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Every experience - good or bad - will shape a puppy's behavior. Each encounter has an impact whether it is boredom and isolation, or socialization and developmental learning

”

You control what your puppy becomes. Each 'outcome' and 'emotion' is stored in the puppy's brain and will have an impact on their future behaviors.

Each experience should impact puppies in the best possible way.

Why Put in the Effort?

- Estimated 4.7 million dog bites per year
 - 800,000 of those dog bites require medical attention.
 - 368,000 of those requiring medical attention go to the ER for treatment.
 - Children are the most frequent victims.
 - Dog Bites are second most common reason for ER visits (Weiss & Friedman et al.)
 - From dogbitelaw.com a personal injury attorney website citing numerous US government studies.
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- We can reduce the number of behavior problems in our bloodlines, aggression problems, and rehomed dogs before the puppies even leave our kennels.

Show and Performance

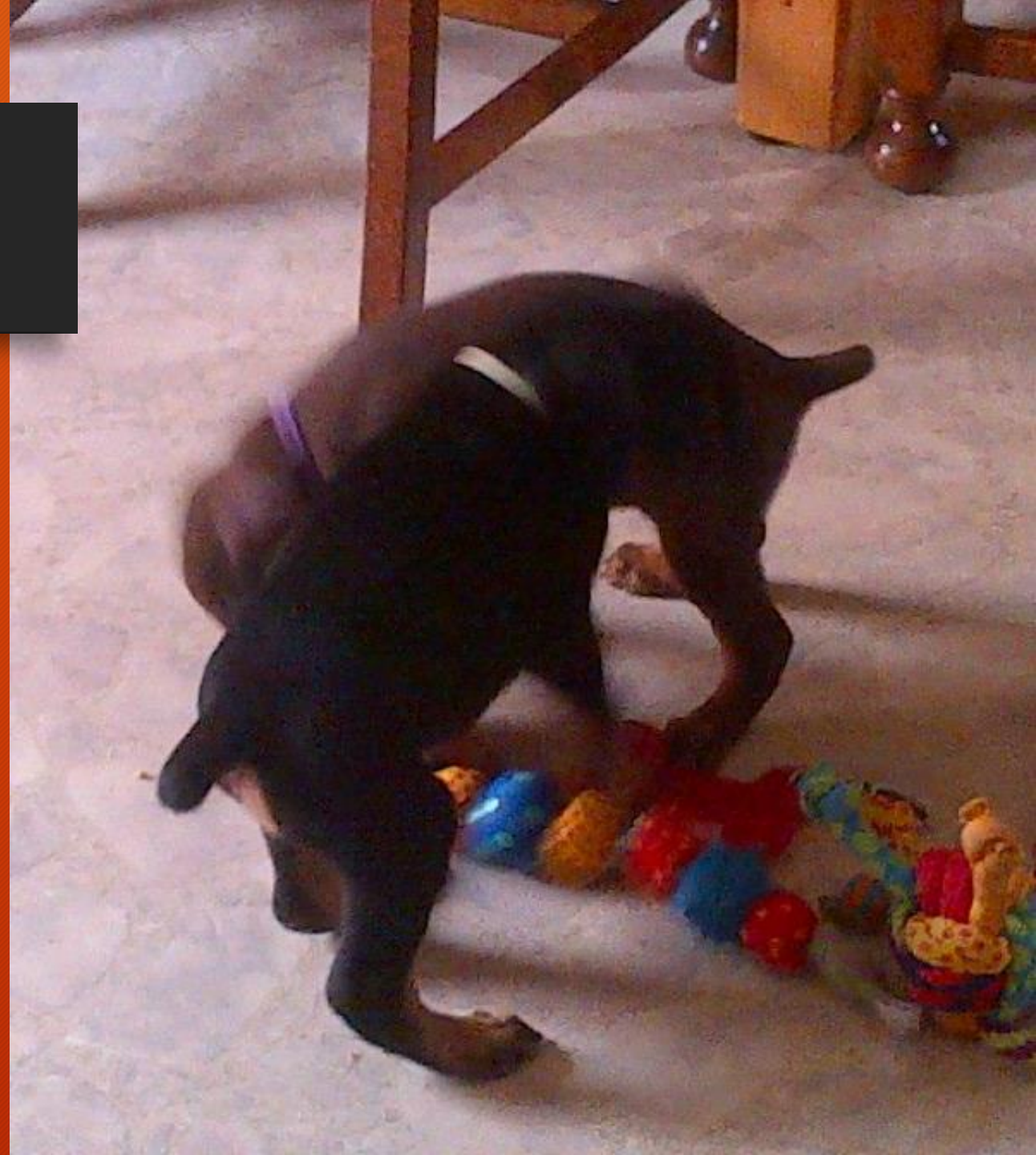
- Raising the performance puppy
- Imprint Obedience and performance as a lifestyle
- Train *early*
- *Imprint 'work = food' 'work = fun'*
- *Less stress at trials = more titles*
- *Reduce masking/inhibited behavior*
- *Build working drive, dogs can perform longer and have more fun when they are not*
- *Improve dogs desire to please handler*

