

A golden retriever and its puppy are sitting in a snowy field. The adult dog is on the right, looking off to the left. The puppy is on the left, looking up at the adult dog. The background is a soft, out-of-focus white snow.

GUIDEBOOK ON PUPPIES

 **Calm**
Confident K9.

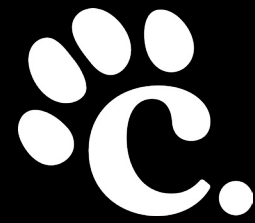


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01.

FOLLOWER AND LEADER.



Working towards the goal of having a follower and leader relationship rather than just “friendship”.

In order to do this you must provide them with leadership.

This is through:

- CALM CONFIDENT ENERGY
- CHALLENGE (training)
- DISCIPLINE
- BOUNDARIES

02.



HOW PUPPIES LEARN.

Dogs learn in two main ways: "Positive and Negative" experiences:

- **Positive** can **increase** the likelihood of something happening again
- **Negative** can **decrease** the like hood of a behaviour happening.

Dogs need both to understand how to live in our human world.
Everything you do reinforces one of these.

DIFFERENT WAYS TO TEACH OUR PUPPIES:

POSITIVE:

1. Food
2. Affection
3. Toy
4. Play

NEGATIVE:

1. Verbal Correction
2. Physical Touch / Spacial Pressure
3. Leash Pressure
4. Withholding Food or Play Time Out

03.

WHEN TO AGREE AND DISAGREE.



- Only ever reward good behaviour **ON** command or spontaneously ie: given space, gone to place, sit in front of you attentively.
- Have a **spectrum** of rewards that you offer.
- If they're barking or jumping, exhibiting any behaviour you **disagree** with, let them know with a **correction**.
- Remember that we want our first touch correction to be **strong** (energetically) enough that we don't need to repeat ourselves. Then if they **challenge**, we can **increase pressure**. If they continue to challenge, take them to place and settle them.
- Most important thing is to **NOT** give affection after a correction.

04. AFFECTION: A TOOL.

"You Get What You Pet"

- Affection is a tool. Use it that way!
- Start to notice and adjust the moments you give affection.
- It is a form of positive reinforcement. So whatever behaviours your dog is doing will be reinforced.
- Initially we reward good behaviour and calmness **ONLY**.
- This means ideally **ONLY** give affection when they are calm or are doing spontaneous good behaviour.

05. TRAINING:

Obedience.

Meals are given only through training. Dogs don't eat for free. Allocate their meals for training. Depending on how much time you have you can allocate to train.

"If you control the food, you control the dog"



REWARD DISTRIBUTION:

- 1 kibble for small rewards
- 3-5 kibble for bigger reward
- Handful for a "jackpot" reward (when they do something awesome) ie: spontaneously go and rest in the crate.

Best case training is done 2 times daily with main meal. Ideally, they do not eat food unless it's through training.

This will also create a bond between you that will help and allow you to have better communication and follow through with your pup.

Sample Obedience Training Session.



A training session based on obedience could look like this:

1. Engagement / Obedience training
(5-10mins)
2. Place / Separation work.
(5-10mins)
3. Follower State / Loose Lead walking
(10-30mins)

05.



Crate Training.

Firstly start by practicing luring in and out of the crate 4-5 times. Then close the crate and pass food through the closed door. Next open the crate and let them out with more treats. Repeat this process, until going in and out is smooth and easy.

One the first step is comfortable practice closing the door and keeping them in there. For small spurts. 30 seconds, 1 minute, 5 minutes then 10 minutes.

Lastly, finish feeding in the crate with remaining food. Close the door and walk away. Let them get used to being in there on their own.

If you have time: practice waiting for them to settle, then let out.
REPEAT

Once they wake up ANTICIPATE them needing to come out - and bring them out as they are calm and sleepy, before they start whining.

If they are acting up just walk away so they realises that those behaviours move my human away.

**Being out of the crate with you is a privilege
not a given. Crate is where it's at!**

FIND OUT MORE.

Want to advance your training or continue strengthening the relationship with your dog?

Book in for online or in person sessions with Josh to continue to learn and develop more in depth techniques and practices.



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