



CLUTHA · V · E · T · S ·

Animal Health Centre

CLUTHA VETS PUPPY PRE-SCHOOL



CLASS LAYOUT

- Class One
- Weigh In
 - Play Session
 - Welcome and Introductions
 - Aim of Puppy Preschool
 - Play biting
 - Toilet training
 - Examination hold, nails, ears, eyes
 - Teach sit
 - Play session
 - Jumping up
 - Game
- Class Two
- Recap last week (questions)
 - Nutrition
 - Neutering
 - Play time
 - Worming control
 - Flea control
 - Game
- Class Three
- Play Session
 - Weigh In
 - Recap last week (questions)
 - Exercise
 - Children and Dogs
 - Vaccinations
 - Separation Anxiety
 - Fears & Phobias
 - Play session
 - Microchipping
 - Teach come
 - Teach down
 - Game
- Class Four
- Play session
 - Weigh In
 - First Aid
 - Socialisation
 - Collars on puppies
 - Check chains
 - Oral care
 - Stay
 - Walking nicely on a lead
 - Play
 - Game
 - Graduation

AIM OF PUPPY PRESCHOOL

The aim of puppy classes is to educate you on how to be a socially responsible pet owner.

- Teach owners about normal & abnormal puppy behaviour
- To teach owners the humane training methods to enable you to train your puppy
- To allow puppies to socialise in a safe and controlled situation
- To teach your puppies to accept gentle handling by other humans
- To teach your puppies good manners
- To help problem solve issues with the class, such as toilet training, mouthing, jumping up and chewing
- To encourage on going training
- To encourage the puppy to learn to be happy and comfortable at the vet clinic.

PLAY BITING CONTROL

It is normal puppy behaviour to bite at each other when playing. By trial and error puppies are quick to learn just how roughly they can play with each other and adjust their behaviour accordingly.

When two puppies are playing together and one bites the other too hard, the other will yelp loudly and stop the play by walking away. When play resumes again it will be gentler and proceed for longer.

If you have a very confident puppy that keeps coming at you to bite you thinking it's a fun game, stop it immediately. Stand up, fold your arms, and ignore him until he stops jumping and biting at you; start playing and as soon as he starts to bite again stop and ignore him. It may be necessary with some puppies to use the time-out method to convince the puppy he is being naughty and should not repeat that behaviour.

When using this technique be very persistent and consistent. Don't allow him to bite or play roughly one instance, and then the next time try to stop him. This will only cause confusion.



TOILET TRAINING

The success of toilet training your puppy is dependent on a number of factors. Whether your puppy is indoors or outdoors, and whether you are being consistent with the training are all-important factors.

When you begin toilet training you must let your puppy know where you would like him to go. Whenever he wakes up from sleeping take him to that area, and when he does anything reward him with a treat or a game, and lots of praise. Whenever you see him sniffing the floor, or about ½ hour after eating, take him out to the toilet.

It is inevitable that he will make mistakes, so whenever he urinates inside soak it up in some paper towel, and if he defecates then pick it up in some paper towel with the puppy present, then take the puppy and his mistake outside and put in the area he is to use for his toilet...let him sniff it and then reward him.

Punishing the puppy or 'rubbing his nose in it' won't indicate to him that he's not supposed to toilet inside, but it will make him think he shouldn't toilet at all, and he will never learn that he should do it outside. So give him an alternative when he does make a mistake and he will respond.

Puppies are very much like children; when they are young they don't have strong pelvic muscles and can't hold a lot of fluid in their bladders. Until these muscles develop properly then we can't expect our puppies to go very long without urinating or defecating.

Don't expect your puppy to understand what you mean and learn overnight. Please be patient!!



HANDLING YOUR PUPPY

It is vital that you are able to handle your dog all over. The more he is used to being held and handled and restrained, the less threatened he will feel when you need to clip his nails, or look in a painful ear, or take him to the Vets.

Handling will also help to proof him against the time when a child comes running up to him and clutches him tight, or someone pats him heavily on the head. If your dog does not feel threatened by this sort of behaviour he is less likely to bite.