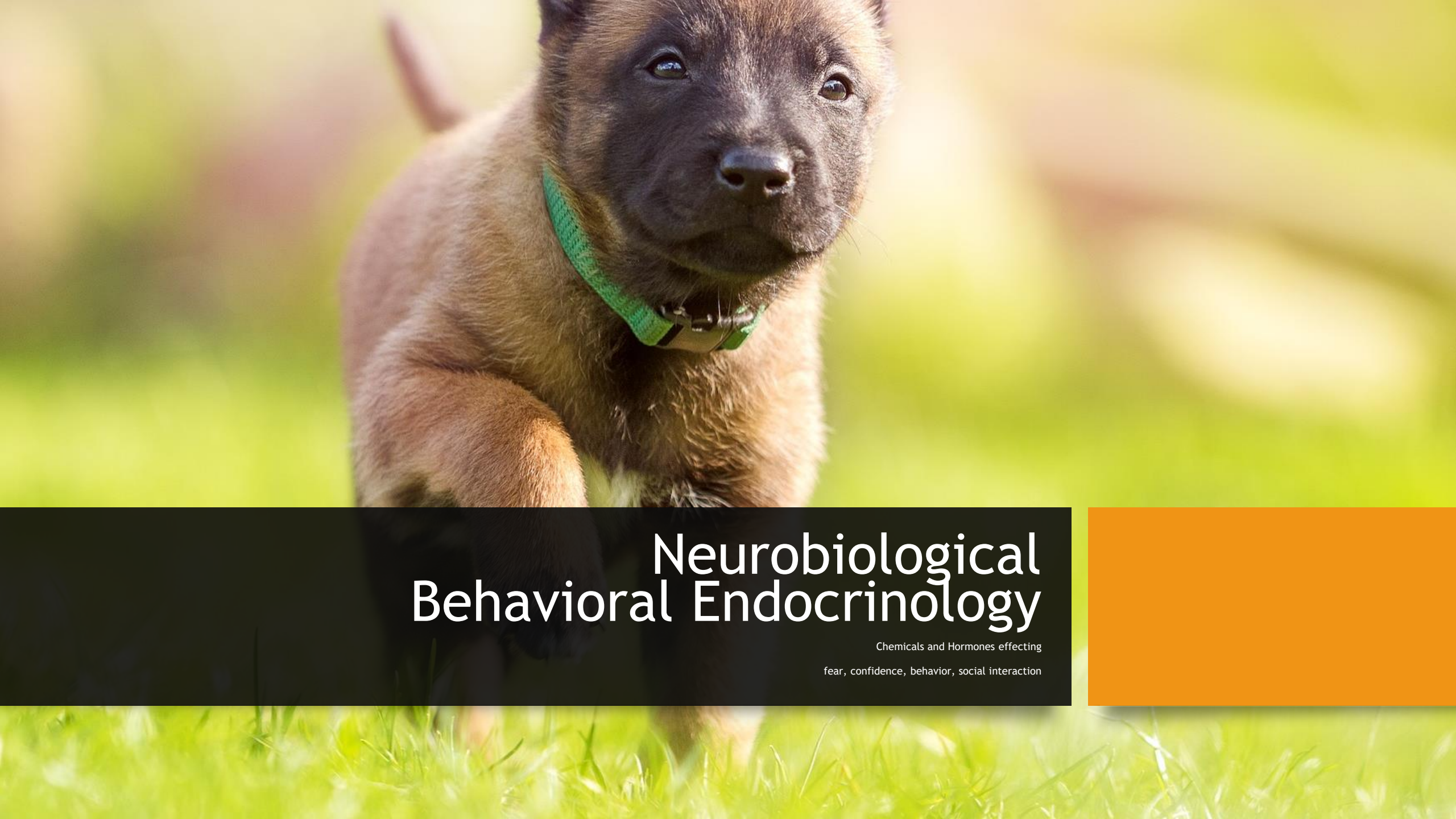
Why do breeders feel puppies belong in a whelping box?

