

www.HowtoTrainMyPuppy.com

How To Train

My Puppy

Fast Track System

by Trey Stevens

How To Train My Puppy Fast Track System

You do not have resell or giveaway rights to this book. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this book, please contact us via email at Trey@HowToTrainMyPuppy.com to report illegal distribution.

All rights reserved. Unauthorized distribution, resale, or copying of this material is unlawful. No portion of this book may be copied or resold without written permission. I reserve the right to use the full force of the law in the protection of my intellectual property including contents, ideas and expressions contained herein.

How To Train My Puppy Fast Track System

Table of Contents

<u>Introduction</u>	5
<u>Puppy Ownership</u>	7
<u>Choosing your new puppy</u>	9
Question #1: Purebred or Mutt?	10
Question #2: Puppy or Adult?	11
Question #3: What type of dog?	13
Selecting a Breeder	15
Selecting the puppy: Temperament	17
<u>Housebreaking Your Puppy</u>	24
<u>Psyche of a dog/ YOU are the Pack Leader</u>	25
Preparation/Planning	26
The Routine	28
<u>Crate Training</u>	33
<u>Housebreaking an Older Dog</u>	40
<u>Paper Training</u>	42
<u>Socializing your puppy</u>	47
<u>Obedience Training</u>	53
Biting	59
Nipping	61
Barking	63

How To Train My Puppy Fast Track System

Jumping	64
<u>Separation Anxiety</u>	65
<u>Doggy medical care</u>	70
Canine Vaccinations	71
Heartworms	72
Fighting Flea Infestation	74
Dental Care	76
Dogs Have Allergies Too!	78
Q&A Regarding Canine Hip Dysphasia	81
<u>Traveling With Your Dog</u>	84
<u>Schedule for Housebreaking Examples</u>	
Schedule 1- Owner at Home During Day	87
Schedule 2- Owner Working During the Day	88
<u>My Personal Resources</u>	89

How To Train My Puppy Fast Track System

SO, are you at the end of your rope...

...or are you just trying to avoid ever getting to that point?

Maybe you've decided to pick up this book because you're pulling your hair out because your new puppy pees all over your house and you don't have a clue how to stop him.

Or maybe you just got your puppy and you know the importance of starting off on the right foot, so you figured you had better get some solid information on puppy care and housebreaking.

Or just maybe you're smarter than I am and you're one of those smart, "plan-ahead" types who haven't actually chosen a dog yet, but are researching the best training methods before you bring home that squirming bundle of joy.

Whatever your situation, this book will be helpful to you in all stages of the process of dog ownership. From choosing your new puppy, to comprehensive training, to doggy medical care, this book will tell you what you NEED to know!

Wherever you find yourself today- whatever problems you are facing, we are going to work together and fix them!

Put your doubts to rest right now and spend an evening reading this training and dog care guide.

Once you have absorbed all of the supremely helpful information that I've compiled here in this e-book, you will then only have to invest a few weeks implementing it. and you will see results quickly as you:

Possess the know-how to choose an excellent dog that is compatible with your lifestyle!

Virtually eliminate "accidents" in the house!

Prevent puppy health problems with a few simple steps!

Experience the joy of owning a well-behaved, lovable canine companion!

How To Train My Puppy Fast Track System

You're on the right track.

Make the commitment right now to yourself and your new puppy to read this book thoroughly and follow the advice contained within. You owe it to yourself and your furry friend and both of you will reap the benefits for a lifetime.

How To Train My Puppy Fast Track System

Puppy Ownership

Owning a puppy, whether the dog is large, small, or something in-between, involves a lot of responsibility. Sure you will have to feed it regularly, but your obligations as a puppy owner don't stop there.

You will have many other responsibilities such as grooming, watching your dog's health and diet, cleaning up after it, and most importantly, giving it some tender loving care.

If you are still at the stage where you are merely considering getting a puppy, it is a good idea to make a reasonable assessment of the amount of energy and time you will be able to give to your pet.

Do you travel frequently?

Do you spend long periods of time away from home during the day?

Are you willing to put in the hours required to train your puppy?

Do you have the financial means to feed your dog and provide it with medical care for its many years of life?

There is no one "deal-breaker" in the above list of questions. If you travel a lot, for example, it doesn't mean that you cannot have a dog. It merely means that you will need a plan for the time that you are away, whether that means getting other family members involved in the dog's care, paying the neighbor kid to care for your dog while you are gone, or developing a relationship with a local kennel or dog sitter.

Maybe you are going through stressful times in your personal life or find yourself with very little extra time on your hands. It is possible that this is not the best time to

How To Train My Puppy Fast Track System

become a dog owner. You know your own situation better than anyone else, so only you can decide if the time is right for you to get a dog.

Think realistically about your situation now, because by acquiring a puppy, you will be making a commitment that lasts for many years.

As many dog owners will tell you, if you contribute to the relationship and give what it takes to care for your pet, dog ownership is a wonderful and fulfilling thing.

It won't be long after you get your dog before you understand why people frequently mention their dogs along with their spouses and children when asked about their families!

How To Train My Puppy Fast Track System

Choosing your new puppy

Adopting a dog is an exciting event. Truly a man's best friend, you can rely on your pet to give you company, companionship, or even guard your house.

The process of choosing your new dog involves many variables and possibilities. You need to review your personal lifestyle and needs in order to come to a good decision.

The "right" dog for you can be very different from the "right" dog for someone else, because the ideal pet is dependent on many factors: your family members, the size of your living space, how much exercise the dog needs, whether it sheds often, and whether you want a gentle or a playful companion.

If you already have your puppy, then this section of the book will not be that relevant for you (unless you are already thinking about getting another dog!)

If your dog decision has already been made, you may choose to skip straight to the next section and begin reading about house training immediately.

If you have not yet decided on a dog or committed to a particular dog, then this section will be of vital importance to you as you make the decision. I've done all of the hard work for you and will walk you through the main questions you need to consider as you choose your new dog!

Question #1: Purebred or Mutt?

How To Train My Puppy Fast Track System

One of the first decisions you need to make when you go about choosing a dog is if you want to get a specific breed, otherwise known as a “pure bred” dog, or one that is a mixed breed, also known as a “mutt.”

There are a few important differences between purebreds and mutts, and your choice will depend on your plans for your dog, your priorities, and your lifestyle.

Some people prefer pure-bred dogs to mixed-bred ones. The primary reason is that they are easier to sell, and they carry a certain prestige.

Pure-bred dogs are seen as a higher class. Only purebred dogs with valid documentation of their purebred status are allowed to enter dog competitions. Mixed dogs are not allowed to join.

The reasons given have not been that clear, which is why mixed breed owners are contesting these rules. However, if you plan on entering your dog in competitions, then getting a mixed breed dog, or even a purebred that does not have papers, will be out of the question for you.

Another advantage of having a purebred dog is that each dog breed tends to have certain characteristics, both physical and personality-wise, which are common to its breed. Although each individual dog is still different, choosing a purebred dog allows you to make a better guess about how a puppy will look and act as it grows.

There can be less predictability when you choose a puppy of unknown or mixed origin. This can also be helpful if you require a dog that will be used for a special function, such as a hunting dog or a guide dog.

One possible disadvantage of owning a purebred dog is that particular types of dogs may be prone to particular health problems. Theoretically, the genetic diversity found in mutts can help prevent some problems. But of course, you have no way of knowing where the mutt came from or what will happen.

Health-wise, pure-bred dogs that come from a line of strong parents won't have problems. This is because good breeders screen the mating pair before the process happens to prevent passing on genetic problems to the bred offspring.

Unfortunately, there are instances where certain breeders are more concerned about financial gain rather than the welfare of the animal.

How To Train My Puppy Fast Track System

This is especially true of those breeders who do not practice the strict guidelines of proper breeding, thereby producing inferior dogs that are prone to health problems.

Mixed-breed dogs may have the upper hand as far as genetic diversity, but since proper screening of their parents was most likely never carried out, there may be no way to tell. Certain dogs carry varied deficiencies common to the breed, and mixing the two will just pass these on to the mixed breed.

However, some mixed breeds are created intentionally in order to produce a breed which could be better and stronger than the two breeds.

One major advantage to choosing a mixed breed dog is cost. Because mixed breeds are much more common than purebreds and do not require the services of a professional breeder, they can be acquired for little or no money. Many animals in dog shelters, for example, can be adopted for a minimal fee.

People also frequently give away mixed-breed puppies born to their dogs. You can check your local newspaper for ads or ask around to find a dog this way.

Some people prefer mutts because they don't like the fact that millions of unwanted dogs (mostly mutts) die every year in animal shelters, and would like to adopt one of these homeless dogs. (Whatever type of dog you eventually choose, remember to spay or neuter it so that you won't be contributing to that problem!)

You may also be able to adopt a purebred dog in need by contacting a "rescue society" devoted to a particular breed.

Weigh the factors mentioned above to come to a decision about whether a purebred or mixed dog best suites you. Remember that loving, healthy pets abound in both the purebred and mutt groups.

Question #2: Puppy or Adult?

Puppies obviously grow into adult dogs, so if you don't like full-grown dogs, you shouldn't get a puppy either. However, choosing to adopt a dog when it is a puppy or after it is grown (or somewhere in between) will come with different ramifications. Before deciding to adopt a puppy or an adult dog, here is some useful information to help you decide.

Puppies

Bringing up a puppy is an advantage because this means that you guide its growth and well being. You have the chance to raise it according to what you want. This

How To Train My Puppy Fast Track System

means you can ensure that it is properly nurtured with the right dog food, ensure that necessary vaccinations are given, and prevent heartworms at this early stage. Having your puppy personally trained is also a plus since you can teach him exactly what you want him to learn.

A puppy can adjust to her new surroundings more easily than an adult dog that has developed habits over time. (And I know you're familiar with the old dog/new tricks cliché!)

Puppies may cause damage to your personal things while they are in the stage of teething. This damage can range from minimal to major depending on your particular dog and how you handle the situation.

Puppies need to be housebroken, which requires a lot of time, effort, and patience from the owner.

There is no assurance of what a puppy will look like when it grows up; especially it is a mixed breed. His temperament might also change when he grows up.

Most pet owners love how puppies can be entertaining for the entire family. They are very cute and adorable pets, and that is a hit for both children and grown ups. Puppies can be easily regarded as one of the family.

Adult dogs

Adult dogs require less initial "fuss" than puppies. They already have established patterns of behavior that you can easily adapt too.

An adult dog already has a set temperament, which you can get more or less assess by spending time with the dog before you adopt it.

For a fully-grown dog, physique and behavior are basically not variables anymore. What you see is what you get.

Adult dogs are more set in their ways. This is a great thing if the dog is already house trained, but not so great if the dog has developed habits that you don't like. With an adult dog, you are going to be adapting to the dog, unlike a puppy, which has to adapt to you.

You need to get as much information as you can when adopting an adult dog. Take note of its habits and mood swings. Hopefully you can acquire this valuable data

How To Train My Puppy Fast Track System

from the previous owners of the dog. Some adult dogs may have some behavior issues. It is important to take note of them.

It may take some time and effort for an adult dog to be completely comfortable with a new owner. **Changing owners can be stressful for an adult dog.**

You need to introduce an adult dog to your children and other household members before bringing her into the home. This helps the dog to be familiar with them and refrain from biting or barking, which may happen if she thinks that they may be strangers.

Unlike puppies, adult dogs may not need your full attention.

Unless the adult dog has significant health problems, it will require fewer trips to the vet than a puppy.

Most adult dogs are housebroken already, so they cause less damage to your belongings, and they don't wake up at night as most puppies do. They have also usually outgrown the impulse to chew up your things.

An older dog can easily adapt to other pets, like other dogs or cats, if you have a group of them at your household.

Adopting a dog is not an easy task and choosing which one to adopt can be a little tricky too. Everyone loves cute puppies, but not everyone can stand up to the tiresome job of house training them, although most people later appreciate the bonding shared with them.

Adult dogs need no great amount of guidance but can still turn out to be lovable pets. Whether you think that a puppy or an adult dog is the right pet for you, just keep in mind that taking care of your dog will require a lot of time and effort. But you won't be putting in all of that energy for nothing. In return, your dog will always keep you company and have a ready smile and an excited wag of its tail waiting for you each day.

Question #3: What type of dog?

If you have chosen to look for a purebred dog, you will next need to decide on the specific breed that you want. This is no easy task - there are over a hundred registered breeds of dogs! Each of these breeds shows predictable characteristics such as size and personality. In choosing the right dog for you, consider each

How To Train My Puppy Fast Track System

breed's physical appearance, temperament, and health issues. Of course, your dog should also fit your lifestyle.

Here are descriptions of a few popular dog breeds to get you started:

Labrador

Labradors are very outgoing dogs that have yellow, black or brown furs. These are versatile dogs that are useful in many different ways. Most of them are known as retrievers and are utilized as guide dogs for the blind. They enjoy holding different objects in their mouth and are prone to chewing things. Labradors are observed to be hypersensitive and have a high regard for their territory. They are very loyal and often enjoy just following their owner around and lying at his or her feet (when they are not being played with, that is!) Their fur is water repellent, thus making them perfect for waterfowl hunting. They make excellent family dogs.

German Shepherds

German shepherds are also known as Alsatians. They were originally intended to aid farmers in herding their sheep or cattle. They are incredibly intelligent and very trainable. Because of their build, they are often used as working dogs in the military or police community. They also make great guide dogs. German shepherds are large and strong dogs with varied fur colors, but most are cream, gray, white or black.

Boxer

Boxers have pointed ears that are tilted forward. They have a distinguishable white underbelly and white parts at the tip of each foot. These white regions are often called 'flashiness' which sometimes extend to other parts of the body and usually appear on the shoulders and face. Boxers are a playful and energetic breed. They are perfect as a pet for children, because they have an extended "puppy-hood," meaning they are not considered to be adult dogs until they reach the age of three. Training is not usually a problem, because boxers are known to be obedient. However, they possess strong personalities, so it's advisable to train boxers at an early age. They can sometimes be a substitute as guide dogs or police dogs.

Rottweiler

Rottweilers' origins trace back to ancient times. Their existence has been associated with the Roman Empire as watchers for groups of cattle. Since then, their incredible strength and intelligence have been widely recognized. They are used as police dogs and military aides during wartime. Rottweilers are black with tan spots on their cheeks, legs, chest, face, with tan areas underneath their tails as well. They are marked with upside-down triangles found on the chest area. Each set of eyebrows has a unique spot. Rottweilers are intelligent and fearless dogs. You can notice their

How To Train My Puppy Fast Track System

foreheads getting a little wrinkly when they are alert. Rotties are very active and playful, and are quick to learn tricks.

Poodle

Poodles can be very good companions and are very loyal to their owners. They belong to a quiet breed of dogs that has a naturally curly fur. Their coloring can be black, grey, white, blue, apricot, or brown. Training a poodle tends to require more effort compared to other breeds. They are considered a “hypoallergenic” breed (although some people with dog allergies are still extremely sensitive to them). They are famous for their very nice coats, but maintenance proves to be a tedious job. Owners have to keep their hair to a manageable length so that matting and tangling is prevented.

