



## **Puppy Parlour Class Programme**

### **Week 1 – Introductions and Name Game**

This week is all about getting to know you, your puppy and beginning the early part of the course. We start with 'The Name Game' or Whiplash Turn!

- Socialisation and why it's critical to your puppy, AND time sensitive
- This week we learn the mechanics of the Name Game, helping you teach your puppy to answer to her name.
- Begin teaching sit, using the luring technique, to help puppies understand quickly and easily, what we are looking for, from them.
- Show me you're down with this! – Using luring, we begin to teach the Down cue, with a few repetitions.

### **Week 2 – Let's Practice**

- Sit – we go over the steps that we introduced, last week and work towards being able to fade the initial lure, as puppy should understand the 'sit' cue. At this point we will build on the sit, and work towards a sit/stay (useful for when beginning recall).
- Down – this can sometimes take a little longer. We will be developing the cue and teaching puppy to lie down on cue, eventually building to being able to ask for a 'Down' by gradually building in distractions and without using the lure.
- Come – Recall can often take lots of practice, and will need ongoing work, throughout puppyhood and beyond, to ensure 100% reliability. We begin this using the Whiplash Turn game. This encourages puppies, to orient (turn their heads) toward you when you say their name, and the reward for running back is another tasty treat. We play Whiplash Turn a lot and build more distance as puppy 'gets' the game. Over time, we will add a 'come' cue.
- Default Behaviour – Solidifying the sit, to a level where puppy will offer it, without being cued. For some puppies, a default stand, or down, may be more comfortable, so we will review on an ongoing basis.

### **Week 3 – Review and New**

- Quick review of what we covered last week, and queries if you're having issues with any of the exercises.
- Jumping Up – Or Not! – Jumping up is often taught quite unintentionally, but can lead to issues as puppy gets older. Following the 4 on the Floor behaviour blueprint, we will begin to teach puppies (and humans) that they only get rewarded when they have their pawsies on the floor.
- Early phase loose leash walking (walking with a smile in your leash). We will teach puppies the 1,2,3, treat game, and two steps & treat, to encourage

walking alongside their guardian. This helps teach them that being beside you is a fun place to be, and it's where all the good stuff is.

- We will work on greeting politely using Look At That! We will introduce the mechanics of LAT and why we use it. This game works by helping teach impulse control, which can be tough for a puppy. Puppy will learn to 'look at the thing' (person, other dog, general distraction worth investigating) and look back to you, earning a reward. We also discuss the 3-second greeting (to be covered in more detail in week 5).

#### **Week 4 – Building it up**

- This week we start to challenge the puppies a little more, by adding distractions, distance and duration to the previously learned exercises (not all at once). This is called proofing and will help you to make sure that your puppy is solid in her/his behaviours, no matter where you are.
- Leave it, Drop it, Take it – Whether we get through all 3 behaviours will depend on how well puppy begins to understand the concepts, but we aim to teach the building blocks of each of these behaviours, this week, and why having a solid Leave it, and Drop it, in particular, can be life-saving for dogs.
- Eye Contact (open hand/closed hand) – Puppies love trying to figure out how to get the treat out of your hand! This is a fun game, that will help build great eye contact with your puppy.

#### **Week 5 – The Social Stuff**

- Socialisation – The importance of it, how to do it, what not to do and some breed specific tips, if required.
- Civilised dog to dog greetings: 3 second rule. Not all other dogs want to say hi, so always ask permission before allowing your puppy to say hello to another dog/puppy.
- Go Say Hi – dog to human greetings. Teaching puppy a cue to let them engage with another person. These exercises help prevent future reactivity on leash and help puppies to stay calm in the face of exciting things in their environment.
- Puppy pattern games e.g. 1,2,3 – elaboration of the 1,2,3, treat game, increasing time between treats, increasing steps between counts etc to help fade continuous rewarding.
- Voluntary Handling e.g. drying with a towel, touching paws, checking ears etc. – this week, we're also looking to help puppy get used to being touched

and handled for a variety of reasons. We never force puppies/dogs though, so these exercises are guided by the puppy's comfort level, and can be worked on separately, and outside class, if needed.

### **Week 6 – Reading your dog**

- Body language: signs of stress, happiness, excitement and appropriate play. This week we cover the key signs to look for, that will help you understand how your puppy is feeling, and when you might need to intervene.
- Leash handling skills and practice...lots and lots of practice. This includes emergency leash handling, to keep your puppy safe, and how to handle the leash to keep your hands and wrists safe too.
- Due to the possibility of puppies being unhappy with the voluntary handling section in week 5, this week has fewer lesson elements, to allow for extra time for week 5 activities, if needed.

### **Week 7 – Assessment and Graduation!**

- Puppy class assessments and graduation ceremony.