

MIND BODY PAWS



PUPPY TRAINING GUIDE



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REWARD BASED TRAINING



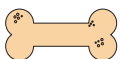
REWARDS BASED TRAINING (ALSO KNOWN AS R+ OR POSITIVE REINFORCEMENT) EMPHASIZES UNDERSTANDING AND BUILDING STRONG RELATIONSHIPS, WITHOUT RELYING ON FORCE OR PUNISHMENT.



Advances in the field of canine behavior have greatly improved our understanding of how our beloved pets learn and thrive. Instead of relying on force, we now know that utilizing a rewards based approach leads to faster and more successful outcomes.



Stress hinders our ability to learn, just like it can for your puppy. Similar to how we struggle to perform under pressure, our four-legged friends face the same challenge. That's why using rewards as a training method is so effective – because just like us, puppies are more likely to repeat behaviors that are rewarded. So always remember to reward the behavior you like!



Using a rewards-based system makes it easy to redirect your puppy's inappropriate behavior. For instance, if your puppy jumps to greet someone, lead them away and reward them with attention from the person when they stay calm. Similarly, if your puppy rushes through the doorway to get outside, keep the door closed until they sit.

Train your puppy with food to learn new behaviors. Once they have mastered the behavior cue, mix it up by using rewards such as games or belly rubs.

Rewards based training is not only fast and effective but its fun for the both of you too!

WELCOME HOME

GET YOUR PUPPY OFF ON THE RIGHT PAW. EARLY
TRAINING AND LEARNING BUILDS RESCILENCE

To effectively train your puppy, it is crucial to be clear, consistent, and patient. On the first day, establish a set of rules for their training. Decide whether you will allow them on the couch or in the bed, and think about the behaviors you want them to have when they are fully grown.

Puppies are skilled at recognizing patterns, so it is important for everyone at home to use the same hand gestures and words during training. This will prevent confusion for the puppy and ensure consistency.

Socialization is crucial for puppies to become familiar with various environments and stimuli in a positive way. Socialization includes visiting different places, meeting new people, encountering animals, hearing different sounds, and interacting with various objects and surfaces. The possibilities are endless.

It is especially important to focus on socialization during the first 5 months of your puppy's life, as they naturally become more cautious after this period. By providing opportunities for your puppy to explore, they will become more adaptable with maturity.

To encourage polite behavior, reward what you like and ignore what you don't. For example, if you appreciate when your puppy sits for their food bowl or lies calmly at your feet, reward them. To make it easy to reward them, keep treats conveniently stored in different areas of your home.

Using food as a motivator, allow your puppy to make choices in their interactions and exploration. However, it is essential to respect your puppy's comfort level and not force them into situations that make them uncomfortable.

Remember that your puppy genuinely wants to please you, but it will take time and patience. And don't forget to have realistic expectations. Getting it right once, twice or even three times doesn't mean perfection from here forward.

To build good habits and prevent bad ones, start training your puppy now. Today's efforts will lead to a friendly and confident dog in the future.

Get them off to the right start with our expert guidance. We would love to assist you.



NEW PUPPY SHOPPING LIST

We know that sometimes it's hard to decide between products. That's why we've tested everything on this list in our own home and with clients - so you know they're the best.

Happy Shopping!

EQUIPMENT & SUPPLIES

- Outward Hound Fun Feeder Bowl
- Earth Rated Waste Bags
- Wire Crate or "X-Pen"
- 4 or 6 ft leash
- Freedom No Pull Harness (big dogs) or Walk Your Dog with Love Harness
- Nature's Miracle Urine Destroyer
- Flat collar and personalized ID tag
- Grooming brush or comb



TREATS



- Blue Buffalo Blue Bits
- Earth Animal No-Hide Chew
- Zuke's Mini Naturals Dog Treats
- Better Belly Rawhide
- Plato Small Bites Dog Treat
- Stewart Pro-Treat Beef Liver Freeze-Dried Dog Treats

ENRICHMENT TOYS

- LickiMat's Wobble Bowl
- Snuffle Mat
- West Paw's Toppl
- Outward Hound's Puzzle Level 1
- Kong Puppy Teething Stick
- Planet Dog Orbee Treat Ball

