



# Gold Ribbon Rescue

## Puppy Care and Training 101

### New Puppy Checklist

- Crate / Xpen
- Quality puppy food
- Age-appropriate toys
- Harness, collar and leash
- Metal food and water bowls
- Mental enrichment items, i.e. Kongs (or similar), lick mats and food puzzles
- Grooming supplies (brush/dematting comb, nail clippers/Dremel type filing tool)
- Schedule welcome visit with vet
- ID tag
- Pooper scooper
- Age-appropriate training treats
- Find a reputable puppy trainer

### Puppy proofing your home

Before you bring your new puppy home, you will need to “puppy proof” your house to avoid any dangerous areas or materials you may not think would be harmful. Puppies are full of enthusiasm and will get into things you never dreamed they could! The following are specific things to look for when you puppy proof your house.

#### **Inside your home**

- Put away floor plants, decorations, shoes, and clothing.**  
*Keep all loose and small items off the floor. Anything the puppy can put in their mouth that is not meant for them can be dangerous and/or your things can be destroyed. If you leave things out where the pup can get to it, then it's your fault, not the puppy's! They do not know the difference, so don't encourage bad habits that will be hard to break.*
- Secure tablecloths, runners, or other hanging material.**  
*A quick pull on one of these can bring everything from the table down on your puppy. Tape or tack them down or remove them altogether.*



- Put away objects from the coffee tables, end tables, and low furniture.**  
*Puppies can and will put their paws on things until they're properly trained. Make sure there's nothing dangerous for them to knock over. Also make sure there are no heavy items that could fall over on top of the puppy.*
- Put away anything breakable, particularly if it's at tail level.**  
*Tails wag. Expensive things get broken. Make sure all breakables are put away or placed up high.*
- Lock up the lower cupboards to ensure the puppy can't open them.**  
*This includes stowing cleaning products, medications, paint products, plant food or fertilizer, and anything that could be poisonous to your puppy.*
- Remove dangerous phone wires and electric cords.**  
*You can wrap them in plastic sheathing, tie them up or pull them through pvc tubing and secure them behind furniture. Pups love to chew these!*
- Have children put away toys and any parts or accessories.**  
*If the toys are smaller than your puppy, they should be put away. All small pieces of plastic toys, dolls and their little shoes, etc. need to be kept out of reach. There have been cases of puppies swallowing these toys that have resulted in an expensive hospital visit.  
Putting all toys away will keep your child from losing their favorite toys and keeping the dog safe is a great incentive for kids to clean up after themselves. Even smaller dog toys are a hazard and need to be picked up and managed.*
- Protect anything made of wood including table and chair legs.**  
*Your puppy knows instinctively that wood is good for chewing. Use thick plastic sheeting or PVC tubing to hide chair and table legs. Start right away telling your puppy no if you catch them in the act, then redirect them to an appropriate chew toy.*
- Check every nook and cranny for danger items.**  
*This includes under and behind furniture and tables or any other dark place a puppy would like to go. Watch your new puppy carefully and see what they get into so there are no surprises.*

## Outside in the yard

- Clean up the yard and keep it free of dangerous items.**  
*Put away garden hoses, tools, and any plastic pieces/toys. Look for anything your puppy can fall into or put in their mouth and secure it somewhere safe.*
- Block access to the pool and other hazardous areas.**  
*Fence off any area you don't want your puppy to be in and make sure they can't squeeze through the gate or fence. Even a dog that loves to swim can drown in a pool if they don't know where the steps are to get out! When they are a few months old introduce them to the pool slowly making sure they know how and where to get out of the pool.*
- Put away chemicals and potential poisons.**  
*This includes lawn fertilizers, insecticides, and paint products. Also, put all garden tools away that can be dangerous to the puppy. Look at what products you use in the yard he will be playing in! These can be toxic to your puppy!*
- Check fencing for escape routes.**  
*Make sure there's nowhere for your puppy to crawl under. Check for gaps around gates and fence sections and make sure your puppy can't get his head stuck in them.*



Taking the time to puppy proof your house and yard is a simple way to create a safe, friendly environment for the newest member of your family.

## **Handling and Socialization**

When you get your puppy home, make sure you are spending time playing, exercising, and touching him/her. Everyday touch their paws, ears, tail, collar, back, and tummy. This is important for trips to the veterinarian, groomer, and others that may want to touch your dog. They will be used to being touched and will not be afraid as they grow up.

Keep your puppy primarily at home until they have been completely vaccinated! They should only be in your house and backyard (see exception below) until they have had all the boosters, including Rabies and Bordetella shots. This is typically at 16 weeks. Once the puppy is completely vaccinated, then you can take him on outings, to the pet store, obedience class, etc. Take the opportunity to work on the handling, teaching “sit”, “come” and bonding with your puppy. There is still the need for socialization which includes much more than just exposure to lots of dogs and people.