Donald Hebb (infamous Canadian Psychologist) took rats home and cared for them as pets. He found they performed much better on problem-solving tests than those raised in cages.

Mental stimulation actually restructures the brain so that it can learn. The more mental stimulation (paired with pleasure) the more cognitive an animal is. The more cognitive animal is (able to solve problems):

- Calmer
- Able to handle stress
- Work/learn longer
- More social - makes eye contact, communicates, builds relationships.

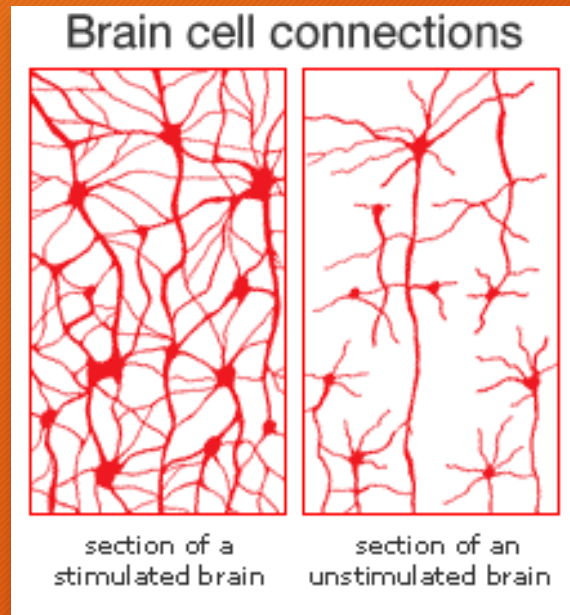




Neurobiological Behavioral Endocrinology

Chemicals and Hormones effecting
fear, confidence, behavior, social interaction

Mental Stimulation



During critical stages, the functional and structural connections of neurons in the cerebral cortex of the brain are particularly susceptible to alterations. The time for experience mediated sensory development, is dependent on which system we are considering. Studies of rats reared outside, compared with those in a cage have shown that they have much larger brains and higher levels of cognitive function.

Mental stimulation will thicken the cerebral cortex and increase the connectors. (Dunbar)

Add mental stimulation and the brain rewires to make the dog more confident and cognitive. Deprive mental stimulation and the dog develops fewer axonal, dendritic and synaptic connections, or, his brain will have less connected wires, becomes more primal.

Mental Stimulation & Hormone Response Elements

- Pairing new experiences with an emotion a 'reaction'. If the pairing is positive the animal will build a 'happy' association. If the pairing is negative, the animal will build a 'fear' association. This is where the term 'reactive comes from.'
- These HREs actually inhibit the animal from learning new things. This is why we have such a short window to imprint new behaviors over survival behaviors.
- Lack of environmental adaptation in the early weeks 'conditions' a chemical response that makes it impossible to 'rewire' or 'relearn' in later life.

Spatial Map

- The brain develops a map of 'what is safe' and 'what belongs in my environment'. Spatial (what is seen) stimulation builds a more developed and broader map. If something is on the spatial map, and it is associated with a good behavior, then it may be 'impossible' for a puppy to learn to fear it in later life, even if there has been a negative event or pairing/association.
- This spatial map can also affect social behavior. Social cognition is a dominant learning behavior in dogs. They will mimic your behavior whether avoidance, social, affectionate, indifferent, or aggressive/dominant based.

Ethology - Behaviors That Are Not Learned

- Hunting
- Fighting
- Seeking Warmth
- Seeking Fun
- Eating
- Playing
- Eliminating Outside the sleeping area
- Sexual Behavior
- Whelping/Nurturing
- Seeking companionship
- Fight
- Flight
- Hygienic behavior
- Protective Responses
- Avoidance/Making Space

The Endocrine System (Hormones)

- Dopamine (content/work)
- Serotonin (happy)
- Oxytocin (bonding)
- Cortisol (arousal)
- Growth Hormone Action
- Aggression
- Panic
- Resilience
- Stress coping
- Calm and/or Happy
- Speed of reactivity
- Learning ability
- Spatial cognition
- Social avoidance



What does this mean?

- We can condition the release of oxytocin(puppy green card/happiness) and dopamine (pleasure/pain - increases a dog's ability to work) which makes dogs calmer, and perform better. In short, we can put 'calm' or 'high performance' on cue.
- Increased serotonin decreases depression, shyness, anxiety, and may decrease OCD behaviors (Powledge)
- Decreases latency - the pause between a command and a dog's response.
- Decreases 'recovery rate' - time between 'panic' and regaining control.
- Decreases a dog's likelihood of 'reacting' in fear, instead of working a problem out.
- Increases a dog's ability to continue working, regardless of being tired or stressed.
- Increases Resilience -the ability to maintain normal physiological and behavioural systems, despite being exposed to significant psychological stress.