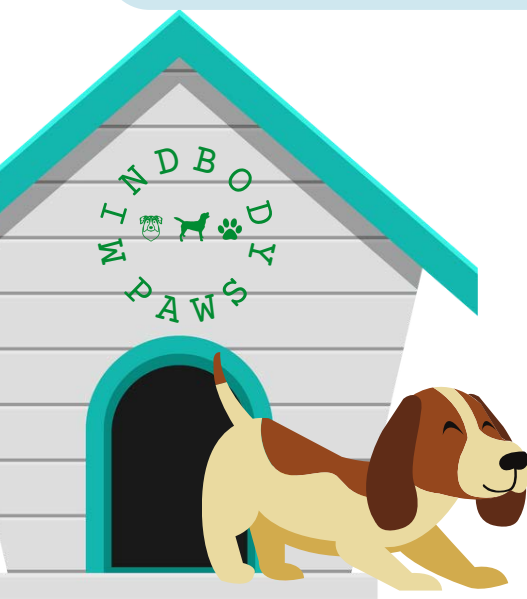


FORCE FREE PUPPY TRAINING

It's important to start training your puppy early on, so they can develop good habits and prevent break bad ones from forming. Positive reinforcement training is the key to success and we can help you do it right.

Make sure your puppy has a great foundation. Let us help you get started on the right path!

WWW.MINDBODYPAWS.DOG/PUPPY-TRAINING



2 SIMPLE RULES FOR POTTY TRAINING

DON'T LET POTTY TRAINING GET YOU DOWN. SET YOUR PUPPY UP FOR SUCCESS WITH OUR RULES

RULE #1: DON'T LEAVE YOUR PUPPY UNSUPERVISED

Avoid the common mistake of giving your puppy too much freedom. Keep them contained when you can't give them your full attention to prevent accidents and mischief.

RULE #2: REWARD YOUR PUPPY FOR GOING OUTDOORS, EVERY TIME

Be sure to wait until your puppy is finished eliminating before giving them a treat – don't interrupt the process by reaching for a treat. Half-empty tanks lead to accidents, so be patient before giving that treat.

WHEN ACCIDENTS OCCUR

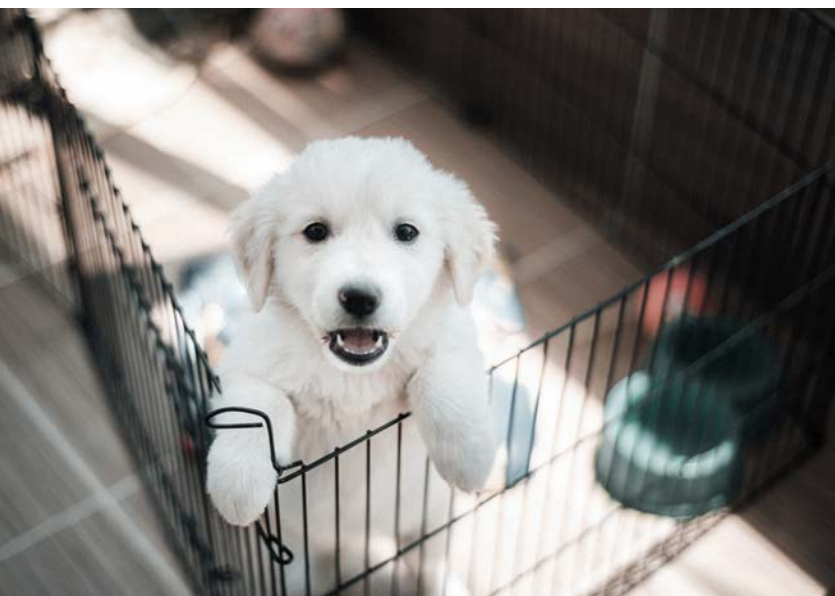
Be sure clean up the area with an enzymatic cleaner. Next ask yourself. Why the accident happen? When was the last time you let the puppy outside? Where were you when the puppy had their accident?

Should you catch your puppy attempting to make inside your home, interrupt them by scooping them up or clap your hands to get them to follow you outside. When your puppy finishes their business outside, reward them.

THE KEY TO SUCCESS

Achieving success in potty training requires patience and consistency. Expect setbacks, but with effort, your pup can become fully potty trained quickly!