Dachshund

Dachshunds are also referred to as sausage dogs because of their elongated built. They have short legs and pointed facial framework. Chasing and hunting are their favorite pastimes. Most dachshunds have crooked legs and chest. Dachshunds are playful and loyal dogs that love to chase small animals like birds. Their senses are very keen and well developed, though they often exhibit shyness.

Beagle

Beagles have acquired a strong sense of smell. Because of this quality, they are used for hunting animals such as rabbits. They have big ears that are low-set, giving them a gentle look. Their fur is commonly white, black, brown, or a combination of all three. Beagles are known to be very good-tempered. However, training a beagle might prove to be a tricky task, because these dogs are strong-willed and can be quite stubborn. Because beagles like traveling in a pack, being a pet dog might cause them to have anxiety.

Selecting a Breeder

There are many places you can get a dog, such as from a friend, a kennel, a humane society, or a pet store. However, if you want to get a purebred animal, you must seek a reputable breeder to get the best results.

Finding the right breeder for the dog depends on the breed that you select. Professional breeders do not breed frequently and will only do so when a pair is found to be healthy and have temperaments that will ensure the birth of offspring that will likewise be healthy. Breeders will also breed only when a sufficient number of homes have been evaluated and deemed appropriate.

Given that there is no norm as to what a standard breeder is, you should do your homework by asking around and interviewing as many breeders as possible before

How To Train My Puppy Fast Track System

making a decision. There are many kinds of breeders in the market, and by knowing which one is the best and understanding the consequences, you will be able to choose a breeder that produces the best possible offspring.

The ideal breeder should have the pair of dogs that they plan to mate tested for every possible disease. They should also have all the information regarding the pair's ancestors and health records on file. You can ask the owners of previous offspring from the breeder to check their animals for any problems, since it is a good indication of the breeder's care and expertise.

Ask the breeder for details about the mating pair's history to be sure that he or she is in fact taking these steps. Doing this has the added advantage of showing the breeder your interest in obtaining a truly magnificent and healthy animal. Your interest in your dog's health may help you to pass the breeder's application stage. Reputable breeders have certain requirements that you must meet before qualifying as a potential dog owner. These are usually in the form of written contracts or guarantees with spay/neuter requirements that limit the registration of the puppies. This is done both for the protection of the owner as well to control a possible overpopulation problem.

The person who wants a dog must have a secured backyard and attend certain classes, such as a puppy kindergarten, to be familiar with the challenges that come with owning a dog.

The requirements put forth by the breeder are not to delay the process of giving you a dog, but to ensure that you are aware of what will happen as a dog owner and the responsibilities that come with it, as well as make sure that the puppies will have good homes. This is what differentiates responsible and irresponsible breeders. A breeder who is not as concerned about the health or welfare of the dogs is probably just in it for the money.

Once you find the ideal breeder, the waiting does not end there. A good breeder's dogs are highly sought after due to the quality and selective nature of the breeding practices. A good breeder will raise the newborn pups to a certain stage of development and will only be released when a number of pre-screened homes have been found. If you do all the research, it is possible that you will qualify as part of that list.

One of the most critical factors in identifying a good breeder, aside from the care and food given to the dogs, is the condition of the mother after birth and how well the puppies are taken care of. It is a good idea to choose a breeder who is nearby, so you can visit the place from time to time and monitor the condition of the puppies.

How To Train My Puppy Fast Track System

Another quality of a responsible breeder is that he or she provides voluntary assistance to the owners of the puppies. If the placement of the puppy did not work out as hoped with a certain owner, the breeder can require that person to return the puppy in order to provide it with a better home. A good breeder takes responsibility for life of the puppies as they grow into adults.

Using the list of characteristics I've outlined above, you should have no trouble separating the good breeders from the bad. Good luck in your search!

NOTE: If you would like more extensive information on selecting a breeder, please let me know- I've got an eBook that I'll give you.

Selecting your puppy: Temperament

Choosing between a purebred dog and a mutt, a puppy and an adult dog, and the breed of dog that you want will help you to find the dog that is right for you. However, don't fail to overlook the fact that dogs are still individuals. Just like people, dogs have traits that are all their own.

These traits vary between the same breed of dog and even between dogs from the same litter. These traits and the way a dog interacts with people and other animals are referred to as a dog's temperament.

Temperament is a combination of inherited and acquired physical and mental traits that have had an influence on the dog's behavior. Temperaments are traits including stability, confidence, shyness, friendliness, aggressiveness, protectiveness, prey instincts, play drive, self-defense instincts, and ability to distinguish between a threatening and a non-threatening situation.

Some trainers, owners, and breeders will use temperament testing as a way to assess the temperament of an individual dog for its suitability for adoption, breeding, therapy or assistance animal work, search and rescue, or being a family pet. Temperament tests can gauge attitudes and serve as a predictive tool for how the dog might act and react or respond to various stimuli.

While much of temperament is hereditary, it is also influenced and changed by a dog's environment. This includes the actions of the owner in their reaction to the dog's behavior.

How To Train My Puppy Fast Track System

This is why a puppy with dominant tendencies can mature into either a friendly, confident adult dog, an overly dominate dog with other animals, or even a dog who will use aggression to get his way with humans and other dogs.

So while temperament testing can be extremely helpful, you need to remember that while we cannot change an individual dog's genetic history, we can still help shape her attitude towards people, other animals, and places that she will encounter in her lifetime.

Choosing a dog with a temperament that is compatible with your tastes and lifestyle is important. Just as some personalities are attractive or unattractive to you in humans, so is it with dogs' temperaments.

It should also be mentioned that a temperament characteristic that may be undesirable for many people might be fully acceptable to others.

For example, dogs that show exceptional tolerance to people grabbing at him or making sudden movements could be ideal for homes with youngsters or for visiting hospitals as a therapy canine. A dog with this type of temperament would not be well-suited for other purposes that require a more aggressive attitude, such as a guard dog or hunting dog.

So neither the complacent dog nor the aggressive dog is inherently better than the other is, but different people may prefer one of dogs to the other for their purposes. This is something that needs to be evaluated by you and your situation.

There is controversy about how much weight temperament evaluation should be given in determining suitability: while some authorities contend it is unfair to deny a dog a chance due to a breed-biased trait or trauma-influenced behavior that may be changed with basic care, others argue that with the lack of decent homes for dogs, we might as well identify the best candidates based on their behavior in less-than-optimal conditions, for they are more likely not to be abandoned or turned in to a shelter.

Many breeders prefer that you take the dog home for a few days or even a couple of weeks to enable a better true-life assessment of a dog's temperament.

An individual dog may display more outgoing, friendly traits in a home environment than it did in a kennel situation. In the same way, a docile dog in the kennel surrounded by siblings may become defensive and/or aggressive when in another environment.

How To Train My Puppy Fast Track System

If the dog's underlying temperament is good, she will start attaching to her new family within two or three weeks of moving in.

The new owner can speed things up by making a diligent effort every day to bond with the dog, spending lots of time with her, playing ball, going on walks, and teaching basic skills such as stay, sit, etc.

The following techniques can be used to get a general idea of a puppy's temperament:

Clap your hands: does the puppy look at you? Does he approach readily, in a friendly manner? These are good signs of sociability.

Make eye contact: does the puppy engage in eye contact? This is a good indicator of a confident pup. In contrast, be concerned about a pup that will not look at you. This could reflect a temperament problem or a vision disability.

Call to the puppy: a puppy that ignores attempts to get his attention may have a hearing or temperament problem. Disinterest in interacting with people can indicate a disease as well.

Praise the dog: it's good if the puppy responds to verbal praise with some welcoming behavior, such as wagging his tail.

Follow me: after playing with the pup for a while, walk or jog away. If she tries to follow, that's a positive sign. Not following indicates the pup has an independent personality.

Pet the pup: does he respond in a friendly or accepting manner? Or does he try to dominate you by nipping, growling or jumping at you? Does he reflect independence by trying to escape?

Play with a toy: roll a safe dog toy, such as a ball, or a crumpled paper ball near the pup. See if the dog will follow it. Encourage the pup to fetch the toy and to bring it back to you. A dominant-natured pup will fetch the ball, take it and run away, and resist letting you take it back.

An independent pup also may show no interest in the toy; however, this could also indicate a sick puppy. A submissive pup may be afraid of the toy. A highly social pup will bring the toy back to you with no coaxing. Normal behavior would involve the pup getting the toy and chewing on it, but allowing you to take it away.

How To Train My Puppy Fast Track System

Rollover test: gently take the puppy and roll him onto his back. Gently hold him in place with one hand on his chest for 15 seconds. A dominant or independent pup will tend to resist the whole time. He might yip or try to nip you.

A submissive pup does not struggle at all, and may try to lick you in deference. Most puppies will resist for a few seconds and then contentedly accept your handling.

Picking up the puppy: lift gently by interlacing your fingers palms up beneath his tummy. Hold him in this elevated position for 30 seconds. Does he struggle actively for release, for a prolonged period, signaling dominance or independence? Or does he quickly submit? How quickly he accepts and relaxes can indicate whether he's relatively submissive or closer to a typical pup. A submissive pup will attempt to lick in deference to your control.

Touch a paw, then press between the pads gently. The responses you get and how quickly you get them can reflect a pup's tendency towards submission, dominance, independence, or a more normal temperament.

Make a sudden noise. See if the pup responds with curious interest, fear, barking, aggression, or ignores it.

While these tests can be helpful in determining a puppy's general temperament, keep in mind that all dogs are individuals and all have flaws, just the same as humans. We all have what could be called behavioral problems of some sort.

Education and patience are needed on your part no matter what breed or puppy you pick. Temperament assessment is valuable but the decision should be made by taking other factors into account.

How To Train My Puppy Fast Track System

Housebreaking Your Puppy

House Training

is the ***most*** important thing your puppy must learn.

Common sense should tell you why. Do you want your house to stay spic and span, or do you not mind if you catch a whiff of urine and feces every time you open your front door? (You don't like that idea? That's what I thought!)

Did you know that housebreaking problems are THE leading cause of people giving their dogs up to shelters? Nothing will damage that bond between owner and puppy like a yellow stain on the carpet.

Believe me, you will be SO GLAD you took the time to get the whole house-training thing right in the beginning. Do things right the first time and the first time will be the only time!

Housebreaking your puppy is an important aspect of puppy training and the most difficult one too... IF it has not been done correctly from the beginning.

Most of new puppy owners try to housebreak their puppy in a big hurry. But housebreaking a puppy is actually a tough task and a challenging aspect of the dog training process. With a bit of patience and lot of understanding from your side, you can readily ensure that your dog ownership will also be a successful one and a pleasing experience.

The duration of time that is needed to housebreak is largely dependent on your dog

How To Train My Puppy Fast Track System

breed and his genetics, and you may need to be very patient while carrying out this difficult work.

More often, it is very difficult to control bowel and bladder movements of a young puppy. Meaningful housetraining will help your dog control bowel and bladder movements.

The **secret of housebreaking** is essentially an element of consistency and repetition of various training actions... and using the fast track system that you are holding.

All dogs can be housebroken, provided you show enough patience and dedication towards this cause.

Ok... now to the tough love- It upsets me to no end to see all the “experts” giving their **BS** information because they have successfully potty trained a couple of dogs in their lifetime.

Let them go through hundreds of puppies and hundreds of clients and then spill their knowledge. What I am about to show you is not from hearsay or ‘I think it might work’. **I KNOW it will work – IF you will follow the plan.**

The first edition of this book, I tried to give more options and open up the options that you have. Why? Pressure!

I was getting pressure from other leaders in the industry that just because I’d had so much success in this area that my methods were not the only methods that work.

I agreed- so I gave other options and guess what happened?

Over and over I would get emails letting me know that the optional methods I was including were not working... HmMMM.

So I went back to the drawing board and came out with the plan that WILL WORK. There is no doubt. Will it work for you? That is up to you. You have got to apply the tactics and stick with it.

Before I begin, I will tell you actually what type of person will struggle with housetraining their puppy. I know because I have watched the pattern over and over and over...

Ready?

How To Train My Puppy Fast Track System

The person that fails is the one that does not establish the authority and the house rules from the beginning.
Period.

Much more important than housebreaking your puppy or older dog is establishing that **YOU** are the leader. **Listen:** Please don't bypass this section and say to yourself that you know this- yet don't apply it.

Dogs live in packs and they are used to pack leaders- If you don't take that position... early in the relationship... then they will.

If you didn't get my special report- [Leader before Lover](#)... Click on the link to download it.

So as we go through the **#1** way to housetrain your puppy or older dog, then I will give you options and second best options but know that the closer you stick with my tactics, the faster you will reach your goal.

I will share emails that I have received from customers and by the end you will be able to see what they were doing wrong. THEN- you will be able to take whatever puppy problems come your way and solve it.

First KEY:

Having a house-trained puppy is not only good for your mental well-being, but that of the dog as well. **Trained dogs are happy dogs.** As creatures of habit, it's in their nature to keep schedules as pack animals. House training and the predictable routine that comes with it meets your dog's natural need for stability.

And teaching your puppy to be housebroken is the KEY to all other types of training, especially in the unique way I will show you to do it.

Although the idea of house training a puppy can be overwhelming, especially if you have never done it before or have heard horror stories from other dog owners, I can assure you that you have absolutely nothing to fear.

If you follow my instructions, your dog will be house trained in just a couple of weeks... if not less.

Listen to this email I got yesterday:

How To Train My Puppy Fast Track System

“I purchased your package yesterday and within HOURS this is working. We had a crate given to us from a friend that was just too big. When we first tried to crate our puppy after three days, he cried all night and when we came downstairs there was poop everywhere. We cleaned it up and are now using your crating method with the carrier that he flew to Boston in.

He had no accidents last night, slept until 3:00 am - I took him out to do his business, then he went back to the crate and cried for about 10 minutes and stopped. Took him out in the AM and he peed, then took him out an hour later and he poohed. Awesome. I realize that does not mean that we have this all solved, but so far we are seeing immediate returns.”

- Marc DeCastro

Does it end there? NO! Will you make mistakes? If you're anything like me, yes... But stick with it and you will have a housetrained puppy that you will enjoy and not hate.

As you will see, I have made all the tips easy, concise, and practical. And most of all, I know they will work for your puppy. All you have to do is your part.
Ready? Let's go!

How To Train My Puppy Fast Track System

The Psyche Of A Dog & You Are The Pack Leader

Before we jump into the specifics of the housetraining process, I'll just take a minute to talk about the psyche of your puppy.

You most likely haven't given a ton of thought to the way a dog thinks, but this is valuable information when you are attempting to get your dog to act a certain way.

(Basically, you want your dog to learn to "hold it" while indoors and eliminate exclusively on the spot outdoors that you have chosen for this purpose.)

Your dog has no idea why you want her to act that way. You will never be able to explain it to her either. However, she will learn from your signals what exactly it is that you want her to do, and she will do it because it makes you happy. (See, this is why dogs are man's best friend!)

