



Puppy Training Guide

A six part booklet that covers everything you need to know!

*VIDEO
INCLUDED!*



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Part 1: House Training

Focus on preventing your pup from learning unwanted habits like chewing, peeing inside, and stealing things! Have your puppy in one of 3 places at all times until they start to make good decisions in the house.

1. **Crate**: The ultimate prevention tool. Put your pup here if you can't watch them. If you don't catch your pup being naughty, then you can't do anything to change their behavior. Crate your pup when you're sleeping, when you leave the house, or when you can't give them 100% of your attention.

Put your crate in your bedroom next to your bed, they will be comfortable with you close. The best time to crate pup is when they are tired and have recently gone potty. Put them in the crate with some food. Do not take them out if they start vocalizing. Only take them out if they are quiet. If you think they are barking because they have to go potty, take them out and give them 3 minutes on leash to go potty. If they don't go, put them back in the crate.

2. **Exercise Pen**: We use the exercise pen to bridge the gap between confinement in the crate and freedom. [Video](#)

3. **Leash**: If your puppy is out with you, have a leash on! You will use the leash to stop jumping and biting (discussed in Part 2) and you can use the leash to prevent your pup from running away from you if they steal something. Here's a [video](#) on how I start weaning the puppy off the leash.

Accidents

Don't expect your puppy to ask to go outside. If they are awake and active, take them out every 30 minutes and give lots of praise when they go.

We recommend taking them on leash to the "potty spot" in the yard. Stand still and give them 3 minutes to do their business. If they do not go but you know they have to, bring them inside and put them in the crate, then take them out again in a half hour. Only allow the puppy to roam around the house when you know they are empty.

If your puppy has an accident in front of you, interrupt them by scooping them up and rushing them outside. Praise your puppy for going potty outside. Do not scold your puppy for having accidents. If you don't catch them having an accident, then there's nothing you can do. Keep a leash on them so they don't learn how to sneak away and have an accident.

Play

Play is a vital part of development in young animals, and is necessary for successful house training. Play teaches social and cooperative skills, strengthens your relationship, and gives your pup an outlet for all their energy!

What Does Your Pup Like?

Do they prefer chasing or tugging? Do they like soft fleece toys? Or maybe balls? Find something they are interested in and do it WITH, every day.

Here are some toys our pups love:



[Flirt Pole V2](#)
[by Squishy Face Studio](#)



[Squish Ball with Leather Strap](#)
[by Leerburg](#)



[Hi Drive Udder Tug](#)
[by Clean Run](#)



[Robit Toy](#)
[by K9 Tactical Gear](#)

Teach Your Puppy the Game

Once you've found a toy that your pup really likes, teach them how to play a game with you! Many dogs won't figure out games like "fetch" or "tug" unless we help them. Have a leash or long line on your pup so you can teach them that you don't want them to play keep away with the toy.

If you're playing "fetch" and you throw the toy and your pup doesn't chase it, then you should chase the toy and throw it again! Teach your pup by doing. If you aren't acting playful, neither will your pup. [Video](#)

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If your pup does chase and grab the toy but doesn't bring it back, no problem! Go to your pup and praise them for grabbing the toy. Eventually they will drop the toy, then you can throw it again. [Video](#)

If your pup chases the toy, but returns to you without it, no problem! Ask your pup "where's your toy?" and then go grab the toy and throw it again. The more you model the game, the more likely your pup is to figure out what you want.

Be a Part of the Game!

Handing your pup a toy to chew on isn't play, be a part of the game! If your pup is chewing on the toy, take the toy and show them other things they can do, like chasing it or playing tug of war.

Exercises

Play: The most important thing you can do with your dog right now is play with them! The two main games that you can play are tug and fetch, below are some videos to help you troubleshoot issues.

[Fetch video](#)

[Tug Video](#)

[Victory Lap](#)

[Tug/Fetch Transition](#)

Lure games: Teach your puppy to follow a food lure.