Quick Tips Regarding Hormones

- Oxytocin increases when a dog looks at you.
- Feeding treats releases dopamine, which enables dogs to work longer.
- Cortisol can take 8-24 hours to burn out of the body. Physical play helps burn it off. Cortisol increases stress/aggression when there is nothing to fear in the area.
- Sniffing behaviors ease anxieties in dogs.
- Repeated (over time) shocks/fear injects the dog with Cortisol so it can fight off the perceived attack - trigger stacking.
- Stress is physical not emotional.



Imprinting

- Changing Temperament and Personality

Types of Imprinting

Filial Imprinting

A young animal learns the characteristics of its parent/handler.

Sexual Imprinting

Young animals learn the characteristics of a desirable mate. They are attracted to animals that have the characteristics of those that raised them.

Imitation (Social Facilitation)

A learned behavior that is imitated by the pack, and taught to future young

Social Behavior

Socially Coordinated Behavior (Dog Training)

An individual Adjusts its actions to the presence of others to increase directly its own success.

Cooperative Behavior

An individual performs activities that benefit others because it also benefits themselves and future generations.

Breeders miss the opportunity to use these 'behavior shaping' tools instead letting puppies grow primal.

Mob Psychology (Social Facilitation)

Why Some Breeders Have Great Temperaments

- Like humans, dogs are vulnerable to mob psychology (Pack Instinct).
- Pack instinct usually brings out the worst side of their nature. We call this nuisance behavior because the dog is not being bad - it is practicing survival.
- It takes only one other dog for this psychological phenomenon to occur.
- It is where personality/temperament of one puppy, in the whelping box, can ruin a good litter.
- Either we are shaping the puppy or mother nature is.
- Keep an eye on the puppies. Work each puppy individually.

What Can We Imprint?

Survival Behaviors

Dogs are born needing to hunt, fight, and run to survive. Left alone for the first 8 weeks and this is what they will practice.

Rehearsed behaviors become stronger

Behaviors that do not equal food, safety, fun weaken (extinction)

Urban Behaviors

Dogs can be taught that:

- obedience = Food
- Follow = Fun/Safety
 - Follow humans not the pack
- Calm = Safe
- People are not Prey/Threats
- People = Food/Fun
- Solve problems
- Fear stimuli = redirect to people

Imprinting & Socializing: Preventing Aggression From the Whelping Box

Mental Stimulation

Thickening the cerebral cortex and increasing receptors

Lowering cortisol levels in response to something new

Dogs need to be taught how to:

- learn
- solve problems
- Follow and obey instead of react

Lowering Prey Drive

Reducing the 'shock' of cortisol when the dog sees something new

Desensitizing the prey drive response to movement

Reinforce calm behaviors

Dogs need to learn how to:

- Stay still for long periods
- Act not react
- Not engage
- Not bite people or other dogs (bite inhibition)

Different is Good

Dogs are born with the belief that different is bad.

Roll of oxytocin in canine/human relationships. Increase the release of oxytocin

Dogs need to learn how to:

- We can imprint behaviors in puppies as early as 2 weeks old.
- Desensitize survival instinctual responses and imprint new behaviors. (I will survive if I follow my person vs. Attack first and I will survive)

Realistic Expectations

Puppy

Not all puppies are going to respond to this program. Some may be inherently nervous. Others may be high drive and difficult to calm.

The perfect performance puppy is not always the one with the best physical body, drive, or endurance.

Discussion:

How long before you accept that one puppy is not going to calm, or walk on the slippery plastic sheet?

Puppy Family

Do they have the right personality for a puppy?

Do they understand the commitment level needed for a particular puppy?

Do they have realistic expectations?

Discussion:

- Should you let them choose their own puppy?
- Do you let them watch the puppies grow?

You

Kennel blindness and favorites are a 'human condition'. You need to step back and ask yourself if this puppy is 'happy' and 'progressing' when you are working with it.

You want your puppies to excel, but pushing the 'slow' one, or forcing a puppy that is upset will only create behavior problems.

Discussion:

What do you do when the temperament & body don't match?