Since your puppy cannot follow logic in order to understand what behaviors you want to see and do not want to see from him, you must be very sure to give clear signals about your expectations at all times.

Any conflicting messages will confuse him and set back the training process. If you don't do the same thing every time, your dog will not know what you want from him. Consistency and repetition are vital to communicating your expectations to your dog.

Over and over again I see problems with new puppies and especially with dogs that are older and rescued from a shelter. These problems caused by NOT placing yourself as the pack leader.

With older dogs, especially males, you are going to have a lot of 'Marking of their territory'. They are putting the stake in the ground. "This is MY House."

From the beginning, you have got to establish yourself as the Pack Leader.

How To Train My Puppy Fast Track System

Now don't pass this section thinking you're listening to some ex-cop who was on the swat team, etc....

Yes, that is all true but it has nothing to do with what I'm telling you- This is KNOWN facts. **Establish the Lead.**

Preparation/Planning

If you have already brought your puppy home, you are most likely very eager to begin housetraining. That's understandable! However, taking a few minutes to organize yourself from the get-go will pay off greatly by reducing the total time spent on housetraining (and reducing your frustration levels during the process!)

The house training process is fairly simple, but it is important to decide exactly how you plan to go about it before you start the process. Consistency is key. So sit right down now and think for a minute about the important elements of your training plan.

First of all, who is going to be involved in the training process?

Will you be entirely in charge of the training, or will there be other family members helping out as well?

Think about how many people you will need to help in order to make sure that the puppy can be taken out on a regular schedule every couple of hours throughout the day.

Once you have decided who all is going to be a part of the process, you will need to explain the training process clearly to these individuals. Your entire team must be on the same page.

If each person follows a slightly different procedure when taking out the puppy, your pet will be confused and it will take much longer to complete housetraining. Therefore, all details must be worked out and all collaborating family members prepped before housetraining begins.

The next issue you need to resolve is **when** housetraining will begin.

If you already have the puppy, your answer should ideally be something along the lines of "as soon as possible."

Do remember that training takes time and attention to do correctly, though. It is better to wait a few days if necessary to be able to clear your calendar, take time off

How To Train My Puppy Fast Track System

of work, or at least wait until a time when you will have more hours to devote to the training process.

You should also take into consideration a puppy's ideal housebreaking age, which is about 8 to 12 weeks old. Breeders, pet stores, etc. should not let you have a dog before 8 weeks anyway, but if for some reason you have a puppy younger than that, it's not appropriate to begin training.

Remember that adage that old dogs can't learn new tricks? There is some truth to it, so don't take any chances. Take advantage of the sponge-like mental capacity of an 8-12 week old pup and train during this time.

Next, decide on an appropriate schedule for elimination.

A puppy will need to go outside approx. every 1 to 2 hours, and especially after meals, after play, when waking from nighttime and naps, and before sleeping at night.

Make a written schedule of the puppy's feedings, playtime, and trips outside.

Assign actual numerical times to each activity, i.e. "meal #1: 8:00am." (Remember that puppies are typically **fed three times a day**.) Now post this schedule in a visible location and make sure all people to be involved in the training understand the schedule as well as the importance of adhering to the schedule.

In the final stage of your planning process, you need to decide the actual mechanics of the process. Which door will you use to go outside?

Where will the dog eliminate?

It is important that these factors do not change, especially at the beginning of the process. Put a bit of thought into the best location for your dog to go to the bathroom in the yard.

Have you ever been in one of those backyards that was a complete landmine? You didn't know where to walk because of all the poop? You don't want to be that yard. Find a good spot and take your puppy there every time.

How To Train My Puppy Fast Track System

The Routine

By this point you understand that sticking with the routine is very important to your puppy's housetraining success. Let's now discuss the exact details of the unique tactics and what I believe from my own experience and hundreds of others- the IDEAL way to housebreak your puppy.

First, put a collar on your puppy. Will they like it? No. Will they get used to it? Most definitely. This is an important step- don't bypass it.

Get a leash for your puppy.

Our puppies and our clients puppies are NEVER in the house without the leash on. NEVER. Why you ask?

You want to have the puppy by your side at all times. Either tie the 6 foot leash to your belt or hold it but never let the puppy out of your sight.

"But I have work to do"

Ok then put him in the crate. I will get into this a little later but I want the majority of your playing and socializing with your puppy to happen outside. The inside is for eating and sleeping. If he pees in the house then it just shows that you were too busy and need to place him in the crate until you have the time to give to him. When taking him outside to pee and poop, always have the leash on. It will help you to maintain good control and lets him know that you are not just going outside to play in the grass. The leash is the key and it tells your puppy "We are outside to do the business, not to play."

Lead your dog to the spot where you want him to eliminate. This is the spot you have chosen ahead of time, the spot that you will ALWAYS use for elimination, and the spot that every single person who takes the dog out must use. Don't walk around and let him sniff the entire yard.

YOU must take him directly to the spot each time. The consistency will help your puppy to understand that you want him to go to the bathroom there.

DO NOT let him outside to roam the entire yard and forget why he is out there. If you want to play with him, do it AFTER he has peed.

This is potty time, NOT play time.

How To Train My Puppy Fast Track System

Once you reach the designated “elimination spot,” give your puppy a short verbal command such as “**GO POTTY**”. This will pay off when you need him to go ‘on command’ at a spot different from the one he is used to, such as at the vet or while traveling. You want him to begin to associate eliminating himself with this command.

When your dog starts to eliminate, praise her verbally. You know what I mean: “You’re such a GOOD girl, GOOOOOOOD dog!” and so forth. Continue to praise her as she finishes and then after she is done. This is the signal that lets her know you are happy when she does that. Praise her **every** time and she will start to get the point!

If your puppy doesn’t go outside, then take her back inside. Watch her very closely and try the whole thing again in 20 to 30 minutes. **AFTER** she has used the restroom, then note it on your schedule and play all you want.

Get some dry dog treats and give one or two after she pees or poops in the designated area. Reward her **OUTSIDE- NOT** when you return inside.

Again: REWARD HER OUTSIDE- NOT Inside

When you’re in the house and you still have an untrained puppy, don’t give her access to water and food all the time. Give her meals only at the times you have designated on your schedule. Usually 3 a day for small puppies. At the appointed time, put the food in the crate. After about 10 to 15 minutes pick it up and remove it **VERY** quickly.

Your puppy will recognize that she needs to eat or will have to wait until the next meal. She will eat and inevitably need to go potty in approx. 15 minutes. I don’t know exactly what your puppy’s behavior will be, but you sure will after about a week of being strict and consistent with feeding her and taking her outside.

And that is the whole routine! Be sure to always go in and out of the same door, take your puppy to the same location in the yard, and use the same verbal command, followed by the same enthusiastic praise when she does things right.

Patience is a Big Virtue

Like any training endeavor, housebreaking requires **a lot** of patience. If you definitely despise cleaning your dog's waste off your Persian carpets on an hourly basis and having your whole house smell like a public bathroom, you want the housebreaking to be successful in the wink of an eye, if not sooner.

Common Sense Makes a Lot of Sense

How To Train My Puppy Fast Track System

The use of common sense will aid you big time in dealing with your puppy's housebreaking endeavor. Logical thinking should inform you not to give your dog water before bedtime if his tendency is to pee often at night-time. Catering to his schedule first will prove to be very helpful in making it gradually change into yours.

Aside from patience and common sense, **consistency** is also one of the important factors of this dog training activity. If you suddenly forget about the routines yourself, don't blame your dog if he starts committing accidents more often. Remember that the stakes are high (dirty and malodorous house). If you want to succeed in this housebreaking feat or just about in any other training drills, don't treat it as a game. Allot enough time and commitment on your part. You CAN DO THIS!

Let's review and summarize:

General Hints:

Here are some of the most basic principles and guidelines that you must follow without fail:

Tip #1: The aspect of positive reinforcement is a critical aspect of the entire training show. Whenever your puppy performs his basic duties and tasks with success, praise him lavishly and profusely.

Tip #2: Punish the dog WHEN he has failed in his duties to perform the assigned act. Never punish him after the act. How? By either growling in low voice and picking him up and taking outside OR with a short-loud- "NO!" then pick up or attach leash and take outside.

Tip #3: Make it a point to take your dog for a short walk soon after a meal or nap.

Tip #4: Create a feeding schedule and stick to that schedule without fail.

Tip #5: Never leave the feeding utensils near the dog's room except during the feeding time.

Tip #6: Get to know those doggy signals! Learn to recognize their invisible signals and actions. For example, many dogs will sniff the floor and walk in circles when they need to go out.

How To Train My Puppy Fast Track System

The MOST critical aspect of housebreaking procedure is to teach your puppy the place where he is supposed to eliminate feces and urine.

When you set and adapt some important basic rules and regulations, your dog will immensely benefit from them. You can also maintain clean hygiene and cleanliness within your house and surroundings. As a pack animal, your dog is expected to listen and respond to instructions from its pack leader...that's YOU! ;-)

Here are some more tips that will help you to housebreak your puppy:

Tip: Use a crate while housebreaking your dog. Crates are not tools to punish your puppy. The main objective is to make this crate a sleeping and resting joint for your puppy. A crate is a small cage just big enough for your dog to move around freely without any hindrance. It will have a locking door and bars that allow your dog to have an unhindered view. Check that your dog is never confined for more than 3 hours at a stretch.

You may be glad to know that your dog will never soil his crate, unless you have locked him for an unbearably long time.

All new puppies need to eliminate at least every 4 hours, so ascertain that you make yourself free to take him out during these time intervals. Once you create this tight schedule, you can rest assured of a perfect housebreaking.

Use the same route while you lead your puppy out of the house; this will make him accustomed to the ritual of going out in the future through the same route.

Be sure to give the same short verbal command when you reach the "elimination spot".

Draw a time chart and use this chart without fail. The main objective of housebreaking is to set up a strict routine, so that your puppy will know how to recognize and adhere to that schedule.

If you have a puppy that roams around the house freely, you WILL have mistakes... I'll cover in a minute my thoughts on this one.

If you see that your dog is eliminating inside the house, reprimand him with a stern NO and stop him by holding the collar. Take him out immediately and let him finish the job. Praise him lavishly by calling his name.

How To Train My Puppy Fast Track System

Make a habit of urgency in your puppy's attitude by saying words like "fast" or "hurry up" while he is eliminating. This will act as trigger words for the dog to obey your commands. Reward with treats OUTSIDE- NOT inside.

When you provide regular and stern commands while housebreaking, they will remain permanently etched in your puppy's brain.

Use a deep and strong voice while training your puppy. Puppy must know that you really mean business and are absolutely serious. Your dog will start noticing subtle differences in your voice and a slight variation will allow him to recognize your needs.

When praising him, make sure that you're using a high tenor, happy voice that incorporates his name several times.

How To Train My Puppy Fast Track System

Crate Training

I believe that EVERY puppy should start off in a crate.

EVERY puppy. Every DOG.

Now does that make me a lot of friends? NO. But you came to me for the honest truth and that is what I'm going to give you.

IF you paper train, pad train or litter box train then there is going to be a lot more mistakes in the house.- This I can promise you.

You are going to have accidents continually. You will never be able to trust your puppy 100%. Accidents will happen- stains will be made- odors will smell and each accident will make not having another one even tougher.

And it even matters HOW you place them in the crate.

Dogs can sense your emotions like no other... And if you are placing them in the crate with a 'I'm sorry about this' attitude it will bleed over to your dog and it will be much tougher for him to adjust.

Here's why the crate is THE method- hands down:

IF your puppy cannot keep from peeing and pooping in his crate then there is no way you are going to keep him from peeing in the house.

The crate will become the puppy's den- the safe place.

Keeps your house cleaner.

Keeps you from buying new furniture and shoes.

Allows you to have more than one pet.

Feeding the puppy in the crate keeps the puppy from having aggression about his bowl. Have you ever been around a dog that would bite your hand if you went near him while eating? The crate helps this a lot.

How To Train My Puppy Fast Track System

Transport SAFELY in the car.

They can be used when friends come over who don't love your dog as much as you do. (aka... my mother-in-law)

This one is BIG: It helps to establish you as the PACK leader. You are in control of his destiny. You are the one that feeds him. You are the one that lets him out to pee. You are the Leader.

The crate needs to be THE primary home for your puppy from at least 8 weeks to 16 weeks... minimum.

What kind of crate?

I think the plastic ones are the best. You can clean them out much easier. They cannot be chewed through like the wire cages. It gives your puppy more privacy. You can use it to travel and place a seatbelt around. Did I mention that they are much easier to clean?

Ok, let's cover exactly what will happen when you FIRST place your puppy in a crate. Mark my word so that it won't be a surprise to you:

He will whine like a baby.

I repeat: He will whine like a baby. Howl, scream, kick and bark...

WIN THIS BATTLE.

If you go to him and let him out- you are setting yourself up for many sleepless nights. Get through these first few days of whining and you have beaten it.

This is the ultimate tough love. Don't tell anybody but I have a soft spot for little puppies. And my first thought is to run to their aid when they start whining but I know enough to know that if I do, then I am training him that whining means "I get out of this cage and into the arms of my owner."

DON'T Do it...

Even trying to talk to your puppy while he is whining is rewarding him- you are giving him attention.

Don't go there.

How To Train My Puppy Fast Track System

So, let's say that he is whining and an hour or two has gone by- You know that you need to take him outside to the bathroom. Go to the crate- attach the leash- take him outside to pee and poop and then return to the cage.

No playing- no talking- just matter of fact. Not like you're mad at him- but just matter-of-fact like.

OK, what can you do to help this screaming and whining?

Here are a few ideas:

Place a blanket or sheet over the crate so that there is no visual stimulation for the puppy and quiets down their atmosphere.

Make sure the crate is in the same room as the family but NOT the center of attention.

Put a rawhide bone or toy in there.

Place one of your shirts with your scent inside the crate.

If the whining gets too much- either place the crate in another room or in the basement.

Leave radio or television on.

AGAIN- Do any of the above but **DO NOT** let her out. You will not like the long-term results.

Let's say that your puppy is 9 weeks old.

You place him in the crate... with his collar on...

Every 1 ½ hours to 2 hours, you open the door- attach your leash or pick him up and take him outside to the designated area. Stand solid and give the command that you will give the rest of its life. "Go potty" or whatever you are going to use. Make sure that you have some treats- In the beginning; the **majority of your bonding time should be done outside**. Play and have a ball but inside- bring it down a notch. Slow things down. You don't want your dog to be hyper on the inside. Do this until they are at least 6 months old.

(This will make more sense later...)

And repeat this every 1 ½ to 2 hours for the first several weeks and at night you would want to do it- every 4 to 5 hours.

How To Train My Puppy Fast Track System

Now- don't stress out thinking that this is going to be so hard- because the fact is that your young puppy will sleep 12-15 hours a day- if not more.

One of the biggest ways I see clients sabotage this is that they keep the dog in the crate too long and the puppy has to pee or poop and if you do this several times in a row- you are backpedaling fast.

