

MONTH 3

Monthly Focus

This is the month you make potty training and sleep training progress! Stick to a schedule and take water up 90 minutes before bedtime.

TIPS & TRICKS

Bedtime massages can help sooth a curious puppy. Try rubbing them slowly and massaging their muscles at the end of the day. This is a great way to check for ticks too.

If your puppy is biting a lot, remove them from the situation and place them in a puppy pen. You can mark the moment by saying "Ouch" firmly. Do not reward nipping with excitement, simply remove your dog and give them a appropriate chew toy instead.

See your puppy laying down? Treat them! Did they not jump? Treat them! Frequent rewards for good behavior builds consistent, reliable habits.

TRAINING

Multiple commands – You can begin stringing together several commands. "Leave it" + "Look at Me" or their name is a very useful combo to break their focus and get their attention back on you. Fetch paired with "Come" and "Drop it" make for lots of fun for everyone! Don't train "Stay" and "Come" together, it takes the focus off waiting (stay).

Sniffing walks – Mix it up by bringing your dog on a leisurely stroll, allowing them more leash length than normal and letting them sniff as they go. These walks do not need to be far but letting your puppy sniff and explore is a great way to encourage them to go potty, exercise, learn, and socialize with their environment.

Sleep – The next four weeks should be all about getting your puppy (and you) to sleep through the night.

Potty – Your puppy can last 3 hours or so between daytime potty breaks. Continue to set them up for success by taking them out every 3 hours. Fewer accidents means a stronger association with peeing outdoors, not indoors. If they do have an accident, don't make a big deal about it, just be sure to use enzyme cleaner and take your dog out more often.

SOCIALIZATION & EXPOSURES

Other animals – Once your pet is fully vaccinated, you can introduce them to friendly pets. Avoid chaotic dog parks and seek out friends or family that have cats or dogs that are known to be friendly with other animals.

Loud and moving objects – Now is a good time to show your puppy vacuums, doorbells, car rides and other noisy experiences. Always introduce things in baby steps, for instance sitting in the car turned off, idling the car, going for a drive around the block, then finally going for a longer ride. Baby steps ensure short, positive interactions which will be the key to success and desensitization.

New spaces – Be sure to take some treats and bring your puppy to different locations. As they notice new things, give them a treat before they can react. Some great leash-friendly stores include are pet stores, Home Depot, Lowes, Bass Pro Shops, Barnes & Noble and the Apple Stores. Always make sure your puppy goes potty before going in any stores. You can walk around the store or find a spot and sit. Sitting and watching is better for shier puppies as it lets them warm up to the environment in their own time. You can also sit out front of stores and watch people going in or out.

HEALTH

A rule of thumb is to exercise your puppy for 5 minutes for every month of your puppy's age. You can up your puppy's exercise to 15 minutes a day. This could be going on a 15-minute walk or three 5-minute walks. If your puppy starts flopping their feet, slowing down to laying down when you stop, take a break! It is better to spread out the exercise throughout the day, doing a morning and evening sessions. Stay in tune with your dog and adjust as appropriate based on how they feel and behave during the day.

Puppies lose their baby teeth around 3 – 4 months old. They may chew on things a bit more so be sure to have a dog-appropriate chew toy handy to direct their mouthy behavior. A great tool is a frozen face cloth, tied in a knot. This frozen chew toy will sooth your puppy's gums and help the baby teeth come out naturally. When their adult teeth grow in, they'll have 42 in total, 10 more teeth than humans!

