



SECRETS TO RAISING A PUPPY

The AbsoluteDogs Way

**Solutions to Overcoming
Common Puppy Struggles**



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There are so many ways that a puppy can present us with a unique solution... That's the fun of having a puppy... you never quite know what's up ahead in your adventure together, but for the most part that adventure is full of adorable fun and absolutely loyal companionship.

Sometimes that companionship has sharp, pin-like teeth. Sometimes that companionship is cuddly one second and ... well, not so much the next.

Sometimes it's not exactly what you thought it would be. You imagined one dog as the dog of your dreams and the puppy staring at you, with much confusion, hasn't quite lived up to the dream. It's not uncommon at all to think, "What have I done?" because a lot of the common puppy struggles just aren't talked about as much when people are encouraging others to get a puppy. The cuteness factor usually takes precedence and the hard work and dedication that is looming takes a back seat.

If it helps, though, it all becomes a thing of the past. That's why people with adult dogs encourage others to get puppies. They forget just how stretching raising a puppy can be. They now have a well-behaved best friend.

And that will be you, too, once you get over the sharky bits, the toilet training, and the constant firefighting as one problem disappears, and another presents itself. What's really cool, especially with a games-based approach, is that not only will the problems be less daunting, but the solutions will also be much more apparent.

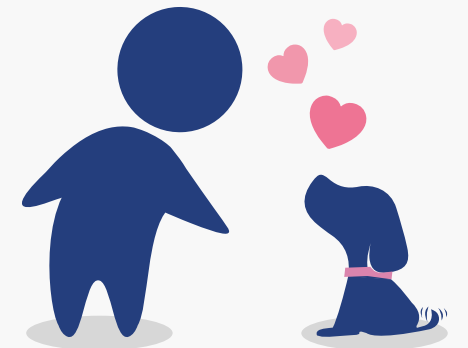
We have compiled a list of some fairly random struggles, but all are also pretty common. With the other resources we have available to you, and this resource, our aim is that you have an understanding of how to get started. Let's dive in!

STRUGGLE EXAMPLE #803

(Just Kidding, we'll say #1 for the purpose of this resource)

LEARNING TO FOCUS ON YOU, RATHER THAN THE REST OF THE WORLD & CHOOSING YOU OVER OTHER DOGS AND PEOPLE

At first, your puppy might think you're the most magical and amazing being in the world. At 8 weeks old, you will have this shadow that will follow you everywhere. And for some people and some puppies, that shadow remains constant and consistent (and presents its own struggles). However, most puppies will, at some point, begin to choose the world over you.



Other people, other dogs, trees, squirrels, leaves rustling by, and so much more will become important to them. They will be distracted into choosing them over you. It's curiosity. It's impulsiveness. It's doing instead of thinking. It's the nature of puppies.

One thing to remember is that it's fairly normal. Of course, this baby animal that is learning all these amazing things about the world would want to know more! And a lot about the world is exciting and stimulating. Puppies are just being puppies. Here are 3 tips that will help you with this particular struggle.

TIP #1 NON-EVENT TRAINING

Non-Event Training is where you are training your puppy to focus on you, to value you above all else, and that other events in the world (dogs, people, squirrels, leaves, bikes, cars, etc) are non-events. They are cool. They are safe. They exist. Yet, YOU are important, not them. They're there, and life goes on.

To do this, reward your puppy from the very get go for any acknowledgement of the world around them. Any distraction

that you can identify even if that is the sound of tires on gravel, or a plane overhead, or the visual of a bike as someone pedals by... A distraction can be sound, it can be a visual, it can even be an odour.

Being aware and observant can help you to be curious about the world too. How does your puppy perceive the world? Try to view it from their perspective. It's fun, we promise!

TIP #2 PLAY GAMES THAT GROW VALUE IN FOCUS AND PROXIMITY

Yep! Games are powerful and there are thousands of people all over the world that have joined in on playing games with their dogs and their puppies with amazing success. Naturally, in order to get your puppy to focus on you, they need to know that you are valuable. How can you do this? Handfeed! Every single piece of their daily food can come from you.

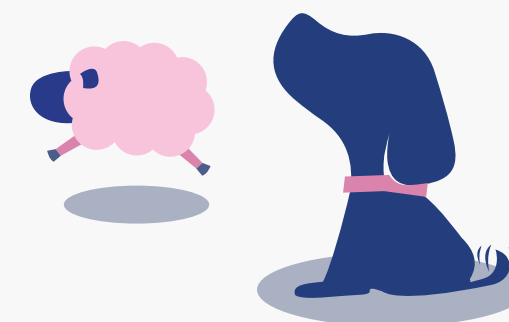
Not only does this boost your relationship but Ditching the

Bowl (providing food through hand feeding or through mental enrichment opportunities) allows you to really capitalise on rewarding your puppy for behaviour you like. It's an open dialogue with your puppy that you would not have if you simply put the bowl down and let them eat all of that value away. This is a gamechanger for sure.