Behavior vs Temperament

Behavior

- Can be changed with shaping
- Can be learned and unlearned
- Operant/Environmental
 - Defines how a dog interacts with its environment.
 - Defines how much of a relationship it builds with humans

Temperament

- Permanent
- Genetics and Individual
- Set in the whelping box
- Volhart Test/Temperament Test
- Dog's tolerance of unwanted stimuli/interaction
 - Defines the relationship it will have with humans



Development Stages

Timing is Everything



Developmental Stages

- Neo-Natal Period (1-14 days)
- Transitional Period (14-21 days)
- Awareness or Identification Period (21-28 days)
- Second Awareness/Identification Week (28-35 days)
- Socialization Period (5 to 14-16 weeks)
 - Curiosity Period (5-7 weeks)
 - Behavioral Refinement Period (7-9 weeks)
 - Fear Imprint/Impact Period (8-11 weeks)
 - Environmental Awareness Period (9-12 weeks)
 - Seniority Classification Period (13-16 weeks)
- Flight Instinct Period (4-8 months)
- Second Fear Impact Period (6-14 months)
- Maturity Period (1-4 years)

21 Days - The social and behavioral development of the puppy - first by its breeder in the first few weeks and then by the new owner. Research by Scott and Fuller - 35% of a dog is genetic and 65% is management, training, socialization, nutrition and other health care.

A poorly imprinted puppy will have problems being a "good" dog in the future. Scott and Fuller research, on imprinting "mistakes". Puppies raised in isolation from dogs and then introduced to dogs at 16 weeks get attacked and rejected.

Visceral and Cognitive Development Stages

Emotional (Visceral)

- 2 months = 2 year old child
- 3 months = 3 year old child
- 5 months = 5 year old child
 - Can concentrate 2-10 seconds
 - Motivation 'I want'
 - Survival 'I must get it or die'
- 12 months - adolescence
- 2 years = 18 year old

Cognitive

- An adult dog that has been well trained is only 2-2.5 years old cognitively (Dunbar). Be patient.
- Often ping pong between 'I'm happy' 'I'm gonna die' 'I'm happy'.

1-2 Weeks

- Puppies need warmth and food
- They are deaf and blind
- They can smell
- The mother always comes when they whine. This builds a sense of safety and confidence.
- In natural environments the mother doesn't let anyone disturb the puppies. The hunter leaves food outside the den. The puppies are in a quiet (noise free) environment, close to her.
- This is not the time to let children, family etc come and see the puppy.

Battaglia - neonatal stimulation

Biosensor program

- Military denies having conducted any experiment similar to this one.
- The military denies ever having worked with, or collaborated with Battaglia.
- Thousands of breeders have claimed it works.
- Working breed breeders claim it makes their dogs to 'over the top' - which is exactly what the military was working towards.
- No evidence that the dogs are healthier.
- In theory, the program does have the ability to work.

Week 1-2 Neonatal Stimulation

- During this stage of development, short periods of handling produce dogs that are more resistant to stress, cope better with isolation and have greater learning capacity.
 - Puppy is motivated by comfort. Builds stress coping. Battaglia.
 - Touch them but don't lift them. If you must completely support them, place on a blanket and lift. Rugaas.
 - Lift and hold fingers around ribs, put slight pressure on them. Dunbar
- Puppy's learning is limited by the development of their senses. Research has shown that neonatal puppies can learn both olfactory (scent - Fox, 1971) and tactile (touch - Fox and Stelzner, 1966; Bacon and Stanley, 1970) associations.
- Building Prey Drive Pro/Con (Battaglia, 2005; Gazzano et al. 2007) Do you want high drive puppies.

Potty Training

Potty training starts in the whelping box.

There are several researchers with their own ideas.

Puppies always urinate where they urinated before.

Puppies never poop where there is poop.

Puppies can be house broken with little effort by the time they go home.



Week 2 - 3

Sensory Period

- They can see and hear. This can be traumatic for the 'soft temperament' puppies in the litter.
- Easily overwhelmed: noises, smells, 'different'. Keep their world small.
- Very emotionally sensitive, but they are aware and ready to learn. (Rugaas)
- Can introduce soft music (Baroque Chamber Music - Wiebe)
- They can see different shapes. Will start tearing things. Will play fight. It is important that you introduce as many visual stimuli at this time so that 'different' is normal.
- Socialization starts. In the wild the mother will introduce the pack, slowly, one at a time.
- Stuffed dogs that look/smell like dogs.