You should handle your puppy at every opportunity. Gently look in his ears. Get him used to having his earflaps held up while you look inside. Occasionally wipe the inside of the ears with moistened cotton wool.

Lift his lips and look at his teeth. Open his mouth and look inside.

Hold his paw, separate the toes, and look at his nails. It is likely that your puppy will try to pull away when you do this. Repeat the action that he did not like but do it more slowly and gently until he accepts it. Reward him while you are doing this, use treats and lots of praise.

Feel down each leg and his tail.

Get your dog used to being lifted up onto a table, ready for a visit to the Vet. Put a hand round his chest and the other hand under his bottom. Hold him firmly, close to your body.

Your dog should enjoy being handled but should not treat it as a game. He should not get over-excited. Be careful not to frighten him and make sure that he will happily accept your handling.

If he pulls away, repeat the action more slowly and gently until he accepts it.

DON'T FORGET TO PRAISE AND REWARD!!!!

SIT

The sit is a valuable exercise, as it becomes the pup's way of saying "please". The sit is a natural position for the pup, he will be relaxed which makes giving him attention easy, and he is not jumping all over you or your friends and family.

The sit should be taught from both in front of you and from your left side. When teaching the puppy to sit in front of you, call him to you,

show him a piece of food in your hand, hold it close to his nose/mouth and use your hand in an upward motion to tilt his head back. His bottom should naturally move toward to the ground, say “sit” and reinforce with the food as soon as his bottom touches the ground.

Repeat this until he is sitting on your vocal command of ‘sit’, and then introduce intermittent reinforcement. You can also use a hand signal like raising your hand upwards.

Once the puppy is sitting in front of you, try teaching him to sit on your left side. This is where all obedience exercises are executed from.

To practice this, call your puppy and ask him to sit in front of you, keeping the food in the right hand, guide your puppy behind your legs, swapping the food from your right hand to your left hand. As soon as the puppy comes from behind your left leg, ask him to sit, using the food to tilt his head again. He should finish up sitting close to your left leg, facing the same direction as you.

Be careful where you hold your hand with food in it – keep it close to your body, if he moves away, or tries to sit facing you, practice next to a wall, leave just enough space for your puppy to sit next to you, until he learns to sit as close to you as they can. Once your puppy has learnt to come around to your left side and sit, this is where all the other commands should be given.

If your puppy is excitable and jumps up on you or your family and friends, using the ‘Sit’ command can stop him doing this by asking him to ‘sit’ for attention instead.



JUMPING UP

When your puppy comes running over to you stand still fold your arms and ignore him until he stops jumping up on you. The moment he stops jumping up on you reward him.

Never put your hands out as these act as paws to a puppy, and the puppy will think you are playing with him. Telling a puppy off for jumping up is not the way we train puppies as this can create confusion. Puppies don't know why they are being told off, when they are jumping up as this is normal puppy behaviour. Puppies do not know any different; they just think every time they jump up they will get your attention. It is our job to train this out of them. Every time they sit when you are ignoring their jumping up, reward them straight away. By doing this they will learn if they want attention they have to sit, and not jump all over you.

You will need to be consistent with this and everybody in the household, even visitors, must treat and teach the puppy the same. This way he will learn a lot faster. If one person is hitting him every time he jumps up and the other is ignoring him, the puppy will never learn as you will just be confusing him. So make sure you are consistent and use the same method every time.

NUTRITION

Puppies use up an astounding amount of energy in growth and play, so it is crucial to give them the best nutrition available. Every single meal counts – it needs to contain all the protein, fat, carbohydrates, vitamins and minerals your puppy needs, in the correct amounts. Poor nutrition can lead to many problems including arthritis, obesity, skin problems and internal illness.

The good news is that a number of companies have done all the hard work and scientific research to create complete and balanced premium products that meet all the requirements for a growing dog. Puppies should be on 4 meals a day until 12 weeks of age, then from 16- 20 weeks they can go down to 2 meals a day.