1. To lure your puppy, place a piece of food in your hand and let the puppy sniff it.
2. Once the puppy is interested in the food, move the food away from them slowly.
3. As the puppy follows the food, let them have it.
4. As they get better at this, you can move away from them faster so they have to chase you.
5. [Video](#)

Ok: This word means that the puppy can have what's in your hand, it may be food or a toy. If it's a toy, then "OK" means you're playing tug of war!

1. Ask your puppy to sit.
2. Once their butt hits the ground, say "ok" and move away from them.
3. We want them to get up and chase you so they can grab what's in your hand.
4. [Video](#)

Teach Get It: This tells the puppy that they earned a reward that will be thrown away from you. You can transition to a toy once the puppy likes to play. Hold a small pile of food in one hand and a single kibble in the other.

1. Be still, say "get it".
2. Throw kibble for the puppy to chase.
3. Call your pup back to you and repeat!
4. [Video](#)

Part 2: Biting and Jumping

Excessive biting and jumping can be a sign of a few things:

1. Not enough exercise. More below!
2. An over tired puppy. Put them in the crate to rest. They should be sleeping 16 hours a day.
3. An over stimulated puppy. Remember to use the leash, crate, and pen to minimize situations where your pup can practice jumping and biting.
4. Your puppy is a puppy! Puppies bite and jump a LOT, it's annoying, sorry!

Physical Exercise

Make sure you give them enough exercise! Your puppy needs time to run around, sniff, and chase toys. Pup needs at least 20 minutes of free play in your yard every day. You should be involved. We recommend you use a long line or tether during play.

Walks are great, but they need to run hard and play also. Avoid long walks or jogging with your puppy at this point, as this could do damage to their developing joints.

Mental Exercise

A great way to keep your pup busy is to feed their meals out of toys. Some of our favorites are: Kong Wobbler, IQ Ball, and regular Kongs for stuffing.

You can also prepare snacks to give 1-2 times a day. [Video](#)

And of course, all this training you're doing is great mental exercise!

Biting

If your puppy is biting while you are petting them, sometimes just remaining still and not reacting is enough to discourage this. Your puppy is using his mouth to get a reaction from you, try to deny him that. If that doesn't work, remove your hands and then give your puppy something appropriate to chew such as a bully stick or toy. [Video](#)

Jumping

Once again, your puppy is jumping in order to get a reaction from you. Deny them this by being still and quiet until they have 4 paws on the floor, then engage with them. Remove all attention the moment they jump up. If ignoring them isn't working, then abruptly walk in to them until they stop jumping.

Exercises

Collar Grabs: It's important to grab your puppy's collar and treat them at the same time so they learn to accept collar grabs. It's much better to have a puppy who likes their collar grabbed, than a puppy who runs when you try to grab them!

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1. Reach to grab your puppy's collar.
2. As soon as you grab it, say "good dog" and feed them.
3. Let the collar go.
4. If the puppy is trying to run away from you, step on the leash and continue from step 1.

Teach "No": "No" means stop what you're doing!

1. Place a few kibbles on the ground.
2. Every time your puppy goes for it, say "no" and cover the food with your hand.
3. When the puppy backs off the food, take your hand off it, repeat step 2 if they go for the food.
4. When your puppy looks at you instead of trying to get the food, say "good dog" and reward your pup with food from your pocket.
5. Never allow your puppy to eat the kibble off the ground if you have said "no".

Part 3: Socialization & Fear

Socialization

Your job as your puppy's person is to give them good life experiences and avoid bad experiences. Before 16 weeks of age, your pup will be extra sensitive to scary situations.

Remember that you want to expose your pup to situations and experiences that will be common throughout their life. This includes **interacting** with their environment AND **ignoring** their environment.

Meeting Dogs

While it's important that your puppy learn how to interact with other dogs, it's equally as important that you keep your puppy safe and carefully select dog friends. Many adult dogs find puppies annoying and may over correct the puppy, scaring or hurting them and creating a fear of other dogs.