Immediately get paper towels and a bleach spray and wash out the crate. Clean it up as much as possible. Don't allow your puppy to get used to sleeping in pee or poop.

Set the routine- every 1 ½ to 2 hours for the first several weeks. Each day or other day- extending this time for 15 minutes or more and continually increasing the time that you wait to go outside.

This method is doing MUCH more than housetraining your puppy. It is also setting you up as the pack leader of the group. You are saying, without words, that I am in control of when you pee and where you pee.

Puppies thrive on patterns. When you set these patterns up, the puppy will get to expecting that you will come to let him out real soon. You are winning a major battle.

One way to help them adjust to the crate is to throw a few treats inside so that they will feel rewarded for entering the crate. Or you can use a toy to make them get in.

Last case scenario:

Manually place them in the crate. This is not an option. They are going inside the crate- it depends on them HOW they are getting inside.

Also FEED your puppy inside the crate. 3 times a day. When finished- remove the food. If not, then the water bowl will be turned over and become a toy. A puppy can go 8 hours easily without water- they'll be fine.

Let me give you a future look:

One day, believe it or not, you will leave the door open to the crate and your puppy will enter it and sleep. I guarantee it.

How To Train My Puppy Fast Track System

You might be thinking that you are not home during the day and cannot do this, then we will attack that- BUT for now, I am giving you the ULTIMATE way to housebreak a puppy... or even an older dog.

Basically, you will put the puppy in the crate for an hour or two at different times during the day and then take him outside to eliminate.

The advantage to this method is that most dogs won't eliminate when they are in small areas due to their instinct. In this way, you are actually using a natural canine instinct to teach your puppy to hold it until he is taken outside to the designated area. They come to think of this crate as their den.

***Did you know that when a puppy is 4-6 weeks old, it will leave its den and walk outside to pee and poop? It's true.

A puppy doesn't like to pee where it sleeps unless a pattern has been set early in its life... (for example a puppy from a pet store who never leaves the crate and has to pee in it...we will attack those problems a little later)

When using a crate in your training, just be sure **not** to leave your puppy in the crate for more than 4 hours at a time or for many hours during the day. That would be cruel and bad for the puppy's development. (This doesn't have to do with night-time)

At night- take the puppy outside to pee and poop- no playing- strictly business and then return to cage and go to bed.

Every TIME you take your puppy out of the crate- attach the leash and go directly outside. **Keep this as your routine.** In days, your puppy will know this routine and will get to expecting you to take him outside.

You are 99% of the way there. I'm proud of you. Keep it up.
When will you know that he is trained?

Great question.

One of two things will happen.

He will start going to the door and waiting on you or he will come to you and get your attention and then go to the door...

How To Train My Puppy Fast Track System

OR- he will just wait on you to think of it. A housebroken dog can go hours without needing to go...

When will you know that you are letting out the leash too quick?

He will pee/poop in the floor when you are not looking... or you will find surprises in the corner of the room. When this happens, do some soul-searching?

Whose fault was it? How long has it been since you took her outside? Did she just eat or drink? Are you leaving water out all the time?

AGAIN- Use the crate in the beginning. I know you want a dog you can love and maybe even sleep with you BUT do not rush this process. If you do, then the chances are HIGH you will get rid of her...

Don't let this happen- Establish the foundation from the beginning.

Another question I get asked is **"When can I quit using the leash?"**

If you're talking outside and you do not have a fenced yard, then my answer is never... unless you have a fenced in yard. You don't want to take that risk of your dog getting injured in the road-but that is just me.

If you have a fenced yard, then try it without the leash after a month or so... Give the command to GO POTTY or whatever you use and see if he goes to his spot and does the duty.

Did he? Then you're doing great.

If not, then place the leash back on and keep it on for now.

When can you stop using the leash inside?

You can test a little less each day. The entire reason for the leash was a great reminder to you to keep watch on your puppy- 100% of the time.

Ok- let's look at the problem in case you are not home during the day and cannot use this method full-time:

Here are my suggestions:

Use a dog kennel- like a pen area with the crate inside the kennel (leaving the crate's door open so that the puppy can sleep in the crate)... On the other side of the kennel, lay down pads or paper.

How To Train My Puppy Fast Track System

Get a friend or pet sitter to come over and take out your puppy during this time. Use the **below paper training** that I will tell you about but know that I do not like to do this... but it is better than leaving him in the crate for too long.

Paper training when you cannot do the crate training (during the day- Remember when you are at home- go back to the crate training. The crate is your friend.

Paper training:

Place the puppy in a closed spot without carpet... for example- laundry room or kitchen. Use baby gates to block the entrance. Place papers in one side of the area and the crate in the other. Tie the crate door open so that your puppy can come and go as he pleases.

Make sure to read the special report you always received-
[Easy Crate Training](#)

Now, let me talk about crate training an older dog:

How To Train My Puppy Fast Track System

Housebreaking Older Dogs

Much more about this in:

[Easy Crate Training](#)

Here is the short answer:

Train them exactly like you do the puppy.

Yes, they will be able to hold it much longer than the puppies.

Don't let the shelter or the previous owners tell you that the dog is housetrained. If you do not establish the rules in the beginning then they will still pee in the house and mark their territory.

Remember that you are doing much more than potty training- you are telling the new addition that you are the pack leader.

Let me give you a basic routine:

Place in crate- let out in a couple of hours and attach leash and go outside to potty place. Praise and treat when he pees or poops.

Take back inside and keep on leash near you or attach to furniture.

Repeat process in a couple of hours.

Each week you can extend the time from 2 hours to 3 hours and the next week to 4 hours...

Around week 3 to 4, if your dog is doing great then you can have moments of him being in the house without the leash... If he does something wrong, then back track and know that you are pushing things. Slow down and go back a few weeks in training.

While I'm thinking about it, I don't like doggie doors until the dog is older... like 2 years or more. Why?

How To Train My Puppy Fast Track System

Because it does not teach the dog any bladder control and it shows the dog that they are the ones in control. They go outside when they want to and how they want to. They go pee where they want to...

It is just not a good idea.

Variations

We have just covered the basic routine for housetraining, but there are a few common variations to the routine I've described. If you choose to use one of the variations instead of the basic routine, that's fine. **HOWEVER:** you must choose to utilize the variation from the beginning of training and use it exclusively. A dog cannot understand variations, so to him, your routine must always be the same.

Your routine must just be "the way things are" in his world.

That is what I used to say- this was the part that was included... but guess what?

It doesn't work!

How To Train My Puppy Fast Track System

Paper Training

Some dog owners may face obstacles to taking their dogs outside to eliminate. Maybe they live in the Arctic and will get frostbitten if they go outside. Maybe they live in an apartment where there is no available outdoor space for dogs to go to the bathroom.

Maybe they have some physical impediment, which prevents them from being able to take their puppy out as frequently as it needs to go.

In cases such as these, there is the possibility of training the puppy to eliminate indoors on paper that can be cleaned up.

This will work for some smaller breeds, but I want you to know beforehand: this is not my recommended method. It gets a little messy. You should know that if you choose to let your puppy relieve himself inside, you are going to have a lot more accidents.

In paper training, you essentially follow exactly the same process as regular outdoor training, except your special elimination spot is a stack of newspaper laid on the floor somewhere in your home.

You will need to choose a small room in your home and spread out newspaper all over the floor. It's nice if you can put a waterproof piece of plastic or other protector under the paper to protect your carpet or floor.

After feeding your puppy or giving him something to drink, you take him to this room onto the paper, repeat the verbal command, and praise him for eliminating there.

Once he has finished his business, you replace the newspaper except for a small sheet and keep it on the floor. Next time he enters the room he smells it and knows where to go, at least that is the theory.

You continue to get smaller and smaller with the paper, taking away about half of the paper each time, until you end up with one or two sheets on the floor. You can also

How To Train My Puppy Fast Track System

choose to train your dog to eliminate on special pans or litter-box type products that can be purchased at a pet store.

Make sure again to praise him when he goes in the right spot and when he goes in another room, pick him up and take him to the paper. Keep in mind- repetition wins. Don't get mad at him, ESPECIALLY IF you haven't kept your eye on him.

It is best to catch him in the act- that way you can pick him up and let him finish on the paper and praise him when he does it.

Ring a bell

Another variation is to hang a bell from the doorknob and teach him that when he rings the bell, you'll take him outside. It sounds a bit like science fiction, doesn't it?

Here is HOW to do this specifically:

Hang the bell from your doorknob. Every time you take her outside to eliminate, hold the door in such a way that she has to bump the bell (and ring it) on her way out. In this way, she learns to associate the ringing bell with going outside to relieve herself. Even if she bumps into the bell by accident, immediately take her outside to the spot... Remember: It's all about consistency and repetition!

GUESS WHAT?

You try the bell and your puppy is going to drive you nuts.

You are giving him access to ring a bell so that he can go outside every time he rings a bell. Do you know how many times a day he will ring that bell and it has nothing to do with peeing or pooping?

Dozens... I would leave this one alone.

I'm including these techniques so that you don't run across it and see something new and try it. It will set you back.

Accidents: Dealing With the Inevitable

The good news is that accidents will be reduced if you consistently apply the housetraining routine and are very vigilant and disciplined about taking your dog out.

...Especially using the crate training methods that I have shared with you.

How To Train My Puppy Fast Track System

The bad news is that there is virtually no way you can prevent accidents from happening at least a few times during the training process. Now that you know this unfortunate fact, you might as well learn how to deal with accidents and/or near-accidents.

If you notice your puppy sniffing and circling or otherwise showing signs that he might be about to eliminate indoors, clap your hands quickly (the sound will disrupt his activity), take him outside to the spot, and repeat the usual command.

If you catch him WHILE doing it, stop him with a quick grab of his collar and pick him up- take him outside to the spot and let him finish his business. When he does, pet him and praise him... Even give him a treat.

It is a must to make your dog get used to being praised whenever he does anything that makes you proud. Giving him food as a reward when he does his business in the appropriate spot can help, too.

If you find a mess, but did not see him make it (and therefore could not interrupt the process), there is nothing you can do other than clean it up. It would be nice to be able to sit your dog down and have a nice chat about why you don't appreciate finding these surprises in your house, but that's not possible.

Your dog lives in the here and now. Any punishment or reprimand that you dole out **after** the fact will not be connected in his mind to the act of going to the bathroom indoors. If you didn't see it happen, you've lost your chance. Clean it up and wait for the next opportunity to teach your puppy.

All he will know is that you are angry with him. He won't have a clue WHY you're mad. This is why the method of sticking his nose in it is about the stupidest advice I've heard.

Problem Solver

Let's say you have been working on training your dog according to the methods described in this book, but after a week or so you haven't seen any progress. First of all, yes, you should be seeing some major improvement by this point, so you are right to be wondering what is going on. If you are having training troubles, there are a few different things that might be going on.

First of all, if your puppy is having trouble with housetraining, it is important to go through a quick "examination of conscience" as owner.

How To Train My Puppy Fast Track System

It's hard to hear it, but always all training problems are due to the owner's lack of commitment to the training process. Think back to when you started training and assess the situation fairly.

Have you left your puppy alone for too long?

Are you taking her out every 2-4 hours?

Are you taking her out once during the night?

Have you changed expectations (using different doors, different spots)?

Are different family members using different methods?

Have you hit your puppy or tried to shame him after he has eliminated indoors?

Have you been giving consistent praise when he eliminates correctly?

If you haven't been 100% faithful to the system, this is most likely the root of your problems. Make corrections as necessary, be consistent, and follow the routine to the letter, and you will soon see improvement.

If you can honestly say that you have been complying exactly with the housetraining program I have described above, there are a couple of different things that could be happening.

First, let's address submissive urination...

If this is the problem your puppy has, it means that every time you greet your puppy, she pees all over the floor or even worse- all over YOU. Now in general, this is not a housebreaking problem. It is actually due to the fact that your puppy is probably not old enough to have developed strong control of her bladder muscles. She pees inside, but is not aware of the fact. She will most likely outgrow the problem very soon as she matures.

It's nice to know that submissive urination is not because your housetraining is not good or your dog is not well-behaved, but what can you do about it?

Here are some great tips for dealing with the issue:

Avoid eye contact, talking, and touching during emotional highs. For instance, when you enter or exit the room, don't make a big deal out of it. If you've been away from your pup for several hours and you enter the room, don't talk to him. Just attach the leash and walk outside to the potty place.

How To Train My Puppy Fast Track System

Also remember never yell, strike, or show anger toward your dog. Yes, you want to be the alpha dog, the leader, but don't do this by brute force.

And remember, most submissive urination will cease as the pup grows older.

Another possibility if you are having trouble with housetraining despite your best efforts is that your puppy was born with some sort of physiological problem that prevents him from being able to control his bladder. This can also happen occasionally when a dog has a surgery, such as being spayed. The only way to tell if this is the case is to visit the veterinarian so that he or she can examine your dog and advise you on the best course of action.

How To Train My Puppy Fast Track System

Socializing Your Puppy

Let's brush up on how to get your puppy to experience a positive upbringing by way of socialization.

Growing into adulthood is a very important topic that should be taken into consideration. While even animals in the wild will eventually grow to maturity with no human care all, it is important for your new puppy to develop a certain sociability, a willingness and desire to live with and around people, and to accept his owner's word as law, since such is his lot in life.

Proper Socialization Doesn't Happen By Accident

This socialization is accomplished not haphazardly, not by chance, but rather by diligence, hard work, and intelligent handling.

Exposing a puppy to a variety of stimuli and gently, patiently, guiding him with each new experience will serve to create a confident, well-educated, socially acceptable canine.

The spooky dog, the fear-biter, the animal who backs away when approached, and many other dogs who behave in socially unacceptable fashions were created by neglect; **neglect on the part of their owners to expose them to what the world has in store.**

Often these poor, neurotic animals are filed as the unfortunate status of "outdoor dogs" since they have become virtually uncontrollable under normal living conditions as family pets.

Proper socialization includes exposure to noises, unfamiliar people and places, other animals, children, travel, and other such stress-like situations.

Puppies may be cautious about unusual and unknown things.

Their lack of confidence may be demonstrated by barking, backing away, whining, or acting with nastiness.

How To Train My Puppy Fast Track System

Reassuring your puppy, talking to him quietly, giving praise, and coaxing him to explore the offending object or person will teach them that there is nothing to fear. Each time he overcomes his anxiety, new self-confidence is developed and he will find his next unfamiliar situation less threatening.

His exposure to people and children should be treated in a similar fashion.

Many puppies are quite comfortable with all types of people, big or small, but just as many are timid when presented with unfamiliar faces.

Ask strangers and children to play with the puppy, to pet him and gently encourage him to make friends. Kneeling to his level or sitting beside him on the floor will eliminate some of the trepidation he might feel by their mere size or quickness of the children's movements.

One Last Word About Children...

Very young children should be allowed to play with animals only under direct adult supervision.

A puppy is not a stuffed toy and should the child mishandle him, the animal could be irrevocably damaged regarding his adjustment to all children in the future.