TIP #3 GRADUALLY INCREASE THE LEVEL OF DISTRACTION

This is so important and one of the most frequently missed steps. Too often people throw their puppy into uncomfortable or overwhelming situations. Now, that doesn't necessarily mean that their puppy is scared or afraid... it could be that their excitement levels are so high that they can't think clearly. Much like a kid going to Disney for the first time... The WOW, there's so much to take in, can lead to some maybe not so great decision making, and not knowing what to do next so possibly doing the wrong thing (and dragging their parents by the hand all over the place! Think lead pulling in puppies!)

So, start really easy. Play games at home, in your living room, and in your garden, and very slowly and gradually expand. If your entire house hasn't been played in, or there are areas of the garden that your puppy hasn't mastered a game, taking their skills on the road might not



be the best decision.

However, if they're solid, identify where you can go that has minimal distractions so that you can set your puppy up for success. Play games they know. Definitely avoid introducing new games they don't know in a new environment. It helps to make a list of the different places available for you to explore with your puppy and identify whether they are low, medium, or high distraction level environments, noting if that category is flexible based on time of day, holiday, or weekend vs. weekday.

STRUGGLE EXAMPLE #2

CRATE TRAINING 101

Crate Training! This is a struggle that we get asked about a lot. Do you HAVE to crate train your puppy? No. There are alternatives. You can use an ex-pen (exercise pen), or you can set up a small area that has been puppy proofed. Crates provide your dog with a safe place to rest and relax, but it doesn't mean that you have to provide them with a crate. Being familiar with confinement, however, can help them in so many ways throughout their life, including at the groomer, the vet, boarding, etc. We have some tips for crate training just for you.



TIP #1 TOILET TRAINING AID

Crate training and toilet training. A crate should be large enough that your puppy can turn around and lay down, and yet while they are able to comfortably stand and lay down, they shouldn't be able to move from one side to the other. This can impact toilet training (if they can pee on one side and comfortably sleep on the other). Some puppies may have a preference for wire crates and others may have a preference for plastic, airline-type crates.

When introducing the crate, it can help to leave it open and available for your puppy and to reward any interaction with the crate, including sniffing, going inside, etc. A nice plush blanket can be handy but can also have an impact on toileting if they can potty without feeling the dampness. Some beds absorb pee accidents, and the puppy remains comfortable. In addition, if your puppy is destroying their bed, you can remove the bed and use a thinner blanket or towel.

TIP #2

HOW TO

To get your puppy used to a crate, you can actually use similar steps as we use to introduce Boundary Games. Check out our Boundary Games eBook. Where it says Boundary, replace with Crate, and acknowledge that crates have walls. This can

actually help to strengthen your puppies Boundary Games when you move them over to relaxing on beds as they mature.

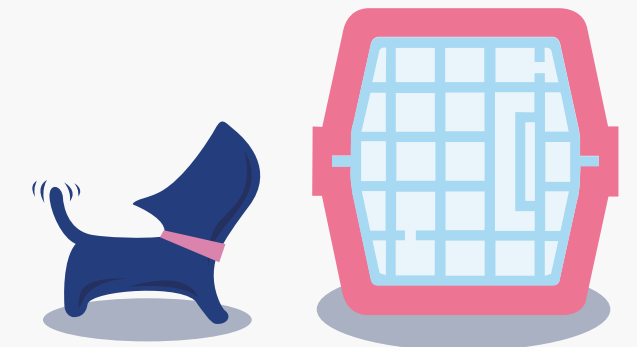
Boundary Games eBook

TIP #3

ENCOURAGE CONFIDENCE

It helps to have your puppy's crate near you when you first bring them home. Even if it's right next to your bed so that you can lean over and dangle a hand to offer them comfort, it's important to recognise that your puppy IS a baby animal that is a little unsure about all the changes in their life. Very gradually, as they demonstrate they are able, simply grow the amount of distance the crate is from your bed.

You can also set up separate crates depending on the layout of your home and the schedule of chaos. Ideally, your puppy should be able to relax in their



crate away from the craziness of home life. If your home is quiet, keep their crate near you no matter what you're doing and as they mature, grow the distance. This helps to prevent separation related behaviours as you don't rush them into feeling overwhelmed if distance is pressed too early on.

