**THE PUPPY BOOKLET**

**Congratulations!** You've just acquired an intensely socialized puppy, which not only trusts people, but also is eagerly seeking to "bond" or love you. He has been carefully and lovingly nurtured by first his doggie Mother, and second by my family and myself.

This booklet will answer some basic care questions and hopefully give you some deeper insight into your puppy's feelings and behaviors. Each section will have three parts. The first is GOAL, in which, I clearly state the objective behavior we wish to achieve. The second is labeled METHOD, which is what you will do to mold the puppy's behavior. The last is INSIGHT, which is my attempt to help you understand your dog. Be patient with me as I have a tendency to wax rhapsodic in this last section but the reason I'm writing this is to open lines of communication between you and the dog. My goal is at one year for you to own a dog that is not merely "obedient". Which, implies a dog that does no wrong: hut rather for you to own a dog who is a companion, a pal who enjoys his life and you as much as you enjoy him. Ultimately a dog should enrich your life.

**Shepherds**

**German shepherds** are one of the most popular dog breeds. They’re a beautiful, active family dog with boundless energy and famous loyalty.

Generally considered dogkind’s finest all-purpose worker, the German Shepherd Dog is a large, agile, muscular dog of noble character and high intelligence. Loyal, confident, courageous, and steady, the German Shepherd is truly a dog lover’s delight.

 German Shepherd Dogs can stand as high as 26 inches at the shoulder and, when viewed in outline, presents a picture of smooth, graceful curves rather than angles. The natural gait is a free-and-easy trot, but they can turn it up a notch or two and reach great speeds.

There are many reasons why German Shepherds stand in the front rank of canine royalty, but experts say their defining attribute is character: loyalty, courage, confidence, the ability to learn commands for many tasks, and the willingness to put their life on the line in defense of loved ones. German Shepherds will be gentle family pets and steadfast guardians, but, the breed standard says, there’s a “certain aloofness that does not lend itself to immediate and indiscriminate friendships.”

 **RULES FOR CHILDREN**

I hope all my clients have the chance to have a family meeting before they bring their puppy home. You should discuss what limits your dog is going to have. Do you want a dog that is allowed on furniture and beds? If not make this decision now and never let him on those areas. During the housebreaking period the children should understand that the puppy lives in the kitchen until it "gets bigger". With very small children I have found it helpful to tell them that the new puppy is "special" he's a "floor" puppy. Explain that a "floor puppy:" must stay on the floor so if they want to play with them they have to sit on the floor. This will accomplish a number of things:

1. When the child lowers himself to the floor instead of towering over the puppy, the puppy will interpret this change in posture as an invitation to play and come to the child.

2. The puppy cannot be dropped or held incorrectly if they stay on the floor.

 3. The child will not "forget " and take the puppy to the couch to sit on their lap. A good game to teach young children to play is "Follow Me" Follow-me is played off leash in a fenced yard. Tell the child to "teach the puppy to follow you" Talk sweet to him. Warn the child not to chase the puppy: after all, then the puppy would be teaching you.

4. A child must understand that a puppy is just a baby. Babies need their sleep. You shouldn’t wake the puppy because you want to play. You should wait until the puppy wakes up and then play. If we force the puppy to accept our sleep schedule, it will become sleep deprived and ill.

**SLEEPING**

Remember your puppy is going to be sad his first couple of nights away front his Mother and siblings. I have given you a little stuffed toy with the scent of the nest at 21 days. This is the time of maximum milk production at a stage just before the puppies start really exploring their environment. It will help your puppy adjust to being alone if you give him his toy and some dirty clothes with your scent to sleep on the first few nights in his kennel.

**FEEDING:**

**GOAL:** a well-nourished dog Healthy and Happy.

**Method:** Please stay with the dog foods I suggest. I do not use any puppy dry food. The reason is that it causes the puppy to grow to fast. This could lead to what is caused pan. It is like severe growing pains. I free feed the dry food as a puppy and will supplement 4 times aday soaked in water and allowed to stand for 20 minutes-2 hours. Please don't feed your puppy milk or table scrapes until he's six months old. Young puppies have a very immature digestive system so stick strictly to puppy chow for the first six months. At six months you can gradually begin to add table scrapes (avoid sweets). Any kind of fat is especially beneficial.