We stock Eukanuba, Hills Science Diet, and Royal Canin. All three brands have feeding guides on the bags. If you are buying a supermarket brand, make sure it is AFFCO certified and suited to growing dogs.

NEUTERING

Breeding from a dog should not be undertaken lightly; both male and female should be carefully assessed and should be clinically sound, free from hereditary diseases, have excellent temperaments, be good examples of the breed and should be free from any infectious disease. Far too many animals which are used for stud do not meet these criteria.

There are both moral and legal responsibilities for breeders of animals to ensure that the offspring are clinically healthy and have sound temperaments – not to mention the fact that there are so many unwanted puppies and dogs already available. So unless your dog can pass the criteria and you are ready for the responsibility of finding the offspring loving homes you should look at neutering your dog.

There are a number of advantages for neutering your dog:

For the males:

- Can change certain unwanted behaviours for the better
- Neutered males don't have the need to urinate to mark territories, (some may still mark territory but not as often).
- It reduces aggression – but does not diminish the dogs guarding ability.
- It prevents unwanted pregnancies – yes it's the male's problem too!!
- There is no chance of them developing testicular tumours
- It prevents prostate problems in the future
- They are much less likely to wander or roam – although it doesn't prevent this if the dog is not secure in the house section.

Males can be neutered from as early as 4 months.

For the females:

- It stops the un-neutered male dogs hanging around
- You won't need to keep her locked up for three weeks when she's in season.
- The earlier she is neutered the less likely she is to develop mammary tumours
- No chance of her contracting uterine infections – these can be life threatening!
- It stops unwanted pregnancies
- There are no very costly mistakes!

Once spayed the nature of the bitch does not change. A bitch can be neutered as early as 6 months even if she has not had her first season.

Once your dog has been neutered they may have a tendency to gain weight as they don't require as much food. As long as you are aware of this you can take the appropriate measures to prevent it from happening.

It is essential that you do everything possible to prevent unwanted pregnancies and reduce the number of dogs being destroyed every year. Neutering is a permanent, safe and hassle free method. Statistics have shown that neutered animals are less susceptible to disease and live longer happier lives.

VACCINATIONS

By now all our puppies have had one, if not two, vaccinations but...

Why do we vaccinate?

We vaccinate our puppies and dogs against the following diseases:

- Parvovirus
- Distemper
- Hepatitis
- Kennel cough

All of these are highly contagious and the first three can be fatal.

Parvovirus

The main source of the virus is through the faeces of infected dogs, although it can be passed on by boots, clothing and on people. Signs appear quickly usually including depression, severe vomiting, refusal of food and water, abdominal pain and profuse smelly bloody diarrhoea. This can result in rapid and severe dehydration leading to death. We no longer see epidemics of the parvovirus but it is still seen regularly in unvaccinated dogs.

Distemper

Is no longer common in New Zealand but is still seen. The main source of infection is inhalation during close contact with other dogs. Dogs less than one year old are most commonly affected with signs taking up to three weeks appear. The first signs are a discharge from the eyes and nose with vomiting and diarrhoea. After several weeks they develop nervous signs such as twitching, and fitting may occur.

Canine Hepatitis

Mainly attacks the liver and can be rapidly fatal. Transmission is by close dog to dog contact.

Dogs are most commonly affected in the first year of life but all ages are susceptible.

Early signs include general discomfort and lack of appetite, high temperature, pale gums, vomiting and diarrhoea, and abdominal pain. Vaccination stimulates immunity against this.

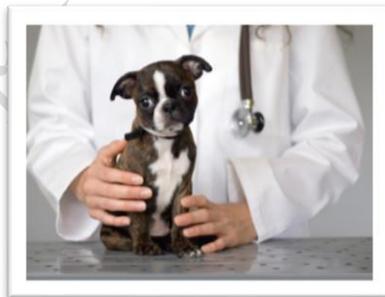
Kennel Cough

Is a contagious respiratory tract disease occurring when dogs are in close contact. Usual sign is a dry persistent cough. Kennel cough vaccination should be given at the final puppy vaccination at about 12 weeks of age and a yearly booster is required to maintain immunity. The vaccine is administered up the dog's nose.