STRUGGLE EXAMPLE #3

THE FOUNDATION OF RECALL/COMING WHEN CALLED

One of the first and a very important skill that most puppy parents want to work on, and address (beyond typical puppy behaviour) is establishing a strong recall or coming when called foundation right away.



At first many puppies can provide their owners a false sense of security – as they will follow their owner everywhere prior to 12-16 weeks of age. As they start to wander and explore and get distracted by the environment it becomes harder and harder to disengage from the environment and focus on their owner or respond to their verbal cues. In the tips for this particular struggle, we are going to discuss the concepts that can lead to a stronger recall.

TIP #1 PROXIMITY

Proximity is a concept that is essential to growing a strong recall. One of the most important aspects of proximity is that your puppy will learn to value staying close to you, so much so that while their recall will be strengthened as their value in proximity grows, they won't really choose to wander off in the first place.

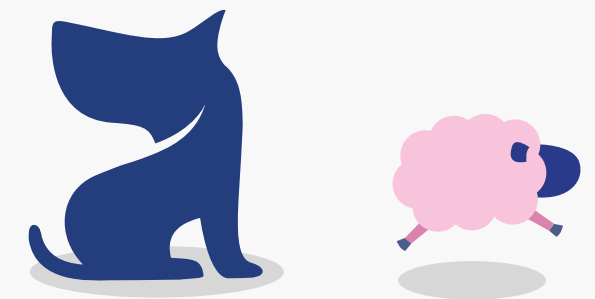
They will want to hang out with you because you are the coolest thing in the world. How can you grow proximity? While your puppy is young and devoted entirely to being your shadow, reinforce them generously for those choices. No need to name the behaviour or call it anything. Really, any time your puppy hangs

out with you in the garden or around the house, reinforce them calmly. Separately, work on Independence with their crate so that you can balance closeness

to you with confidence away from you for separation related behaviour prevention.

TIP #2 DISENGAGEMENT

Disengagement is a very powerful concept. Sometimes your puppy will need to disengage with you (to be alone), and other times, most often, your puppy will need to be able to disengage from the multitude of distractions that are trying to entice them away. Puppies are so easily distracted as the world is its own adventure park with novel smells, sounds, and curious visuals to engage your puppy, whether you want them to or not.



Disengagement is a concept that starts very much by preparing for the situation rather than working through it. In recall, you are essentially competing against the environment. Every time you call your puppy away from something, you are asking them to choose you. Playing games

that encourage your puppy to embrace this concept will make life so much easier as you progressively explore more challenging environments with your puppy.

You want to be able to ask them, "Can you choose me right now instead of that squirrel?" And you want them to be able to turn without hesitation and say, "Yes! Of course!". Making sure you set your puppy up for success by not putting them in situations where disengaging is too difficult before they have a full grasp of the concept will help so, so much.

TIP #3 OPTIMISM

If your puppy struggles and is naturally pessimistic and thinks the world can be a worrisome, unpredictable place, it helps to grow confidence and optimism prior to placing them in situations where they may get stuck. Having optimism in new and novel situations where distractions present themselves in so many different ways can help to increase the likelihood that your puppy will also be able to disengage.

What is Optimism? Optimism is your puppy's ability to perceive any new, novel element in the world around them as something they can work

through, and something that also be perceived as "None of their business". Everything is going to be fine, which is why they don't need to engage in the first place (whether that is in excitement or fear). Our tips in the first struggle within this resource will help to grow Optimism.

For recall, check out our Whistle Recall mini course. Sometimes your everyday recall may fail (wind, an event you may not have been prepared for despite your best efforts) and it's really vital that you have an emergency recall.

STRUGGLE EXAMPLE #4

SEPARATION RELATED BEHAVIOURS - PREVENTION

Separation related behaviours can be destruction to the environment when left alone, vocalisations, and difficulty in being left alone. Separation related behaviours can range from mild to fairly severe. If your puppy is already showing signs of having a hard time

being left alone, it's important to set up a training plan that does not allow them to rehearse that emotional state. The faster you implement a strategy to prepare them for when you leave, the less likely the behaviour and emotion behind it will escalate.

It's fairly normal for milder separation related behaviours to happen in puppies. They've left behind their mom, siblings, and depending on their upbringing, have left behind a really comfortable space or

have already had a stretching existence. It's important, however, to focus on the now, rather than any experiences your puppy may have already had.

TIP #1 CALMNESS

In order to be more resilient to change, to grow independence, and to feel comfortable even when they aren't right by your side, calmness is a key concept. What are some behaviours that you can identify as calm? Soft, blinking tired eyes? Head resting on a blanket, bed, or the floor? A nice, deep sigh as they relax



nearby? Identify observable calm behaviours and reinforce them with a low value reward, keeping your voice, body, and the treat delivery calm as well.