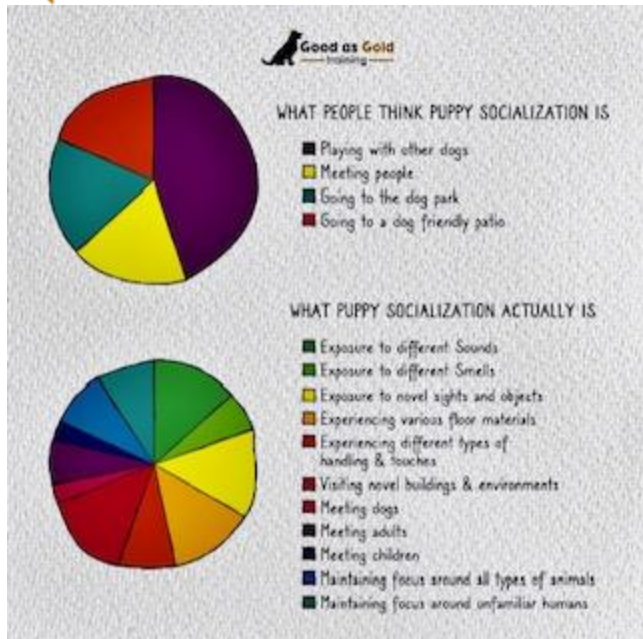
*Although puppies learn early, and at 8 weeks they can learn to sit, stay, come, etc., it is very dangerous to take them to an obedience class and be around other dogs until the series of shots are complete. We are very careful as we have seen so many sick puppies that sometimes do not make it; therefore, it's better to be safe and vaccinate first (this includes the Rabies vaccination at 16 weeks of age). You can invite a healthy and well socialized dog to your yard to slowly introduce your puppy to new dogs during this timeframe.*

### **The Importance of Socializing**

From the very start, puppies learn important lessons through experiencing their environment. As the weeks go by, exposure to a mix of experiences is essential for a pup to become a well-rounded adult and not be afraid of places, sounds and people. In fact, various studies have shown that crucial learning starts within the first three months of life.

We are often asked, “I need to socialize my puppy right away by 12 weeks, but I have to wait until he’s vaccinated at 16 weeks; which is the correct answer?” It seems contradictory, but the answer is you must wait until 16 weeks to allow the dog to be out walking around anywhere besides your home and yard until they are fully vaccinated. You can do some things such as carry your puppy into a place like Home Depot and place your own blanket into the shopping cart and then put the puppy on the blanket. If your puppy is still small you can simply carry them around the store starting with just a few minutes to not overwhelm them. This will help get them used to different sights, sounds and smells. You should also carry your puppy into all vet appointments and they should not be walking around on the floor until fully vaccinated.

A lack of socialization can affect a dog’s lifelong behaviors. This is essential to raising a well-balanced puppy and ensuring you are setting them and the entire family up for success. Refer to the chart below to see what puppy socialization actually entails.



## **Nutrition and diet**

Keep the following points in mind as you research the right diet for your puppy.

### **Feed high-quality food designed for growth.**

The puppy's diet should consist of high-quality dog food designed specifically for growing puppies. Check the label for a statement that the food has been tested in accordance with the procedures established by the Association of American Feed Control Officials (AAFCO). Also investigate what is recommended by the World Small Animal Veterinary Association (WSAVA). We do not recommend any food that contains corn, wheat or soy. Be sure to discuss the best food options with your vet.

Puppy food has a higher level of protein to support the growing pup. We recommend the first four ingredients are meat and that the food does not have the fillers mentioned above (corn, wheat, or soy products).

We recommend puppies less than six months old should be fed three times a day, dogs older than 6 months old should be fed twice a day.

### **Establish a regular feeding schedule.**

Consistency and schedules are important to all dogs. We do not recommend "free feeding" which is defined by filling up a bowl with food and allowing the puppy or dog to graze all day. This can cause obesity, so we recommend feeding the designated amount of food, leaving it for 15 to 20 minutes, and then picking the bowl up off the floor. This tells the dog they need to eat in a specific amount of time.

## **Equipment You Will Need**

We require the use of positive reinforcement/ fear free training; there is no reason to use old-school techniques that use force, and they are not effective and can cause harm to your dog. Gold Ribbon Rescue does not allow



the use of equipment such as choke chains, pinch collars, or shock/vibration collars! We use human equipment only, which is very effective even for a very active dog. Using head halters can cause damage if used incorrectly and should only be used with the guidance of a professional trainer.

## **Collar and Leash**

While training your dog, the type of collar we recommend is a Martingale collar. These collars do not have a buckle or snap and fit over the dog's head. The advantage is when the dog pulls, the collar puts pressure all the way around the neck and not just in the front. In addition, the dog cannot slip out of the collar or back out of it. Puppies can squirm out of a collar and get away from you; this collar prevents that from happening. You should always be able to put 4 fingers between the neck and the collar to ensure it is not too tight. As the puppy grows check the fit often.

