



Puppy Class Part Two Homework

Now it's your turn! Enclosed are some questions and exercises to help you continue your teen's training at home. You get as much out of Puppy Class Part Two as you put in at home, so be sure to practice as much as you can! **Refer to these resources to help you out in between classes.**

1. **Our Behavior Blueprints.** You can find these on our website at www.believeindog.com under **Resources**. Take advantage of this information and help your teenager get the most during their time in Puppy Class Part Two.
2. **Our training videos.** You can find these on our website at www.believeindog.com under **Resources**.
3. **Puppy Day School.** The clock is ticking on your puppy's socialization, take advantage of our signature drop-off program! **For puppies 6 months and under.**
4. **The BIDT Social Club.** Find friends for your rowdy teen and continue to practice good play/socialization!

Just a reminder: If you feel like you are having a hard time keeping your teenage puppy's attention at home or in class, try using a higher value treat. Something that they rarely receive, and be sure to use it only during training or in high distraction environments. Sometimes treats that worked well in Puppy Class Part One are no longer as valuable to your teenage puppy, and you may need to up the value or try a different high-value treat. Save the lower value treats for simple rewards and the special stuff for big payoffs! Sometimes, that's all it takes. Use your encouraging voice, give verbal praise. You want to be someone your teen LOVES to work with!

Be patient with your puppy—they are ESL students AND crazy teenagers!

Puppy Class Part Two Homework

Reading Assignments

Prior to Class

- “Must Read” Section
- Mat Relaxation (Reactivity)
- Hyper Dog: Jumping Up (Basic Obedience)

Week One

- Stay (Basic Obedience) *coming soon*
- Loose Leash Walking (Basic Obedience)
- Touch/Hand Target (Basic Obedience)

Week Two

- Leave It/Take It (Basic Obedience)
- Come When Called (Basic Obedience)

Week Three

- Loose Leash Walking (Basic Obedience)
- The Different Walking Styles (Advanced Training)
- Come When Called (Basic Obedience)

Week Four

- Generalization (Advanced Skills)

Week Five

- Weaning off Treats (Advanced Skills)
- Real Life Training (Advanced Skills)

Week Six: Graduation

Enjoying Puppy Class Part Two? Please share your experience in a review on one of our social media pages!

Puppy Class Part Two Homework

Week One

1. When your dog is doing something that you don't want them to do, what do you do?

2. Listed below are some "problem" behaviors that are very common for teens.. Describe the behavior that you can redirect your teenage puppy to do instead.

Jumping on you	
Demand barking	
Rowdy play	

We introduced the concept of **Mat Relaxation** during orientation. Mat Relaxation is a great way to help your crazy teen settle down and relax in the presence of distractions at home, in class, or outdoors!

3. What are three (3) things you can do to help your wild child settle on their mat?

4. List three (3) locations where you've practiced mat relaxation this week. *Hint: these can be different rooms in your home! Bonus points if it is outdoors!*

--	--	--

5. What is the 5:1 Ratio?

6. What is the 1:3 Ratio?

Puppy Class Part Two Homework

7. What are some behaviors that your teen has a good understanding of, and you can start weaning off of treats for?

8. What are the three (3) D's of dog training?

--	--	--

9. Start working towards a verbal-only “**Down**” and weaning off of the lure and/or hand signal if you haven’t already. Refer to the “Down” Behavior Blueprint (Basic Obedience) if you need a refresher on the steps.

Practice your lure, hand signal, and verbal cue this week! Try to practice each 10 times, and mark an X in a column after each successful attempt.

Lure										
Hand Signal										
Verbal Cue										

10. Start practicing your **Down Stay!** Place an X next to the challenges that your pup was able to complete this week!

- Stand directly in front of your dog, hold a stay for 5 seconds
- Stand directly in front of your dog, hold a stay for 10 seconds
- Stand directly in front of your dog, bend down and stand back up
- Walk one step away from, then return immediately
- Walk one step away from your dog and hold for 2 seconds

11. Don't forget about the **Check-In with Me Pattern Game** at home! Make sure to **mark and reward!**

Don't forget to bring the following for every class:

- **A variety of high-value treats and a treat pouch**
- **A variety of pacifiers**
- **Mat, blanket, or bed for Mat Relaxation**
- **A high-value toy, chew, and/or item for leave it practice**

Puppy Class Part Two Homework

Week Two

1. List three (3) skills that you practiced at home this week.

--	--	--

2. Why do dogs pull on the leash?

3. Mark "true" or "false" to the statements below.

Once my dog knows "leave it" with treats, they should be able to leave cat poop and dead frogs no problem	True	False
I will see constant progress with my dog's training	True	False
My dog should always walk right next to me on walks	True	False
Now that my dog is older, I don't have to reward every recall	True	False
My teenage dog will go through a second fear period	True	False
Now that my dog is older, I can start to be more lenient about on-leash greetings	True	False
I should never repeat the word "stay" after I've said it once	True	False

4. Why do we want to always return to our puppy's paws before releasing them when they are learning a sit and/or down stay?

5. What are some "off-limits" items that your puppy likes to put in their mouth? *Ex: socks, shoes, paper*

6. When practicing leave it/take it, why don't we let our dogs take food or objects off of the floor?

Puppy Class Part Two Homework

7. Complete the challenge checklist below. mark an X for every stay challenge that you've completed.

- Stand directly in front of your dog and move your left foot
- Stand directly in front of your dog and move your right foot
- Stand directly in front of your dog and take one step to your left
- Stand directly in front of your dog and take one step to your right
- Stand directly in front of your dog and take one step towards your dog's left side
- Stand directly in front of your dog and take one step towards your dog's right side

8. Practice **leave it/take it** with at least 3 food objects this week. List below.

--	--	--

9. Practice the check-in with me game in new locations this week! Mark an X in the box of the locations that you practiced.

