



Puppy Lesson 1 Homework

Your trainer will adjust the homework as needed. Please reach out to them with any questions, and have fun!

- 1. CRATE/POTTY TRAINING.** The crate represents safety and comfort for both of you. Always use your “load up” command when putting your puppy in the crate, and always lure them out of the crate to you. All of the puppy’s freedom revolves around potty. The 30-30 rule makes it easy to remember to take your puppy out for a potty break. Anytime you bring him out of the crate potty training begins. Set an alarm that goes off every 30 minutes (Google, Alexa, Phone). Carry him to his potty spot and happily ask him to “GO POTTY!” or whatever command you want to use. Keep it under 5 minutes and do not play with your dog. This is potty time, not play time. If he doesn’t go he goes back into the crate for 30 minutes. Then repeat the process. When he goes he gets 30 minutes of freedom, a great time to play with your puppy! After any play I start the process again. Your puppy will always get a potty break after meals, training, crate time, or 30 minutes of play. 21 days without an accident means you’re very close to being potty trained. This usually does not happen until about 5 months old, please be patient.
- 2. COME, SIT, PLACE, and FREE.** Your puppy will work for all their food. At feeding time, get puppy’s portion of food and announce “Are you ready to do some work?” to your puppy. Jiggle bowl near him and let him get a sniff of the food. Starting near your place board, grab a small handful of food and slowly wave in front of puppy’s nose, say their name and ask to come while taking 3-5 steps backwards. (“BOB COME”) Say name and ask to sit while slowly luring food past nose towards ceiling. (“BOB SIT”) Reward with kibble and saying “yes.” Lure your puppy back to the place board, point at the place board and say their name while asking them to place. (“BOB PLACE”) Reward when they are completely on their place board. **Repeat this 10-20 times.** The final time you ask your puppy to place, use the “FREE” command and reward and engage with your puppy off of the place board. **ONCE THIS ROUTINE IS ESTABLISHED, YOU CAN DO ALL 3 COMMANDS TOGETHER IN VARYING ORDERS. YOUR PUPPY WILL START TO GET EXCITED TO DO THIS FOR YOU AND DO IT QUICKER AND QUICKER. KEEP TRACK OF YOUR REPS ON A PIECE OF PAPER. THE MORE YOU DO THE BETTER YOUR PUPPY WILL GET!**
- 3. DURATION PLACE.** Twice per day you will ask your dog to “Place”. Find a comfortable place to sit and relax and put the place board right next to your feet. Have a leash on your puppy and put them on place by luring or picking him up and setting him on it. Wait to see if he sits or wanders off. If he wanders off, let him get all four paws off. Gently stop him with the leash and put him back on the place board. **It is very important not to get angry or frustrated during this routine. It’s better to say nothing at all to him.** Repeat this process until he sits or lies down. Once he is still set your timer for 5 minutes. When the timer goes off, use the “FREE” command and reward and engage with your puppy off of the place board. **THIS IS THE MOST IMPORTANT COMMAND WE WILL TEACH YOUR DOG. THIS WILL TEACH HIM TO RELAX AND NOT MOVE WHEN YOU TELL HIM TO. WE USE THIS IN EVERYDAY LIFE. FOR EXAMPLE, WHILE PREPPING, EATING AND CLEANING UP AFTER DINNER IT GIVES HIM SOMEPLACE TO GO AND BE OUT OF THE WAY OR WHILE ANSWERING THE DOOR ETC.**