Puppies usually have their first vaccination against Distemper and parvovirus from 6 – 8 weeks of age.

A second injection against Distemper, parvovirus, Hepatitis and Parainfluenza virus is given 2 to 4 weeks later when puppies are 10 to 12 weeks old. The exact timing depends on the age of the puppy at their first vaccination and their disease risk. A booster injection is given 12 months later then usually every 2 years after that.

Number one rule ...Prevention is better than cure



MICROCHIPPING

All dogs should be microchipped and registered with the district council by 12 weeks of age. Working dogs are exempt from being microchipped. However it is a low cost and easy way of permanently identifying all dogs, and the most reliable way of ensuring your dog is returned to you if they are lost or stolen. There is now a New Zealand wide national register which means if a registered dog is lost

anywhere in New Zealand its owners can be traced through this one central database. Microchipping is a quick, simple procedure similar to an injection and does not require anaesthesia.

WORMING

Worming your pet is not only an essential part of your pet's preventative health program, it is also necessary due to human risks associated with worm infection from animals.

Several species of worms infest the intestines of our pets. These are named by their shapes: **Roundworms**, **Hookworms**, **Whipworms**, and **Tapeworms**.

Roundworms – include at least two species and are up to 15 cm long. They are most common in puppies and are sometimes seen in their vomit. Control of Roundworms is difficult. Millions of eggs are produced and each can survive many years in the dog's environment. Fortunately drug treatment is very effective if performed regularly in the first three months of a puppy's life.

Hookworms – The species of Hookworm can grow up to 15mm long and live in the intestine where they lacerate the walls and suck blood. Eggs are produced by the million. They contaminate the ground and develop quickly in moist, warm areas. Dermatitis often between the toes may follow skin penetration. However the most severe effect is blood loss anaemia which can be fatal in 2-3 week old puppies. Control relies on removing faeces from the section and regular worming.

Whipworms – These worms live in the large intestine where they burrow into the lining of the gut. Infestations can cause weight loss and chronic bloody diarrhoea resulting in convulsions and death. **Prevention is easier than treatment!!**

Tapeworms - Several types of tapeworm infect your pets. One, Dipylidium, or the Flea Tapeworm, lives in the animal but the eggs must be eaten by an insect/flea. A cyst then forms in the insect and when eaten by the pet the eggs break out and develop into another tapeworm. Segments of this parasite look like cucumber seeds when passed in droppings. The segments irritate the skin around the anus causing the animal to 'scoot' along on the carpet/grass to relieve their

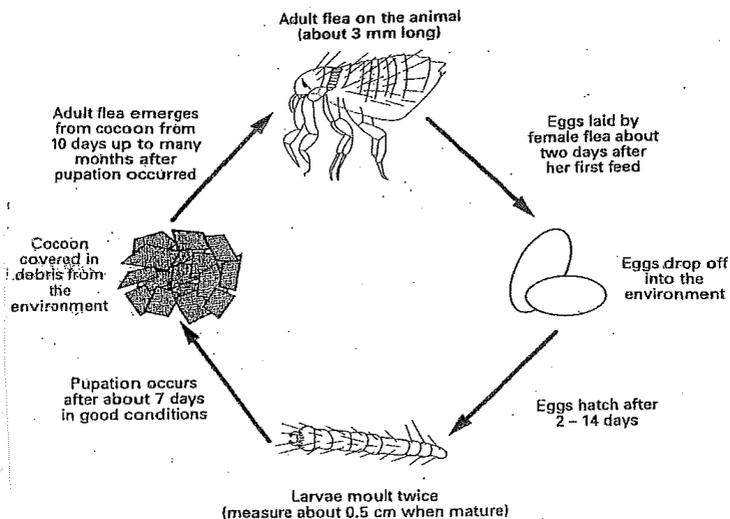
itchy behinds. Tapeworms can range in size from 5mm to 5m. Again, as long as your dog is wormed regularly this is not a problem.