Therefore, if your child is too young to understand the concept of gentleness, by all means wait before bringing a little pup into the household or you may want to consider buying an adolescent puppy (4 to 9 months old) rather than an infant one.

Socialization is the process of change and additions in a puppy's life. As he matures, he will develop a wealth of experiences that help him fit into the world around him. This includes forming relationships with all types of people, other dogs and different species of animals in various situations. A happy, well-adjusted dog is great to live with.

Puppies have so much potential that is just waiting to be developed. Every sight, sound, smell, and taste is new to him.

A puppy learns by exploring and investigating everything in their path.

To help them to develop into friendly and outgoing adult dogs, it's important to encourage this exploratory and social behavior. Socializing your puppy to new things should be a positive and pleasant experience for him. Learning can be very

How To Train My Puppy Fast Track System

stressful. Expose him to learning at a rate that allows him to absorb new information, but not be overwhelmed by it.

From **three to twelve weeks of age**, a puppy is in one of the most important developmental periods of his life. He is very receptive to new things that could prove to be more difficult for him to adjust to at a later time in his life. Regular handling by a variety of people during this stage is very important for him to form positive attachments later. The desire to bond with humans should be keyed in on at this time.

A puppy normally will get to a new home at seven to nine weeks of age. He is ready to transfer to his "human" pack at this age.

If you are **adopting an older puppy (over twelve weeks) and he has had limited socialization, you may have to work harder at first**. A puppy adopted from a shelter may not have a known history. It is not too late to teach him what the world is all about, you may just have to work harder at it.

Puppies are like humans. Some are shy, others bold and outgoing from Day One. Watch and learn to observe the signals a puppy gives, and this will help in the socialization process. A confident puppy will advance towards new things with their tail up or wagging, ears forward and with a very relaxed expression.

A hesitant puppy may hang back, holding their tail low or tucked, and have an expression that might appear worried or concerned. A shy puppy needs more time to adjust but if not forced, can become more confident. When first socializing your puppy, focus on confident responses and praise him for his bravery in the process.

Once puppies are away from their Mother and littermates, they need to learn self-reliance. The first few days can be an adjustment period for both you and your puppy. For the first few nights, most young puppies **will whine when left alone**.

A large stuffed animal or warm wattle bottle that they can cuddle up to helps to keep them company. You may also choose to keep her bed in your bedroom at first so they are around you; this may help to ease their loneliness.

Choose an area in your home to become your puppy's domain. Spending time there will be important for her to build self-confidence and handle being on her own.

Allowing your puppy to run freely in your home **gives her too many choices** as to what to chew, jump up on, chase, etc. For a place to call her own, **a crate or small**

How To Train My Puppy Fast Track System

gated area works well. Provide her with chewable toys and other toy items in this area to teach her what is hers.

Confinement along with free time helps to teach her self-control.

A puppy that follows along with your every movement may tend to over bond and become extremely stressed when you need to leave him alone. On the other hand, if left alone excessively he will not receive the social contact that he needs. This can lead to behaviors like shredding newspapers or chewing on objects you don't want chewed on. Balance the time he spends in his special area along with free-range free time.

As his house manners improve, you can reward him with more freedom. When he complains loudly about confinement, **do not release him immediately** or he will continue and get louder the next time.

Wait for a few moments of silence and praise him for being quiet. Helping him to **associate his silence with the word quiet** makes it easier to use later in life when he is noisy.

Most puppies, like children, would rather run around like crazy than sit quietly next to you. Your puppy should not be allowed or encouraged to do anything now that you would not let him do when he is fully grown. Rewarding him for good behavior increases the possibility of it continuing. Including games and toys with free time will provide an outlet for the crazies.

Rewards can come in many forms.

Timing a reward to coincide with a behavior you like should occur during or immediately after the behavior is displayed.

Correcting a behavior **should also occur** within this same time frame. Delayed corrections are punishment and at that time he will not be able to associate the behavior that was incorrect and he may not get it right the next time.

Introduce your puppy to new items slowly.

For example, a vacuum cleaner indoors is often a top panic-producing experience for a young pet. It's large, extremely noisy, and it moves! To show them that it is not a threat, put the vacuum in the middle of a room. Allow them to investigate when it is turned off first. Next, turn it on for a second, turn it off, put a treat on it and walk

How To Train My Puppy Fast Track System

away. At first, they may not be interested in investigating the machine. Encourage them if they approach the vacuum, but never force them.

Hopefully, they will take the treat and gain confidence as you repeat this several times, leaving the vacuum on a bit longer every time. When they readily approach, start moving the vacuum slowly before turning off. The more this is done and he realizes that nothing is going to hurt him, the faster he will start to ignore it.

Walks are important for your puppy. They provide more than just an opportunity to go to the bathroom.

Try to change the route for your walks every day if possible. This will automatically expose him to a bigger variety of experiences. At first he may be overwhelmed, panic and cower, or try to take off. He is not being stubborn when he stops. All puppies have an instinct to react to situations that startle them. It is genetic and it is based on survival.

Praise him when he appears to make the choice to investigate what it is that startled him. Timing is crucial when praising him for the appropriate response. Choose a less busy area for the next walk and they will adjust more rapidly to outside stimuli.

Socializing a puppy to people on the street is usually easy. When people ask to pet them, start teaching them to "say hello" by sitting down.

This will automatically start teaching your puppy **not** to jump up to receive attention. Puppies need to learn to greet children as well as adults. For a shy puppy, the approach of a child may intimidate them. It is important to teach them that kids are no threat (provided the child is not hurting the puppy in any way).

You can help teach this by choosing a place near, but not next to a playground or schoolyard. Find out at what distance they are comfortable with children. If it is ten feet, start praising them for remaining calm when children are beyond that distance.

The goal will be to teach them that receiving attention from children is safe. If a low-keyed child wants to pet them and they seem okay with that, make sure they are not backed into a corner. This will give them the option of moving away when they have had enough.

Never physically hold a puppy in place to be petted by a stranger. Having a stranger offer a treat may get the puppy to approach, but that is different from being forced to interact.

Do you plan to take your puppy on rides in the car?

How To Train My Puppy Fast Track System

If so, what association would you like them to have with your car? The car can cause a lot of stress for some puppies. **If at first the only rides are to the veterinarian's office, your puppy may develop negative attitudes about riding in cars.**

Vomiting and drooling are signs that she may be stressed. Make cars a fun place for her. **Bring along a favorite toy** and play with her in the back seat for a few minutes. Then take a short drive around the block and play with her again before going back inside.

Try to avoid traveling with him immediately after he has eaten. Using a carrier for car travel makes some puppies feel safer. If you do not use a carrier, make sure there is someone to supervise your puppy, until has learned to be well behaved when you are driving.

To prepare them for veterinary visits, **handle them all over** on a daily basis.

You will also need to help your puppy to become be comfortable with strangers handling and gently restraining them. Making veterinary visits to build a positive association for them if possible is a good idea. Go once weekly and ask the staff to give her treats. This way, they will go to the veterinarian's office several times a month and have something unpleasant happen only once. You may actually end up with a puppy that looks forward to the vet visits.

Many dogs that have changed homes during adolescence are products of an under-socialized training regime. It takes a large amount of time and effort to raise and train a puppy properly. The effort that you put into this during the **first year** influences her for the rest of her life. Socialization is an ongoing project. As a dog matures, different issues may come up.

A puppy that has been exposed to the world outside his normal back yard has a better chance of taking things in stride. Well-socialized dogs are enjoyable to take along and are welcomed readily where you go.

How To Train My Puppy Fast Track System

Obedience Training

Obedience training actually starts in the **whelping box**. You have to depend upon the breeder from which you purchase your puppy to provide these basics. If you choose a quality breeder that you can visit often, he or she will be more likely to affect the early training of your puppy in a positive way.

You will also be in a better position to make an informed choice on a puppy, based on your knowledge of each puppy in that litter.

Up to three weeks (21 days) of age, studies have shown that puppies are unaware of much except mom, food and sleep.

Elimination is just an automatic action at this time. This will change at around 21 to 28 days of life.

Puppies will then leave mom and warm blankets and look for a corner in which to eliminate. They become aware of their surroundings, and are extremely sensitive to stimuli. As a matter in fact, any experiences at this stage, (to the negative or positive) will more profoundly affect the puppy than at any other point in its life. This is where you and the breeder can help shape your puppy's mind and life.

Puppies can be handled at four weeks, and it is great for them to be socialized and handled starting at this point. When handling, remove a puppy from the litter.

Place the pup in position, hold in position gently for just a couple of seconds using the "stay" command quietly. Praise softly and then release. Make it a fun, play kind of adventure. Calling the puppies as a group, clapping the hands and using a happy voice, is an introduction to the "here" command.

This is especially effective as a pre-training method if the puppies can be induced to come to the caller by a second person who is urging them forward gently, and if lots of praise is used. They can learn lots of basic skills at 4-6 weeks, which will save the owner and also the puppy the headaches and frustration that may occur, if taught at a later age.

How To Train My Puppy Fast Track System

The puppy's brain is a living sponge that we can start to fill with knowledge and habits. This cannot be done by brute force.

The mother is strict but fair. She doesn't yell a bunch of unknown words at the pup, then hit it a good one! She does not rub a pup's nose in its own urine. She does not let the puppy sleep in the warmth one night, and then throw him out into the cold the next. She never calls her pup in order to beat it. The puppy trusts mom completely, but also totally respects her.

In order to understand why your puppy doesn't listen to you at times, you need to look each stage of development a puppy goes through as he climbs to adulthood. Keeping in mind these are generalizations and every dog has it's own pace of learning.

The Transitional stage generally lasts from **age two to three weeks**, and it's during this time that your puppy's eyes will open, and he'll slowly start to respond to light and movement and sounds around him. He'll become a little more mobile during this period, trying to get his feet underneath him and crawling around in the box (or wherever home is.) He'll start to know who mom is and also brothers and sisters there with him. He will also start to recognize objects you might place in the box.

The "Almost ready to see the outside world" stage lasts from 3 to about 4 weeks, and your puppy undergoes rapid sensory development during this time. Fully aware of his environment, he'll begin to recognize you and other members of the human family.

It's best to avoid loud noises or sudden changes during this time as negative events can have a serious impact on his personality and development right now. Puppies learn how to be a dog during this time, so it's essential that they stay with mom and littermates for that important training.

From 3-4 weeks your puppy begins the most critical social development period of his life. He learns social interaction with his litter mates and learns how to play. At this time they also learn what is appropriate to bite and what is not. This is also known as bite inhibition.

He'll also learn discipline at this point as Mom will begin weaning the pups around this time, and will start teaching them the basics.

This includes the acceptance of her as the leader. You can begin to introduce real food to the pups starting around the 4th week transition gradually as Mom weans them.

How To Train My Puppy Fast Track System

At this point you continue handling the pups daily, but don't separate them from either Mom or siblings for more than about 10 minutes per day. Puppies that are removed from the nest too early frequently become more nervous, more prone to barking and biting and have a much more difficult time with socialization and training.

Puppies need to be left with Mom and siblings until at least 7 weeks of age - and preferably a little longer - for maximum social development.

Experts say that the best time in a puppy's life to learn social skills is **between 3 and 16 weeks of age**, and it's at this time that you want to make sure your puppy grows up to be a well-adjusted dog.

It's extremely important to leave your puppy with Mom and his siblings during this period as much as possible. Don't discipline for play fighting, housebreaking mistakes, or mouthing. That's all normal behavior at this time.

The next stage is the "everything scares me" stage, which lasts from about **8 weeks to 3 months**, and is characterized by very fast learning as well as a "fearful period" that usually pops up at around 8 to 10 weeks.

Not all dogs will go through this, but most do, and they'll appear terrified over things that they ignored or took in stride before. This is not a good time to engage in harsh discipline (this should not ever be used anyway!), loud voices, swatting, or any other traumatic events.

Also at this time your puppy's bladder and bowels are starting to come under much better control, and he's capable of sleeping through the night. You can begin teaching simple commands like: come, sit, stay, lay down, etc.

Leash training can begin. It's important not to isolate your puppy from human contact at this time, as he'll continue to learn the behaviors and manners that will affect him in later years.

The **canine toddler stage typically lasts from 3 to 4 months of age**, and it's during this time your puppy is almost like a human toddler. He'll be a little more independent - he might start ignoring the commands he's only recently learned. This is just like a child does when he is trying to exert his newfound independence.

How To Train My Puppy Fast Track System

As in, "I don't have to listen to you and you can't make me!" Firm and gentle reinforcement of commands and patience are required here. He might start biting at you playfully or even make a real attempt to challenge your authority.

A sharp "No!" or "No bite!" command, followed by several minutes of ignoring him, should take care of this problem. Continue to play with him and handle him on a daily basis, but don't play games like tug of war or wrestling with him. He may perceive tug of war as a game of dominance especially if you allow him to win.

Wrestling is another game that you need to be careful with so that it doesn't have negative effects. As your puppy's strength grows, he's going to want to play-fight to see who's stronger. The message your puppy could be receiving is that it's ok to fight with you.

The teenage stage starts at about 4 months and runs until about 6 months of age, and it's during this time your puppy will demonstrate even more independence and stubbornness.

You may see a decline in his urge to please you can expect to see more "pushing the limits" type of behavior. He'll be going through a teething cycle during this time, and will also be looking for things to chew on to relieve the pain and pressure.

Frozen doggie bones can help sooth him during this period. He may try to assert his new "dominance" over other family members, especially children. Continue his training in obedience and basic commands, but make sure never to let him off his leash during this time unless you're in a confined area.

Many times pups at this age will ignore commands to return or come to their owners, which can be a dangerous. If you turn him loose in a public place, and he runs and ignores you, there is a real chance of injury to your pet or others or even death could result.

They now begin to go through the hormonal changes brought about by his growing sexual maturity, and you may see signs of disobedience. (**Think adolescent teenage boy!**) If you haven't already, you should have them neutered or spayed during this time.

The last stage before Adulthood is from **6 months to about 18 months**, and is usually a great time in you and your dog's life - he's young, he's exuberant, he's learning all the things he needs to become a full-fledged adult dog.

How To Train My Puppy Fast Track System

Be realistic in your expectations of your dog at this time.

Just because he may look like an adult, he is still not as wise and experienced as you might expect. Gradually increase the activities for your dog, as well as the training. You can start more advanced training during this period, such as agility training, if that's something both of you are interested in. Otherwise, extend his activities to include more people and other animals allow him to interact with non-threatening or non-aggressive dogs.

Obedience Problems and How to Solve Them

There are dogs that have bad behaviors, and even if their owners are trying hard to teach them to obey some simple commands, these dogs are hardheaded. Chances are, many owners would just dump them to dog pounds because they are already fed up, and could not understand the behavior anymore.

These things could have been avoided if obedience training was used and implemented. Most obedience training in dogs is used to create a groundwork from which the dog and his master will learn how to correspond effectively with each other.

Moreover, obedience training is also employed by dog owners whose dogs are behaving badly. It is one way of incorporating discipline for the dog's behavior. This kind of training makes him realize that certain behaviors are not allowed and that he should not act that way.