TIP #2 DISENGAGEMENT

Instead of disengaging from the world, your puppy also needs to learn to disengage from you. This can be done through games, through layering in calmness, as well as gradually increasing the distance between you and your puppy incrementally. It can help to provide them with a chew or food enrichment toy at a small

distance to start and grow from there. Adding a visual barrier would be the goal. Don't rush the process, and yet try not to get stuck in a comfortable space that doesn't allow progress. Boundary Games can provide your puppy with a really safe space that has so much value that you're moving away isn't so bad after all.

TIP #3 INDEPENDENCE

Which brings us to independence. Independence can be an important concept to a puppy as they mature. Can they self-employ? Can they play independently and explore independently? A game that can be fun to play but also encourage independence from you is a Novelty Surprise Party. Find different objects around the house that are safe for your puppy to interact with and set them up, spaced out, in a small space.

Sprinkle your puppy's daily rations amongst the novelty and take a step back to observe. Watch as they explore on their own. They are getting reinforced for being brave, for exploring independently of you without your intervention or encouragement, and you can see what type of things cause them to hesitate so that you can come up with a game plan that is focused on solutions specific to your puppy.

STRUGGLE EXAMPLE #5

INTRODUCTION TO ANOTHER DOG IN A MULTI-DOG HOUSEHOLD

Not everyone is a first-time dog owner... some are first time puppy owners, or they've already owned a dog or two (or twenty). Bringing a new puppy into a home that already has dogs doesn't have to be a crazy process. In fact, it's important to give your

puppy time to settle in before pressuring them with an interaction with another dog in your household. Your puppy will appreciate an opportunity to decompress, and the other dog/s will be able to take in the new member of the family with no pressure, also.

TIP #1 GATED COMMUNITIES

When introducing a new puppy into your home, provide your puppy with an opportunity for decompression. Set up the environment so that your other dog/s do not have access to your puppy when you bring your puppy home. They can hear, smell, and maybe even see, your puppy, and yet it should be from a distance so that your puppy can get comfortable in the new space without the additional

overwhelm that can happen when being introduced to dogs within the house. Gates will allow both puppy and other dog/s the chance to take in new smells, sounds, and each other safely and without pressuring to interact. Adult dogs can be intimidating, and puppies can be unintentionally boisterous and rude in a way that adult dogs may not find enjoyable. Interaction will come gradually.

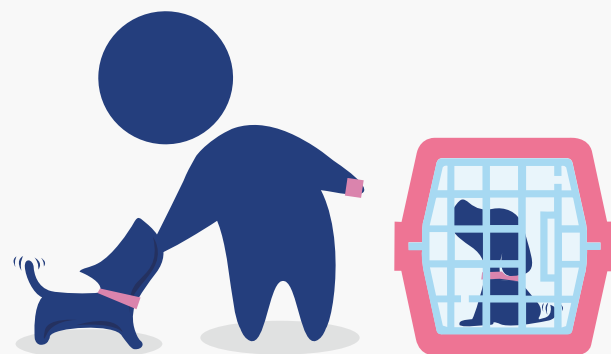
TIP #2 TAKE A WALK

This requires a person per dog. Take your puppy and other dog on a walk together, walking them so that they do not need to interact, but can see each other. Walking parallel and selecting a space where other dogs or people won't be present can help. Let the puppy explore the grass and the environment and reward your puppy for calmly observing the other dog. Do the same with the other dog.

Gradually decrease distance as long as both puppy and older dog appear to be comfortable (and confident) in each other's presence. If there is any concern, keep distance. If you are concerned your older dog may not enjoy the puppy's advances, don't worry. Just walking together is good for now! No need for play or direct interaction until they're both ready.

TIP #3 ONE AT A TIME

Note: In some homes, integration is almost immediate. In others, it could take several days to weeks, especially if another dog in the house has any behaviours that require a slower introduction.



If you have more than one other dog that will be co-existing with your puppy and all are ready and able to be calm in their introduction, avoid overwhelming the puppy with a big, multidog interaction. Instead, introduce one at a time. Your walks and

gated community plan will help you to better be able to figure out when each dog is ready for that interaction and you'll know when your puppy has adapted and is ready to expand their experience with confidence.

STRUGGLE EXAMPLE #6

TRAINING YOUR PUPPY WHEN YOU HAVE OTHER DOGS

When you have other dogs in the house, training them in the same room can be frustrating. Here we're covering some top

tips and strategies to make it easier on you.



TIP #1 INDIVIDUAL SESSIONS

We recommend training your puppy separately until they have the calmness and self-control to be able to relax on a Boundary or designated space when another dog is training. A dog that has to control themselves on a Boundary or in an ex-pen in view of another dog's training session is working harder at being calm than the dog that is training. It's important to reward the dog that is watching more often than the dog that is training until they have mastered calmness around

another dog's training session.

