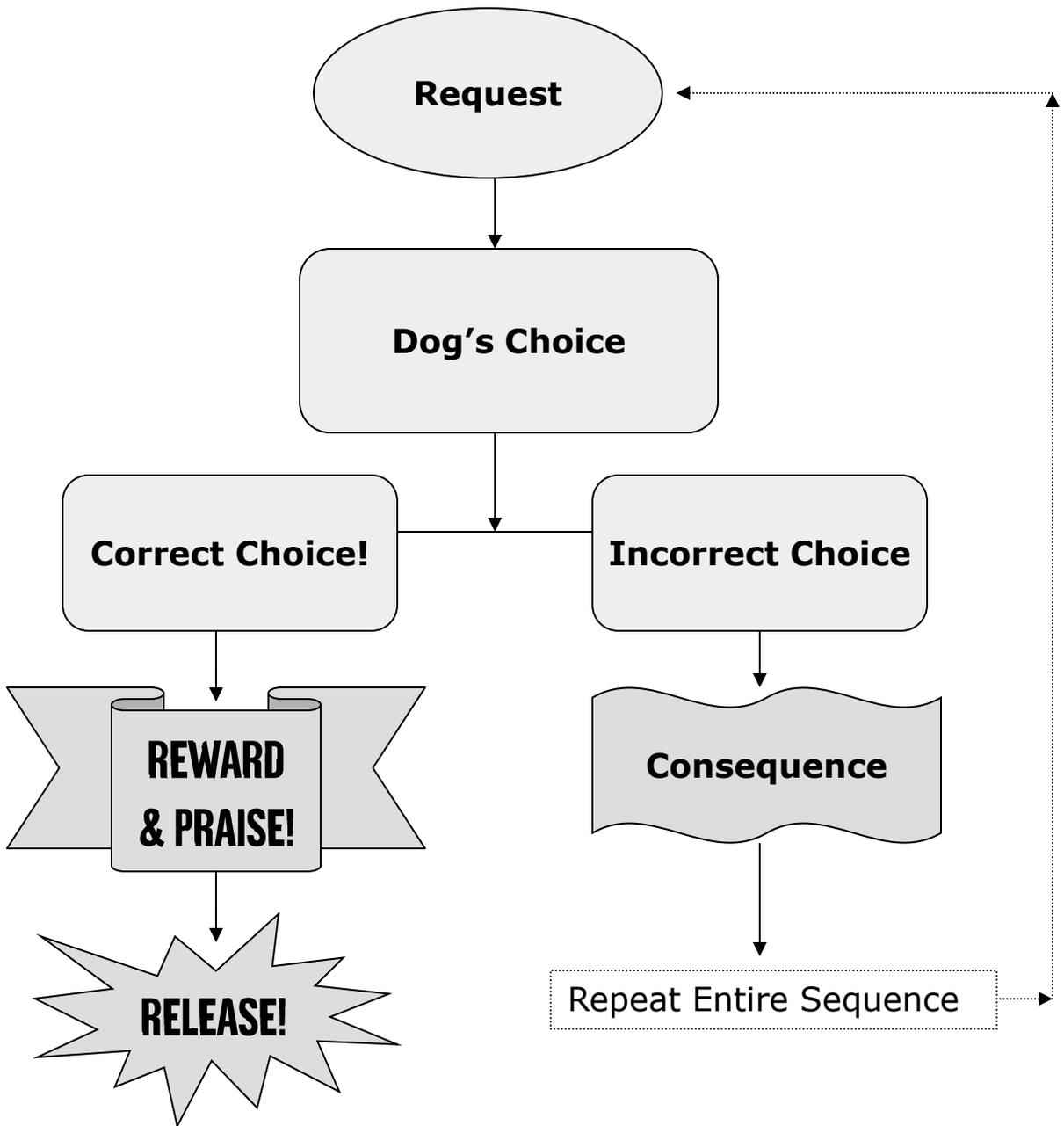
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**What motivates your puppy??** List the top five things that motivate YOUR puppy to learn:

1. \_\_\_\_\_ reason\_\_\_\_\_
2. \_\_\_\_\_ reason\_\_\_\_\_
3. \_\_\_\_\_ reason\_\_\_\_\_
4. \_\_\_\_\_ reason\_\_\_\_\_
5. \_\_\_\_\_ reason\_\_\_\_\_



# The Sequence of Communication



**The Sequence of Communication  
ALWAYS ends with the Release!!**



## **Create A Belief System For Your Dog**

Your dog or puppy is born with a lot of natural instincts. Knowing how to “be good” in the human world isn’t one of them! As with small children, you must take an active role in molding your dog’s natural tendencies to produce “good” behavior.

