

vitapet[®]

Puppy Training

An Easy to Follow Guide Book



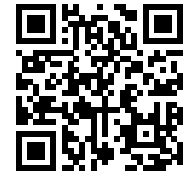
They're more than just pets.™



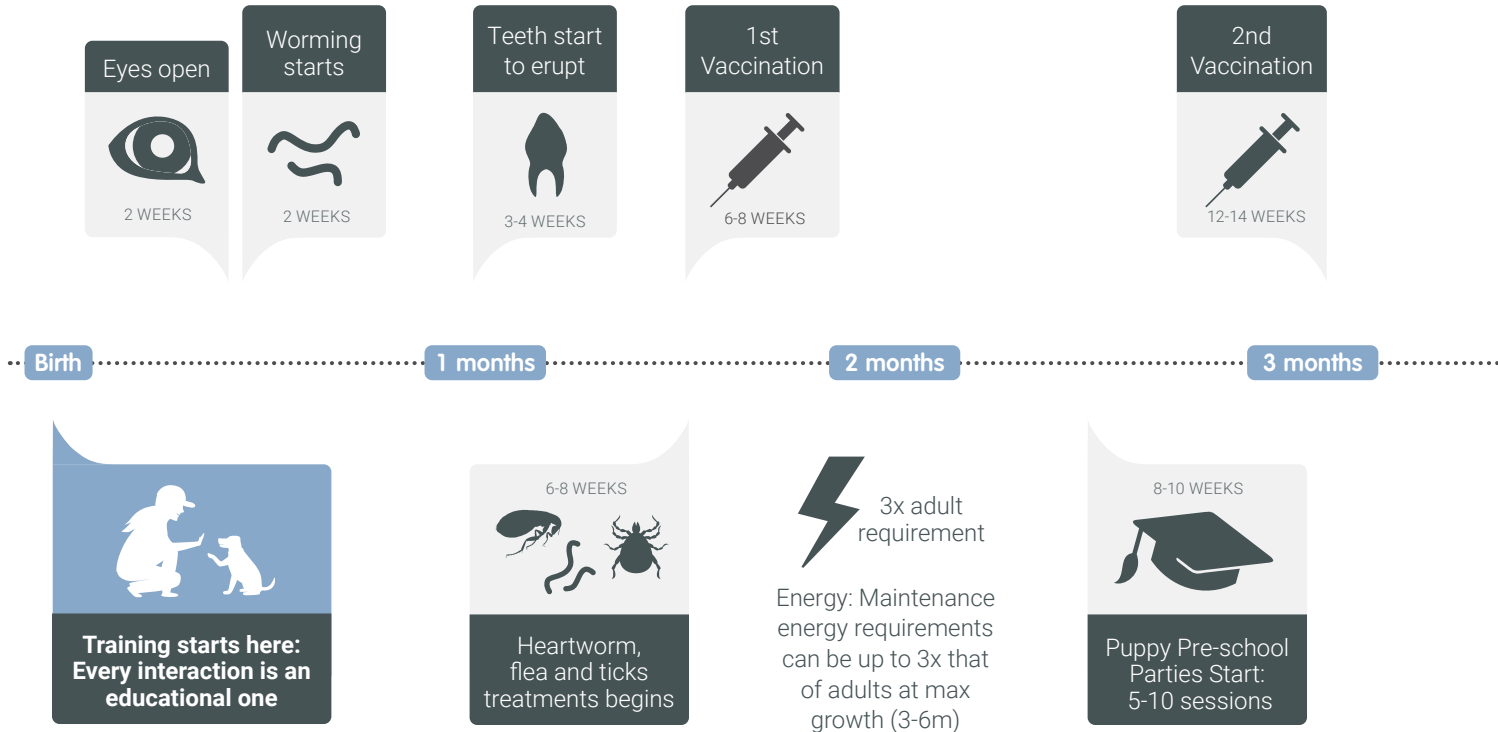
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Visit VitaPet Central
for more training
tips and tricks



Puppy development timeline



3rd
Vaccination



16 WEEKS

Final
Adult teeth



7 MONTHS

4 months

6 months

10 months

16 WEEKS



Out exercising:
After full
vaccination course

6 MONTHS OR LATER



Neutering (often
with microchipping)

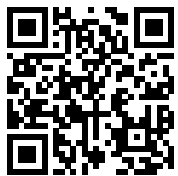


'Finishing' growth

Small Breeds 8-10 months
Medium/Large Breeds 12-15 months
Large/Giant Breeds 18-24 months

Get the best out of training

Training is an integral part of welcoming a dog into your family and help them adjust to a long and happy life with you. That's why we've compiled a list of our top five tips for setting your training sessions up for success.



