



## **CHILDREN AND PUPPIES**

By Marcia Rafter Ritchie, LVT, CPDT, VTS-Behavior

A dog in a child's life can provide endless hours of companionship and fun. If properly planned and carried out, it can be a meaningful relationship teaching the child responsibility and respect. However, if left without guidance most children will inadvertently trigger the worst behaviors in their pets. Here are several suggestions to follow regarding puppies and children.

- Choose a breed (or breeds) of dog that is noted for being good-natured with children. Watch how the adult dogs, preferable a parent of the puppy being considered, interacts with your children.
- Enroll in a puppy program that welcomes children to participate. Through training, your puppy will learn to respect your children and it will give them something positive to do together.
- Head halters worn on large, active puppies will help give children more control of their pet. This will help a great deal during play, while on a walks, and for setting limits around the household.
- Young children should not be left unsupervised with their puppies.
- Children should groom their dogs daily. Not only is this good for the puppy's coat, but it's an excellent relationship builder as well.
- All rough play should be avoided including wrestling and tug-of-war. Restrict games to the ones I have included on this handout. Any time the puppy exhibits rough behavior during any play activity, it must be stopped immediately.
- Children should not grab, yell at, chase, follow, tease, or corner their puppies.
- Use time-outs for your puppies as a way of setting limits for bad behavior.
- Loose, floppy clothing on children can encourage puppies to jump up or latch on to the excess material.
- Prior to greeting any child, your own included, the puppy should be taught to "SIT". This will give them an alternative behavior to jumping.
- Don't forget to praise both the puppy and the children for exhibiting good behavior when interacting with each other.
- Remember, although pets can teach a child responsibility, parents must also involve themselves in the puppy's well being. Responsible dog ownership should be a family commitment.



**Western New York's Premier Professionals in Pet Training and Behavior Health**  
**Family Friendly Dog Training since 1984 Group Classes & In Home Private Instruction**  
**Locations in Amherst, Buffalo, Orchard Park, Snyder & Springville, Kitten Kompanion Class**  
**[www.thefamilycompanion.com](http://www.thefamilycompanion.com) \* 716-592-0802 \* [thefamilycompanion@me.com](mailto:thefamilycompanion@me.com)**

## **FUN AND GAMES FOR KIDS AND PUPPIES**

- Hide and Seek:** Have one person restrain the puppy while another one hides. Once hidden start calling the puppy and see how quickly they are found. Start out making it easy for the puppy but gradually make the hiding stops more challenging.
- Go Fetch:** Choose an item the puppy already likes to carry in his mouth. Get him interested in it then toss it and command "GO FETCH". Praise the puppy all the way as he goes to the item and picks it up. Call the puppy back and command him to "GIVE". If he's reluctant to let go, offer another toy or a treat in exchange for the item. In the beginning it may be beneficial to do this exercise on a long line so the child is always in control of the game.
- Biscuit Hunt:** Have one person restrain the puppy while another hides biscuits all over the house. What a good time the puppy will have when he's released to hunt for goodies. Great activity that even the youngest child can master.
- Round Robin:** With the whole family gathered in a circle, practice calling the puppy from person to person for different rewards. Mix things up by alternately rewarding with food, ear scratches and play with a toy.
- Puppy Soccer:** A great energy burner! Purchase a large, hard, plastic ball such as an Indestructible Ball. One dogs cannot hold in their mouths or puncture with their teeth. Then simply have the child and their puppy go outdoors where they can kick, push, roll, and chase the ball all around the yard.
- Get the Toy:** This game will wear both the child and the puppy out. Puppies and children love to play chase. This is a way of channeling that urge with out promoting unruly behavior. Take a stuffed toy and tie it to a light weight rope. Let the child run around holding the rope while the puppy chases the toy. If at any time the puppy redirects the game on the child, it abruptly ends. The child should be instructed to immediately "be a tree" while the part puts the puppy in a time out.
- Food Toys:** Have the kids do the food stuffing when you pull out the Kongs® and Busy Buddy® toys. See how creative they can be with the recipes.
- Walks:** Supervised walks around the neighborhood with a Gentle Leader® head collar are great fun for all. Not only is this good physical exercise but it helps the puppy to habituate to the sights and sounds outside of their yard.
- Tricks:** Tricks are a fun and entertaining way for children to train their puppies. Shaking paws, jumping through a hool-a-hoop, or balancing a biscuit on the puppy's nose are tricks sure to delight all.