We also recommend a 1" nylon leash that has a loop at the base and a regular handle. This allows you to move the dog close to you if needed for safety. A harness is the most ideal way to walk your dog. Some of the brands we recommend are Blue 9 Balance Harness, Freedom Harness, Ruff Wear, and Rabbitgoo. It is important that the harness is properly fitted and does not obstruct the puppy in the shoulder area. Retractable leashes are not recommended.



## WRONGLY-FITTED HARNESS

Girth strap is too tight;  
harness rubbing.



Girth strap pushing into elbows

Too high on the neck.

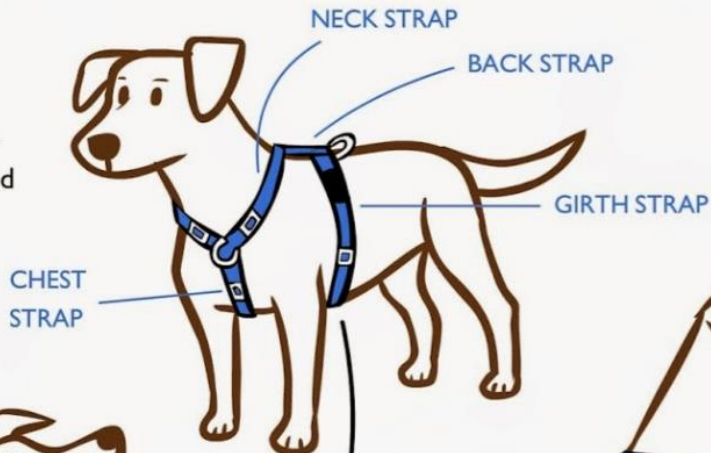
Too tight. Blocks  
shoulder extension  
and abduction.



## CORRECTLY-FITTED HARNESS

Check fit in standing, sitting and lying down. It should be comfortable in all positions.

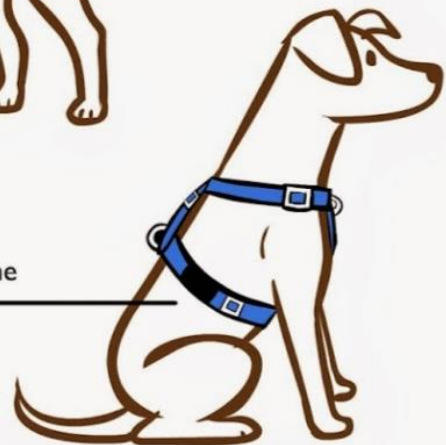
Fit and adjust the girth  
strap of the harness first.  
Then adjust the chest and  
neck straps.



Keep the harness  
loose enough that  
2-3 flat fingers can  
easily go under  
the neck and girth  
straps.



Girth strap is behind the  
elbows, though NOT  
behind the rib cage.





## Toys

Puppies must chew! They like to mouth and chew on things, so have a few chew-approved items around. You don't want to come home to teeth marks on your chair legs or the shredded remains of new tennis shoes.

We recommend Kongs® (or similar), you can find puppy Kongs made for teething puppies at a variety of places. Put a little peanut butter (you can also use things like nonfat Greek yogurt and canned pure pumpkin) and kibble in them and it will keep them busy for a while. Freeze them and it will keep them busy for a while. This is great for teething, and it takes them longer to get the peanut butter out. Nylabone or Benebone are great options too. Kong® also makes teething toys, which are great for puppies.

The Kongs® are one of the safe toys to leave your puppy with while being crated. **Do not give your puppy or dog any bones, or stuffed toys without supervision!** Both puppies and adult dogs can choke on bones and rawhides. Ripping the stuffing out of a plush toy is great fun, but if they eat the batting inside, they can choke as well. GRR does not recommend ever giving your dog rawhide.

## The Crate

Crate training is the easiest way to encourage good house-training manners. A crate can also serve as a safe, comfortable den. A metal crate that has a divider (or even empty boxes as long as the puppy is not chewing them) works well as your puppy grows. The crate must be big enough for the dog to stand up, stretch, and turn around in comfortably.

We recommend a wire crate that is big enough for an adult dog and use the separator while he is a puppy. This saves you from buying another crate and the wire crate can be folded up for storage.

Puppies and dogs cannot be left in a crate all day! We do not recommend any longer than 2 to 4 hours, depending on the age of the puppy. The younger the puppy the shorter the duration must be. If you will be gone for more than an hour or two at the most make plans to have someone give the puppy potty breaks. You may want to have a neighbor or family member come over and let the puppy/dog out every couple of hours to potty, play and stretch their legs. Many people will hire a dog-walker to come by and take care of the puppy and others take their dogs to a doggie day care, if fully vaccinated and age appropriate.

Do not put a bed or towel in the crate until you are sure the puppy will not chew on it! Most puppies put whatever is available in their mouth, which includes a towel or bed. They can ingest the fibers and it may not pass in the intestines, which could result in death (or at least an expensive surgery).

Most people use the crate for potty training and then switch to a dog bed when the pup is older and is successfully trained. Some dogs like the den-like feel of the crate and continue to go in and out on their own.