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Less can be more

Your pooch is more likely to learn more from shorter and more frequent sessions spread out over a longer period of time. For example, dogs that train for 10 minutes seven days a week are more likely to be successful than those that train for an hour every other week.

Provide the right conditions

For starters, choose a time and place that allows you to fully focus on the task and your dog won't be easily distracted by external factors, such as hunger, tiredness, loud noises or crowds.

Set training agenda

It is better to focus on just one or two skills per session to help them stay focused, as jumping back and forth between different commands may confuse or frustrate them.

Practise positive reinforcement

Most importantly, training should only involve positive reinforcement. Punishment or yelling is likely to create a negative association with the situation. It can create anxiety or fear around the very skills you are trying to teach.

Support training with a daily routine

Sticking to a daily routine can also have a great impact on training your dog. a consistent household routine helps dogs mature into family members who understand what's expected of them and what's likely to happen when.

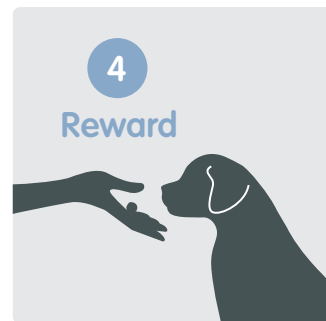
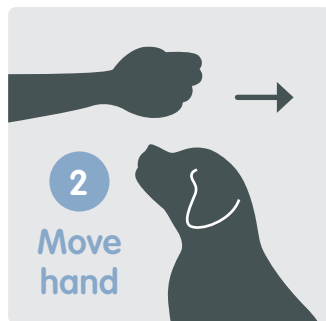
Consider training classes

While providing short bursts on a daily basis, or several times a week, at home is the gold standard for effective training, classes can also be helpful.



Sit commands

1. Open a packet of VitaPet Pocket Trainers and grab a treat.
2. Hold the treat with an open palm and allow your puppy to smell the treat but be sure to not let them eat it no matter how cute they are being.
3. Once your puppy is aware of the treat, close your hand creating a fist with the treat remaining inside and hold it close to their nose (no more than 30cm away)
4. With the treat clasped in your palm, move your fist over and behind your puppy's head to lure them into position.
5. Your puppy should follow your fist with its nose and move into a sit position. Once your puppies bottom is placed on the floor, say "sit" and be sure to release the treat by opening your hand to reward your puppy. Some puppies learn quicker using a training clicker, to help signal that the desired behaviour (in this instance sit) is the reason for receiving a treat.
6. Note that if your puppy starts to walk backwards use your available hand to help guide your puppies bottom to the floor
7. Repeat the above steps a few times a day reducing the amount of luring and increasing reliance on the verbal command.
8. Be sure to change your settings with each training session to increase your puppy's tolerance to obey with out getting distracted.





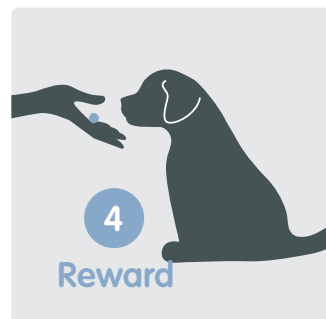
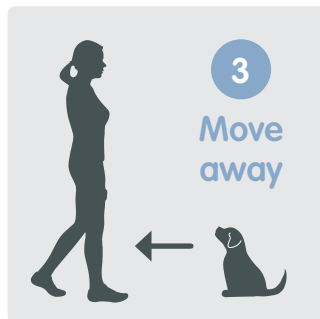
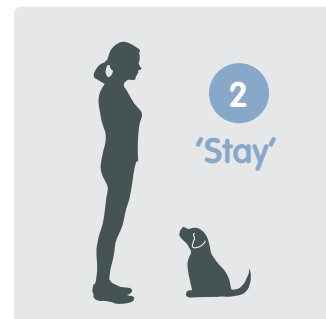


TIP: Change Locations

Be sure to change up your locations when teaching the stay command. Inside training can be a lot easier for puppies to focus because of fewer distractions and smells. Be sure to train outside to build up their tolerance to distractions. Use a leash if needed.

Stay Commands

1. Begin by asking your puppy to "sit"
2. Grab a VitaPet pocket training treat and get your puppies attention by letting them smell your hand
3. Standing in front of your puppy make the command "stay" and repeat the command while slowly taking a step backward.
4. Hold your position for a few seconds and return to your puppy rewarding them with the treat.
5. If your puppy begins to follow you whilst taking steps backwards, stop them, bring them back to a sit position and repeat from step 3.
6. Repeat these sessions a few times a day increasing the number of backward steps. You can slowly increase the challenge by incorporating steps sideways.
7. Once your puppy has paw-fected the "stay" command with you facing them, repeat the above steps but this time with your back towards them.