<b>GET YOUR DOG TO BELIEVE . . .</b>	<b>BECAUSE . . .</b>
<b>You Are The Leader</b>	In the canine world, equality doesn't exist. In order to feel secure in the pack, dogs need to either lead or follow. Give your dog security by taking responsibility for being the leader, defining the rules of family pack and educating your dog, your family and visitors about them.
<b>You Go First</b>	In the canine world, leaders lead. When you eat first, go through doors first, and get in the car first (among other things) it helps your dog see you as the leader many times throughout the day. As a result, you will enjoy better attention from your dog and have better verbal control.
<b>You Provide and Control The Resources</b>	In the canine world, resources are scarce. So dogs naturally expend energy in an effort to obtain them. If you give all the important resources (e.g., food, play, petting, etc.) to your dog for free, they will lose value, and the dog will then spend his energy on more destructive endeavors. Avoid free feeding, rotate the dog's toys, and pick up those tasty leather shoes! Control the resources so you can reward your dog for energy constructively spent.
<b>You Have Your Space</b>	In the canine world, leaders are given a respectful distance. This is not only a show of respect, but also so that the leader can move about at will, supervising the entire pack and surrounding areas. Your dog should move out of your way if lying across the hallway; get off - if asked - out of your chair, and not mouth you, wrap around you on walks, or jump on you without an invite.
<b>You Grant The Household Privileges</b>	In the canine world, privileges are earned. This is true in the human world, too. By withholding important privileges until your dog demonstrates acceptable behavior, you can grant or restore them to reward your dog. For example, freedom in the house should only be granted after you have taught your dog - and he demonstrates - good housetraining and chewing habits.
<b>You Protect The Pack</b>	In the canine world, leaders control members both inside and outside the pack. Make it your job to greet all visitors and strangers before your dog does. Step in when necessary to ensure your dog gets along with other people and animals in your family. Take control of situations that make your dog uncomfortable, and you will gain the trust and compliance of your dog.
<b>When You Speak, Its Important</b>	In the canine world, the leader has the final say. Teach your dog to respect your first request, and avoid uttering it repeatedly. Communicate calmly and conversationally, but praise your dog enthusiastically. Using your communication words consistently, plus providing rewards and consequences religiously, will strengthen their meaning and help your dog learn faster.
<b>You Plan, Manage, and Supervise All Activities</b>	In the canine world, all activity has a purpose. Leaders plan when to hunt and when to rest. If you are not actively guiding your dog's activity towards constructive purposes, it will become destructive instead. Puppies are like toddlers – they are hard to keep up with, they explore everything with their mouths, and they will run out of the yard if given half a chance. It's no surprise then, that young dogs must be supervised constantly; they can't be given free run of the house; they need scheduled nap times in their own bedrooms; they need playmates; and they need structured activities to expend energy. Take control of your dog's activities!
<b>Being With You Is Rewarding</b>	In the canine world, the area next to the leader is the most coveted. If being next to you is boring and unrewarding, your dog will certainly choose to be elsewhere. Keep special toys reserved just for playing with you. Always praise your dog when he comes when called! Take responsibility for praising and rewarding your dog whenever he chooses to be with you.
<b>You Speak Your Dog's Language</b>	In the canine world, “body english” is the primary language. Instead of words, posture, eye contact, and ear-lip-tail positions are the primary ways dogs communicate with each other. Stand up straight when communicating with your dog; and smile when you are pleased with him. Look at your dog meaningfully when you praise him, and ignore undesirable behavior. Keep corrections unemotional, and avoid yelling, finger wagging and other threatening posture.
<b>You Will Always Be Fair</b>	In the canine world, there is no such thing as right and wrong. There are only rewards and consequences, which are natural occurrences that stem from behaviors. Make it your priority to always provide some type of reward for a good behavior, and keep consequences from being punishments that project emotional, negative energy from you to your dog. Be fair and fun!!!