## HOUSE TRAINING

by Marcia Rafter Ritchie, L.V.T., CPDT, VTS-Behavior



### THE ROUTINE

Use a training crate to limit unsupervised access in the house.

Put your puppy on a feeding schedule using a high quality dry diet recommended by your veterinarian. Avoid dairy products, table foods, and coat conditioners until the puppy is trained.

Limit access to infrequently used rooms with closed doors and baby gates.

Take your puppy outdoors at scheduled intervals starting with once an hour while puppy is awake. Gradually increase intervals between trips outdoors as your puppy becomes more reliable.

Go to the same spot outdoors each time. The puppy will be able to smell where he has previously gone, giving him an indication of why he's there.

Give the puppy a command such as, "Get Busy" when he starts to sniff, circle, and squat.

Praise each time your puppy eliminates in the designated. Spend no longer than 5 minutes in the area if your puppy doesn't urinate or defecate.

Save outdoor play time for after the puppy has eliminated.

### NIGHT TIME

Take your puppy outdoors last thing prior to retiring.

Put your puppy in a training crate next to your bed with newspapers in the bottom. This will make a crinkling noise likely to awaken you should the puppy become restless.

Set your alarm clock for 4 hours into the night as a time to take your puppy outdoors. Each consecutive night increase the time of the night outing by 5 minutes until you reach your normal wake up time.

### HOME ALONE

For a new puppy left alone for longer than three hours, provide him with access to a larger confined papered area, outside of their crate to eliminate in. You can use a small puppy proofed bathroom or set up an exercise pen in a safe area.

As the puppy gets older, gradually decrease this papered area until he is able to be in his crate the entire time without soiling in it.

If you work a full day and are unable to come home at lunch time, it's advisable to hire a pet sitter or neighbor to let your puppy outdoors mid day.

Puppy Day Care Programs are also an excellent way to keep puppies on a housebreaking schedule during their owner's absence.



Western New York's Premier Professionals in Pet Training and Behavior Health  
Family Friendly Dog Training since 1984 Group Classes & In Home Private Instruction  
Locations in Amherst, Buffalo, Orchard Park, Snyder & Springville, Kitten Kompanion Class  
[www.thefamilycompanion.com](http://www.thefamilycompanion.com) \* 716-592-0802 \* [thefamilycompanion@me.com](mailto:thefamilycompanion@me.com)

## **ACCIDENTS**

If the puppy eliminates in doors, even when caught in the act, DO NOT PUNISH. An important part of the house training process is creating a puppy who will freely urinate and defecate in front of their owners. We want to be able to reward our puppies for going in the designated area. The fall out from punishment may be a puppy that sneaks off to more remote areas of the house because they are afraid to relieve them selves in front of you. This will create a bigger problem especially if you don't notice it right away.

Clean up when the puppy is out of the room.

Remove the odor by thoroughly cleaning the area and applying either commercial odor neutralizer, available through your veterinarian or club soda.

Keep a log of all accidents. This will allow you to track your puppy's progress and identify any accident patterns or problem areas. In cases of difficulty it may also be useful to your veterinarian in diagnosing physical or behavioral problems.

### **A PUPPY'S GOTTA GO...**

Shortly after eating (20 minutes for most puppies)

After drinking water (can be immediately after)

During or after a lot of activity

When they wake up from a nap

If they're panting, pacing or acting restless

When they sneak off by themselves to another room

After being let out of their crates

### **PLAYPEN**

Fill a baby playpen with a variety of your puppy's favorite toys. When you are unable to supervise your puppy put him inside and move it around to whatever room you need to be in.

### **JINGLE BELLS**

On the door used to go out to eliminate, hang sleigh bells on the door knob at your puppy's nose level. Ring them each time you exit. Many puppies will learn to ring the bells when they have to go. Others are likely to wait by the door when it is time to relieve themselves, and brush up against the bells alerting the owners.