When obedience training is incorporated into a dog's behavior, the dog in turn, will be able to respond properly with the right behavior that is expected of him.

Consequently, many dog owners are wondering whether it would be better if a professional should handle their dog's obedience training. In most cases, it can be much easier to have a professional trainer, or an obedience school, teach the proper way to follow a command.

However, if the dog owner feels he can do just the same, then there is no special condition for that matter. The main thing is that the owner **MUST** be consistent!

My honest opinion is that you should be the one training...

He is your dog and you want to be the alpha leader- NOT the trainer.

How To Train My Puppy Fast Track System

Whether the obedience training is done at home, by a professional trainer, or in an obedience school, there are things that must be considered when incorporating this kind of training. Here is a list of the things that should be taken into account.

1. Fun

Obedience training does not necessarily mean that strict rules should be imposed. This is because the dog is not aware of the reasons why he should be trained. Therefore, for him to respond to the commands, the training must be done in such a way that the dog sees the activity as something that is fun.

The dog will be able to respond positively if he sees that whenever he follows what he is asked to do, he gets rewards or praises, and that is having fun for them.

2. Consistency

During the course of obedience training, it is really important to have consistency in the training. For example, if a dog was allowed to sit on the rug the other day but when the dog tried to sit on the rug today, he was scolded. Things like this should not be taken for granted. It is extremely important to teach the dog what he should and should not do, and then stick to it. Confusion will only make matters worse.

3. Obedience Training Instructor/Trainer

When people choose to enroll their dog in an obedience class, it is important to analyze the trainer before the owner leaves his dog. The character and personality of the trainer is extremely important. He should be professional enough to know how to handle the dog's behavior and how to train the dog properly.

4. Referrals

It is best not to try new and unfamiliar obedience training schools. This could be really risky both for you and for your dog. It would be better if dog owners ask for some referrals from their veterinarians, dog breeders, or other people who can give their honest opinions.

5. Charges

Not all obedience training schools are created equal. They vary depending on the kind of services that they offer. Therefore, it is best to consider the services provided and the amount charged, and then analyze if the prices are worth it.

6. Methods Used In the Training

How To Train My Puppy Fast Track System

It is highly recommended that dog owners should contemplate first on the kind of methods being used in the training. This is because some obedience training schools do not use the appropriate method in training the dog. In this manner, dog owners do not get the results they expected. Here again, it is good to be personally referred to a particular program.

Obedience training can be very useful in fulfilling most of the dog's essential needs. It gives them something to direct their skills and actions, thereby making them reliable and happy pets.

Many people just don't know this, but one of the reasons why dogs behave inappropriately is because they don't have the right direction to guide their actions. They are confused on how to respond appropriately with the environmental and social variables that they encounter. With obedience training, your dog will be on the way to a happier and more enjoyable environment.

Now with all that being said, let's attack some common behavioral problems, shall we?

Biting

Non-aggressive biting that happens during play, greetings or when trying to get your attention should not be brushed off.

A dog will quickly learn that it is okay to act recklessly and carelessly with you and that biting is acceptable. This kind of biting can be very scary to a person who isn't familiar with your dog, dangerous for smaller children, and if you own a breed with a bad reputation, it may be misinterpreted as aggressive behavior, which could lead to other problems for you and your dog.

By the age of 3 months a puppy should have learned not to bite hard. Puppies get their first lessons in bite-inhibition from their mother and siblings. If a puppy bites too hard their siblings yelp and will stop playing.

Mother dogs will usually freeze and if that does not stop the biting they will then growl or nip at the pup to stop the attack.

How To Train My Puppy Fast Track System

The key to bite inhibition is **to remain consistent**. If your dog is older than 3 months and has not had proper bite-inhibition training you need to start on **this immediately**, as this gets more difficult the older the dog is.

A very important point to remember is that almost any dog will bite given the right or the wrong circumstances. This is why it is imperative that you do some prevention and follow some simple guidelines.

Before you teach your dog not to bite at all, you must teach him to bite softly. This means that you **never** discourage play biting until the dog has learned not to bite with too much force. A dog that has learned correct bite inhibition will be less likely to cause injury if they ever feel threatened enough to bite someone than a dog that has never learned to inhibit his bite.

When you start, you start with only correcting hard mouthing. When they no longer bite hard, you start correcting medium hard bites, when they stop that, you start correcting medium bites and continue that process. Once your dog will only mouth you softly, you start teaching them not to use their teeth on any human skin or clothes. This is done by discouraging any and all mouthing. **When you are at this point you need to have zero tolerance for any use of their teeth on your skin and clothing.**

Every time your dog initiates the inappropriate mouthing you respond with a loud "**ouch**" or other signal.

This will become the signal that tells your dog that he has crossed over the boundaries you have set.

As you respond you freeze.

When the dog lets go, you ignore them for at least thirty seconds, but no longer than a minute. Being ignored is his punishment, because what they wanted at this time was your attention. Consider confining him for a brief period of up to two-minutes in a carrier, or if you use gates and they are up, leave the puppy by stepping over the gate. After the time-out, resume the activity you were participating in before the negative response. If they repeat the inappropriate behavior, repeat the above procedure.

If the puppy makes another mistake after the second response, you "ouch" again, but this time it is the end of the playtime and you do not resume it with them after the period of being ignored or confined.

How To Train My Puppy Fast Track System

If the "ouching" is done consistently meaning as soon as the inappropriate behavior starts, you **should see results in two to three weeks**. It does take that long as the dog needs to figure out that their actions are causing you to stop playing or giving him attention. Only when he figures that out will he be able to correct his behavior.

Do not reinforce the negative behavior by looking at the dog, talking to him or trying to push him away. You have heard of the class clown or the class bully who keeps up his behavior regardless of the scolding and lectures he receives. To him, negative attention is better than no attention at all. It is the same with dogs, which is why looking at him, talking to him, and trying to push him away can be incredibly reinforcing to most dogs. Even scolding and holding the mouth shut is attention to your dog, and this will in most cases just reinforce the behavior to an even stronger point. Not to mention it can frustrate **YOU** to no end!

It is imperative that you be consistent in this training. If you are not able to do so, or if you feel uncertain, it is recommended that you start your dog in an obedience class. This is to support your efforts in teaching your dog basic social skills. This will help you to get your dog under control when they start getting excited, and you can get them to sit or do something else that you need them to do. You can help this by slowly increasing the degree of difficulty for your dog by getting them a little bit excited and then command them to sit. You then progress by getting your dog more and more excited before commanding them to sit.

Do not play tug-of-war games with your dog unless you always win, the dog should only grab the toy when you ask for it, they should never touch your skin with their teeth and they should let go of the toy when you say so. Never allow small children to play tug-of-war with any dog.

Do not play rough or wrestle with your dog.

This is very important when children are involved. Any play must stop when the puppy gets too excited or rough.

Teach them to fetch; it is an excellent game that puts you or your kids in control. Another fun game is hide and seek or any type of come when called games. All these activities are fun for your dog and give them the attention they want. **At the same time it teaches them that you are the boss, or pack leader.** The more you play with them and work on obedience, the quicker they will learn what is appropriate and what is expected of them.

We'll touch on being the pack leader later, but it is vital for you to get this: **YOU** are the pack leader... You are the one in control. Never give that over to your dog, or you will have trouble!

How To Train My Puppy Fast Track System

Nipping

This one is a more common problem that my subscribers want addressed. YES, it is cute and fun when they are 8 weeks old... BUT

If you do not get this under control before they grow to be 4 to 6 months old - you are not going to like the results. With our three kids, it was very important to have a puppy that we could let the kids play with and not have to worry that the puppy would snap at their hand or face and scar them for life...

THAT is why this training is vital and with the right steps - solved in a few weeks.

Ready?

If you are playing with your puppy and he starts biting your hand, yell "OUCH" and most of the time he will release. If he continues, stand up, face away from the puppy, and ignore him... Your goal is for him to relate that, "If I bite - playtime is over..."

When he calms down, you can start to play with him again...

Secondly- have a variety of toys around the house. When he is biting at your hand, yell "OUCH" then replace your hand with a toy. As he's chewing on the toy and his mouth is occupied. Pet him- love him- reward him for biting on his toys and not your hand or shoes...

Remember that biting and chewing are usually from being excited or when your puppy gets bored and has nothing to do.

If you will follow these easy steps for a couple of weeks- you'll have a puppy you can trust with any kid- and that will mean a lot to everyone.

Barking

Let's say that you are a puppy... Come on play along with me... Imagine:

You're in your pen and you're bored- you want to play with your owner... So you start to whine and bark in order to get their attention. After a couple of minutes, your owner comes around the corner and starts talking. Now at this moment you don't know English but all you know is this:

How To Train My Puppy Fast Track System

When I bark and whine, they come... (Now guess how many times you would continue that process.... That's right- as long as it works!)

You know where I'm going with this, don't you?

When he is whining or barking, leave the room- stay out of site- wait until he tires out and sits down or plays with a toy- count to 10 seconds then approach the cage or pen—talking to him- Good boy, etc....

If he starts to whine or bark- walk away- you CANNOT reward the barking and whining or you will have a barking dog for LIFE..

Each time extend the wait for a little longer- 10, 15 , 20 seconds, etc...

Make sure he has some toys to play with- You've got to train him to play by himself. He'll catch on and the barking will stop.

Another scenario...

You have him in the backyard and he's looking through the sliding glass door- pawing and barking to get in... Have you ever been to someone's house and the backdoor is destroyed and the glass is scratched up? **They missed this step.**

Ignore him...

Wait until he walks away- plays with other toys- etc... then go and reward and praise him...

If you get nothing but this main theme you will succeed. **Reward the good; ignore the bad.**

Jumping Up On You or Others

Don't you hate it when a dog jumps on you and gets you dirty or worse knocks you down?

We had a German Shepherd and I wasn't doing that well at teaching this one. One day his 90 pound body jumps up on my wife and knocks her down. Did I mention my wife was pregnant?

Let's just say we worked on this one quickly!

Now, if you have noticed so far- I don't reinforce acting on bad behavior but on this one- I take the exception. Why? Someone will get hurt if you don't handle this one and secondly- what I'm about to tell you flat-out works.

How To Train My Puppy Fast Track System

You have two choices here: (#1 is my favorite but you decide)

When he begins to jump up- bring your knee up into his chest area- I'm not saying give him some type of wrestling move but bringing your knee up will give him an 'uncomfortable' feeling.

OR- Grab his paws and bring them up a little more than they are now... Make it uncomfortable for him. NOT- enough to harm him in any way but enough to make him have this thought each time:

"When I jump on him, it doesn't feel that good".

Again- I like #1 and within a week of using it on our German Shepherd, the jumping ended for good.

How To Train My Puppy Fast Track System

Separation Anxiety

Does this sound like you and your puppy?

He is a sweet dog, eager to please, and enjoys being around you and your whole family.

But lately, you've notice that he's become destructive around the house whenever he's left alone, even for just a few hours. You come home and the house looks like it was hit by a tornado and papers are scattered everywhere, the trash can was knocked down, and your clothes were chewed into shreds.

Your dog may be suffering from separation anxiety, a problem common with many puppies and dogs.

Separation anxiety is a panic disorder exhibited by a dog in the absence of his owner. It is the fear of being left alone that results in unwanted, destructive behaviors.

Dogs are social creatures.

As puppies it is natural for them to get dependent and attached to their mother and littermates. This type of attachment is transferred on to you, his owner, when the puppy enters your life. This attachment results in distress whenever the dog is left alone in the house, which is the most common cause of separation anxiety.

Signs Of Separation Anxiety

Your dog is suffering from separation anxiety if he displays the following signs: Destructiveness; excessive crying, barking, howling, whining, house soiling, pacing, depression, self mutilation, excessive salivation, hyperactivity, and scratching or chewing at walls, doors, windows, furniture, and other objects.

How To Train My Puppy Fast Track System

Causes Of Separation Anxiety

There are many causes for separation anxiety in dogs. Some were developed with experiences they had before the dog ever became part of your family, such as loss or abandonment of previous owner.

Below are **six other causes of separation anxiety in dogs:**

1. A traumatic experience such as an injury, thunderstorm, or an alarm system going off that happened while you were gone.
2. A loss or addition of a family member.
3. Premature separation from its mother and litter mates.
4. Having a new pet in the house and spending a lot of time with that new pet and less time with him.
5. A sudden change in schedule, lifestyle, or environment.
- 6.
6. Changes that occur in older dogs, both physiologically and mentally, that results from aging.

Does Your Puppy Stress-Out Whenever You Leave The House?

There are several ways to soothe separation anxiety in your puppy in order to help him feel more secure while you are away.

For the fastest results possible, apply the following practical tips:

1. Having a new puppy or a new adult dog is an enjoyable experience. It is so easy to give the new member of the family tons of love and attention. But spending all of your time with your new dog **can create** negative consequences, especially when you return to your normal schedule where you are out of the house all day.

Give your new dog a lot of attention, but also get him use to being alone, even when you're at home. Getting him used to your absence should be done gradually so it doesn't create a traumatic experience.

How To Train My Puppy Fast Track System

Start by going to a different room and closing the door behind you, leaving your dog by himself in another room.

Do this several times every day.

Next, leave him alone in the house for five minutes, then fifteen, and so on, until he is comfortable enough to be left alone for several hours at a time.

Being home alone should be a good experience for your puppy. This can be done by linking a positive association with that of you being away. Give your dog a new toy before you leave the house.

Provide him with different toys when you are home so he doesn't associate the toys with you going out and leaving him.

Another strategy is to give him his favorite snack or a hollow bone filled with tasty treats that will take the dog a while to finish.

These are two pleasant activities that your puppy can engage in that will relieve him of the feelings of anxiety and fear.

Sometimes it is necessary to confine your dog when you're not home. If you must do this, be sure to create a positive association with that room... or as you know by now- the crate.

Make him feel that he is going to a fun place.

Also, you could pick a safe room where he feels secure. And when you are home, make it a point to spend some time and play with him in that room so he can associate the area with fun.

*******Do not make the act of leaving the house a big deal and do not feel guilty about it.** Ignore your dog for about ten minutes before you leave the house, and then another ten minutes upon returning home.

This eliminates the excitement of you going away and coming back.

How To Train My Puppy Fast Track System

Another way to ease your puppy's feeling of distress is by giving him enough exercise, especially before you leave the house.

Taking him out for a jog or a brisk walk will make your dog feel relaxed and tired, ready for a long nap while you are gone.

The Fastest Way To Relieve Your Dog's Separation Anxiety

Separation anxiety occurs when dogs feel frightened and distressed at the absence of their owner.

This type of attachment problem can be mild or severe. A mild case is often exhibited when the dog is pacing, over-grooming, and panting, whereas a severe case of separation anxiety can be quite a challenge for the owner.

The dog soils the house, cries nonstop, barks or howls, and destroys furniture and other objects around the house. Often times, the dog starts to show behaviors associated with separation anxiety after being left alone for only ten or fifteen minutes.