- Backyard (or apartment balcony)
- Frontyard (or apartment courtyard)
- Vet's office
- Pet store
- Neighborhood sidewalk
- BIDT lobby
- Restaurant patio

10. Play **hype up/settle down** once every day this week. Time how long it takes you to get your puppy into a down once they release the toy! Write the times in the table below.

Sun	M	T	W	R	F	Sat

Puppy Class Part Two Homework

Week Three

1. What are the three (3) types of walks we talked about in class?

--	--	--

2. Describe what you want **your** structured walk to look like. There is no right or wrong answer, describe what **you** imagine when you think of a nice neighborhood walk!
Ex. I want my dog to stay on my left side within 6 ft of me and not pull me

3. We played the **Look at Me Pattern Game** in class, what does this help teach your puppy? Don't remember? Check out the Blueprint for help!

4. Practice recall with your puppy outside on a longline or in an enclosed outdoor space at least 5-10 times this week. List one challenge you are having with recall.

5. Mark "True" or "False" to the statements below.

For structured loose leash walking I should have a short tight leash	True	False
My puppy should walk next to me for 100% of the walk	True	False
I need a tight leash to keep my puppy walking with me	True	False
Puppies need to smell on walks	True	False
My dog doesn't have to be rewarded every time he comes to me.	True	False
I should never chase my puppy if they don't come when I call them	True	False

6. Complete the challenge checklist below. Mark an X for every stay challenge that you've completed.

- Stand within 3 ft of your dog and walk a semicircle around their right side
- Stand within 3 ft of your dog and walk a semicircle around their left side
- Stand directly in front of your dog and sit down in a chair
- Stand directly in front of your dog and sit down on the floor
- Stand directly in front of your dog and lift your arms above your head
- Stand directly in front of your dog and do a jumping jack

Puppy Class Part Two Homework

7. List 3 places that you've practiced the look at me game this week.

--	--	--

8. Take your puppy on a walk this week outside! Mark an X for every one of the challenges that you've completed. Pro-tip: avoid walking your dog in bad weather (extreme heat/cold) and go to a dog friendly store!

- Go for a walk in the house! Practice your structured walk in your house with few or no distractions. Walk through rooms and around furniture.
- Go for a walk in your neighborhood. Use a 6-10 ft leash, and let your pup smell as much as you have time for.
- Practice your structured walk outside your house or apartment for 3 minutes. Try the ping-pong game to capture focus!
- Go for a sniffari! Put your pup in the car and drive to a new location and let them sniff. Beat the heat (or cold) and go to a pet friendly store!

9. Practice the **Ping-Pong Game** in multiple locations. List 3 locations that you practiced this week.

--	--	--

10. Find a partner and practice **Yo-Yo Recall**. Mark an X for every location that you were able to practice this week.

- Backyard
- Front yard
- Park
- Pet store (use an aisle!)
- Sniffspot (private dog park rentals)
- From room to room in your house
- From the backyard to the house

Puppy Class Part Two Homework

Week Four

1. What is generalization?

2. Practice generalizing behaviors this week. Mark an X for every challenge that you've completed.

- Ask for a **down** while sitting in a chair
- Ask for a **sit** while kneeling on the ground
- Ask for **down stay** and do 3 jumping jacks
- Ask for a **touch/hand target** on your walk
- Ask for a **sit** and open and close a door
- Ask for a **sit** or **down stay** and walk into another room (out of sight)
- Ask for a **down** on three different textures (grass, tile, concrete, etc)

3. What is the purpose of practicing an emergency distance sit?

4. Continue practicing **Down Stay**. Focus on generalizing the behavior—practice in different situations, with different pictures, and with new distractions!

- Walk 10 steps away from your puppy and count 10 seconds
- Walk away from your puppy, around an object, then back to your puppy
- Walk a full circle around your puppy, both directions
- Walk 5 steps away from your puppy outside or at a pet store
- Leave your puppy in a down stay and go sit in a chair (6-10 ft away)
- Leave your puppy in a down stay and sit in a chair with your back to them
- Jog away from your puppy, around an object, then back to your puppy

5. Continue practicing a structured walk. Focus on check-in's and staying close to you! Place an X in each column for every day that you practice this week!

Sun	M	T	W	R	F	Sat

Get ready for Graduation practice next week!

Puppy Class Part Two Homework

Week Five

Test your knowledge! Answer the following questions.

1. What are the most overused words in dog training?

2. When you say your puppy's name, what do you want?

3. What is the 5:1 ratio?

4. What is the 1:3 ratio?

5. If your dog is doing something that you don't like, what do you do?

Practice for graduation with the checklist below.

- Put your puppy in a **down stay**, walk back 5-6 feet, and call them to you (puppy, come!) in your house.
- Put your puppy in a **down stay**, walk back 5-6 feet, and call them to you (puppy, come!) in your backyard.
- Practice **sit/free** in the BIDT lobby (big distractions)
- Practice **spin** and/or **roll over** outside
- Put your puppy in a **down stay** and jog a circle around them
- Put your puppy in a **down stay**, walk into another room, and shut the door
- Practice your **loose leash walk** in a pet store
- Leave your puppy in a **down stay** while you **run** and sit in a chair
- Leave your puppy in a **down stay** while you **and** a partner run and sit in chairs
- Practice leave it/take it step 3 with a high value treat or chew
- Ask your puppy for 3 behaviors in a row, then give them a single treat
- Ask your puppy for 5 behaviors in a row, then give them a single treat

Don't forget to sign up for Intermediate Obedience!