### **UMBILICAL CORD**

Put your puppy's leash on, then attach the other end to your belt loop or around your leg. Not only will a fussy puppy alert you to a needed trip outdoors, but it will be a great bonding exercise as well.



## JUMPING

by Marcia Rafter Ritchie, L.V.T. CPDT, VTS-Behavior



### PREVENTION

Don't let that 10 pound puppy jump up on you because it's cute. As a 65 pound adolescent dog it won't be cute anymore, but it will be a habit.

### OBEDIENCE

You will have much more control over a jumping dog if they respond to basic obedience commands. Training classes are very useful in teaching you to control your dog under distracting situations.

### BE FAIR TO YOUR DOG

Once you start a program to treat a jumping problem - CONSISTENCY is essential. Don't allow your dog to jump up on you during play, but expect him not to jump up on your 80-year old grandmother.

### DON'T TRAIN YOUR DOG TO JUMP

Many owners will inadvertently train their dog to jump on them by petting them, talking to them and looking at them while they jump. These responses will only reinforce the behavior. Teach your dog a behavior that's not compatible with jumping such as the sit. Make this the most rewarding position to be in.

### FOR GUESTS WHO ENCOURAGE JUMPING

A simple way to discourage your dog-loving friends from petting your jumping dog and reinforcing the behavior - a sign on your door:

HELP!

I'M TRYING TO IMPROVE MY MANNERS.  
DO NOT PET OR TALK TO ME UNLESS  
I'M SITTING POLITELY.

THANK YOU - CUJO



Western New York's Premier Professionals in Pet Training and Behavior Health  
Family Friendly Dog Training since 1984 Group Classes & In Home Private Instruction  
Locations in Amherst, Buffalo, Orchard Park, Snyder & Springville, Kitten Kompanion Class  
[www.thefamilycompanion.com](http://www.thefamilycompanion.com) \* 716-592-0802 \* [thefamilycompanion@me.com](mailto:thefamilycompanion@me.com)

## **A GREETING STATION**

Pick a greeting station(s) for your dog at the door(s) family members and guests enter. Be sure to choose an area that will not interfere with the opening and closing of the door, is not an area in the line of people travel and one that allows you to be between the open door and the dog. It would also help to have boundaries or guideline for your dog to cue him in on his role when in this area.. Little alcoves or doorways to lavs work great. You can also use a non slip mat to designate your dog's greeting station.

## **SIT & STAY HERE**

Teach a strong sit-stay in the greeting station. Train in small increments, gradually adding some of the steps that occur when answering the door. Have the dog do a sit stay as you walk toward the door, turn the door knob, open and close the door etc. Reward the dog for successfully maintaining a sit stay.

## **CHANGE ASSOCIATION WITH DOORBELL**

Using two people, have one person be the bell ringer and the other person the dog trainer. Every time the door bell rings, the trainer takes the dog to it's greeting station and rewards with a treat when sitting calmly. When done repeatly the dog will be conditioned to sit in the greeting station and wait for a treat when the doorbell rings.

## **SITTING MAKES VISITORS ENTER-GETTING UP MAKES THEM GO AWAY**

As long as your dog enjoys visitors, this is a great exercise! It's helpful to practice with family and friends first prior to putting it into play with regular visitors. Take turns roll playing switching from being the guest then to training the dog. Have one person enter as long as the dog is maintaining a sit. If the dog gets up (don't wait for a jump) the guest quickly retreats but enter again as soon as the dog is back in the sit. Do this repeatedly until the dog makes the connection.

## **CHILDREN AND JUMPING**

First thing most children do when they see a puppy is encourage jumping. Train the children as well as the dog - no squealing voices, waving hands, or erratic behavior (Good Luck). Show them how to get the puppy to sit by holding a food treat at nose level. An exercise as simple as that will teach them to respect one another. A great opportunity to practice with their dog is when they come home from school each day. Older children can work on the exercise above.