Dogs that are more at risk of developing separation anxiety are those rescued from shelters, were living on the streets, or were locked inside a crate or kennel most of their lives.

And because this behavior only occurs when the dog is left alone, there's really nothing you can do to stop him from destroying your home or irritating the neighbors every time you leave the house.

How To Train My Puppy Fast Track System

However, you can teach your dog not to be scared or panic during your absence.

Here are five more ways that can help.

1. Some dogs feel comfortable being confined to a small space such as a crate or a small gated area of the house. If your dog starts to feel agitated when crated, work with him when you're home and let him spend time in the crate while you are there.
2. In some cases, confining your dog to a small area where he has viewing access to the outside world is enough to make him feel comfortable and eliminate separation anxiety. You can place his crate or bed in front of a sliding glass door or a clear window.
3. Many dogs suffer from separation anxiety **because of boredom**. Find a job that your dog can do. Teach him how to play "Find it" a game that he can play by himself. To play this game, you must hide his favorite bones or stuffed treats where he can find them. To keep him busy, use three or five bones or treats (depending on how long you'll be gone).
4. Another way to fight boredom is to provide your dog with plenty of toys. **Rotate the toys so he will not get tired of playing with them.** Playing, chewing, chasing, and hunting for his toys or treats has the power to cause your dog utilize his natural canine instincts while keeping him occupied for hours.
5. Leave the television on or play a soft, relaxing music. Researches have shown that soft, classical music relaxes dogs. Pick something that you listen to when you are at home, so your pet doesn't relate the music to your absence.

How To Train My Puppy Fast Track System

Doggy Medical Care

As you care for your puppy, it is very important that you not only provide for her immediate physical needs such as clothing, shelter, and loving attention, but also for her medical care. There are a few major things that must be done to keep the average dog in good health, and we will be covering those things now.

Your puppy's veterinarian can make even more specific recommendations on how to best care for your dog to ensure that he lives many happy, healthy years with you.

Canine Vaccinations

Active immunization is the introduction into the body of microorganisms for the purpose of stimulating the body's defense mechanism. This concept is also applicable to other species like cats.

Veterinary medicine has come a long way toward better understanding the potential benefits of vaccinations. Veterinary experts have formulated certain solutions so as to combat the alarming increase of death in dogs, which are usually caused by viral infections.

Since the creation of certain medications, many dogs are now saved from probable death brought about by many diseases like leptospirosis, hepatitis, upper respiratory infections, and parvovirus.

Like humans, dogs need vaccinations at an early age. That is why it is important to immunize puppies so that they will survive until they are fully grown.

Basically, puppies get their immunity from their mother's milk, which is also the same as that of human beings. However, these immunities tend to lose its effects by the time the puppies are already 6 to 20 weeks old. So, it is during this time that they have to be immunized.

Hence, in order to protect the puppies against infectious diseases, it is best to give them their shots and should be re-immunized after 3 to 4 weeks. In this way, the puppies will be able to endure any infectious disease that may come their way.

Canine Vaccinations

How To Train My Puppy Fast Track System

Rabies is an acute and almost invariably fatal disease communicated to man through the saliva of a rabid animal, usually dogs, foxes, squirrels, and bats.

Dogs, fortunately, always present evidence of the disease before becoming infective. The etiologic agent is an ultramicroscopic virus present in the saliva and the central nervous system.

The course of rabies in dogs is characterized by an incubation period of 20 to 30 days. This is followed by a period of excitement, when the animal becomes vicious. The excitement stage may be evident or may be entirely absent. Paralysis then develops, first involving the hind legs and thereafter becoming general. Death occurs within 10 days following the first symptom.

Alternatively, the effects of rabies in human beings can be very fatal as it is with dogs. In order to avoid these problems, it is best to have your dogs vaccinated with anti-rabies shots. Rabies vaccines can be given during the 16th to the 26th week of the puppies. This requires a follow up shot one year after for total protection.

Also, dog owners should take note that some vaccinations will generate adverse effects in their dogs. So, it is always best to observe your dogs every after vaccination. When certain reactions occur like vomiting, facial swelling, or trembling, it is best to discuss these matters immediately to your veterinarian. Moreover, certain precautions should also be made when the age of the dogs are taken into consideration. Here are some tips to consider:

It is best to consider the puppy's age before vaccinating her.

1. Puppies 4-20 weeks old

For puppies that are 4 to 20 weeks old, their first shots should be given during their 6th to 8th weeks of age. The last shots shall be given on the 14th to 16th week of age. These date apply to all primary vaccines.

For rabies, puppies should be 16 to 26 weeks old.

2. For dogs that are 20 weeks old up to 2 years old

During this age, dogs should have received their booster shots already. This is essential so as to lengthen the immunity of the vaccines in the dog's system. At this stage, additional vaccines are recommended for added protection such as vaccines against bordetella and other newer vaccines.

How To Train My Puppy Fast Track System

3. For dogs that are older than 2 years

By this time, the dogs should have been through with their booster shots. What comes next is the annual revaccination. These kinds of vaccines are still recommended so as to lengthen their protection against certain diseases.

The bottom line is that vaccinations are extremely important to your dog's life. Like the way they function in human beings, vaccines are needed in order to protect the dogs from imminent risk of acquiring diseases brought about by viruses.

With dog vaccines, you can be assured that your dog will be at its peak of health for a longer period of time, free from any life-threatening diseases.

Heartworms

Dog heartworm is a common disease among canines in the United States. Discovered in 1856, the worms mainly live in your dog's heart and major blood vessels.

The worms, especially on worst cases, seriously impair the heart's operations. Worse, they could also clog your dog's blood vessels. These infections result to body weight losses, chronic cough, dropsy, breath shortness, chronic heart failure, vision disturbances, and ultimately, death.

Since the symptoms of heartworm disease vary among dogs, it would be best that a veterinarian check your dog to evaluate a final analysis. Most dogs show visible symptoms only when the disease has reached the point where it would be almost improbable to be cured by treatment. To help you see early symptoms and hopefully save your dog, look out for these signs:

Dogs that have been quite active usually tend to be tired easily.

Dogs that would have been otherwise healthy usually gasp for breath.

Your dog's coughing has suddenly become a common occurrence.

Dogs bred for hunting can no longer keep up with rapid chases and usually fall from exhaustion.

In some rare instances, the dog experiences convulsions, jaundice, and problems with vision.

Before it dies, the dog experiences emaciation.

Who gets infected by the heartworm infection?

How To Train My Puppy Fast Track System

Previously, it was thought that long-haired dogs were more resistant to heartworms because of the difficulty that mosquitoes (which bring the worms) have penetrating the dogs' hair. Since then, it has been proven that this is not true. Mosquitoes have a hard time penetrating the fur of even short-haired dogs. Actually, mosquitoes feed on the abdominal region of the dog. That is why both long-haired and short-haired dogs are susceptible to an infection, since both types have little hair on this region. Some mosquitoes also feed on the muzzle area or the ears where the dog's hair is quite matted down.

Can heartworm infection be treated?

Heartworm infection can be treated through chemical therapy if diagnosed early. Most of the chemical treatments kill the worms over some period of time. Killing all the worms in one swoop is no better: If all the heartworms were killed in just one treatment, the dead bodies would deposit in the lungs and kill the dog.

Remember also that the chemicals used in treating the worms are also as dangerous to your dog as the worms. That is why treating the disease using chemical therapy should be used with utmost care and should be handled by a veterinarian.

There also cases when surgery is needed. In most cases, this could be a feasible option. Consult with the veterinarian if surgical correction or any other method that can cure the infection.

There are also drugs that can prevent your dog from getting heartworms. These drugs attack the parasite in its early stages and stop the worms from being full-blown adults later. This doesn't mean that your dog would be free from infection. This only means that dogs can still get infected during the season of mosquitoes and yet remain unscathed of heartworms.

Preventative medication using drugs, on the other hand, can cause serious complications if your dog has already heartworm infections in a higher level. That is why the use of drugs should be under the supervision of veterinarians. Taking drugs is also combined with regular blood texts. This has shown to be quite effective in saving many dogs with heartworm infection.

In order for your dog to avoid heartworm infection, protect your pet from mosquito bites especially if there is a high mosquito population in your area or if it is mosquito season. You might want to screen the sleeping quarters of

How To Train My Puppy Fast Track System

your dogs to avoid repeated bites. Repellent sprays can also be used, but these only have limited effects.

You might also want to consult your vet for preventive medication. In addition, you might want regular blood tests on your dog to assess early symptoms of infection. This is quite tricky, especially that the symptoms of heartworm infection could not be seen immediately.

In short, your pet dog, which looked healthy, may be having early symptoms of heartworm infection. It would be best that you checked.

Fighting Flea Infestation

The natural way:

- Vacuum your home frequently and seal vacuum bags before disposing.
- Wash the bedding of your dog weekly in warm soapy water. This is where fleas usually breed.
- Bathing your pet weekly with a mild dog shampoo prevents flea invasion.
- Use cedar shampoo for your dog, and put cedar oil in their sleeping mats. Cedar will repel fleas and other insects.
- Fleas are attracted to dry skin, so to avoid it, give your dog Linatone oil mixed with its food. Excessive shampooing should be avoided as too much water actually makes skin drier.
- A mixture of brewer's yeast and garlic, available in powder or tablet form can be given in small doses to your pet. This creates a certain odor in pets, and fleas are surely to avoid them.
- Fresh or dried pennyroyal leaves is a natural flea repellent. Use this in carpets to avoid the abundance of fleas in the home. Do not use it if you have small children, as this could be toxic.
- A mixture of 60 ml of lavender oil with 2.8 liters of rock salt can also be placed in areas that dogs usually come in contact with, and this solution could also be used to wash your dog.
- Planting marigolds in the yard is helpful too; it repels certain types of bugs as well as fleas.
- Boiled lemon or orange peels in water can be used as a dip for dogs and can be used too to soak in dog bedding for a few hours, then washed with warm soapy water.

How To Train My Puppy Fast Track System

- Lukewarm water with little shampoo and detergent is a good way to prevent fleas. A dog's body may be dipped into the solution for fifteen minutes and then rinsed. This only works if flea infestation is light. The natural way of treating fleas is effective only if the level of flea infestation is average to very few. This method usually is recommended for prevention only.

Different commercially available products with chemical contents:

Advantage. Active ingredient is imidacloprid. This is a flea poison, from Bayer. It is in a liquid form and applied to the skin, at the back of the dog, and works for about a month. This works by upsetting the nervous system of fleas when they come in contact with the liquid. This product is fast acting and is not absorbed into the internal organs and bloodstream of the dog.

Studies indicate that this product is highly toxic to fleas and other insects as well. A dog will be free from fleas in just a couple of days.

Ingredients are: imidacloprid -- a chloronicotinyl nitroguanidine integrated from the nitromethylene class of a compound. This joins the nicotinyl receptor sites of insects, thus upsetting normal nerve transmission, which causes death.

A set of two vials costs 15-20 dollars.

Frontline. This product is very similar to Advantage, but is not water soluble, so alcohol is needed to wash it off. This can safely be used in pups, dogs, cats and kittens.

Efficiency in repelling lasts up to four months.

Active ingredients include: Fipronil 5-amino -1- (2, 6-dichloro-4 [trifluoromethyl]phenyl) -4- (1,R,S)- (trifluoromethyl)sulfinyl) -1H-pyrazole-3-carbonitrile 0.29% inert ingredients 99.71%.

Fipronil works as a nervous transmission interrupter, which causes quick death to fleas and ticks. It is proven to kills 96% of fleas for the first two hours and 100% within 24 hours. Ticks die sooner than they attach themselves to the host. Fipronil is from the new phenylpyrazole class. This is very effective, and can be considered safe, so long as dogs are not allergic to fipronil.

Knockout. Performs like Frontline and is as effective, but can only be used in dogs. Active ingredients: Pyriproxyfen: 21[1-methyl-2-(phenoxyphenoxy)ethoxy] pyridine....0.05% cyclopropanecarboxylate 2.00% inert ingredients 97.95% Also has NYLAR, which is a flea growth regulator.

How To Train My Puppy Fast Track System

Biospot. This is for topical application and kills up to 75 percent of fleas, eggs, and ticks. It also is a good repellent of mosquitoes, and works for about a month. At times it will temporarily turn white hair to yellow. This cannot be used in cats, and contains permethrins and IGR.

Proban (cythioate) and Prospot (Fenthion). While not to be used in cats, they are widely used in dogs. This is absorbed by the bloodstream and fleas die due to the poison that is present in the blood. For it to work, it requires the biting of fleas. There are certain conditions to be considered though. You are injecting a small dose of poison into your dog's body, and side the effects are not known. In addition, this does not help if a dog has flea allergy and cannot risk to be bitten.

Generally fleas abound during the summer months, when it is their breeding season. These commercial products can greatly help in fighting heavy flea infestation and needed where severe invasion occurs. However, it is always best to consult with your veterinarian, as the choice of flea control will greatly depend on your life style.

Dental Care

Clean teeth and gums are very important of the overall health of your dog. Here are some information on the most common dental problems of dogs and ways in treating them.

Common dental problems for dogs

Periodontitis

It is very common among dogs to have gum disease. At the age of two or three, many dogs have either periodontitis or gingivitis.

The most common dental problem for canines is periodontitis, also known as periodontal disease. The disease is caused by various factors: plaque, food debris,

How To Train My Puppy Fast Track System

cell mucus, and a mixture of bacteria. This results to a film characterized by milky-white on the dog's teeth as well as the gums. When this film gets combined with saliva, the plaque it causes becomes tartar, and very hard to remove.

Gingivitis

Gingivitis, also known as gum disease, happens when gum tissue suffers from an inflammation. Without treatment, it can lead to periodontitis, teeth loosening, bone loss, and ultimately, loss of teeth.

Tooth Fractures

Tooth fractures occur when dogs chew hard substances, such as hard rocks and cow hooves. The fractures can result in infection inside the broken tooth, which is known as the endodontic disease.

How to prevent dental problems:

Your dog can fight off these dental problems by removing the plaque before it actually develops as tartar. How to do it? The most effective way is by brushing his teeth.

The brushing would reduce much of the bacteria presence in the mouth, not to mention making your dog's breath smell sweeter. Make it a habit of brushing your teeth on a daily basis.

Toothpaste. There are toothpaste products made especially for dogs. Brush your pet's teeth using dog toothpaste. Human toothpaste is specifically designed for humans to spit the paste washings out. Dogs cannot do that, so pick dog toothpaste that is safe enough for dogs to swallow.

Toothbrush. Using a toothbrush in its teeth would take some time for the dog to get used to. Let your dog be acquainted and get used to this is by putting some garlic salt, mix the salt with water, and dip the solution in an old toothbrush. Hold the old brush, and let your pet taste and chew it. Your dog will start to realize that chewing a toothbrush is fun and tastes good. Make it a habit a few times, until it feels comfortable brushing with it.