## Grooming Tools

Even if your puppy is professionally groomed, you should brush him/her often. As your puppy gets older, we recommend using clippers to remove any mats instead of scissors; scissors can slip and puncture the dog causing injury. Keeping your dog brushed daily prevents matting and helps with any shedding your dog will have; some dogs shed more than others, but goldens do shed!

De-matting tools and strippers help to remove mats. Mars Coat Kings Comb (stripper) is a good tool. If the dogs develop dense mats clippers come in handy. You can use a detangler product such as Cowboy Magic on tough mats. The key is to brush often to prevent them in the first place. Furminators can cause damage to the topcoat and are not recommended. **NEVER, EVER SHAVE YOUR DOUBLE COATED DOG.**

Goldens have such beautiful coats, it takes work to keep them looking good, but they are well worth the time!



## Dog Tags

No puppy or dog should be without an ID tag. Make sure you have their name and at least two phone numbers where you can be reached. GRR has microchips implanted in all dogs before adoption takes place. Make sure that the information is current as well. The GRR tag and microchip tag should be kept on the collar at all times.

**Again, do not use a choke chain, pinch or shock/vibration collar on your dog!**

## House-training Your Puppy

The first night home with your new puppy can be a trying experience for both of you. It's the first time your puppy has spent the night away from his mother/littermates. Because dogs are pack animals, your puppy knows instinctively that being separated from the pack is dangerous. Whining and crying at night is your puppy's way of calling for his pack to find him. As the puppy acclimates, this behavior will dissipate.

While using a crate, make sure to put the crate near you in your bedroom so the pup can see you. This will comfort them, leaving them in another room will make it difficult for them to fall asleep.

## Your puppy's activities

To anticipate the needs of your puppy, take the age of the puppy and translate it into hours; for example, if your pup is 2 months old, then expect to take him out at a minimum of every 2 hours. Then set times for food and water, when he plays, when he sleeps. Dogs need consistency and scheduling each activity for the same time every day makes it easier for your puppy to learn the rules and it lessens any anxiety for the pup because he knows what to expect.

1. **During the daytime:** use the crate for potty training. When the puppy is not eating, playing, visiting with you or going potty he should be in the crate for short periods, maybe an hour at a time, not all day! **Puppies and dogs cannot be crated for more than four hours (less time depending on the age of the puppy);** more time is considered cruel. If you have to leave them longer, have a neighbor, family member, dog walker let them out for potty and exercise.

**In the morning:** First thing take your puppy out to potty. Once he wakes up, he will need to go out and prolonging it and making him wait is not training him. He is likely to go in his crate!

2. **At night,** when he is in the crate, the puppy will wake you up when he has to go out. Don't set an alarm or take him out every hour or two, it will be another pattern and as an adult dog he will want to go out more often. Your pup needs to wake up when he has to go and because he does not want to go in his crate, he will whine or bark to get your attention. As he grows so will his bladder and he will be able to hold it all night and you will get a good night's rest.

### Before Bedtime Tips:

- Remove food or water after seven o'clock p.m. to make sure your puppy is running on empty. when it's time to sleep. Otherwise, you'll be making trips to the bathroom all night, or worse, your puppy will eliminate in the house.
- Shortly before you go to bed, spend some time playing with your puppy. You want him to be tired enough to sleep soundly. Don't let him nap within an hour or two of bedtime or else your puppy will be ready to play when you're ready to sleep.





- Just before you go to bed, take your puppy outside to his potty area and wait for him to go. When he does his business, say “potty” and praise him and bring him back inside. This reinforces good behavior and begins the house-training process.
  - To comfort the pup put a used t-shirt with your scent in the crate; you can also put a stuffed animal for him to cuddle up to (make sure there are no eyes the pup can chew off). This is for nighttime only while the pup is sleeping. Remove these things in the morning. Again, if the puppy has a tendency to chew do not leave items in the crate overnight.
3. **Do not leave your puppy outside alone!** That could be very scary and dangerous if he gets into something or finds a way to squeeze out of the fence. The other danger is that hawks (especially with smaller puppies) can swoop down and take them out of the back yard! As your puppy grows, he should only need to go out in the morning, after meals and before bedtime, however frequent trips outside to play are essential. You will need to ensure your puppy is not distracted by play time first though.
  4. **A potty signal:** Your pup may start to give you a signal, so pay attention; it could be a bark, staring at you, sniffing, or scratching at the ground or door, pacing, or whining. Once you see the behavior you can extend the periods between bathroom breaks and wait for his signal.
  5. **Take the puppy to a designated potty area.** Always use the same route to get there and don't let him out on his own. You want to be sure he goes in the same place every time and that you're there to give praise. As he gets older, he will automatically go to his potty area on his own.
  6. **Repeat a housebreaking cue.** When it looks like your puppy is about to go, say, “go potty”. Don't stop repeating the command until puppy starts to go. This will become the cue for going outside to potty.
  7. **Be consistent and always reward the desired behavior.**

#### **Potty accidents will happen:**

You should expect a few accidents during the housebreaking process. Whatever you do, **NEVER punish your puppy!** DO NOT use the old method of rubbing his nose in the mess. Also, DO NOT punish him after he's already gone in the house! He does not know what he did, and reprimanding will only make him afraid of you; these are archaic methods that are cruel and ineffective. Never yell or use force with your puppy/dog.