Come Commands

1. Begin by getting your puppy's attention.
2. Hold a VitaPet Pocket Training Treat in your hand and make sure your puppies can smell and see the treat.
3. Command your puppy to get into a sit position.
4. Once in the sit position say "stay" and take a few steps backwards. Note: if you haven't taught them the stay command prior you may need someone to help hold your puppy in position.
5. Hold your position for a few seconds.
6. Make the command "come". Your puppy may be a little confused so it's important to entice them by showing them the treat and bending your knees to lower your body position making the command "come" in a positive/excited tone.
7. Once your puppy comes towards you be sure to reward them with a treat, hugs and kisses. The more positive the experience the more eager your puppy will be to learn and give you their attention.
8. Repeat the above steps a few times a day. Be sure to gradually increase the time taken between holding your position and making the command in your sessions. We recommend to working up to waiting 15 seconds.





1
'Sit'



2
'Stay'



3
'Come'



4
Good dog!



Biting

Sometimes puppies chew things we really wish they didn't, like, our favourite pair of shoes, our new couch and sometimes even our clothes! But don't fret! With a little training and guidance, you can teach your puppy to chew on appropriate items.

Puppy Proofing:

Try to minimise their opportunity to chew on the wrong things by keeping your valuable items, such as shoes or clothing, out of reach. Make sure electrical cords like laptop and phone charges are also kept out of reach and monitored during use. Play pens and crates can also be helpful to restrict your puppy's access to other parts of the home which contain tempting things to chew.

Mid-Bite:

If you catch them chewing on the wrong thing, try not to punish them, but give your puppy an appropriate alternative activity to engage in. This could include a chewy treat like the VitaPet Soft Chicken Tender. You can also offer your puppy a VitaPet Boredom Breaker Chew Toy to redirect the unwanted behaviour. With time, repetition and a little patience, your puppy will learn to associate chewing with food and chew toys. This will help make them more likely to only chew on things you 'approve', even into adulthood.

