

# WEEK 8

## Weekly Focus

This week is all about establishing a routine for your puppy. This will help them feel comfortable and at ease.

### TIPS & TRICKS

Use a “house line”, a thin long leash, to help manage your puppy

Do not use a food bowl, instead hand feed their meals during training.

For now, only use your puppy’s name when name training. Otherwise, use a nickname or a phrase like “pup pup pup” to get your dogs attention.

Puppies can focus on things within 6 inches of their noses. Put your treats right on your puppy’s nose and make it obvious, you’ll get their attention every time!

### TRAINING

**Name** – Say their name and feed them a treat right away. This adds value to their name!

**Lure positions** – Using a treat, lead your puppy into a sit, down, or come. Do not use the command word just yet, this will come in time. For now, introduce them to the positions you will ask for later.

**Potty** – Begin potty training from the first day with your puppy. Take them out immediately when they wake up and every 30 minutes throughout the day. Reward and praise them when they do go to the bathroom outdoors.

**Crate** – The crate should be your puppy’s safe space, where they can learn to decompress, rest and recover from the eventful day of being a puppy. Consider having one crate in a central area, like the living room, and another where they sleep. If your dog has a hard time settling at night, put their crate on a table near your bed so they can see you. You can transition to having the crate on the floor or in another room for the night once they settle easily. Crate training isn’t just for nighttime though, using the crate while you’re home will help avoid separation anxiety. Choke-proof toys can be allowed in the crate.

### SOCIALIZATION & EXPOSURES

**Bathroom** – Introduce your puppy to the space where they one day will be bathed. Start with the tub empty, and water off. Use treats to reinforce this is a good place, working your way up to standing in the tub with running water. Take baby steps and slow down if your dog shows any signs of nervousness or anxiety. Exposures should be done over the course of several days, not all at once.

**Handling** – Get your pet comfortable with being handled, both down on the floor and up on a tabletop. Touch your puppy’s belly, back and rear legs, feeling as you go as if you were looking for a bump or cut. Look in their ears and lift their tail. Reach down low, not overhead, for their collar. Your puppy and their vet will be more comfortable if these feelings and motions are familiar to your dog.

**Socialization Period** – 8 weeks is a key socialization time for puppies. As your puppy is welcomed into your home, they are invariably exploring new textures (wood, tile, carpet, grass), new people (you, your family) and new scents. If your puppy is uncertain about anything new to them, do not pressure them – give them time and space to learn that, for example, wet grass is not dangerous.

### HEALTH

Your puppy will likely sleep approximately 20 hours a day, this time is used to store memories, build strong bodies and grow. It is healthy to sleep a lot, do not limit your puppy’s sleep.

10 minutes is a good exercise goal at this age – exercise can be running around the yard or chasing a ball. Avoid structured walks until your puppy is leash trained indoors first.

Weigh your puppy when he or she comes home. You will use this baseline weight to track weight gain in the coming weeks and months. Healthy puppies start to put on weight from the day they’re born but it is common for puppies to lose weight as they adjust to their new home. Upon coming home at 8 weeks, a toy breed puppy may weigh between 13 – 39 oz., a small dog between 5 – 7 lbs., a medium dog between 5 – 9 pounds, a large breed puppy between 17 – 19 pounds and a giant breed dog between 20 – 26 pounds.