If any of your dogs can get possessive over food or too excited around food than it is even more important and vital that all dogs and puppies be separated and trained individually. In this way if a dog doesn't have to worry about another dog taking their food, they will feel comfortable and will have more fun during their training session.

TIP #2 BOUNDARY GAMES

Work on Boundary Games (linked above) with your puppy and other dogs individually as soon as possible if you would like to train them together, quietly. Boundary Games will encourage your puppy to calmly wait their turn. This is not something that you do right away. Instead, each dog should have very strong Boundary Games before you start putting them in a room together to train.

It can also help to start to only



have two dogs and to generously reinforce the puppy on the bed while the other dog does easy, simple behaviours and switch the dogs out. Gradually increase how challenging this is until you can work your puppy around other dogs and they can also wait their turn as another dog trains. This is a GREAT goal to have when you have a multi-dog household.

**TIP
#3****FAIR DOESN'T ALWAYS MEAN EQUAL**

Every dog in a multidog household needs their own unique training plan recipe. Sometimes that means that one dog works more on calmness than another. When a puppy comes home, it's important that you don't feel guilty about allocating training differently,

as well as exercise, and enrichment. Optimise what works for each dog. The amount of time spent together may look different, but the quality of what you're providing will help to create a harmonious household.

STRUGGLE EXAMPLE #7**JUMPING ON GUESTS**

Puppies are adorable and they get away with things that we would never dream of letting a 35kg dog get away with... Start with expectations you will have

no matter the age, size, or activity level of your dog. If no jumping will be expected, then no jumping is a focus from the start.

**TIP
#1****ACCESS MANAGEMENT**

There are different forms of management and access management is one. This is where you prevent access while your puppy is in training. If they can't actually get to the person, they cannot jump on the person. In the meantime, you work on self-control, calmness, excitement levels and being able

to make good choices. Then, gradually, they get controlled opportunities where the correct decision can be made with the skillset they've been given. If a puppy never rehearses jumping it won't occur to them to start jumping as they mature.

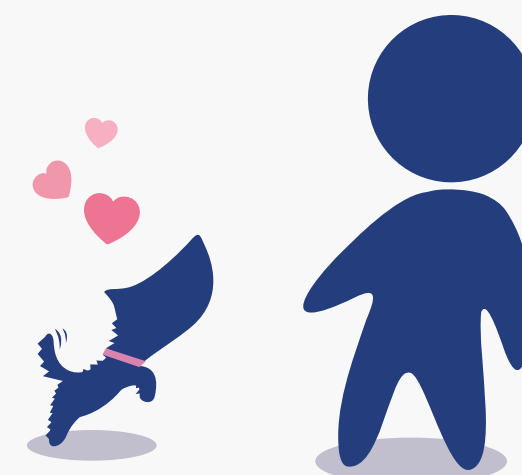
**TIP
#2****LEAD MANAGEMENT**

Another form of management is lead management, where you may have your puppy drag a line or actually stay on a lead when distractions are present so that you can control the level of interaction. If a puppy is on lead, they can't go and jump on a person. For people adamant in wanting to interact with your puppy, you have a couple of choices.

1) You can politely let them know that your puppy is in training and that they aren't quite ready to say hello just yet or 2) you can allow the interaction and HOPE with fingers crossed that your puppy doesn't jump in all of their excitement. (We encourage option #1). Sure, you can hold your puppy in place, etc... but until they're calm, it's probably best to delay greetings.

**TIP
#3****INTERACTION MANAGEMENT WITH APPROPRIATE SOCIALISATION IN MIND**

Another form of management is interaction management. As a puppy owner, you want your puppy to interact with the world in a confident, polite way. Manage interaction so that it helps to encourage appropriate socialisation while still expecting calm from your puppy can be tricky to navigate if your puppy isn't ready. First, focus on calmness around the things that you want your puppy to interact with, and then, with calmness



secured, the interactions will naturally be better-behaved. It's magic!