**HOUSEBREAKING**

**Goal:** To have your dog go potty only in his outside designated area and never in the house.

When to take your out after he/she drinks water and or play with him. 1 If he eats a lot of food, take him out again within 5-10 minutes he'll need to move his bowels. After one hour your puppy will be tired. Put him in his kennel for a nap. While he's taking his first nap, mop the entire floor with the Mrs. Myers solution. You will do this once a day. You are not cleaning the floor when you do this: you are "marking your territory" When he gets up from his nap, you'll wipe out his little kennel with the same diluted solution of Mrs. Myers (See "Insight for explanation) 1OAM-12P.M. or when he cries. Your puppy is crying because he needs to pee so repeat above. 3P.M.-6P.M. Repeat. Let him out one last time just before you go to bed. That is it. No secret, no beatings, just scheduling, patience, and time. When accidents happen, and they will, ignore the dog, clean up the mess, and deodorize the area on the floor.

**Method 2:** This is for people who both work during the day so there is no one home to let the dog out.

This method will take a little longer and can result in a dog that will never be totally trustworthy if you happen to forget and leave newspapers on the floor. Other than those two things, this method is both convenient and perfectly acceptable. In the morning take the dog out to the pea gravel to pee. Bring him in, feed him, water him and play with him while you're getting ready to go to work. Just before you walk out the door, spread newspapers all over the floor. Leave his little kennel door open, food and water out and a few toys for him to play with. Each day as the housebreaking process continues you will gradually reduce the area of the newspapers; eventually you'll only have a few spread out by the back door. When you get home; take him out to the pea gravel, pick up all the newspapers, and mop the floor with the Mrs. Myers solution. Put down a few papers by the back door. Pick-up the food and water howls at 6 P.M. Take him out to the pea gravel one last time before you go to bed, then put him in his little kennel and shut the door.

**INSIGHT IT:**

 Housebreaking starts with the Mother dog. At about three to four weeks of age the puppies start to creep out of the nest, and very tentatively explore the area 'around the nest. They also begin to eat other foods besides Mother's milk. As soon as they start to eat other food the Mother stops cleaning up after them and a set of truly dramatic behavioral changes occur. My Mother dogs are specifically selected for their calm, docile affectionate temperaments (puppies "inherit" 80% of their temperament from Mom) in the hope that my puppies will inherit their temperament. This is worthy of note because it makes the behavior I will describe all the more significant. After the puppies begin eating food, when they eliminate in the nest their calm loving Mother turns into something that resembles a werewolf and attacks them. The attack is savage, noisy and brutal and climaxes when she hurls the pup out of the nest. The puppy takes a few moments to wonder what just happened to his world and staggers back into the nest, runs up to Mom and is nuzzled and licked and reassured by her. Note that the mother, who not forty seconds ago demonstrated her hound of the Baskerville's imitation, is the same loving Mother he remembers. The next time he eliminates in the nest the werewolf reappears. I've rarely seen a pup need a third demonstration of Mom’s wrath. Because this happens at such an early age, the impression is indelible. All housebreaking is based on this early indelible impression. Our job in housebreaking is to expand the puppy’s mental boundary of the nest to include your entire house; and contract the puppy’s mental boundary of NOT THE NEST, per Mom’s original lesson, to a small area of pea gravel in your yard. A DOG IDENTIFIES THE RIGHT PLACE TO GO POTTY BY SMELL AND FEEL OF THE SERFACE HE IS STANDING ON. Go back and read this sentence three times out load. From the time your puppy was born his nest was washed down daily with Mrs. Myers and from the time he was three weeks old he was taken out and started on non-clumping kitty litter five to six times a day. When you get him home he is not house broken, but he is “triggered” on kitty litter and easily transferred to pea gravel. When he feels himself standing on that surface he’ll know what to do. When the housebreaking period is over you can pick up the pea gravel and move it to the farthest corner of the yard. Your dog will go potty there instead of all over the yard. Some of my clients elect to put the pea gravel in a litter box instead of using newspaper with excellent results. One 70 year old woman who lives in a second story apartment is convinced I am a genius and her dog never goes outside. I personally draw the line at that but I'm just pointing out that if you understand how the dog is thinking anything is possible

**TEETHING-CHEWING**

GOAL: To stop destructive chewing and teach the puppy to chew only his own chew-toys.