Finger brush. You could also use a finger brush instead of a toothbrush. A finger brush is a good alternative, although nothing could replace the good ole' toothbrush. The finger brush just fits onto one's fingertip and can let you brush the dog's teeth without the dog knowing it. Well, at least almost. The disadvantage of getting a finger brush to clean your dog's teeth is that its bristles are quite large for the brush to go under the gum line's margin as effectively compared with regular toothbrush.

How To Train My Puppy Fast Track System

Professional cleaning. If you don't want to do the cleaning by yourself, you could take your dog to a veterinarian and have its teeth professionally cleaned. A good veterinarian will take additional measures in ensuring your dog's clean teeth by anesthetizing your dog, scraping the buildup of plaque from all over the gum line areas, and polishing the teeth for a sparkling finish.

Home checkup. Try to make it a regular habit of checking the teeth of your dog for any cracked or broken teeth. If you see some problematic teeth, check promptly with the veterinarian.

Home safety. Of course, cleaning your dog's teeth does not mean you should disregard other areas of concern. Tough substances, such as bones, rocks, hard nylon, or cow hooves should be removed from areas where your dog could see. Buy your dog chewing toys that are safer like rubber-made toys. You could also provide bones that are soft enough for your dog to chew.

Mouthwash. There are some products in the market that deal very well in helping to kill the bacteria in your dog's mouth and could actually help heal damaged gum tissues. Do not forget to ask your veterinarian on the best products in the market.

Dental problems do not only happen to humans. Dogs can have dental issues as well. It is up to the owners to help their pet dogs overcome their dental problems.

Dogs Have Allergies Too!

I'm going to give you a lot of information about allergies, but if you need more, let me know. I have an entire book on the subject!

There are many things that both dogs and dog owners may have in common. For example, both dogs and dog owners can be prone to obesity if not regulating food intake and by not exercising.

In addition, dogs and humans may also acquire diseases that results from improper dietary regimen like diabetes, heart diseases, etc.

Moreover, the most amusing thing that both dogs and humans share is the fact that they are both vulnerable to allergies.

Sounds impossible? Think again.

How To Train My Puppy Fast Track System

Veterinary experts assert that dogs have allergies too. One of the primary signs of allergies is the itching of their skin. Their respiratory tract system can also be affected with allergies.

Normally, dogs will manifest symptoms of respiratory tract allergies like sneezing, wheezing, and coughing. Their nose and their eyes may also manifest a discharge just as humans do whenever they have colds or flu.

There are also allergies that may have an effect on their digestive system; hence, it may result to watery stools, diarrhea, or vomiting.

Experts say that almost 20% of the dogs in the United States suffer from several types of allergy. So, for people who want to know more about the different allergies that dogs acquire, here is a list of the most common allergies:

1. Allergies from fleas

It is a well-known fact that dogs are usually infected with fleas. However, what most people do not know is that they can get allergies through these fleas, too.

Well, it is not the fleas that actually cause the allergic reactions in dogs but the flea's saliva. Hence, it is important for the dog to undergo a skin allergy examination so as to determine if a particular dog is sensitive to flea saliva.

In the event that the dog is allergic to flea saliva, it would be better for the owner to implement a rigorous flea control or flea eradication treatment in order to lessen the allergic reactions. Though, it must be kept in mind that solutions that are used in flea control should be safe to the dogs.

2. Allergies pertaining to foods

Like humans, dogs get allergies from food as well. There are instances wherein dogs get allergies from foods that their system cannot tolerate, such as wheat, soy products, pork, beef, whey, fish, eggs, milk, corn, artificial sweeteners, and chemical preservatives that are placed in their food.

Moreover, dogs can get allergies in food that they have not tried before. So, the best way to combat this particular allergy problem is to feed the dog with the commercial dog foods more often instead of homemade products.

How To Train My Puppy Fast Track System

Some signs of allergic reactions to food in dogs are shaking of the head, scratching the ears, irritated skin, biting and licking at the rear feet, inflammations in the ear, sneezing, behavioral changes, vomiting, diarrhea, etc.

3. Atopic Dermatitis

Atopic dermatitis is a known allergic skin disease in dogs. This is usually caused by the hypersensitivity of the dog's immune system to ordinary substances that can be found in the environment like molds or dust mites.

Usually, a dog is said to be suffering from atopic dermatitis when the dog begins to excessively lick and chew its paws, licking the abdomen and its rear feet.

Atopic dermatitis can be seen as a saliva staining found in the armpits, between the toes of the paws, and in the groin. In light-colored canines, atopic dermatitis can be seen as a red-brown stain found on the same parts that were mentioned.

4. Allergies resulting from bacteria

This is the most common cause of serious allergies in dogs. Generally, there are certain bacteria that thrive in the dog's skin. This is known as the species of Staphylococcus bacteria. In most cases, this does not cause allergies in dogs. However, there are certain types of dogs that develop an allergy to it.

The most common symptom of this kind of allergy is hair loss along with the development of ringworm like marks in the dog's skin. The areas where these marks appear usually get infected, hence, it is important to treat them with antibiotics.

Indeed, allergies are not for humans only. Allergies great affects almost 20% of the total population of dogs in the United States, and that is a pretty alarming number. Therefore, it is extremely important for dog owners to know these dog allergies so as to come up with some preventive measures at the first sign of the attack.

How To Train My Puppy Fast Track System

Your Questions on Canine Hip Dysphasia – Answered

What is canine hip dysphasia?

Canine hip dysphasia (CHD) is one of the most frustrating diseases in veterinary medicine today simply because it is so difficult to prevent and treat. CHD is a developmental disease of the bones in which the head of the thigh bone poorly fits the hip socket, causing damage to the cartilage, gradual destruction of the joint, pain, and swelling. This disease should not be confused with hip arthritis. Rather, it is the most common cause of arthritis in the hips.

How is canine hip dysphasia transmitted?

CHD is an inheritable disease. It is passed on by the parents to the offspring. The only effective measure therefore to eradicate the disease is to prevent dogs with hip dysphasia from breeding. However, this is easier said than done, because not all dogs with hip dysphasia show signs of the disease. Seemingly normal dogs still carry the gene for CHD and are bred, causing the disease to stay within the gene pool.

How does one know if a dog has hip dysphasia?

A dog with hip dysphasia generally has less energy and movement. It has difficulty rising from a sitting position, lameness in the back legs, hops like a rabbit when running, and is reluctant to go up the stairs. However, these symptoms are usually not evident until the dog reaches middle age. In extreme cases though, some dogs exhibit obvious hip problems as early as 5-6 months of age.

How does a vet confirm if a dog has hip dysphasia?

Sad to say, there is no blood test or genetic test yet that will detect if a dog is a carrier of CHD or not. Diagnosis of the disease is routinely done through physical examinations and x-rays. X-rays help in assessing how bad the condition is, and through comparison with future x-rays, it can also serve as a gauge of how well the chosen treatment is working. Two techniques for taking x-rays of CHD-afflicted dogs are listed below:

Hip-extended ventrodorsal view x-ray – It provides a frontal view of the pelvis and hip-joints, and best assesses the degree of severity of the arthritis present.

How To Train My Puppy Fast Track System

PennHIP radiography technique – It is used to detect hip looseness in dogs as young as four months of age.

What are the treatment options for canine hip dysphasia?

There is no real cure for CHD just yet, but there are conservative or non-surgical ways to relieve its symptoms. These include the use of drugs to relieve pain and inflammation. Rimadyl, Ectogesic and Deramaxx are effective and have given a lot of suffering dogs the relief needed to live a normal life. Weight loss programs, controlled exercise and physical therapy are also very effective in certain cases.

When conservative treatment is not enough, the only other option is surgery. Surgery can be very effective as it corrects the underlying cause of hip pain, which is a malformed joint. Surgery is approached in two different ways when dealing with hip dysphasia. Prophylactic surgery is done to prevent the progression of arthritis, while therapeutic surgery aims to treat hips that have already experienced arthritis. Triple pelvic osteotomy is the primary preventive procedure available. It involves cutting the pelvis in three places and rotating the hip sockets to provide better coverage. This procedure is effective as long as it is done before arthritis sets in or before the joint is damaged. Another kind of preventive surgery, although its effectiveness is still being studied, is pubic symphysiodesis. This involves manipulating the way the pelvis grows to ensure a tighter hip. This procedure is done on very young dogs.

Therapeutic procedures include total hip replacement and femoral head ostectomy. Total hip replacement is performed mainly on larger dogs. High density, medical plastic is used to replace the socket and a high-quality, non-corrosive alloy is used for the ball. This procedure has a high success rate, almost completely eliminates pain and enables the dog to resume activity completely.

Another therapeutic procedure for hip dysphasia is femoral head ostectomy. It involves the removal of the top of the femur, which then eliminates the painful grinding at the hip joint. The femur is then allowed to float freely causing the formation of scar tissue, which then serves as a false joint. This procedure is not recommended for mild cases of arthritis and is generally effective only on smaller, well-muscled dogs.

Can canine hip dysphasia be prevented?

The best measure of prevention is of course careful breeding since hip dysphasia is an inheritable condition. The onset of hip dysphasia can be delayed in many dogs

How To Train My Puppy Fast Track System

with a genetic predisposition by preventing excessive weight gain during the early months and by making sure that the puppy does not place undue stress on the hips.

OFA and PennHip offer information on breed risk. Prospective puppy buyers are advised to check for pedigrees for OFA, PennHip or GDC certifications.

How To Train My Puppy Fast Track System

Traveling With Your Dog

Most dogs like to go on adventures, which makes travel attractive for them. This is their natural hunting instincts making them want to meet new people and explore new places. However, it may pose a problem since taking a dog along during your travels may be inconvenient.

Quite a few people are frightened of dogs and the mess that dogs make while you're traveling can be very troublesome. It should also be noted that many lodgings and transportation services don't cater to pets such as dogs and cats.

Having your pet watched over by a professional pet handler may be needed to take care of your dog during the trip. You also have the option of having your pet stay with a managed kennel.

When checking around for a place for your dog to live while you're away, make sure it is comfortable and clean. The dogs staying there should also look content and well taken care of. A few of these dog kennels allow for you to provide your dog's own sleeping blanket, toy and his favorite foods for while you're away.

Be sure to ask questions, such as how many times a day your dog will be let out and for how long. Some boarding places will take your dog out to "play;" others don't. Make sure, though, that your dog has had his immunization since it is a regular requirement for your dog's stay in such places.

If you really insist on your pet's company when traveling, here are a few tips:

Take along a clean bill of health from your veterinarian. Your vet should also be able to provide you a certificate for this.

Use a sturdy dog carrier. This is a must since you would rather not lose your pet en route to your destination. A few airlines have dog carriers available for sale though they can be quite expensive. Also, remember that some airlines prefer having your pet in the compartment for luggage. If you really can't part with your beloved, get a reservation for an airline that allows pets to remain with you during the flight.

How To Train My Puppy Fast Track System

Dogs need good ventilation to keep them cool. Try to get air-conditioned cars when traveling cross-country. This is also true if you are traveling in trains.

Don't let your dog hang his head out the window while the car is moving. It may be tempting to let your pet play around, but the risks of falling out or getting hit are still there.

Leaving your dog inside the car or under the sun is risky. Heat stroke is a serious danger to your pet and can even be fatal.

Never leave your dog unattended, especially when he is in his carrier - he may get stolen. This also goes for when he's wandering around. Sometimes pets can be too adventurous and may end up in trouble, or worse, getting you in trouble.

Fast pulse, rapid panting, red eyes and gums, excessive slobbering, feverish temperature or vomiting, means that your dog needs to see a vet quickly. Have cool towels placed on your dog and get to the closest pet clinic as soon as possible.

Some countries have specific rules about pet travel. Try to familiarize yourself with them and try to follow them to avoid legal troubles later.

A certificate for rabies vaccination and a notarized local language certificate from the closest embassy or consulate are sometimes required; get one just in case. Better safe than sorry.

In preparing for a long trip on the road, include ready identification for your pet. A collar with the dog's name, your name and a handy contact number can save you a lot of trouble in the event you get separated.

First-aid kits for your dog can be easily fixed up. Remember that some emergencies are special to dogs. A flea or tick powder is a good addition to this.

Have a ready supply of your pet's favorite doggy treats during the trip. Make sure to bring more than enough to last the entire trip just to be safe.

How To Train My Puppy Fast Track System

Pack the essentials: clean water, dishes, favorite dog toys, leash, brush, plastic bags and towels, anything than can help your dog stay happy during the trip.

A dog should be given the chance to answer the call of nature every two to three hours so she won't make any embarrassing messes.

Hopefully, these tips can help you have a better time with traveling with your dog. Bon voyage!

How To Train My Puppy Fast Track System

Schedule No. 1 (Owner at home during the day)

10 Weeks to 6 Months

- 7:00** Wake up. Attach leash to puppy (who is in crate) take out to designated area.
- 7:10-7:30** Play time outside if weather permits.
- 7:30** Food and water in crate.
- 8:00** Attach leash and take out to designated area.
- 8:30** Crate confinement- remove the food and water- you can place toys
- 11:30-12:00** Remove from crate- attach leash- go outside to designated area, then feed food and water inside crate.
- 12:30** Attach leash and go outside to designated area- stay outside and get exercise... Play and have fun.
- 1:00** Crate confinement-remove food and water.
- 4:00** Food and water.
- 4:30** Take out of crate- attach leash- take to designated area
- 4:45-5:15** Play outside and have fun.
- 5:15-8:00** Crate confinement.
- 8:00** Water and then wait about 15-30 minutes- attach leash- take outside to designated area. Do not play- this would stimulated the puppy to pee when he returns inside.
- 9:00 - 11:00** Take out one more time and then crate for the night.

In the beginning you may need to set alarm for once in the night and take out for peeing and pooping. Do not play- let pee and go back in to crate

You will usually know if this needs to be done due to whining but if you take out the puppy and it does not go pee then you are being taken advantage of and need to extend the time between the whines.

How To Train My Puppy Fast Track System

Schedule No. 2 (Owner at work during the day)

- 7:00 Wake up. Attach leash to puppy (who is in crate) take out to designated area.
- 7:10-7:30 Play time outside if weather permits
- 7:30 Food and water in crate
- 8:00 Attach leash and take out to designated area.
- 8:30 Go to work – leave in area like kitchen or laundry room- crate on one side with door tied open- newspaper on the other side. DO NOT leave food or water out or you will have a mess to clean up every time you get home - you can place toys
- 6:00 Come home from work- attach leash and take out
- 6:30 Feed and water inside crate
- 7:00 Take out to designated area- play afterwards and have fun
- 8:00 Water and then wait about 15-30 minutes- attach leash- take outside to designated area. Do not play- this would stimulated the puppy to pee when he returns inside
- 9:00 to 11:00 Take out one more time and then crate for the night.

Results may vary ;-) This is just a template and be adjusted to your lifestyle and the personality of your puppy. This is just a good spot to start.

How To Train My Puppy Fast Track System

Personal Resources

[Best Dog Food](#)

[Pet Insurance](#)

[Chew Toys](#)

How To Train My Puppy Fast Track System

No matter how tough it gets...

No matter how fed up you are...



Remember,
there is a light at the
end of tunnel... ;-)