Our worm programme starts with young puppies 2 weeks old. They are wormed every 2 weeks until they are 3 months, then monthly until they are 6 months, from 6 months they are wormed every three months for life.

Be sure you are using a broad spectrum wormer that covers all of these worms mentioned. It also pays to weigh your puppy regularly to ensure that they are getting the correct dose.

FLEAS

The flea's life cycle is such that they may lie dormant over the winter, and then with increased temperature and humidity the adult fleas will emerge. To avoid or minimise the seasonal flea population explosion it is important to start on your flea control program now!



Adult fleas bite the host in order to take a blood meal. The area that has been bitten shows an inflammatory reaction and causes some irritation. A very heavy flea infestation may cause anaemia.

Some dogs are very sensitive to the saliva from the flea and can develop an allergic reaction after just a few bites. In these animals

strict adherence to a flea control program is important to minimise the distressing condition of “Flea Allergy Dermatitis”.

The array of flea control products is daunting. Some treatments are definitely more effective than others, and it is worth talking to your Vet or Vet Nurse for advice on specific products.

To control the flea population it is necessary to treat both the animal, (and animals if there is more than one in the house), and the animals’ environment for effective control. Flea control such as Frontline Plus breaks the flea cycle by killing adult fleas and their pupae and larva. The treatment lasts for 2 months. Frontline can be used from the age of 8 weeks old and in breeding, pregnant or lactating bitches. The product will spread over the coat of the animal within 24 hours. It is recommended not to bath or shampoo dogs during the 48 hours after treatment.

The subject of flea control is daunting, but remember to start your flea control now for the best results.

FIRST AID

Danger foods

- **Chocolate** - Contains Theobromine, which is a cardiac and nervous system stimulant. Ingestion of chocolate, particularly dark chocolate, can lead to heart arrhythmias, tremors and seizures.
- **Sweet biscuit** - are high in fat and sugar with low nutritional value.
- **Bones** - can splinter and may stick in the throat or intestine. They could also cause constipation.
- **Sultanas, grapes, raisins**, may lead to acute kidney failure in dogs.
- **Onions** - can cause damage to the membranes of the red blood cells that results in severe anaemia.
- **Avocado** - contains a toxin called persin which leads to gastrointestinal irritation.
- **Raw egg whites** - contain avidin that can interfere with the absorption of biotin (vitamin B). This can lead to a poor growth, lethargy and dermatitis. Raw eggs may also contain salmonella.
- **Macadamia nuts** - can cause locomotory problems such as weakness, tremors or paralysis in the hind legs.

Other danger foods and hazards to watch out for are...

Cocoa powder, antifreeze, some house plants

General First Aid

It is a very good thing to know the colour of your dog/puppies gums, as if your puppy becomes ill or has an accident, you can look at your pups gums and say if they are pale or very pink (toxic looking) to the vet.

If your puppy gets into poison you need to contact the vet straight away. When bringing your puppy to the vet if you can bring the packet of the poison your puppy has eaten it is very helpful to the vet. You shouldn't make your puppy vomit until you have talked to the vet as with some poisons you do not make them vomit - such as oils, petrol, Kerosene.

Some poisons that we do say to make your puppy vomit after eating are, slug bait, rat bait, and 1080.

Washing soda is one thing you can use to make your puppy vomit. Place the crystals under the tongue or at the back of the mouth. Another way is by giving them 1 teaspoon of salt to half a cup of water.

In the case of an emergency here are some rules to go by...

- Never remove an impaled object
- Attempt to control haemorrhage – pressure bandages
- Never move an injured body part without supporting the injured area.
- Keep body temperature warm
- Keep patient calm
- Support fractures, handle broken bones as little as possible

Burns

- Cool and flush the area with cold water for 10 minutes if immediately post injury – this will reduce swelling and plasma loss and also provide some pain relief.
- Cover with a moist sterile dressing to prevent any contamination
- Prevent self mutilation
- Prevent shock, keep the patient warm.