## **MOUTHING**

*By Marcia Rafter Ritchie, LVT., CPDT, VTS-Behavior*



### **10 DON'Ts**

1. Give any attention when your puppy mouths you
2. Hit your puppy
3. Let your puppy recklessly grab food from your hand
4. Tease your puppy
5. Do scruff shakes or alpha rolls
6. Encourage growling or excessive barking
7. Rough-house with your puppy
8. Allow your puppy to chase people
9. Wear loose, flopping clothing
10. Permit your puppy to initiate or grab a toy without invitation

### **10 DOs**

1. Enroll in a puppy training program
2. Reward good behavior
3. Give your puppy plenty of exercise
4. Set play time rules & end a session if your puppy becomes unruly
5. Interject obedience commands during play
6. Provide chew toys but only one or two at a time
7. Socialize your puppy with other puppies
8. Teach your puppy to take food out of your hand gently
9. Avoid getting your puppy overly excited
10. Be consistent with your interactions with your puppy

Discourage the first sign of mouthing. The longer you let your puppy mouth you the harder the problem will be to correct.

There isn't one solution that will work with every individual. It's up to you to find out what is most effective solution for you and your puppy.



**Western New York's Premier Professionals in Pet Training and Behavior Health**  
**Family Friendly Dog Training since 1984 Group Classes & In Home Private Instruction**  
**Locations in Amherst, Buffalo, Orchard Park, Snyder & Springville, Kitten Kompanion Class**  
**[www.thefamilycompanion.com](http://www.thefamilycompanion.com) \* 716-592-0802 \* [thefamilycompanion@me.com](mailto:thefamilycompanion@me.com)**



## SUGGESTED TREATMENTS

*To teach a puppy not to mouth using the following suggestions, consistency and split-second timing from the handler is essential.*

### **Verbal Correction:**

For the milder tempered puppy often a firm UH-UH may be enough to discourage mouthing

### **Ouch:**

Let out a sharp cry of pain every time your puppy's teeth come in contact with your skin, prior to hurting you. Gradually desensitize the bite until you cry out in pain when the puppy just lightly grazes you with his teeth.

### **The Cold Shoulder:**

Turn away and ignore instead of giving them the social contact they are asking for.

### **Time Outs:** My favorite!

# 1 When the mouthing starts simply isolate your puppy to an area out of view of any people for one or two minutes (no longer). Suggested areas are downstairs, lavatory, a closet or back hall. If you have no other area, you can use their crate covered with a blanket.

#2 Have the person being mouthed abruptly go behind the closest door, again for one to two minutes.

With either Time Out method, don't be surprised if you have to do this repeated. Look at these sessions as a learning opportunity for the puppy. Remember, mouthing is a social behavior and they want to be with you. The puppy is learning mouthing makes you go away. Be patient and be prepared for many repetitions! I also suggest when you conduct a Time Out, you should be silent since any verbal reaction might be interpreted as a social interaction.

### **Teach the Settle-Down:**

This is a station your puppy goes to on command, lays down calmly and waits for his reward. Frequently puppies will mouth when they are too wound up. Teach them this alternative behavior to help them calm down.

### **A Gentle Leader & Long Line:**

This is great for power steering that rambunctious pup that tends to want to ambush and mouth children. This unruly behavior can quickly be intercepted and redirected by simply picking up the long line. The Gentle Leader provides a mild muzzling effect when pressure is applied which stops the mouthing and enables you to gain the puppy's attention to give them a command such as Settle Down.

## **PUPPY CRAZIES**

We all recognize the behavior... laps around the house, jumping, mouthing, and all the obedience they have ever learned is forgotten. The puppy crazies usually occur in the evening, after a long day when you are thoroughly exhausted. Try treating them with an organized play session of fetch to wear your puppy out, or a brief time out to settle him down. To prevent Puppy Crazies give your puppy plenty of exercise during the day. Consider enrolling in a day care program. That way you will both be crashed in front of the TV in the evening.



## **PROBLEM BARKING**

*By Marcia Rafter Ritchie, L.V.T., CPDT, VTS-Behavior*



### **COMMON MISTAKES**

#### ***DOG SPEAKS - OWNER OBEYS***

Don't fall into a trap. If you are experiencing problem barking with your dog be careful you're not reinforcing the behavior by giving him exactly what he wants. For example your dog may bark to be petted and by giving in to him you're perpetuating the problem.

#### ***NO MANNERS***

Obedience training always improves problem behavior. An unruly puppy with no respect for their owners is much more likely to be a problem barker.

#### ***THE BARKING-YELLING CHORUS***

If you yell at your dog for problem barking, they may think you're joining in.