#### **If you catch him in the act:**

Immediately interrupt the act. Do not yell and scare the puppy, instead go over calmly, and scoop your puppy up and take him outside to the potty area. When he's done, praise and reward him in a kind tone, as usual. It is a learning process, so accidents are expected!

#### **For all other times:**

Clean up the mess and figure out where YOU went wrong in housebreaking puppy. Did you ignore the schedule, give him water late at night, or miss the signs that he needed to go out? If you can see where you failed your pup, you can be better prepared to help him succeed.

Clean up the area with a product designed for pet accidents. If not cleaned well, he may revisit the area! It is critical to use an enzymatic cleaner to eliminate the smell.

Learning how to housebreak a puppy is a pretty simple task if you stay alert and stick to your schedule. With consistency and plenty of praise, your puppy will be housebroken in no time.



## Introduction to Crate Training

### **Introducing the Crate to Your Puppy**

If your puppy seems fearful of the crate, or ignores it, occasionally throughout the day, drop small pieces of kibble or dog biscuits in the crate. While investigating his new crate, the pup will discover edible treasures, thereby reinforcing his positive associations with the crate. Use a special treat, one that he only gets when in his crate: this provides a positive association with the crate.

Praise and pet your pup when he enters and **Do Not push, pull or force the puppy into the crate!** He will see the crate as a scary place.

### **Best Steps for Success**

Try crating your pup for short periods of time **while you are home with him**. In fact, crate training is best accomplished while you are in the room with your dog. This will help him get used to your absence from the room and prevents an association being made with the crate and you leaving him/her alone.

Make sure the crate is not too big; the pup could potty in one end and sleep in the other. This will interfere with your house-training efforts!

Make sure there is water available (except during the night); try a small water dispenser that hangs inside the crate if he is confined for more than two hours in the crate.

Let the puppy get used to going into the crate before shutting the door. Once you see he is comfortable with the crate you can close the door for very brief periods of time to ensure he is feeling safe and secure.

As your puppy gets older you can attach an xpen to the crate to give more space to move around in and still have confinement.

### **Bedding**

Place a towel or blanket inside the crate to create a soft, comfortable bed for the puppy. **Watch carefully! If the puppy chews the towel, remove it to prevent the pup from swallowing or choking on the pieces.** He may prefer lying on a hard, flat surface, and may push the towel to one end of the crate.

If the puppy urinates on the towel, it will inhibit the potty-training process. Remove bedding until the pup no longer eliminates in the crate.

### **NEVER use a crate (or any other area of confinement) for the purpose of punishment!**

To use the crate for potty training, he/she should be in the crate for short times during the day and all night for safety. Once he gets used to the crate it will be a welcome place to relax and sleep.

## Training Games for Your Puppy

The best way to train puppies and adult dogs is through games! It makes it fun for both you and your dog while getting some exercise and learning, what could be better?



## Fun Puppy Recall

Fun Puppy Recall is a recall game to play in the house and outside. It gets the puppy used to coming to you when you call him/her. Start in the house, in a hallway with all the doors closed so she has no distractions.

1. Start with two people and both have a handful of treats or kibble and stand about 3 feet apart to start.
2. Say the puppy's name, and "come"; then show the puppy you have a treat in your hand. Once he starts to come to each of you on cue, then create a little more distance (if the puppy loses interest, then try a better treat and move in so there is not so much distance).
3. Always have an upbeat voice and a happy tone when calling your pup/dog to you (would you come to someone that is yelling or was insisting you come?); with all dogs, a "come" or recall cue must be a pleasant experience.
4. Once your puppy gets the game, you can add more people in your family. Have them sit in a big circle with the pup in the middle. Everyone takes turns calling the puppy to them, feeding her treats, and making a big fuss over her ("good girl!!!!"). This is early come/recall training, and it also teaches the pup that people are fun and trustworthy.
5. If children are playing the game, it's important for one person to call the puppy at a time! Too many people saying her name will be confusing. To keep her focused, take turns.

## Hide and Seek

When the puppy is occupied with something else, hide some treats.

Start by hiding scented treats under a blanket in the puppy's crate or pen. Then add other interesting places (don't hide treats under your couch cushions: you may end up with a puppy that likes to go digging for treasure in your furniture as an adult).

Make the game easy, then more difficult making sure he is always successful! Start by putting a treat on the floor, near the corner of a chair where he can see it; as he goes for the treat say, "find it!" This will become a cue that the game is to begin and there are fun things to find. Once he gets the hang of it, switch to a toy for added fun.

