

WEEK 10

Weekly Focus

This week your dog will get a sense of what is part of their normal environment. They'll learn who, what, when and where is home.

TIPS & TRICKS

Consider not feeding your puppy as soon as you wake up. Early morning feeding may encourage early wake ups. Try feeding them after they've been up for about an hour. That way they will not be encouraged to wake up early and you both can sleep in a bit.

Baby gates are a wonderful tool as your puppies begins to gain confidence and explore your home. Baby gates can keep your puppy in a single room, such as a bathroom or living room. Block off the stairs to keep them on one floor too. Circular baby gates called "X pens" can be used as a portable play area for your pup indoors or out!

TRAINING

Marker – You can use a word such as "yes" or a clicker to mark when your dog has done the right thing. When your pup does something correctly, indicate to them right away that it was correct by using your marker word "yes". This is useful in the beginning of training to communicate with your pup and can be phased out as they advance and mature.

Crate – Continue crate training and keep their stays brief. Be sure to practice during the day as well as at night. If your dog fusses, whines and does not settle, drape a blanket over their crate to help block out the light and sights. Hard sided plastic crates can feel more like a den for your dog than wide sided crates. Make sure their crate isn't too spacious; if they can lay down on one side and go to the bathroom on the other side, it is likely too large.

Potty – It is expected that your puppy needs to pee at least every 2 – 3 hours. Take them out sooner to avoid accidents and build good habits. When in doubt, take them out!

Games – Use games to teach skills and bond together. Chase based games are best at this stage, you could even try a flirt pole and hide-n-seek.

SOCIALIZATION & EXPOSURES

People – Your puppy may begin to willingly approach people at this stage. If he or she is still timid, keep exposing them to men, women and children that are offering treats. You can even ask others to walk by your puppy, avoiding eye contact, and toss a treat in their direction. This will associate seeing people will good feelings for your puppy. Be sure to not overwhelm your puppy at this stage. Monitor their body language and stop before they loose interest over get overstimulated, 10 – 15 minutes is likely enough time. A good outing at this age is to bring your dog to a pet-friendly store. Keeping the leash on, place them in the cart with a chew toy and walk around the store. You can let other people pet your puppy if you'd like. Be sure to bring treats and make the outing a positive experience for your pup.

Things in the neighborhood – For bonus points, bring your puppy out in your yard or driveway. The moment a vehicle, a stroller or something else catches their attention, give them a treat! Treat them before they react at all. In an ideal world the majority of your puppy's kibble will be used in training, not given in a bowl. This builds up positive associations for your puppy and lays the groundwork of looking to you for cues about what to do next. Keep these socialization opportunities brief and let your puppy rest afterwards to form positive memories.

HEALTH

Your puppy may start to sleep a little less each day, averaging around 18 – 20 hours per day. This is expected until they're around 4 months old. Some puppies may be able to sleep midnight – 6 am around the 10-week mark. Hang in there and stay strong in your crate training, it will pay off in time! Be sure to encourage sleep but not playing with your puppy during nighttime potty breaks and keep the lights dim to help they stay sleepy. In the morning, listen before waking your puppy up. If they're quietly sleeping, try waking them up 30-minutes later tomorrow. This will help you slowly extend their nighttime sleep length.

Puppies do not need to be bathed often. At this age, try bathing your puppy only if they have rubbed in something smelly. Puppy wipes can be a great way to spot clean between baths. If you do need to bathe them, use a gentle puppy shampoo and make the experience positive for them. Sometimes, a large bowl or the kitchen sink can be less scary than a large tub.