Method: You should have on hand a bottle of Bitter-apple. When you find little: teeth marks on anything other than his own toys spray liberally. Insight: I think what's going on here is fairly self-explanatory. Note that once again you pretty

much ignore the dog and treat the environment.

**TRASH-DUMPING, FORBIDDEN AREAS**

**GOAL:**

 To keep the puppy from whiling away the boring hours when you are absent by getting into the trash and other mischief.

Method: Use set mousetraps in those areas that you want him to stay away from. I've never had a pup hurt by one. The correction is loud and instantaneous, and doesn't rely on `catching him in the act'.

INSIGHT: Again an environmental approach. The preceding information deals with all the

 **Necessary "shall-nots" of dog training**.

Not once did I recommend spanking, jerking, shouting, shaking, kicking, and throwing pop cans of pennies or anything else at the puppy. I can think of only one instance where that kind of discipline is necessary and that is an aggressive bite- and if you follow the advice in Tricks and Treats it is extremely unlikely that you're going to have that problem.

**TRICKS AND TREATS OR SOCIALIZATION
AND BONDING GOAL:**

 To have a dog who entertains you, loves you, beguiles you, and communicates with you with a look, a gesture or a behavior.

**METHOD**: You will use the Clicker and treats, or hot dogs cut up in small pieces lure or bait your puppy into performing tricks. A clicker is available at almost any pet store. You will find that once your puppy knows what the treats are, and hears the clicker. It will raise his IQ by a factor of 10! The correct term for this type of training is “Clicker Training”. It is without a doubt the very best training method we have ever used.

**Insight:** ***When you Click with the Clicker, it Marks the behavior for the puppy.*** Read that sentence again! The clicker lets the puppy know what behavior you want from him to get his treat. When using just Bait training the puppy is so focused on the treat. The few seconds between the time, that you give the command and the time that you treat them, a puppy forgets what he has done to get the treat in the first place. Usually as soon as he sees the treat all he is thinking about is getting it in his mouth. With the clicker you “click” and the puppy thinks “Oh that is what she wants! Ok, that’s easy. Let’s do it again.”

The first step is, to teach the puppy that the clicker means I get a treat. It’s very easy. First click, immediately give your puppy a treat. Now do it again, click, treat, and repeat. This step takes about 3 sessions 30 seconds long, and then presto, he has it. You will know he has it if he reacts when he hears the click. Remember dog language can be very subtle, so pay attention.

Now that you have the secret dog training weapon in hand. Don’t forget his treats, its time to teach our first trick...

**THE SIT:**

Hold the treat 1 inch above his nose. When he raises his head and nose to get it, move it back and up. As his butt hits the floor Click repeat, and then give him his treat. After you have done this about 3 times add the voice command “Sit”

* Say “sit”
* Hold the treat 1 inch above his nose.
* When he raises his head and nose to get it, move it back and up.
* As his butt hits the floor click.

This does not have to be perfect the first time. You will be shocked how quickly a puppy can sit. Now remember that sentence. You know the underlined one. Well this is what I mean. You say “Sit”

**THE DOWN:**

Your puppy should be sitting. Hold the treat with your thumb, ring, and pinkie fingers; your hand should form a cup. Let him know you have it and bring your hand down between your puppy's front legs. His head should follow. Drag your hand slowly forward. His head should again follow and he should `reach' by going down. Then Click and treat. Do it again. After a few times, add the Voice command “Down”

**THE FETCH:**

 Use the puppy's scented nest toy I gave you for this one, as the puppy is already fixated on it. Simply toss it out wait until he picks it up mouth then call him in. Don't give him the treat until he surrenders the toy. Actually when he comes in he'll smell you have the treat and will automatically open his mouth to get it, hence he surrenders it more or less automatically. It is much easier to teach fetching to a young puppy than an older dog.