## Training

### GRR Preferred Trainers Can Be Found Here

[Preferred Vets and Trainers | Gold Ribbon Rescue \(grr-tx.com\)](https://www.grr-tx.com)

We only use and recommend positive reinforcement for all training; there is no reason to use old-school techniques that use force, and they are not effective. This includes choke chains, pinch and shock/vibration collars! We use human equipment only, which is very effective even for a very active dog.

### Use food to entice the puppy to teach desired behaviors

To teach the puppy a cue use his /her kibble (try holding back about ¼ of the food to train with after she eats so she is not ravenous and will pay attention); this is a positive reinforcement method we use to motivate and teach



cues in a humane manner. You can use specific puppy treats or things like some chicken or cheese.

#### Example for teaching “Sit”:

1. Hold a treat slightly above your dog's nose and bring it back slowly over her head (almost touching her nose so she does not jump up to get the food) so the pup is following the treat. She will sit as the treat moves over her head.
2. When your dog's bottom hits the ground, say “sit”, Good Girl!
  - a. If your dog keeps backing up, practice against a wall so she can only go so far. Also look at how high you are holding the treat, as it has to be close to the nose.
  - b. It may take many repetitions for the puppy to understand, so be patient.
  - c. Try it about 5 times and then take a break (if she is sitting or not).
  - d. Puppies have a very short attention span, so if they are not focused and become distracted, stop the training, and try again later.
3. Repeat this until your dog is offering a sit readily.
4. As you practice, the “sit” will become second nature as it is an easy cue for the puppy to learn.
5. Encourage her to stand up again and repeat the step above until your dog readily follows the food lure and goes into the sit position when you say “sit.”

## Nipping and Mouthing Behavior

There is a big difference between nipping, mouthing, and biting; a puppy nips and mouths as they play and has to be taught nipping with other puppies is fine, but with human skin it's not appropriate.

Some adult dogs do nip or mouth as well; they may have never been trained as a puppy, or someone possibly played rough with them in the past, or they simply get over- excited, so they nip. In any case, this is a natural behavior for puppies, and we have to teach our dogs not to nip or mouth us.

Nipping and mouthing is how the puppy learned to play with his littermates. All puppies need to learn “bite inhibition”; as they play with their littermates, they may bite too hard, then the puppies yelp and this tells the other puppy “you’re biting too hard!” This is bite inhibition.

To stop the nipping/mouthing behavior, follow the steps and ideas below. You will need a toy you can place easily in their mouth that is age appropriate and easy to chew. Also have treats handy!

#### Steps:

- Immediately replace your hand with an appropriate chew/teething toy for the puppy to chew on instead. Wait three seconds and praise the pup for chewing on the toy (instead of you) by saying, “good girl!”
- Along with praise and attention, try to have delicious food treats handy and ignore him when he engages in any rough nipping behavior. Use the food treat three seconds after the mouthy behavior stops and say “good boy!” *He will get the idea that nipping or mouthing does not get him what he wants, but when he stops, he gets a treat and praise. The three seconds is used to pause between cues, so the dog does not confuse one with the other.*
- Replace his need to nip or mouth with an appropriate chew toy; by redirecting the behavior he will learn what he CAN chew and what he cannot. This is the most effective choice, be consistent and have a toy ready to replace the behavior. Use lots of praise and positive reinforcement to encourage the desired behavior you want.



## **Adult Dogs and Nipping**

When older dogs nip humans, it really hurts and can cause bruising and can draw blood. This may still be nipping or mouthing and is not considered aggressive behavior! Just because the dog is older does not automatically mean they have been taught the difference between playing with dogs versus humans.

One reason adolescent dogs still nip and mouth is typically because they were not taught as puppies. Another reason may be that someone played rough with them and that is how they now play with humans, and they don't know any better. We also see dogs coming in that were left alone in the backyard, receiving little to no attention and overly excited when they do get human attention, so they nip and mouth to get someone to play with them.

The rules and directions above still apply; however, because it can be more detrimental, you may need professional assistance. Please contact a certified trainer for more help stopping this behavior.

## **Jumping up on people**

Usually, the reason for jumping is to get attention from the family. It may be okay with the owner if the puppy or small dog jumps up and sees it as very cute, but for a larger dog it can be dangerous if not annoying. For any reason jumping up is not a desired behavior for most dog owners. If a dog jumps on visitors coming into the house, or when the dog meets people on the street, he typically is excited and wants to say "hello".

You need to teach the desired behavior to ask the puppy to do instead. A dog can't jump up if all 4 feet are on the ground. Teach a behavior such as sit or settle to create a calm behavior that is the opposite of jumping up.

Then when he is sitting and calm, he gets a treat and attention (say, good job or YES! (Do not pet him, as that will just get him excited again).

If the dog is starting to jump up, give him the "sit" cue instead; the dog receives praise only when he is calm and not jumping; using a "sit" is called "redirecting" (the dog must know the "sit" cue first).

When entering your house, do so very calmly and not make it a big deal. Come in and ignore the dog, this means no attention, no high-pitched hellos. Yelling may be interpreted as attention. Go about your business for a couple minutes, then ask your dog to sit and say hello.