EXERCISE

There is one very simple rule regarding exercise for puppies – no long enforced walks for puppies under the age of 6 months. Free running in the garden, a park, and a field or wherever you can let them off for a gallop is fine, but let them set their own pace.

The reason why is simple - as the puppy grows, so obviously does its bones; new cells are being formed all the time. These bone cells are soft to begin with so exercise could cause damage that can lead to hip and elbow problems.



CANINE CODE FOR CHILDREN - KEEPING SAFE AROUND DOGS

- If you want to touch the dog make sure that you ask the owner and make sure the owner is there even if you know the dog.
- If the owner has agreed – let the dog come to you, if the dog backs away, do not go after it, this may mean that it does not want to be patted. Let the dog sniff your hand before you try to give it a pat.
- Do not make any sudden movements or noises when you are with a dog, they can make him nervous or they may get over excited and hurt you.
- Remember that not every dog is the same as your own dog. Treat all dogs with care, caution and respect and make sure an adult or the owner is around.
- Never stare a dog in the eye, as he may feel threatened and uncomfortable. He may also feel threatened if you try to hug him or bend down over him. A threatened dog is not a friendly dog.

- Leave dogs alone if they are eating, sleeping, tied up or in a car or kennel - they can sometimes become defensive and bite.
- If you feel threatened by a dog 'act like a tree', stand still and be silent. Try not to panic, do not run or scream, try to remain calm and stand very still, don't look the dog in the eyes and keep your arms at your sides – stay like that until it moves away.

SEPARATION ANXIETY – What is it?

Is seen in any breed of dog, at any age and any sex.

Separation Anxiety is a panic response to being left alone, and during this time the dog is not acting rationally.

It usually includes destructive behaviour, barking and howling, inappropriate urination and defecation. Punishment for these things usually makes the situation worse and gives the dog an irrational fear of being left alone; this may result in them developing fear aggression as well as separation anxiety.

To prevent this from happening it is important for us to remember to get our puppies used to being left alone at an early age. If there is someone at home with them during the day, leave them in their kennel for a few hours at a time so when it comes to a stage where he must be left alone he won't fret.

Another important note is that if your puppy is outside whimpering at the door, leave him there until he is quiet. If you go to him before he stops whining you are rewarding this behaviour and next time he will do it to get your attention because he got it last time.



FEARS AND PHOBIAS

You need to get your puppy used to everyday sights and sounds; other animals and people are essential to your puppy's well-being. Up till 12 weeks of age puppies are very good at adapting to new situations, sights sound etc. The more things you expose your puppy to at this age the less they will fear when they are older. If your puppy is frightened of something the best thing to do is stay calm and don't make a fuss of them, just carry on normally so your puppy will see you are not frightened and realise there is no need to be scared. Never tell your puppy off or push him away if he wants to be close to you as this will just make the puppy more frightened. Try making him relaxed and try turning the situation into a good one instead of bad.

DOWN

This is a naturally relaxed position your puppy can adopt when you want him to be quiet in the house. The pup must know how to sit before you can teach 'down'. He should be lying down on his chest, in a fairly straight position, preferably not leaning to the side.

Call your puppy to you and ask him to sit. Using your hand with food in it, hold the food close to the puppy's nose and move your hand down towards the ground between his front paws. The pup should naturally drop his body in order to get to the food. As he is moving, say 'down' and reward him as soon as he adopts the down position.

If your pup stands up when you move the food down towards the ground, ask him to sit again then attempt the down again; you may have to repeat this with the stubborn puppy quite a few times. If your pup only bends his neck and head towards the food and refuses to drop his chest to the ground try moving the food either towards his hind legs, or out from his front paws. Either one of these methods will work with most dogs.

When your puppy can drop from the sitting position, try getting him to go down from standing. He should learn this one very quickly. Have a treat in your hand and get the puppy to follow it down to the ground, sometimes you may need to put your other hand on the puppies back and push down gently, reward and praise as soon as he goes down.

SOCIALISATION

The golden socialisation period for puppies occurs between 3 - 12 weeks of age, although it is not rigidly fixed. During this time it is most important to expose your puppy to as many things and experiences as possible. This period is also critical for the formation of social relationships which have long lasting effects.