**THE STAY**

* Put your dog in a spot.
* have him sit
* Put your hand up palm facing your dog.
* Click
* Give him a treat.
* Move him to a different spot.
* Put your hand up.
* Tell him "sit" put your hand up; take one step back.
* 10. Click, step forward, and give him a treat.
* If he moves, don't click and return him to the same exact spot, repeat. After you can step about 5 feet away add voice command “Stay”

Don't let the lesson take too long. Only train any behavior for about 5-10 minutes an important rule to remember is always returning to the puppy never calling him to you to give him his treat.

**GO TO YOUR PLACE**:

This is a great skill for your dog to learn. It gets him out of the way when you have company over or are just plain busy. I use a little day bed in the corner of the living room.

* Tell your dog to go to bed
* Take him to bed
* Tell him “sit”, “stay” follow the directions for stay.
* The only difference between this and the stay is that you take him to the same spot every time.

**THE COME:**

Start by waiting until the puppy is having a good time doing something and call him to you. When he comes, click and give him his treat, then let him go back to playing again, and repeat. After his second immunization shot you can take him to a large fenced in area. Using two people, both of who have clickers and treats call him back and forth between you as you get farther and farther away from each other. After not too many sessions and you will have a dog that will come to you eagerly and every time. This is probably the most important thing to teach him because it becomes the dog's ticket to freedom. If you have a dog who you know absolutely, positively, will come when you call him you won't mind taking him everywhere with you. You're not afraid he'll fight with other dogs, jump-up on people or run into traffic, because it he starts to do any of those things you can call him and he will come immediately. As fast as his little legs can carry him, and he'll do it tail-wagging the whole way. Try to create a mental picture of the last part. The difference between the happy eager come and:

The dog is at the park off the leash and some distance away from his owner.

"Rex Come", his owner calls, Rex reluctantly looks up.

"Rex Come!" his owner calls again. Rex takes a few moments to consider this second command. Rex is a well trained obedience school graduate and recognizes that this second call probably means that his owner is going to interrupt his playing and require him to walk over there, sure enough...

"Rex, COME!" the owner shouts. This third call means that Rex's playing is going to be unavoidably delayed while he pacifies his owner. Rex walks in to his Owner, one plodding foot after another, head lowered ears down; but he does get there. Rex has been obedience trained.

Now go back to the reward trained "Come" and reread it. The difference is in attitude and it's all the difference in the world. Obedience training is necessary for very large stubborn dogs that have not been worked with before they are 6 months of age. My objection to obedience training is that you have to wait until they are six months of age. At six months you've missed the dog’s most important learning windows. At six months you should have formed a strong relationship with your puppy. Teaching a baby less than one year does not involve spanking him. Teaching a young puppy cannot involve harsh punishment either. But the baby must learn and the puppy must learn. Hence the positive approach Liver treats, praise and a very simple “click”.

**THE WALK**:

 Nothing is more likely to encourage quick bonding than taking your puppy for a short daily walk. Note, I said nothing about teaching your puppy to heel. You are taking him on a walk for HIS pleasure. It will help if you realize that to you the walk is very boring; but to him a walk is a Disneyland of wonderful and exotic scents, a wonderful adventure that he gets to enjoy when his Dog God (you) take him out. Use a flexilead and let him explore.

Work with the clicker especially when he gets up in the morning and when you get home from being away. In the wild dogs go through the greeting ritual then more or less identifying themselves by a series of dominant/submissive posturing more or less saying to each other” Oh yes I’m me and you are you and you are the boss” At any rate as busy and inconvenient as these times may be for you they are the optimum time to train from a dog’s perspective.

**NO TUG OF WAR:**

This was deleted in the first two editions of the booklet because two of us felt that I had an unfashionably sexist attitude and would offend someone. The two objectors have asked to please include this, as they tire of explaining over the phone. Don’t let anyone play tug of war with your puppy. Ninety percent of the time “anyone is a male. Two years or eighty it doesn’t matter men and boys alike love this game, it’s a testosterone-linked defect. I think women instinctively know when they see the puppy growling that these are not the feelings you want to engender in your puppy. Tug of war is an adversarial game. In fact that’s how they start to teach guard dogs how to go out and bite someone. Be Firm! No Tug of War!!