STRUGGLE EXAMPLE #8

UNWILLING TO EAT OR WORK FOR FOOD

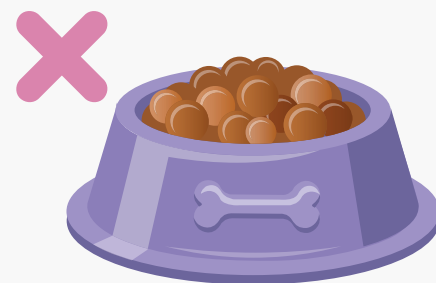
It is not uncommon for young puppies to be disinterested or unsure about interacting with food. When they first come to your home, they may be adjusting, and their appetite may be low. Once they have

time to settle in (can take a few days), their appetite is very likely to change. Leaving food down all of the time can actually encourage this finicky, fickle behaviour, so we recommend the following:

TIP #1 DITCH THE BOWL

What is Ditch the Bowl? Ditch the Bowl means you get rid of the food bowl (not the water dish!) and feed 100% of your puppy's daily rations through play training games, rewarding for calm behaviour, and via food toys that can provide great mental enrichment and encourage rehearsal of calm behaviour.

By Ditching the Bowl, you will increase the value of the food. It may take some time, and don't be surprised if it takes 2-3 days for your puppy to get



excited about this. Just know that your puppy may prefer to eat off the floor than from your hand initially. They also may have a hard time tracking the food, so make sure to keep any food tosses super easy and directly in your puppy's line of sight.

TIP #2

THE REWARD EXPERIENCE

Ditch the Bowl is more than just giving your puppy food. It is all about providing a reward experience. Your puppy wants to have fun and be a puppy! Animating the food by tossing it or having them chase it in your hand can make the experience fun and exciting. Experiment to see what works best. Some puppies love to chase, whereas other puppies will enjoy catching the food (this is definitely a game that takes time and coordination!). Run and then



when they catch up, bowl a piece of food or feed them directly. Be generous and unpredictable in how much they receive for doing amazing things.

TIP #3

CONTRAFREELOADING IS A THING WHAT IS THAT?

Contrafreeloading simplified is the enjoyment an animal gets from interacting with and engaging with their food. It is scientifically known that dogs prefer interactivity with their food over eating out of a bowl.

Provide your puppy with Ditch the Bowl from Day 1 for a huge relationship boost, magnified by the reward experience, and they'll choose you every single time! It's Step 1 to real life results.

STRUGGLE EXAMPLE #9

FEARFUL BEHAVIOUR

Some puppies are fearful, and it is important to know how to support them and grow their confidence.

TIP #1 SOCIALISATION THROUGH CONFIDENCE BUILDING

Socialisation doesn't have to be full of adventures that are overwhelming to your puppy. Start slow and build from there. We have provided you with a great Socialisation

resource to refer to for puppies. Check it out

Socialisation eBook

TIP #2 THEIR COMFORT LEVEL EQUALS LONG-TERM PROGRESS

If you push them too hard, too fast and beyond their comfort zone, it can take time to work through that step backwards. It's important as a puppy owner to observe your puppy throughout any socialisation opportunities and make sure they are taking it in with

curiosity. Knowing what to look out for can be really important. Playing games to help grow your puppy's optimism can be game changing and pressure free in a way that gets faster, more effective results than putting your puppy in the situation and hoping for the best.

TIP #3

RECOGNISE THE SIGNS

Younger puppies that are worried won't choose to interact with things they aren't sure about. They may sit back and watch calmly. This doesn't mean they are confident. This just means that they are taking things in and forming impressions. They may hide beneath something, tail tucked, ears back, eyes wide. They may even curl a lip (that's normal!) to say they're uncomfortable with something getting too close.

If your puppy isn't obviously wanting to engage and in a loose, happy, wriggly way, avoid assuming they're okay and approach every situation letting them take the lead. Do they want to go and investigate? They may want to smell and touch things that

are interesting and confusing to them. If your puppy eases over to a person's leg to smell their trousers, it doesn't mean they want to interact.

Your puppy is just wanting to get more information. Knowing this can help you to advocate and ask others to be patient and not reach out to stroke your puppy unless your puppy actually starts to happily seek them out.



STRUGGLE EXAMPLE #10

LIVING IN A HOUSEHOLD WITH CHILDREN

Living with children and puppies is a whole level of excitement and chaos (and so much fun!). It doesn't have to be stressful though... Careful planning can help streamline

interactions so that your children don't feel like they need to avoid the sharky yet adorable puppy you brought home.

TIP #1

GATED COMMUNITIES

Interaction does not need to be happening all of the time. Remember puppies need 17-20 hours of sleep a day. This means that sharing expectations that the puppy should be left alone with resting is really vital to your puppy's success. Children want to touch and pet their puppy as often as possible.

Establishing early expectations (even before the puppy

arrives) can help to avoid disappointment. Make sure all interactions are supervised and if your puppy starts getting bitey, growly, or overstimulated, simply let your children know the puppy needs a break and you should enforce it. Set everyone up for success with short, sweet interactions that encourage success, the less they'll rehearse the undesirable behaviour. and building a strong, positive relationship.