Teach the "off" cue by putting their paws on the floor, and then give the cue. If you use the cue as they are jumping up and they do not understand what "off" means, they will think jumping up is actual "off". Just remember when they have all four-on-the-floor and say "off"!

### **Jumping up on Guests**

#### **Doorbell Practice Set up**

Use a leash and have some treats available.

If visitor(s) or neighbors are willing to help, explain the dog is in a learning stage, and can they help by letting the dog practice good behaviors. Tell them that when you open the door, if the dog starts to jump up to turn their back to the dog, and not give the dog attention until the behavior stops; no talking, no praise, completely ignore the dog.



1. Ask them to wait outside for a minute and then ring the doorbell.
2. In the meantime, you take the dog into another room on a leash.
3. Once the doorbell is pushed, take the dog to the door as calmly as possible.
4. If he starts to jump up, remind them to say nothing and turn their back. You wait and if the dog responds and sits or looks at you, praise him and give him a treat. If he continues to jump on you, you also ignore him until he stops.
5. Try up to three times and take a break.
6. If your dog knows "sit", then give that cue; when he is more calm and sits, you give the treat and praise (good boy!).

### **As you progress:**

Someone knocks on the door or rings the bell.

Bring the dog away from the door when someone knocks and tell him to "sit", and then work towards "sit-stay-release." The dog has to be released before he is able to greet the guest.

It may be difficult for the behavior to stop and while training, you may have to put the dog in another room or in a crate or a bed/cot that you have trained "place" as other options. Keep working on it; the dog will get the idea that jumping is not getting him the attention he wants. Jumping up is one of the hardest behaviors to stop; be consistent and take every opportunity to practice. Management with baby gates is also very effective in controlling the situation.

## **Setting rules for dogs and kids**

Gold Ribbon Rescue's expectation is that the adults in the home are the caretakers of the puppy. Children in the home may participate in the care and training and need to be taught appropriately how to respect the boundaries and needs of the dog.

### **Make a dog care schedule**

Setting a schedule for your dog helps to keep your family organized. Consistency is important to dogs; if they know what to expect, they are calm and start to trust more readily. Feed and walk your dog the same time every day (or as close as possible). Routines are a good thing.

We recommend puppies less than six months old should be fed three times a day. Dogs older than 6 months should be fed twice a day.

### **Set up dog zones in your house**

We highly recommend setting up designated areas in your home for your dog.

Your dog's routine should include:

- Where the dog sleeps – do not touch the dog while sleeping
- Where he eats – do not touch the dog or his food while he is eating
- Where he goes to the bathroom – let him have some privacy



- Where he chews on a bone, toys, treats – do not take anything from the dog – ever!
- Where he should be kept when he can't be supervised – no fingers in the crate or teasing the dog

## Teach kids respect for dogs at all ages

Make it clear:

- NO roughhousing (can make nipping and mouthing worse)
- NO ear-pulling, tail tugging
- NO putting your face in the dog's face
- NO teasing the dog
- NO poking
- NO smothering hugs, kissing his face, patting them on the head and other such behavior that cause the dog to bite.
- No sitting on the dog (can damage the dog's back)

Instead play games with the dog, such as, "Pass the Puppy", "Hide and Seek", or teach him how to play fetch.

## Dog bite prevention

When bringing a puppy or dog home, make sure to take the necessary steps to protect your kids by understanding dog bite prevention. Always supervise your children when they play with the dog, teach them how to play with the dog respectfully, explaining dogs are animals and they can bite.

When most dogs nip or bite a child it is usually due to the parents not understanding what a dog needs or how to read their body language. This is crucial to teach, along with proper handling, and will go a long way in bite prevention.

### Rule number 1: **Never leave kids alone with a dog!**

Even if you think your pet is safe, **never leave a child unsupervised with a puppy or dog**. Kids can be curious and may pull the dog's ears or poke at him, scream and yell; all of these things can be annoying or scary to a dog. Just having your children and the dog in sight is not enough. Always be in a position to intervene immediately if anything happens, for the safety of your kids and the dog.

### Follow The RULES:

After supervision, the most important step in dog bite prevention is to teach your kids how to behave around a puppy or dog. Have your children follow the rules below to keep a dog from biting unexpectedly:

#### 1. **Never grab an object away from a dog**

Dogs can be protective of their toys and just taking items away can often lead to resource guarding. If you want the toy, always trade up with a higher value item. You can teach a cue such as "leave it" to get the puppy to drop the item and use treats to reward the desired behavior.

#### 2. **Never grab their collar;** this can scare the dog and he may bite (with a puppy we recommend touching the collar often and using positive reinforcement - giving a treat to show good things happen when the collar is touched - to prevent any sensitivity).

#### 3. **Never bother a dog when he's sleeping or eating**



Give a dog plenty of space when he's napping and leave the food dish alone while the dog eats. Do not try and put your hands in or near his food bowl! Leave the puppy alone when they are enjoying something to chew or lick such as a kong or lick mat.