**FUN STUFF:**

These are entertaining tricks to play AFTER you have taught the basics above

1. Peck-a-boo. Have the dog in a down and gently place his paws over his eyes. Softly tell him to "staaaaaay". take a step back and remain silent. When the dog lifts his hands to see you, you exclaim "PEEK-A-BOO" Click and be exuberant in your praise. Repeat. This simple to teach trick is a real crowd leaser. For some reason people think this elevates your dog to something of a canine Einstein.

2. Pick –up your toys before Daddy gets home. Have the dog sit in front of his toy. Put the toy in his mouth and say"h00000ld" it. Lead him to his dog bed and tell him "drop-it" and remove it from his mouth, Click. At the beginning of each sequence repeat "Pick-up your toys before Daddy gets home" This is just a string of behaviors sequenced together. It takes three repetitions per session once a day for about a month or less. Again, it’s a real crowd pleaser.

**MASSAGE: PETTING THAT BONDS**

**GOAL:** To have a dog that surrenders control over all parts of his body to your touch.

**METHOD:** Have the dog on a table (I use a hassock and do this while I am watching TV) both of you should be comfortable. Start with areas your dog enjoys (behind his ears). Speak softly and calmly to him and praise him when he relaxes under your hands. When you feel him relax, move to an area that makes him slightly nervous (ears, mouth, feet) Do this 5 to 20 minutes a day. Never end a session with him in his struggling. You should he able, after a month or so to open his mouth, touch his gums, touch his ears, and handle his feet. By this time you should also be able to position him on either side or on his back and he should be relaxed. Always end the session with the dog totally relaxed and enjoying your touch.

Insight: This is claiming dominance in the nicest possible way. You are teaching the dog to trust you enough to relinquish his body to you. Side benefits are that when you want to groom him or take him to the vet to be examined there is never a problem. This is also beneficial to the owner if they are doing it right; your blood pressure will go down and your heart rate will slow. I do this before I go to bed as it makes me very sleepy.

 **I KNOW WHAT YOU’RE THINKING**:

 23

This is too much work! Well, it's not that bad. Really! I havejust given you a lot of information in a very short period of time and so it can seem intimidating to a new dog owner. Remember you're only training 5 minutes at a time. Twice a day would be wonderful, but once is enough. If you choose to train your dog this way I promise you will have one of the best pets you have ever owned. The methods laid out here are the result of three generations of women intensely involved with purebred dogs and Focuses on early psychological canine development. It does work and you will have a superb companion animal with this method. Note: I don't care if you choose not to train your dog this way. What I care about is that you love him. We are always available by phone or E-mail feel free to call if you have questions.

**RECOMMENDED BOOKS & EQUIPMENT**

* SO YOUR DOGS NOT LASSIE by Betty Fisher—this is the book my family told me I should have written. Fisher focuses on the differences between training a working dog and training a companion dog. She defines the three different indexes of "intelligence" very well.
* My favorite shampoo is Mink Sheen 4 in 1 from Derma Labs phone 1-800-547-9164.
* A cat collar with a bell. We raise very social puppies that follow humans even when the humans are walking away. The bell makes you aware of the puppy so no one steps on him.
* A light leash and a flexi lead
* A pin brush, the kind with rounded metal tips work best.
* Toys, included with your puppy will be a chew toy and a scented stuffed animal that has the smell of the whelping box at 21 days ( a time of maximum milk production) it is a comfort object for your puppy when he first gets to your house away from all he is familiar with. Later use it to initiate fetching. As your puppy is already fixated. Also don’t overlook the caps that come on the milk bottles, one of my puppies favorite toys.
* Bitter apple. (For teething)
* Mouse traps with flappers. (Purchase at Petco.) These are safe and will make problems disappear before they become habits.
* Pea gravel. (Very small rounded gravel) home depot or any other garden center has this in bags. We start our puppies out at 2-3 weeks on Tidy Cat litter **NON-CLUMPING** kind and then at about 5-6 weeks we sprinkle it over the pea gravel to move the puppies outside.

We are always available for questions or problems. It is important to us as breeders that you are successful with this puppy. We know that for our puppies to be truly happy, you need to be happy with them. You will have many years of pleasure from your puppy if you understand each other. So please call..

**Chris Swift**

**360-823-9417**

 swiftpugs@gmail.com