Week 2-3 Transition/Motivation

Ian Dunbar

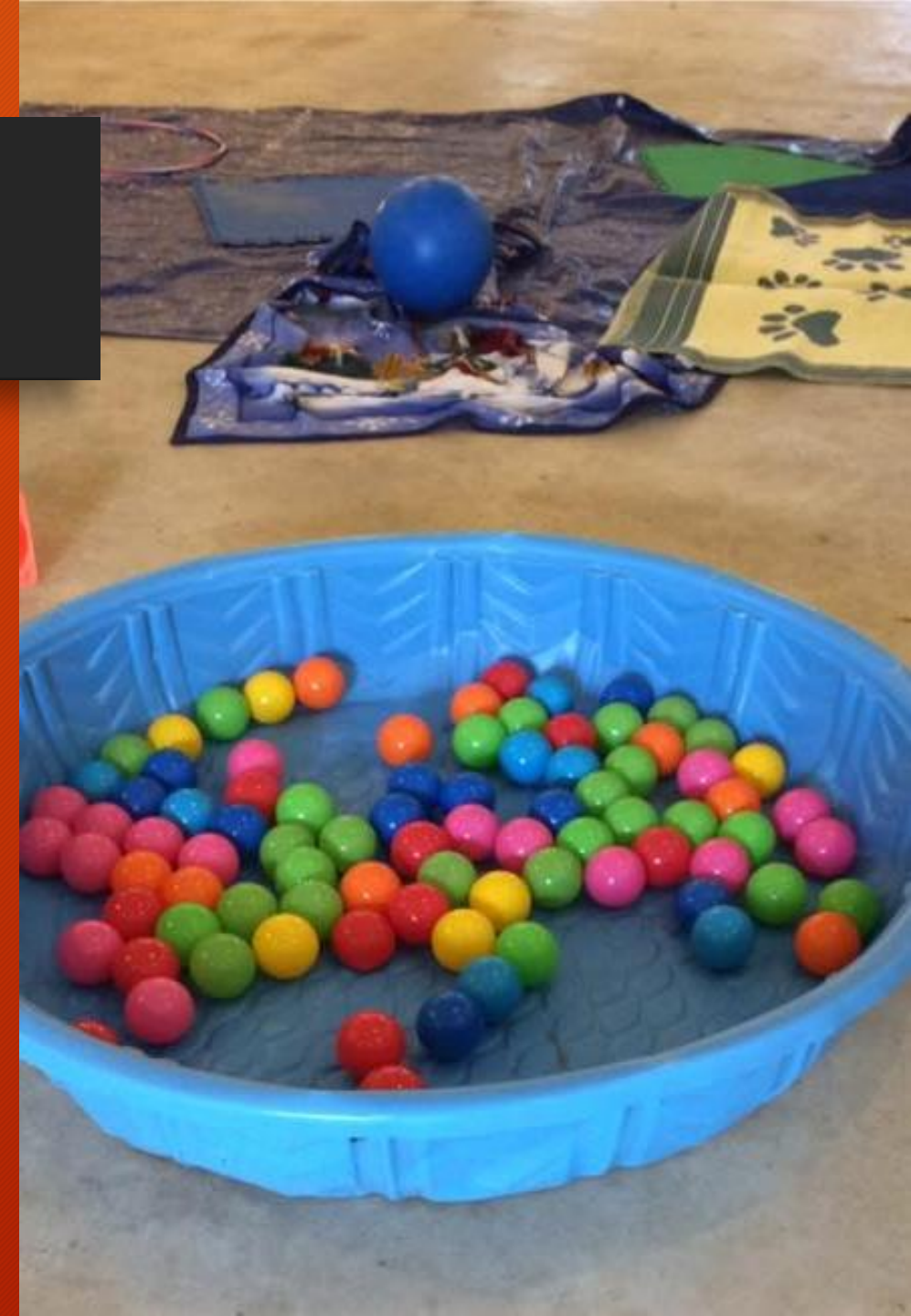
- The focus of development moves from reflexive to social awareness (Lindsay, 2000). Play fighting with littermates will begin and puppies will also display distress vocalization when outside of the nest (Scott and Fuller, 1965; Serpell and Jagoe, 1995).
- Lack of contact with humans will have a major impact on future behavior/temperament of puppies.
- Tolerance levels of puppies who are devoid of human interaction can be very low.
- Conditioned Avoidance Responses can be established as early as 15- 19 days. (reactivity starts). It isn't about 'flooding' it is about creating a good emotional response.

Puppies should meet
100 people before
They leave the breeder.

Do not worry about
overwhelming them.
When puppies have had
enough they will go to
sleep.