#### ***SOCIAL ISOLATION***

Dogs are social creatures. Leaving them alone in the backyard can solicit problem barking. They want to be with their family. Dogs tied outside seem to be the most frustrated and more likely to bark.

#### ***AN IDOL DOGGIE***

There is a strong correlation between problem barking and lack of exercise.

#### ***GENETICS***

Don't choose a breed that is known for barking if this characteristic doesn't fit into your lifestyle. Most problem barking is related to inheritance. If the puppy's parents are barkers their offspring will also be.

#### ***NEGATIVE ATTENTION IS BETTER THAN NO ATTENTION***

Don't scold, hit, or throw things at your dog for barking, and give them no attention when they are quiet. Never miss an opportunity to praise a quiet resting dog. Don't take good behavior for granted and then encourage bad behavior by paying more attention to your dog when he barks.



Western New York's Premier Professionals in Pet Training and Behavior Health  
Family Friendly Dog Training since 1984 Group Classes & In Home Private Instruction  
Locations in Amherst, Buffalo, Orchard Park, Snyder & Springville, Kitten Kompanion Class  
[www.thefamilycompanion.com](http://www.thefamilycompanion.com) \* 716-592-0802 \* [thefamilycompanion@me.com](mailto:thefamilycompanion@me.com)

## **HOME ALONE (Owner Absent Barking)**

### ***OUTDOORS***

If you must leave your dog outdoors during your absence, make sure their yard is entertaining. Some suggestions would include a sand box digging pit, a wading pool, obstacles, a kool dogz and plenty of toys. You may want to remove stimuli that normally triggers barking. Slats woven through chain link fences or solid wood fences will block the view into a neighbor's yard.

### ***SOCIALIZE***

When you are home take the opportunity to walk your dog around the neighborhood. This way he can become used to the sounds and the stimuli that may trigger him to bark when home alone.

### ***EXERCISE***

Wear your dog out with plenty of exercise while you are home. Long walks, play, and training sessions will likely make him happy while you're gone instead of barking. These activities will also improve your relationship.

### ***A FULL TUMMY***

Much like ourselves, a dog with a full stomach is more likely to sleep than one that's hungry. A meal prior to leaving may help with problem barking.

### ***NO FUSS COMING AND GOING***

Make your comings and goings as unemotional as possible. If you make a fuss over your dog before leaving and when you come home you'll only be increasing your dog's anxiety when left. This can be another cause of problem barking.

## **SPEAK ONLY WHEN SPOKEN TO (Owner Present Barking)**

The most effective way to control problem barking in your presence is to teach your dog to speak on command. This may sound like the wrong thing to do but this little trick will give you control of the action and the ability to quiet your dog as well.

**STEP #1** Pick out a stimulus that sets off the problem barking. You will need another person to help you with a setup. (I will use the example of the door bell as my stimulus to explain.)

**STEP #2** Have your helper go outdoors, ready to ring the doorbell. One second prior to the noise, give the command "SPEAK". Your dog is going to bark anyway with the doorbell ringing, but now you're attaching a command to it.

**STEP #3** When you've heard enough barking give your dog the "ENOUGH" command and immediately give your dog a treat. All good puppies know it's impolite to bark with their mouths full so the barking ceases. You're attaching another command to the action of the stopping the barking.

**STEP #4** Do multiple setups until your dog understands and will readily respond to the commands.

**STEP #5** When your dog's barking becomes a problem give the "ENOUGH" command. Remember to give praise when the barking stops, then quickly get him focused on something else.

### ***ANOTHER SUGGESTION***

Provide a special place for your dog. Make it an appealing spot with items such as a bean bag or a fleece blanket. When your dog starts barking and you have had enough, say "PLACE" and put your dog on a DOWN-STAY in his place. He will be less likely to bark while in the down position and you will also be reinforcing that you are in control of your dog.

# CRATE TRAINING & PREVENTING SEPARATION ISSUES

By: Marcia Rafter Ritchie, LVT, CPDT, VTS-Behavior



## CRATE TRAINING

A crate is an excellent puppy management tool that is made most commonly out of wire or plastic. It is used to aide in house training, prevent destructive chewing, keep a puppy safe, for travel and make dogs feel secure.