## List of Training Words – Basic Obedience

There are thirteen words taught in our Basic Obedience class. Notice we call them ‘words’ – not ‘commands’. This is because you are learning how to communicate with your dog – not how to be a drill sergeant! Some of the words also have examples of accompanying hand signals – these can vary widely. When saying most of these words, it is important that you do so conversationally, rather than harshly or curtly. **Remember, you are communicating – not commanding!**

WORD	MEANING	HAND SIGNAL
<b>GOOD</b>	Said anytime your dog is doing something you like and when you are physically praising the dog. It is also used with the training word as ‘marker’ to indicate the correct behavior at the exact moment it occurs – “Good Sit!” Say it with meaning! Your dog should LOVE life (and you!) when you say this word!	Varies! You pet your dog, clap, and show your pleasure in a variety of ways. Be creative!
<b>NO or Uh-Uh</b>	Said to your dog when he/she has made the wrong choice. This word should NOT cause the dog feelings of anxiety or dread. You want to say it in a composed and calm manner so that you can keep the dog thinking, in order to move on to the correct choice! It is used only to negate the inappropriate behavior, at times with a leash correction, so that you can redirect the dog to a more suitable behavior. Once the dog makes the correct choice, you MUST follow up with a “Good!”	None. Hand may be used on leash with light correction. Avoid old, unproductive habits such as wagging your finger at the dog.
<b>OKAY</b>	Said to release the dog from his/her current obedience obligation. Most dogs really love this word and learn it fast!	Smile, throw your hands up, jump around, be creative!
<b>SIT</b>	A Position: It means dog’s fanny should be on the ground, front feet before him/her, head up and alert. The dog should sit forward, tucking the fanny underneath, rather than rocking back on the haunches. A “Sit” should only be asked of the dog for less than 5 minutes – use “Down” for longer periods of time.	Sweeping gesture, palm facing dog, up or out to side.
<b>DOWN</b>	A Position: Meaning the dog’s elbows and hocks are all the way on the ground, and head up (although napping posture is also okay.) Down is not an action – use “Off” instead.	Sweeping gesture, palms down, towards the floor.
<b>RIGHT HERE</b>	A Position: Meaning be next to you, on your left side, on a slack leash, head up and alert to the handler. This word and position is used both with walking the dog & standing still.	Patting leg is often helpful.
<b>COME HERE</b>	An Action: Means for the dog to drop all activities and move in a relatively straight line towards the handler as fast as reasonably possible, until at the owner’s side or front. Very easy word to misuse – must ALWAYS be rewarded, even if dog has just run ten times around the block! Dog is ‘in training’ with this word for the rest of his/her life. Depend-ability varies with distractions, stimulation, owner consistency, and expected rewards.	Varies - sweeping gesture, palm perpendicular to ground, towards chest for competition. Pat knees, outstretch arms good, too!
<b>WAIT</b>	A Position: It means for the dog to stop his/her forward motion and maintain position, in whatever posture is comfortable, until released. DIFFERS FROM ‘STAY’ in that the dog can be released verbally, without a physical touch. Great leadership word! Use often – at doorways, before putting dog’s food dish down, before getting in and out of the car.	Pushing motion, palms perpendicular to the ground towards dogs face. Smile while your dog is waiting!
<b>STAY</b>	A Position: It means to freeze in whatever position the dog is currently in, until released. DIFFERS FROM “WAIT” in that dog must be touched physically to be released by owner. Use this command only when you can give the dog your undivided attention!	Pushing motion, palms perpendicular to the ground towards dogs face. Smile!
<b>OFF</b>	An Action: Means for dog to remove front feet from elevated object (usually the owner, but also other people, dogs, couches, etc.) and place all four paws on the ground - indefinitely! It is important to not push or place the dog ‘off’ – the dog must learn to do it him/herself!	Point and look away from dog, to the ground where the dog should be.
<b>SPIN</b>	An Action: It means make a small, fast and very cute circle in place! Easy to learn, great warm-up and stretching idea to use before training or vigorous exercise.	Trace an outline in the air, as if stirring a big pot of stew!
<b>SHAKE or HIGH FIVE</b>	An Action: It is a request for your dog to raise a paw and then lower it into your outstretched hand. An oldie but goodie! Great for interactions with strangers and kids!	Hand out towards dog, as if asking for a handshake.
<b>QUIET</b>	Said to the dog when he/she is make verbal noise, it means to stop verbalizing on the spot. ALL dogs can learn this command – but it takes time and consistency. Most importantly, remember to praise when the dog is actually quiet (“Good Quiet!”)	None, although you could make up your own!