Textures & Movement

- Most breeders are unaware of the importance of the texture under a puppy's paws.
- Puppies learn about their environment by walking. It is important for a puppy to walk on a variety of surfaces.
- When a puppy is familiar with one thing (eg. Toy) then put it with another (pairing) so the puppy learns to associate something fun.
- Not all surfaces should be solid. Teaching puppy to feel safe on a wobble board, pods, contact/teeter trainer, wire mesh/plastic fence, etc is easier when the puppy is engaged in an activity it likes.
- Remember - never pull the puppy or 'put' it on an item. Luring is okay. Let the puppy learn to explore itself.



Week 3-5 Personality Development

- Puppies see a passive handler as different and react with fear.
- In working kennels the primary focus is to build the follow behavior (4-5 weeks).
- Individual 'personality' is less influenced by genetics than it is by early environment (Bradshaw, 2011).
- Recent models of behavioural development suggest that the first few weeks of the sensitive period (3-5 weeks of age) forms the basis for all subsequent social and environmental learning (Pluijmakers et al, 2003).
- Bloodlines - Breeders' Environment - Owners = Personality



Volhard Puppy Aptitude Test - 49 Days

- Know each puppy's temperament, frustration tolerance, stress/coping levels
- Empower new owners to explore temperament and learn what they want.
- Learn whether puppy buyers have 'realistic' expectations.
- Match right puppy to right home.
- Having an experienced person do the test.
 - They see other breeds and puppy reactions
 - Kennel blindness
 - Breeders have favorites/skew the results.
 - Must be done on
 - Testing before or after that age affected the accuracy of the test

Mental Stimulation - Communication

Recall

Recall Use a word to teach the puppies to respond to. 'Puppies!' is a common one that can be instilled as a 'default' recall when the puppy is older.

Follow

Call 'Puppies' and then take 2 steps back. Reinforce with touch & treat. Then sit and do nothing but stroke, talk to, and if necessary hold the puppy. Repeat.

Markers

Identify good behavior, 'Yes!', unacceptable behavior 'No', and encouragement 'good puppy' so dogs learn to respond to verbal communication.

Focus

Make eye contact

Reinforce looking at you, or turning to you.

Talk happy when puppy is looking at you.

Give/Stop

When puppy has a toy take it - but give something better immediately.

Redirect puppy so he leaves a toy, then take it, and give something better.

Calm

Reinforce holding still.

Talk happy when puppy is quiet.

Ignore or 'stop' when puppy is over aroused.



Training = Calm

- Training needs to be a part of the day or puppies think they should play/hunt/fight all day. This increases their stress (survival) instincts. Do not make a training time. Instead, work for 1 - 2 minutes every hour.
- Searching for treats, scent work, and 'find me' are fun and relaxing. Dogs who are reactive most often had no 'exploring/sniffing' time when young.
- Don't always reach and touch a puppy. Let it come to you.