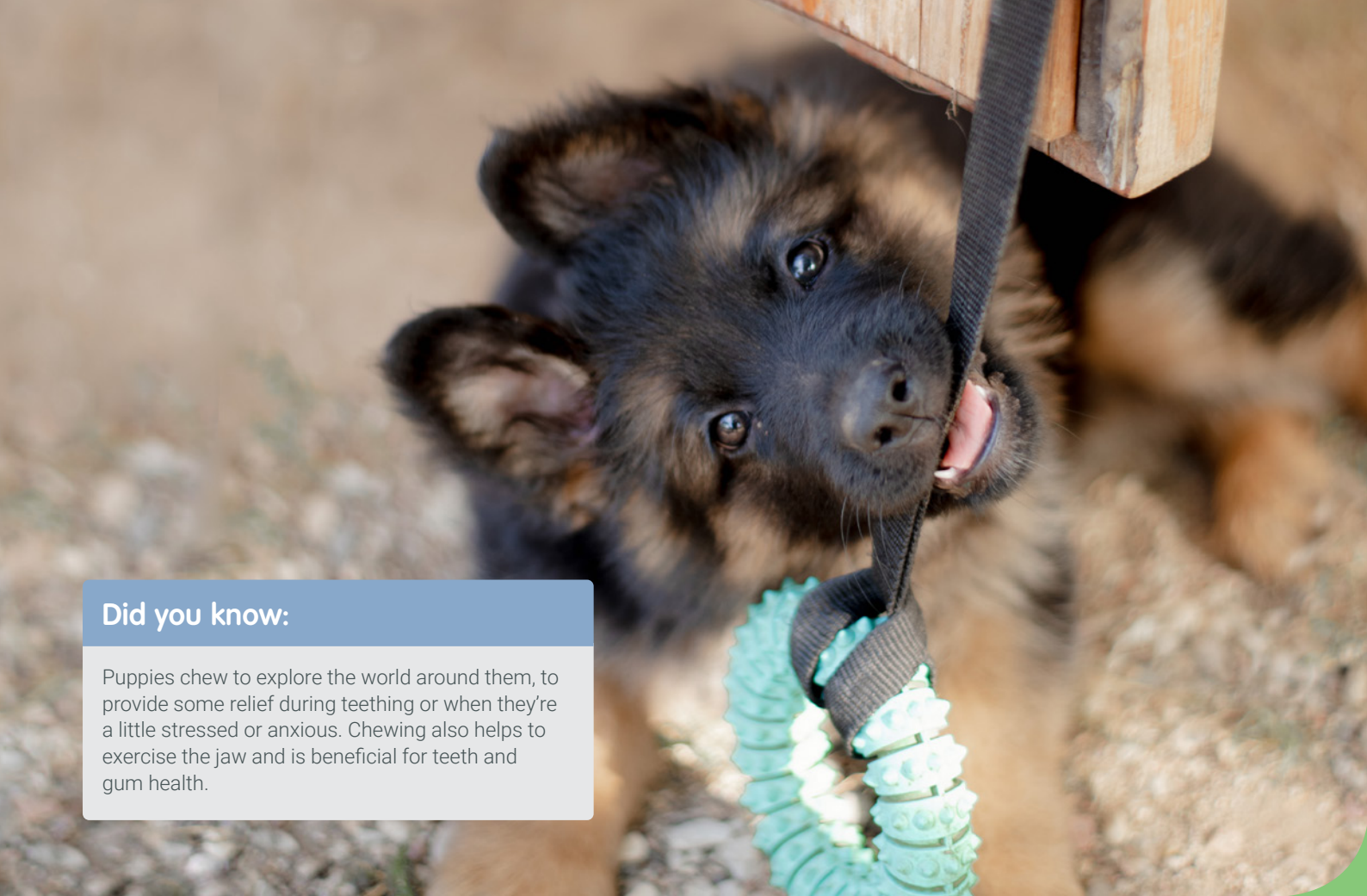
Play Biting

To avoid play biting we recommend always using a toy when playing with your puppy. Being rough and rumbling around with your puppy can be fun but it can often encourage play-biting which may not hurt while they're young but as they grow overtime so does strength.

Offer appropriate alternatives

If you catch them mid chew, look at providing an alternative such as VitaPet Soft Chicken Tender or a Chew Toy





Did you know:

Puppies chew to explore the world around them, to provide some relief during teething or when they're a little stressed or anxious. Chewing also helps to exercise the jaw and is beneficial for teeth and gum health.

What to look for in puppy treats

We all love spoiling our pets from time to time and treats play an important role not only in forming a close relationship with your best friend, but in their education, to stimulate their activity and as part of a varied diet.

How much to treat

Treats should make up no more than 10-15% of daily intake. Always follow the handy feeding guide on our packs.

Reward

Quality treats are ideal for reinforcing desired behaviours. As a spot-prize, nothing says 'good boy or girl!' quite like a VitaPet treat.

TRY one of our delicious real meat Chicken or Duck Tenders.



Train

Spot rewards become training tools when we achieve long-term changes, through positive reinforcement. 'Good boys and girls' are raised on consistent and well-deserved VitaPet treats which they can both enjoy while learning at the same time.

TRY our popular Pocket Trainers. These yummy treats are perfect for training due to their small size so you can worry less about overtreating your puppy while reinforcing a wanted behaviour.



Occupy

Hands up who's ever lost the odd sock or shoe when you've had to leave your pet alone? Treats can not only occupy their busy minds, but enrich their environment and allow them to expend energy in a positive way.

TRY our Chewz range.





Excessive barking

Just like us, our dogs like to say their piece. However, if you think your puppy is getting a bit too big for their paws and vocalising too much, consider these tips:

- Make sure puppy has had plenty of exercise and mental stimulation and is not simply barking out of boredom.
- Just like with children leaving them home alone can be scary. Leaving a TV or radio on is always a good idea to settle your pups nerves while your not there
- Teach them a word or signal for 'quiet' and reward them for obeying rather than punishing them when they bark. Punishment will only make them feel less secure and may make them bark more.
- Try make sure your puppy can be occupied while you're not at home by leaving them with toys.



Effective toilet training

One of the first and biggest challenges that you may face as a new pet owner is toilet training.

Toilet training your puppy is about patience, consistency and positive reinforcement. The goal is to instill good habits and build a loving bond with your pet.

TIP: House training

Training pads make it easy to train and clean up after puppies while they are in the learning phase of toilet training



TIP: Clean-Up

Discourage remarking by avoiding ammonia based cleaning products and opting for solutions with odour eating enzymes

Be consistent:

Choose an area for your puppy to relieve itself. Use one command such as 'go' or 'toilet' to train your puppy to go in that specific location.

Be one step ahead:

Take pre-emptive action to predict when your puppy is most likely 'do their business':

- When they wake up after sleeping
- After playing or training
- Just after a meal
- Before you put them to bed

The signs that your puppy may need to go to the toilet include:

- Walking in circles and sniffing the ground
- Sitting, pawing or whimpering at the door (or near the toileting area)
- Starting to squat when walking around

Be patient:

Accidents will happen, getting it right will take time, so be patient and always use positive reinforcement. Being consistent with praise will give them an emotional incentive to do their business in the correct place.

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