

# PUPGUIDES



Instant relief  
For the savvy owner





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# My name is Douglas

I'm a 10 week old golden retriever puppy and I wanted to let you know how you can help your puppy, just like my owner is helping me!

As I am just a young puppy, all I need is a loving home, and to feel safe and secure. I need guidance and training so that I know what I need to do, and how to behave in different situations.

This pupguide will help you understand what to expect from your puppy, what normal behaviour looks like and how to survive this pup phase.



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# My first night

My first night home was a little bit scary. One minute I was living with my mother and littermates, and the next minute I was in a new home, with a crate to sleep in.

My owners put me in my crate with warm blankets and a teddy bear. I could also hear a ticking clock which made me feel safe. I am regularly given a yummy stuffed kong in my crate, and every now and then, I go in there to find a yummy treat! This is amazing and makes my crate feel extra special. I will definitely be going there again - hopefully I will find more surprises.

For the first night my owner slept downstairs on the sofa to make sure I was happy and settled.

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# Puppy Biting

My owner says I am a vey inquisitive boy. I like to discover my new environment and anything which comes close to me with my mouth. I dont have hands, so what else am I going to use?! Sometimes I get a bit over excited - the world is a wonderful place afterall! But when I do get over excited, I am less able to control where my mouth goes. A few times I have used my mouth on my owners' arms, legs, exciting laces and shoes - i'm not sure if they like this or not, but I can tell you more about what you can do to ease puppy biting during this phase.

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# Puppy Biting

I am so lucky that my owners learned what to do to help me during this puppy phase. My owner always has a cool chew or toy ready, so if I do get mouthy, I can quickly be diverted onto this toy or chew.

If I do happened to catch my owners' skin with my needle sharp teeth, she tries not to scream, but sometimes can't help it.

My owner provides me with a stuffed frozen Kong, which I LOVE. I also get a frozen carrot every evening to help ease the pain of my baby teeth pushing out

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# Toilet training

My owner says i'm being a good boy to go outside to toilet, even though I still have accidents in the house.

If I have an accident, my owner doesn't tell me off. If she did tell me off, I would find it really scary to go to the toilet infront of people, so I would need to find a secret hiding place to go.

My owner gives me lots of opportunity to go to the toiet outside. She takes treats with her and once I have finished, she tells me i'm a good boy and gives me a treat. This makes me want to go outside again!



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# Socialisation

Socialisation doesn't just mean meeting other dogs. Socialisation means to gradually expose me to as many different situations, environments, people, sounds, smells, animals, vehicles and anything I might be exposed to in my lifetime, while building good, positive associations at the same time.

At the moment, I am going through a 'socialisation period' where if I find something scary, I could find it scary forever, and if I have good feelings about situations, I am likely to cope well when exposed to those situations again in the future.

This socialisation period lasts up until 12 to 14 weeks old, depending on the individual.

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# Enrichment

I'm so lucky that my owner read up about enrichment and how to keep me busy, mentally stimulated and tired. Instead of feeding all of my meals from the bowl, most of my meals are given to me in feeding toys - how cool is that!?

My owner will look online to find cool new kong recipies, and she will even put it in the freezer for an hour or so to make it last even longer!

My owner is relieved she read up about enrichment toys, because it keeps me busy while she can have a shower!



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# Training

My owner has booked me on to a training program which will help her to understand how I learn, and how to teach me new skills. It is very important that I know these skills so that I can start to understand what my owner wants from me.

By teaching me new skills, not only will it keep me mentally active, but it will make my owners life so much easier - my owner will get what she needs from me, I will get what I want from the owner and I will have a happy and healthy upbringing to last a lifetime.

Training isn't easy for anyone and takes time, but it is well worth it in the long run.

My owner has chosen a kind and friendly dog trainer who uses lots of positive reinforcement and treats. This is the most effective training method of all animal training. I can't wait to start learning!

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# Training

**If you would like some extra support on your pups training journey, you can book yourself onto the Puppy Skill Up Program, just like my owner did for me!**

**You can do this by calling Sarah  
07891222454**

**She will ask lots of questions about where you are on your training journey, and create a program especially for you and your pup. She will give the best advice and support when you need it - my owner says its been a sigh of relief because even though I am a good boy, everyone needs a bit of extra guidance sometimes!**

**More details can be found here:**

**<https://www.sarahgrovesdogtraining.co.uk/the-puppy-skill-up-program>**

**GOOD LUCK**

**Douglas x**



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