TIP #2

ACCESS AND INTERACTION MANAGEMENT

We discussed this in our Struggle Example #7. Managing experiences until the puppy has worked through initial development (house

training, teething, etc) can create a better dog owning experience for your children. They can participate with adult supervision and it's also

important to make sure that they aren't the sole caretakers of the puppy.

Even older children will need guidance to make sure that they are enjoying the puppy

experience rather than feeling overwhelmed or uncertain of how to handle certain situations. When in doubt, a break from each other can be really helpful in allowing decompression.

TIP #3

PRIORITISE RELATIONSHIP OVER INTERACTION

It is so important that guarding optimism of both your children and the puppy is prioritised over how often/frequently they get to interact with the puppy at first. The relationship will blossom as the puppy matures and it will be magical! Reward your puppy for being calm around the kids,

even if they're being exciting... and if your puppy can't handle being around the excitement because they get bitey and overstimulated, simply put them away and focus separately on playing games that will help to control themselves.

STRUGGLE EXAMPLE #11

OBSESSION WITH CARS

Some puppies, as they get a little older, may want to bark, lunge, or chase cars. This is a dangerous choice of behaviour and it's important to get ahead of it before it becomes a larger problem.



TIP #1 MOVEMENT

Puppies can have a hard time with cars is that they are in motion.

Working on having your puppy calmly observe from a distance can help. The distance should be wherever your puppy is not reacting but is aware. This isn't restricted to just cars. Bicycles, scooters, buses, trucks, etc an all be targeted. Training in the situation would mean

working specifically on cars and being around them to overcome the problem. Training for the situation would mean preparing your puppy for movement and being able to regulate their emotions through powerful disengagement games and self-control games, as well as games that encourage the ability to get excited and then calm down again.

TIP #2 WHY IT HAPPENS?

For some puppies, like herding breed puppies, the sight of the car moving so quickly is just too much and they feel they have to control it. They do not recognise the dangers of the car. For other puppies this can start as trying to get away from cars because they're

intimidating and then, because they can't get away, they start throwing themselves at the cars in an effort to appear "scary" to make the cars go away. Because cars keep going, their "go away" behaviour of lunging and barking works.

TIP #3 DISTANCE IS YOUR FRIEND

Distance, or even stopping walks until you've better prepared your puppy, can be your friend. Reward for calm away from the distraction of the cars. What is a safe distance where your puppy doesn't react? With any

distraction, distance is always helpful and then you can gradually decrease the distance. The more you work with your puppy by setting them up for success, the less they'll rehearse the undesirable behaviour.

STRUGGLE EXAMPLE #12

CAR RIDES + CAR SICKNESS

Some puppies get sick when in a car. This is a problem behaviour that can last a long time if not immediately addressed.

TIP #1 THINK OUTSIDE THE BOX (OR CAR)

Work on a positive association with going outside and around the car without actually getting into the car. Train and play games around the car. Just because a leash is on and you walk to the car doesn't mean

the journey has started. This will help reduce the predictability of going toward the car to mean nauseous feelings. In this way, your puppy is less likely to balk and avoid the car.

TIP #2 WHEN IT HAS TO HAPPEN

While you're working on reducing car sickness, it can help to avoid car rides. However, there will be times you need to be able to take your puppy in the car for a grooming or veterinary appointment, especially if

neither offer mobile services in your area. If your puppy is small enough, consider carrying them (even in a covered crate) to get to the car.

Crating and covering the crate can help as well.

TIP #3 INSIDE THE CAR (YES, THERE'S A GAME FOR THAT!)

We've played games outside of the car, start adding games in the car. Boundary Games in the boot of your car without actually going anywhere can

be so, so helpful. Consider playing games all throughout your car to dispel any negative emotions about the car.

STRUGGLE EXAMPLE #13

WANTING TO GRAB ANYTHING AND EVERYTHING ON WALKS

Puppies explore the world with their mouth! It can be frustrating to go on a walk and your puppy is grabbing anything and everything they can.

TIP #1 PICK YOUR BATTLES

Ask yourself is what they're grabbing dangerous? If they are making a habit of it, work on Tip #2 before taking them for too many walks where they get to rehearse the behaviour.

If something isn't dangerous, don't worry. As long as they're not ingesting the dirt and grass they are grabbing, they will be okay.

TIP #2 TRADE

You can introduce a trade in a couple of ways. You can offer reinforcement in exchange for what they have. (Yes, this is bribery) or you can work separately from the situation. You can say "Trade" and then drop a piece of food to the ground. This is in a low distraction environment.

Do this several times until as soon as you say "Trade" they start looking for the reward. Now, add in a low value toy

and get them to interact with that toy. Repeat "Trade" and then drop a piece of food just a few inches or more away from the toy. They should start understanding they should leave the toy to get the food.