## The Life Cycle of a Puppy

Your puppy goes through several stages before becoming an adult. And your puppy will 'look' like an adult long before his brain acts like one! Understanding the stages your puppy will go through will help you understand your puppy better, and help you provide for his or her overall training and educational needs in a more complete way.

<u>Age</u>	<u>Stage</u>	<u>Life with your Puppy</u>
Birth – 3 weeks	<b>BASIC SURVIVAL STAGE</b>	<ul style="list-style-type: none"> <li>- Nursing to feed is critical</li> <li>- Keeping warm is a survival instinct</li> <li>- Sleeping, pooping are major activities</li> <li>- Puppy's nervous system not really 'on' yet</li> </ul>
3-7 weeks	<b>EARLY SOCIAL DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>- Nervous system, eyes, ears, coordination develops</li> <li>- Puppies start playing dominance games together</li> <li>- Inhibitions (such as bite) are learned</li> <li>- Puppy is most likely weaned by the end of 5 weeks</li> </ul>
8-11 weeks	<b>IMPORTANT IMPRINT STAGE</b>	<ul style="list-style-type: none"> <li>- Best time to go to new home: between 7-11 wks</li> <li>- Impressionable time, called the 'fear imprint' stage</li> <li>- Housetraining and positive training should begin!</li> <li>- Puppy both likes and needs to follow &amp; be near you</li> </ul>
11-16 weeks	<b>LEARNING/EXPLORATORY STAGE</b>	<ul style="list-style-type: none"> <li>- High desire to chew, taste, wander, explore</li> <li>- Puppy activity is high, starts to get 'into' everything!</li> <li>- Household rules and boundaries must be in place!</li> <li>- Puppy starts to 'cut apron strings'</li> </ul>
16-26 weeks	<b>MOVING INTO ADOLESCENCE</b>	<ul style="list-style-type: none"> <li>- Short term memory develops; all brain function 'on'</li> <li>- Puppy teeth fall out, major teething (chewing) phase</li> <li>- Puppies lose their 'puppy license' with older dogs</li> <li>- Puppy should practice socializing &amp; obedience a lot!</li> </ul>
6-9 mos.	<b>PASSING INTO PUBERTY</b>	<ul style="list-style-type: none"> <li>- Hormones awaken – good time for neutering!</li> <li>- Leadership must be in place by now</li> <li>- "Come" request becomes optional for some pups!</li> <li>- Puppies need distractions, strange places to work in</li> </ul>
9 – 18 mos.	<b>Yikes....ITS A TEENAGER!!</b>	<ul style="list-style-type: none"> <li>- Often called the '2<sup>nd</sup> fear imprint' stage</li> <li>- The search for boundaries, leadership in high gear</li> <li>- Puppies look adult, but still lack confidence of adult</li> <li>- Pups often are more pushy and vocalize more now</li> </ul>
18-24 mos.	<b>TRANSITION INTO ADULTHOOD</b>	<ul style="list-style-type: none"> <li>- Habits – good or bad - become ingrained</li> <li>- Status in family pack – high or low – is cemented</li> <li>- Pup becomes bored easily, needs lots of exercise</li> <li>- Solid foundation of leadership &amp; training pays off!!</li> </ul>

### **Notes on The Puppy Life Cycle**

All puppies grow differently, and not all puppies mature at the same rate. Small breed puppies tend to mature faster than large breed puppies. Some people believe that female puppies tend to grow up faster than male puppies. In any case, these stages are generally accepted ones; its okay if your puppy doesn't seem to match the chart exactly.

Also, breed characteristics often are hard to distinguish from puppy growth stages: for example, many retrieving breed puppies simply love to have things in their mouths all the time....it may seem like they never grow out of the teething phase, when in reality it is the breed characteristic that is the more prominent reason for the behavior.

Lastly, nowhere in the Puppy Life Cycle is there any mention of aggression. *Aggression is not a phase.* Please let us know if your puppy shows any signs of aggression towards dogs or people anytime during his/her growth.