4. **Never sneak up on a dog** - always let your puppy or dog know that you're nearby before you pet him.
5. **Never bark or growl at a dog or stare into his eyes:** These are aggressive behaviors and if a dog feels threatened, it could cause him to bite.
6. **If the dog has a child's toy in his mouth, do not grab it away!** Trade his toy or a treat for it and make sure all human toys are picked up! The dog does not know the difference between what to chew and what not to chew!
7. **Teach a child to tell an adult if a dog growls, nips, or bites.** These are warnings from the dog that he is uncomfortable, threatened, or fearful.
8. **Never rush up to a strange dog!** Always let the dog come to you; if they don't then do not approach. The dog may come up to you when he is sure you're friendly.

## Preventing Unwanted Behavior

Puppies are very impressionable because they have no frame of reference, so it is the best time to reinforce good behaviors and prevent bad ones. Puppies can learn obedience cues, positive play with humans and appropriate behavior as early as 8 weeks old; however, they can just as easily learn negative behaviors and habits if we inadvertently reinforce them.

### Preventing Toy Guarding and Play the Trade Game

The same theory applies to guarding dog toys; make sure you can take the toy out of his mouth. Start by trading the toy for a treat and playing with your puppy, taking one toy away and giving him another.

Teach a "give it" or "drop it" command; when your puppy has a toy in his mouth, gently take it from him, saying "give it", wait a few seconds and then give him the toy back. Be sure to show him you do not always take things away.

You can also teach him to drop an item by trading the object for a treat. By rewarding him with a treat he will learn that giving something to you means getting something even better!

### "Leave-it" and "Take-it" Game

Learning to leave an object alone (used before they grab the item) when asked is really important to ensure there are no guarding issues later in life.

**The steps:** Start with a handful of treats in your left hand and just one treat in your right hand. *You're going to use the treat in the right hand as the reward; having treats ready in your left hand makes it easier to continue to*





*practice without him seeing you grab more treats.*

1. Put a treat in your right hand and close your fist.
2. Show your dog your closed fist and put it close to his nose to get his attention.
3. He may paw, nose, or lick your hand; be patient and keep your hand closed (your hand will be slobbery!) While he is licking or nosing your hand say, "leave it" and wait for him to give up.
4. Once he stops licking or nosing open your hand and say, "take it" (do not pull your hand back, keep it steady) and let him take the treat. *This teaches two cues at once.*
5. Repeat the exercise of "leave it and take it" six times in a session.

Once he understands the game, switch to a favorite toy in place of the treats.

## What NOT to do, a few reminders

- **Potty accidents will happen:**  
You should expect a few accidents during the housebreaking process. Whatever you do, **NEVER punish your puppy!** DO NOT use the old method of rubbing his nose in the mess. Also DO NOT discipline him after he's already eliminated in the house! He does not know what he did and punishment will only make him afraid of you; these are archaic methods that are cruel and ineffective.
- **Please do not use a choke chain, pinch or shock/vibrating collar** on your dog; this can harm the neck and it simply teaches the dog to avoid pain. This equipment was used years ago, when we did not know anybetter and is antiquated and unnecessary.
- **Never yell at your puppy or dog!** This only makes them afraid of you and does not teach them anything. You have to be patient and train your dog so he learns what is expected from him.
- **If your puppy or dog growls, do not scold him!** A growl is a warning to stay away, or he is uncomfortable or feeling threatened. Respect the growl and back away; this is how they communicate, and scolding teaches them not to warn us, which can be more dangerous! It is important to identify what is causing the growl in the first place.
- **Do not expect your puppy or adolescent dog to learn quickly;** they are like human teenagers and forget what you just told them.
- **Be careful not to over exercise your puppy.** You need to have a balance of both physical and mental activities to ensure you have a healthy and happy dog. Remember that a tired dog is only a good dog if you have exercised their brain and body. At a young age exercise periods need to be short and can progress as the puppy gets older. Too much exercise, such as long periods of fetch daily will only create the need to continue this as you may be creating an athlete.
- **Do not chase your puppy or dog;** if you're trying to get something he has taken, and you chase him it becomes a game you will never win. Instead teach him the "leave it" and "drop it" it will make your life a lot easier. If you need your dog to come to you, teach recall right away. Remember to use a happy voice and call him to you (never be rough or yell, the dog will not come!).

If you play a chase me game with your pup, you're going to teach bad behavior that is really hard to break. Bottom line, no matter what do not chase your dog or puppy!



Puppies are adorable, but they are also a lot of work. Please be prepared and take the time to raise your puppy in a healthy and positive way. Golden Retrievers are happy and sweet dogs by nature, but they also need a lot of attention. They need to be with their owners and not kept in the backyard. GRR requires all of our adopted dogs to be inside, family dogs.

GRR strongly encourages putting your puppy through training classes early on; they can learn at an early age which will make their life with you a rewarding and bonding experience.

Congratulations on your new addition!

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