Over many, many sessions increase the value of the toy item or even food item (bully stick, marrow bones, etc) until your puppy is happily disengaging from anything and everything to get a reward.

TIP #3

POSITIVE INTERRUPTER

It can be helpful to teach a positive interrupt, or attention noise.

Step 1. With your puppy ready for games (not overly excited), toss a piece of food away from you so that your puppy goes to get it. Do not toss it too far, just a couple feet.

Step 2. Make a noise just as your puppy finishes the food. This can be a kissy noise or a noise you will feel compelled to use. It should be done in a way that doesn't imply punishment or disappointment.

Step 3. When your puppy turns to look at you in response to the sound, cheer "Yes" and then reward them.

The purpose is to grow a positive association with the sound. You can use this sound to interrupt bad decisions and then redirect to great decisions. Only use this game to interrupt just before a decision might be made, or to give an opportunity to redirect, like in the case of catching your puppy BEFORE they grab something or combining an attention noise with the trade game.

STRUGGLE EXAMPLE #14

HOUSES WITH CATS

Some people are both cat and dog people. Yes! Dogs and cats can co-exist in harmony as long as some clear expectations are established. It is almost guaranteed,

however, that your cat may not always cooperate, and may in fact (in some cases), entice your puppy to engage. We love cats, and we can also recognise this lovely trait they often have.

**TIP
#1****ESTABLISH EXPECTATIONS**

When you have a puppy and a cat in the same household, it's important to start off just as you mean for it to go on. The expectation is that your puppy will not chase the cat. That's a realistic expectation if you are able to set your puppy up for success. In order to establish

management, you'll need to know what those expectations will be. Will your dog calmly coexist with a cat in the same room? Will your cat have their own space in the house? That's where clarity through management comes in.

**TIP
#2****CLARITY THROUGH MANAGEMENT**

Management is setting up the environment so that your learner is successful. In this case, your puppy is the learner. How can you set up the environment so that your puppy does not rehearse chasing the cat or engaging with the cat (or cats) inappropriately?

Set up gates and ex-pens so

that your puppy can observe the cat safely without engaging in chase or interacting with the cat in a way that could encourage a negative relationship with the cat.

If your puppy cannot chase the cat, you can focus on rewarding your puppy for calmly observing the cat any time the opportunities arise.

**TIP
#3****CALM IS GOOD!**

Which brings us to rewarding calm! Any time your puppy is calm, reward them, whether the cat is there or not. Reward your puppy both for

acknowledging the cat calmly, as well as existing with the cat without engaging or wanting to interact. This can help create a different emotion when the cat

appears. This can be applied whether you have a single cat or multiple cats. In a multi-dog household, you'll want to set

it up where you can reward individually as often as possible.

STRUGGLE EXAMPLE #15**GRABBING AND PULLING ON THE LEAD**

This is a fairly normal and common behaviour with puppies when they discover how exciting walks are, don't want the walks to end, or are frustrated because they can't get access to something they want access to (another dog, person, animal, etc).

**TIP
#1****LIMIT REHEARSAL**

Eliminate rehearsal. If you can predict when the behaviour will happen, make sure that the picture that takes place to create that opportunity is minimised. This is vital for any

undesirable behaviour. Once that has been set in place, the next step is to identify why the behaviour is happening in the first place.

**TIP
#2****IDENTIFY THE SOLUTION**

In some cases, your puppy may be doing this from over-excitement. In other cases, it can be a redirect of frustration. In both situations, the approach is very similar. The concepts you will want to address are self-control, arousal up and down, as well as calmness in the presence of

what may be exciting (creating unpredictability).

Once you can identify why the behaviour is happening, you can seek the solution which is a combination of games to grow the concepts that will allow your puppy to be prepared for the situation.

**TIP
#3****INJECT CALM AND DITCH THE ROUTINE**

If a leash always indicates that a walk will happen, change that picture. A leash could indicate a calmness training session. A leash could, 5 minutes later, indicate that the human likes moving objects (the leash) around for no reason. Simply pick up the leash and then put it back down and reward calm. This is Ditching the Routine. Alongside Ditching the Routine, reinforce any offered. Alongside ditching the routine, reinforce any offered calmness in a deliberate, conscious way. Ditching the Routine can help to avoid creating situations where your puppy always knows that something exciting, wonderful, or not so great will follow. Change up the picture and your puppy won't have such an exaggerated emotional

There are so many pieces to the puzzle when determining what recipe of games works best for your puppy. We recommend our “There’s a Game for That” Recipe Book

Secrets to Raising a Puppy the AbsoluteDogs Way Chart