Ideal social interactions should be done with dogs you are familiar with that are generally even tempered around other dogs. Seek out adult dogs who properly correct puppies for rude behavior without scaring or hurting them. The Right Paw holds [Puppy Play](#) group to provide safe socialization opportunities for dogs under 16 weeks of age.

Proper dog-dog socialization includes interacting with safe dogs AND ignoring dogs all together.

- Dog Parks: We discourage people from bringing their pup to dog parks. People rarely pay attention to their dogs at these parks and it can result in dangerous interactions. Get familiar with the park, the people, and the dogs that frequent it before bringing your pup to one.
- Dog Daycare: We rarely recommend daycare because they are often chaotic and can be overwhelming for a small puppy. If you're looking for a daycare, make sure they are well staffed and know how to break up dog fights. It's always a plus if they have cameras around their facility so you can log in and watch what's going on.

Meeting People

Introducing your pup to friendly people is a great way to socialize them early in life. Do not expect strangers to handling any biting or jumping your puppy does, that's your job. Step on your leash to prevent jumping and encourage the use of food during a greeting to discourage biting.

Proper dog-person socialization includes interacting with safe people AND ignoring people all together.

Fear

There are several different reasons dogs can be fearful:

1. Some dogs are born fearful; it is a personality trait that will not change. Similar to how some people are born shy while others are born outgoing.
2. A negative early life experience led to a fear response – also very hard to change.

3. Some dogs learn that acting afraid is the best way out of a situation.

When dealing with fear, the goal is less about making the dog more “confident” and more about teaching them that YOU have their back. You will keep them safe and be a good judge of what is or is not dangerous.

When in doubt, we want fearful dogs to look to their person for support.

- Check it out: Some puppies quickly get over fear if they are allowed to explore the scary object. This is especially useful for stationary items, like trash bags, umbrellas, or parked cars. Have your puppy on leash, and hold the very end of it. Stand close to the scary thing to give your puppy an opportunity to explore it, but do not force them to approach. When they start to approach the object, gently praise them and just hang out with them.
- Counter conditioning: This is a good approach for puppies who are too scared to “check it out” or for things that cannot be approached, like loud noises or barking unfriendly dogs. In this exercise, the “scary” thing must predict something good. For example, something loud it dropped on the ground and startles the puppy, then a tasty treat magically falls from the sky (dropped by you). Over time the puppy will learn that the scary thing predicts a tasty treat, so it must not be all that scary! Puppies should be on leash for this, and the scary things should be visible/audible but across the room from the puppy.
- Fear of dogs or people: The first step in teaching a puppy not to be afraid of other dogs/people is to keep dogs/people away from the puppy! Allow your puppy to show interest in people on their own terms, but do not let strangers or strange dogs overwhelm your puppy by coming into their space when your puppy doesn’t want them there. If your puppy is backing away from someone, stand up for your puppy and tell that person/dog to give you space. Always act friendly towards other people and dogs to help your puppy have a positive experience.

If you need support working through a fear issue, please [reach out to us](#). *Severe fear issues need more attention than this PDF will allow.*

Aggression

Most dogs will display aggression at some point, and not all aggression is bad. Aggression towards other dogs is handled differently than aggression towards people. Something you may see with your puppy is resource guarding. If your puppy has something and a dog or person tries to take it, they may: growl, get stiff, clamp down, snap, bite, run away and hide with the object.

If your dog is guarding from other dogs, just remove the items they are guarding until you get professional help. If your dog is guarding or displaying aggression towards family members, **seek help immediately**.

The trainers at The Right Paw work successfully with aggression cases all the time – help is available.

If you need support working through an aggression issue, please [reach out to us](#). *Aggression issues need more attention than this PDF will allow.*

Object Exchange

In order to encourage your dog to willingly give up items they have, practice the exercise below. Do not mess with your dog's food bowl while they are eating. This exercise won't prevent aggression, but it may encourage cooperation.