Jump start your puppy's training with our comprehensive "How To Guides" found on our [blog](#).



ENRICHMENT

Your pup needs more than just physical exercise. They also need mental stimulation to be happy and healthy. Examples of enrichment include: digging, licking, foraging, shredding, sniffing and observation. Try these activities to give them what they need to thrive.

PUPPY SCAVENGER HUNT

Tap into the power of their nose. When your puppy is close and can see you, toss a treat, say "find it".

HIDE & SEEK

A game of surprise and lots of laughs. Hider, once in position, call your puppy's name.

SNIFFY WALKS

Allow your puppy explore the smells around them, take note of where they want to go next and follow their lead!

PEOPLE WATCHING

Spend quality time with your puppy, showering them with occasional treats, while you watch the hustle and bustle of people passing by



HOW TO CRATE TRAIN

CRATES HELP WITH HOUSE TRAINING AND PREVENT SEPARATION ANXIETY. HERE'S HOW TO GET IT RIGHT.



1

PLAY CRATE GAMES

Get your puppy comfortable in a crate start by throwing treats inside to entice them to explore their enclosure. Don't close the door yet. Once your puppy is comfortable going inside, closing the door for a just a second delivering a treat through the door.

Then let your puppy out repeat these steps, gradually increasing the time they spend inside (10–25 seconds) before allowing them to be free.

2

LEAVE YOUR PUPPY FOR SHORT PERIODS

To grab your puppy's attention, offer them a Kong or Toppl toy filled with a delectable treat or a long-lasting bone. After presenting the item, close the door and step away for 30 seconds. Maintain a calm demeanor when leaving and returning, as if nothing out of the ordinary occurred.

Repeat this exercise multiple times, adjusting the duration of your absence each time. For instance, try leaving for 45 seconds, then 2 minutes, followed by 15 seconds, and finally 7 minutes.

3

LEAVING YOUR PUPPY FOR EXTENDED PERIODS

It's time to begin training your puppy to cope with your absences. Start by practicing short errands, such as fetching the mail or watering plants. Gradually increase the duration of your absences until you can be gone for an hour without any issues.

Keep an eye out for signs of excessive stress, such as uncontrollable barking, howling, or destructive behavior. If your dog displays these behaviors, seek immediate assistance from a certified professional dog trainer.

www.mindbodypaws.dog

READY SET VET

Follow our tips to make trips to the vet free from fear, stress and anxiety.

- PRACTICE – Play vet and prepare at home --look in between their toes, check their ears, pick up their tail, inspect their teeth. Make note of any discomfort. Give lots of treats for being so good.
- REWARD & REPEAT – Bring high-quality, mouthwatering treats to the exam. If your pup is on special diet bring a special toy along or purchase a new one. Feed or play while waiting in the lobby and throughout the exam including whenever the veterinary personnel enter, and after periods of restraint.
- BEFORE YOUR APPOINTMENT – Familiarize your puppy with car rides ahead of time. Play calming music like Through a Dog's Ear on your ride over. Don't feed your pup within 3 hours of the appointment and most of all, don't forget to bring treats or a toy along!
- SAFETY FIRST – Inform the staff if your puppy is fearful, reactive, doesn't like cats, has problems meeting new people, or dislikes being touched in a particular area. Everyone and every critter deserves to feel safe.

Never chase your puppy around to administer meds. There is a better way! As a fear-free certified trainer, I can show you how to get consent



ABOUT US

Achieve your dog training goals with Mind Body Paws. We offer private in-home training in Bergen County and live online training for pet parents across the US. Transform your dog's behavior today using positive reinforcement and force-free methods .

YOUR TRAINER



BROOKE GREENBERG

CPTD-KA, FFCP

Brooke is a passionate animal advocate with expertise in canine communications. She has dedicated years to understanding how dogs think and learn, allowing her to help foster harmony between dog guardians and their furry friends—no matter the breed or age!



FREE RESOURCE

Get answers to common dog owner problems Updated monthly, our blog is a free, reliable resource you can trust. Say goodbye to sources like friends, family, or questionable online information. In the vast sea of misinformation, we offer accurate solutions to your dog-related problems.

www.mindbodypaws.dog/blog

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