PUPPIES AND COLLARS

Your puppies are all wearing collars and have got used to them by now. Collars must be strong but also comfortable, so regular checks on the tightness of them should be done - especially while our puppies are growing. A collar too thin or wide will be uncomfortable for your puppy.

PUPPIES AND CHECK CHAINS

Check chains should never be used on puppies under the age of 6 months. They are a training device and they are to be used for that reason only. They should never be used for tying your dog up or left on them for any reason as if they get caught up it could be devastating.

ORAL CARE

There are a number of ways of keeping your dogs teeth clean & healthy. If you do nothing there is a high chance of your dog having dental disease, requiring cleaning or extractions by the time they reach middle age. The best thing to do is brush your puppy's teeth. This must be done with a pet tooth paste as human tooth paste makes dogs vomit. You will need to buy a soft tooth brush or a baby tooth brush. The pet tooth paste that you can buy at clinics contains enzymes which dissolve the plaque so you do not have to brush vigorously. So long as the tooth paste is smeared on the teeth and gums, it will work. Ideally this should be done daily but even a few times a week will make a difference. You should start getting your puppy used to having his teeth brushed as soon as possible.

Dental chews can help to keep teeth clean but they need to be given regularly and can be quite fattening. You can also get liquids to add

into your puppy's water, which will help freshen breath and reduce bacteria in the mouth.

There are also special foods which help keep teeth clean. Hills oral care is better than normal dry food at keeping teeth clean and can be fed as the complete diet once your dog is a year old.

Puppy's baby teeth will begin to fall out at about 4 months of age. You do need to check that their baby canines do fall out by the age of 7 months as sometimes these can be come retained and cause problems with their adult canines coming through fully.

STAY

The stay is a very important exercise to teach your puppy for obvious reasons. You can leave your puppy in a room by asking him to stay or ask him to stay while you open the front door to let someone in.

Once again your puppy needs to know how to sit. It is also very important to eliminate any distractions when teaching this exercise. Ask your pup to sit beside you on your left side, (have some food in your pocket so your puppy can't see it), give him the hand signal, which is a flat hand directly in front of his nose, palm facing his nose, and use your right hand for this.

Leave your hand in front of his nose; say 'stay'.

Moving your right leg first, swing your body around so you are directly in front of your puppy, stay in front of your puppy for 4-5 seconds then return back by your puppy's side.

Crouch down to release your puppy and reward immediately!!

The first few times you teach this exercise, leave your hand in front of your puppy's nose to hold him in position, then try moving your hand up to your waist.

Once your puppy is responding to the stay with you moving directly in front of him, try taking more steps away from him. Take it very slowly because if your puppy gets up to move toward you, you will need to go back to the beginning and start again.

Introduce intermittent reinforcement once you have achieved this.

HEELING / WALKING ON THE LEAD

There is nothing worse than trying to take your puppy / dog for a walk and he is lunging at every dog and pulling you around the park. This is the reason a lot of dogs do not get walked and get left behind in the back yard, because the owner does not enjoy being pulled around by their dogs.

You need to start with putting your puppy on a lead and guiding it around the house with a treat, so he gets used to walking with you even if he is just following a treat around. Make it a fun exercise being on the lead not a boring punishment being dragged around the place.

1. First correctly fit your puppy with a collar and light lead that is appropriate to the size of the puppy.
2. Hold a tasty treat in front of your puppy's nose with one hand and then begin to move forward with the lead in the opposite hand
3. Encourage the puppy to follow the treat while keeping the lead loose. If the puppy surges forward stop and wait until the puppy stops pulling and then move forward again.
4. Practice this around home before taking your puppy out.

Take 2-3 steps and ask your puppy to sit again, reward him with food and praise him.

Repeat the procedure until your puppy is responding well.

If your puppy is walking too fast or losing concentration, only heel for a step and ask him to sit, reward him.

Gradually you can lengthen out the amount of steps you are taking between sittings until he is walking quite happily beside you.