1. Give your puppy a toy or bully stick to chew on.
2. While your pup is chewing it, grab a really great treat, like cheese or meat.
3. Go over to the pup and take the object they were chewing.
4. Give the tasty treat, then immediately give the object back.
5. Please consult your instructor before having children do this.
6. Repeat no more than 2x when they are chewing on a bone.
7. If you are experiencing any aggression, stop what you are doing and contact us immediately.
8. [Video](#)

Separation Anxiety

True separation anxiety is rare. A dog that is suffering from SA will display uncontrollable behaviors like: excessive drooling or shaking, vomiting, or loss of bowels when left alone.

We more commonly see puppies who have learned that barking in their crate gets the humans to come let them out – very different than SA.

Some barking in the crate should be tended to. Young puppies may need bathroom breaks every 2-3 hours. But if you know your puppy is barking because they just don't want to be in the crate, then your best course of action is to let them bark it out. The first day or two will be rough, but they will quickly learn that the crate is a place of safety and comfort.

Get your puppy used to being crated when you're home and when you leave the house. You can feed their meals in the crate, give tasty frozen [kongs](#), and have them sleep in the crate at night.

Part 4: Handling & Grooming

Teach your puppy to accept all forms of body handling (grabbing paws, looking in ears, grabbing tail, looking in eyes, and opening the mouth). You must practice this before you NEED to handle your puppy for ear cleaning, nail trimming, etc. It's best to start with a tired puppy at first. We recommend that you practice handling as you're petting the puppy. Massage their ears, gently touch their feet, and quickly lift up their lips to check their teeth. [Video](#)

Nail Clipping

Teach your pup to wait patiently while you place a pile of food on the ground. You can use this later to help your pup enjoy having their nails clipped. [Video](#)

1. Have your pup on leash and place a pile of food out of their reach.
2. If they try to get the food, hold them back by the collar.
3. When they stop trying to get the food AND they settle down, give them a piece of food from the pile.
4. Repeat until you no longer have to hold their collar to keep them in place.

Teeth Brushing

Brushing your puppy's teeth daily could save you lots of money in vet bills as your pup gets older. Check out this [video](#) for detailed instructions on how to start this process. Your puppy must be comfortable with having their muzzle grabbed before starting this process.

Part 5: Obedience & Off Leash

Long Line & Off Leash

A long line is a 20' to 30' foot leash. We really like the products from Mendota. The line is for playtime right now, but you will use it to teach your puppy to come at some point. You can attach it to your pup's harness or flat collar and hold it when you're out in the yard.

If you're puppy won't come to you, you can walk down the line to grab them. We strongly recommend that you do not let your pup off leash. Once your pup learns they are faster than you and they don't HAVE to come when called, you will have an issue getting your pup back to you. [Video](#)

Free Time

We recommend using a word to release your puppy to free time in the yard, we will use this later in training when we are teaching your puppy to come when called. Anytime you go outside to play and let your puppy sniff around your yard, first tell them "all done". [Video](#)

Obedience

Lure for Sit

Use food to teach your pup to sit.

1. Let the dog sniff food.
2. Say sit, and move food slowly from their nose in a straight line up a few inches.
3. Hold the food up until their butt hits the ground, then say "ok"!
4. Deliver food when they catch you.
5. [Video](#)

Lure for Down

Use food to teach your pup to lay down.

1. Let the dog sniff food.
2. Move food slowly from their nose in a straight line down to between their front feet.
3. Hold the food on the ground, when their elbows hit ground, say "ok" and back away.
4. Deliver food when they catch you.
5. [Video](#)

Down (under legs)

Use food to guide your dog into a down. Try this if the other way of luring your pup isn't working.

1. Sit with your legs propped up and use food to guide your dog under your legs.
2. Once their elbows and butt are on the ground, feed.
3. Feed a few times before saying "all done".
4. After a few sessions of this, try just luring with food in your hand to see if the dog will lay down.

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Leash Walking

This exercise is the foundation for teaching your puppy to walk nicely on leash. We recommend having your puppy wear a harness anytime you are not actively practicing “loose leash walking”. This way the puppy doesn’t learn to pull on a regular collar. When practicing this exercise, attach your leash to the puppy’s collar. When the exercise is done, move the leash back to their harness.