## A DEN

Dogs are natural den dwellers. By providing them with a small area of their own they will feel more secure. Crate training also speeds up housebreaking and prevents destructive chewing. A crate-trained puppy will grow into an adult dog that returns to a crate left open to rest and find solace.

## SIZE

A crate should be large enough to accommodate a puppy's projected adult size while standing up, turning around, and lying down. During puppyhood, you may have to use a divider if the puppy relieves them selves in it.

## BEDDING

If the puppy is still likely to soil in the crate, put newspaper on the bottom for easy cleaning. As they gain more control, artificial fleece blankets are ideal. They are comfy, washable, and hold up well against chewing.

## LOCATION

During the day, situate the crate in the room where you spend most of your time. Your puppy will want to be close to you even when confined. At night the bedroom is best. Your puppy will sleep better when in the same room, and you will be easily alerted to a fussy puppy that may need a toilet trip outdoors.

## INTRODUCING

- To get a new puppy accustomed to his crate, leave the door open so he can investigate on his own. Put some toys and food treats inside to entice him in and help him view it as something positive.
- As he becomes more comfortable inside, close the door for short periods while you're at home. Praise the content, quiet puppy inside the crate. Ignore the puppy that may bark when closed in and don't let him out while he's carrying on. After he is quiet for a little while let him out again.
- When the puppy seems well adjusted to the crate you may leave him alone in it during your absence. If your puppy is young and you must be away for more than 3 or 4 hours, leave the crate open to a larger confined, papered area so he can relieve himself without soiling in his crate.
- It is a real plus when you purchase your puppy from a breeder who crate trains their puppies prior to going into a new home.



Western New York's Premier Professionals in Pet Training and Behavior Health  
Family Friendly Dog Training since 1984 Group Classes & In Home Private Instruction  
Locations in Amherst, Buffalo, Orchard Park, Snyder & Springville, Kitten Kompanion Class  
[www.thefamilycompanion.com](http://www.thefamilycompanion.com) \* 716-592-0802 \* [thefamilycompanion@me.com](mailto:thefamilycompanion@me.com)

## SEPARATION

The following behaviors can be signs of anxiety when carried out in your absence. These behaviors may occur while you are away from home or in some cases even when you leave the room. Should your dog exhibit any of these symptoms, contact your veterinarian immediately for a further evaluation.

Destructive Chewing \* Digging \* House-soiling \* Barking \* Pacing  
Excessive Salivation \* Aggression Towards Owner Leaving \* Barrier Frustration

**An ounce of Prevention is Worth a Pound of Cure!**

***" The most important lesson a puppy or new adult dog can learn is how to be alone"***

Acclimate a new dog to your normal schedule as soon as possible. Get them used to being separated from you before a strong attachment is formed. Taking vacation time off from work to get your new pet used to your household may sound like a great idea, but in many cases it's not. Dogs can become overly dependent upon your company and become stressed or over anxious when you return to your regular schedule.

Use a training crate with your new puppy. They will feel calm and secure in your absence if properly introduced to it.

### SPITE

Dogs are not capable of feeling spite. Many owners think their dogs are getting even with them. These dogs are in conflict and their anxiety is satisfied by performing these behaviors.

### PUNISHMENT

Forget it! Punishing a dog with separation anxiety is cruel and counter-productive. In most cases the behavior caused by the anxiety takes place within 20 minutes after you leave. By punishing them several hours later, the dog's anxiety will only increase in anticipation of your arrival home, and subsequent punishment.

### ***Prevention:***

- Make your departures and arrivals as unemotional as possible.
- Leave the radio, TV, or even a tape of your voice on when you leave the house.
- Give your dog a special chew toy reserved for time alone. My suggestion is a Kong® stuffed with cheese spread, peanut butter, or moist dog food. Rub the Kong® with your hands so it will have your scent on it.
- Teach your puppy how to do a settle-down that includes calm body posture. Gradually teach the dog to be comfortable even when you leave the room for longer periods of time. Contact your local obedience instructor for additional training if needed.
- Do not reward needy attention seeking behaviors. Dogs should only receive attention while sitting politely. Encourage independent behaviors
- Include plenty of exercise in the puppy's daily routine