

# Puppy Foundations

## Essential Training and Socialization Program



**Katherine Aromaa, CPDT-KA of Cooper's Dog Training and Behavior Modification is offering the opportunity for you to give your new puppy a great head start on life with a two week training and socialization program using gentle positive reinforcement methods with an experienced, certified trainer.**

### **Socialization:**

Ladd Hill Labradoodle puppies who are entered into my program will be starting their training at 8 weeks old. They are strategically introduced to the world around them in a safe and thoughtful way. This is important because they are in what is called their **Critical Socialization Period** (7 to 16 weeks old). This means that the puppies need to experience many new things, almost anything you can think of, that will help them grow up to be calm, pleasant, adaptable dogs. However, the puppies are also in that 8 to 10 week old **Fear Period**. This means that any unpleasant encounter, be it traumatic, painful, or scary will make a more lasting impact on the puppy than it would have had it occurred at any other time. I take care to socialize the puppies while at the same time keeping them from those unpleasant occurrences.

While at home with me, they will become accustomed to the sounds of people and cars while still enjoying a wooded natural environment like they knew at Ladd Hill. At least once a day, the puppies will be taken off of the property to be socialized to other people, children, bicycles,

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skateboards, and automobiles. I take puppies to farmer's markets, the Rhododendron Gardens, the beach and even to the mall! Since they have not been fully vaccinated, the puppies are always kept up off of the ground either in my arms, a special puppy backpack or fully enclosed puppy stroller. They socialize with two other dogs at my house, Abner who is a McNabb Cattle Dog, and with Fancy, an Australian Labradoodle. They also are introduced to the world of felines with my cat Marion. *Remember, even after that 16-week window, socialization doesn't stop!*

### **Crate Training:**

The puppies are crate trained while they stay with me. I usually keep them together the first night with a litter box with wood pellets like they grew up with. After that, they sleep in individual puppy crates with Abner, Fancy, Marion and myself in my bedroom. If there is an issue with separation from their littermates, I will have the crates face each other so that they can be close. If there is a bathroom emergency, I will take the puppy out to go then its right back to bed with no playtime. This will have to be continued at home. If you follow through, your puppy will continue to do well in its crate and sleep through the night. During the daytime, puppies should not be kept in a crate without a bathroom break for longer than their age in months, plus one, in hours. For example, if your dog is 3 months old, it can stay in a crate during the day for up to 4 hours without a bathroom break. Be sure that your puppy gets plenty of socialization, exercise, attention and mental stimulation. Do not over use the crate, but use it to keep your puppy safe at night and when you cannot supervise his or her activities.

### **Housetraining:**

Puppies who come to training at my house begin their housetraining to go to the bathroom outside. Some puppies get this concept very fast, but it is up to me, then up to the owner to follow strict management and take the puppy out more often than it has to go in order to maintain the housetraining. Strict management means using a crate when the puppy is inside and can't be supervised, using a leash attached to you or an exercise pen set up right in front of you so that there will be no sneaking away to relieve themselves inside. A good slogan is "In your sight or in a safe place at all times". A safe place is somewhere that the puppy will

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not relieve themselves, like their crate, or somewhere where they can relieve themselves, like outside. An important thing to remember here is that the idea is not to make the puppy learn to “hold it” but to provide more than ample opportunity to get it right and reward them when they go outside, while making it impossible to go inside. Once your puppy understands the concept and is old enough to have better bladder control, they will learn to hold it.

While the puppies are with me, I like to associate a word or phrase that tells them to go to the bathroom. I say “Go hurry up!” to my dogs, but you can say other things like, “Go potty!” or “Do your business!” I repeat the words that you choose as your puppy goes to the bathroom to associate the command with the action.

A very detailed housetraining handout will be included in your training packet.

### **Obedience:**

The puppies will be familiarized with a leash and collar. Basic commands such as sit and down, come when called and name recognition will be taught to the puppies. I recommend attending an obedience class at your local dog trainer’s facility to work on expanding on these commands as your puppy gets older. You can find CPDT Certified trainers at [www.apdt.com](http://www.apdt.com).

### **And More:**

Along with your new puppy, you will be getting a training packet with information about how to maintain the housetraining, leadership exercises, socialization, body language, obedience, how to deal with puppy biting and more. You can always call with questions and I will be available for one hour of Skype video conferencing for any training instruction. A DVD of your puppy along with training demonstrations will be included as well.

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### Pricing:

The standard Puppy Foundations package is two weeks for \$675. Any variation in length of stay will be charged \$48.21 per day, which is the breakdown from the regular price. I do offer a three-week package for \$900 for puppies who have to stay longer. This includes a discount from the regular price.

Payments can be made by check or cash. Checks can be mailed to:

Cooper's Dog Training  
PO Box 13764  
Portland, OR 97213

Payments must be received by the time your puppy is 7 weeks old, one week before their training begins.

To learn more about Katherine and Cooper's Dog Training and Behavior Modification, visit [www.coopersdogtraining.com](http://www.coopersdogtraining.com)

Please feel free to call with questions!

Katherine