1. Before you start moving, wait for the puppy to look at you.
2. When the puppy is looking at you, say “let’s go” take one step and lure with food. If they follow you, praise them and reward them with food.
3. Repeat taking a single step then rewarding when the puppy follows you.
4. After a few reps of this, the puppy will readily follow you as soon as you take a single step. At this point, you can start to take two steps before praising and feeding. From here build on the number of steps you take.
5. End by saying “ok” and playing with your pup!
6. Once they get good at following you, say “let’s go” without showing them food. If the pup walks with you without seeing the food, praise and feed them!

Restrained Recalls

Come when called.

1. Have a helper hold the dog.
2. Tease the dog with food/toy and run away.
3. As soon as the dog starts rearing up and lunging to get to you, call them! The helper should release the dog as soon as you call.
4. Praise as the dog runs towards you.
5. When the dog gets to you, feed him multiple individual treats (between 3-7 treats) as you continue to move backwards. If your dog likes toys, this is the perfect time to take out their favorite toy and play!
6. Release with “all done” and repeat.
7. [Video](#)

Part 6: Obedience Continued

Free Time in the House

Before allowing your puppy to be totally loose in your house, make sure he has a clear understanding of “yes” and “no” and allows you to take things from him. A good place to start giving more freedom is in a closed off room. This [video](#) shows young dog gated off in the kitchen. We recommend that the puppy drag the leash around the house before taking it off and having them completely loose.

The better your puppy is about following the rules of the house, the more freedom they can have. If they start to have accidents, destroy things, or are running away from you, then take a step back and use the leash/crate/exercise pen more. You will add and subtract freedom a lot over the next few months as the pup figures out all the rules.

Obedience

Leave it: This cue tells the puppy that they need to stop what they’re doing and check in with you. Make sure your puppy understands “get it” first.

1. Take a piece of food and throw it out of range of the puppy, tell your puppy “leave it”.
2. Hold the handle of your puppy’s leash and don’t let them get the food.
3. Eventually the puppy will look at you, say “good” and feed your puppy for looking at you.
4. Repeat until the puppy stops trying to get the piece of food on the ground.

Teach Eye Contact: Teach your puppy to look at your eyes, and away from your hand.

1. Hold food in one hand and bring the food up to your nose as you say “watch me”.
2. As soon as they look at your eyes, say “ok!” and move away to reward.
3. Repeat. As the puppy learns the game, move your hand to different positions (on your side, behind your back, etc.).

Leash Walking: This exercise builds on the exercise from part 5. When practicing this exercise, attach your leash to the puppy’s collar. When the exercise is done, move the leash back to their harness.

1. Before you start moving, wait for the puppy to look at you.
2. When the puppy is looking at you, say “let’s go” and take a few steps.
3. Say “good” and feed them for following you.
4. Repeat a few times, always taking a random number of steps before rewarding. Sometimes take a single step, then reward!
5. End by saying “all done” and letting your puppy sniff. Then you can start again.

Out: This command will tell the puppy that they must let go of whatever they are holding on to. Letting go of something is HARD for a puppy, they do not want to do it.

The best way to teach an out is during play. This exercise is adapted from Ivan Balabanov’s [“The Out Video”](#), a video that is worth purchasing and watching over and over.

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1. Have a leash on your puppy
2. Get a toy out that your puppy really likes, hopefully something big so you can grip it with both hands.
3. Play tug with your puppy.
4. When they are happy and tugging, say “out” and drop the toy.
5. Use the leash to tug on the puppy until they drop the toy.
6. Go to grab the toy slowly, if they grab the toy again, say “out” and use the leash to make them.
7. Repeat until you can grab the toy without them biting it. Then resume play time by saying “ok!” and moving the toy around.

Series Complete!

Thank you for purchasing our Puppy Training Series! Please find us on social media and share your journey. Puppyhood is the best time to start training, you are doing a world of good for your new family member.

If you'd like a more custom approach to training, [reach out to us!](#)

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