Training - Body Awareness & Sensory Awareness

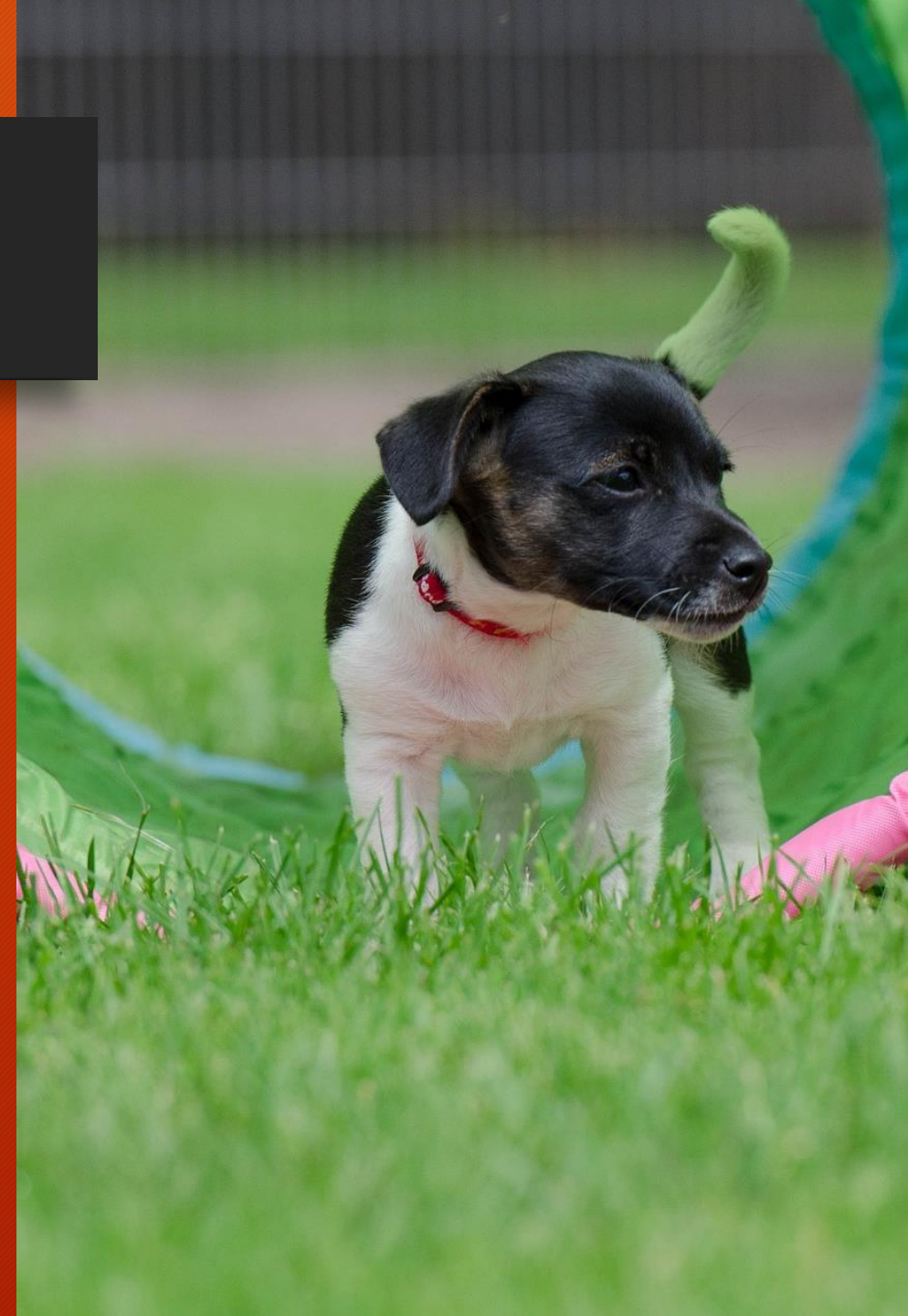
- Tellington Touch
- Agility equipment
- Core training equipment
- Boxes
- Plastic Boards
- Plastic pools
- Pool noodles
- Piles of laundry
- Ball pool
- Water
- Ladder or rungs on ground
- Hoops
- Add the show/performance equipment to the Spatial Map

Round
Solid
Holes
Square
Long
short

Angle down
Angle up
Flat
Steep
Low
High

Over
Under
Around
Through
Turn
Back up
Weave

Slippery
Coarse
Rough
Soft
Hard



Paula's video of whelping room

Desensitization or Teaching Fear?

Things to touch

Things to step on

Things to smell

Sounds

What are you trying to accomplish?

- Building stress coping skills

- Building 'learning' behaviors

- Build 'pack' instincts, manners, calm behaviors

Manners - Confidence - Gentle Behaviors



Touch

Change textures under the feet.

Items to 'approach and touch'

Puppy learns 'how to learn'



Manners

Mom does not steal from puppies.
They do not steal.

Separate food bowls prevents food aggression. Reduces rehearsal of hunt/fight instinctual behaviors.

Reinforce calm and run away behaviors



On Dog's Terms

Forcing dogs causes behavior problems.

Sit back. Let puppies approach. Let them 'run away' instead of fight to get away.

Give dogs time to sniff and explore.

How - Pattern Learning

- Pavlovian
- Classical Conditioning
- If X happens then puppy receives Y
 - X precedes something I want (Y)

X invades my environment but nothing bad happens.

- Puppy is eating. It is held lightly. Puppy keeps eating.
- Overwhelming stimuli. If a puppy constantly listens to a noise then the puppy will learn to ignore that noise (sensory fatigue) as long as the noise is associated with a pleasant emotion.



Examples of Behavior Shaping

Handling

Start to 'fake' clip the puppies toe nails.

Touch every part of the puppies body.

Restrain the puppy and then reinforce calm behavior.

Hands on down for 5 seconds.

Four on the Floor - let puppies deal with their stress.

Groom, clean ears, wipe feet.

Diminished Survival

Do not let high drive puppies 'hunt' and find their own food.

Feed from your hand.

Earn food. Dig food out of a snuffle mat.

Something different over there?
Don't force the puppies to engage - instead, redirect the puppies back to you.

Reinforce 'sit quietly on a mat'

Increased Urban

Sit calm and be rewarded 'if you want a calm dog then 'shape' a calm dog.

Follow me - towards things.

Wear a leash

Potty on command

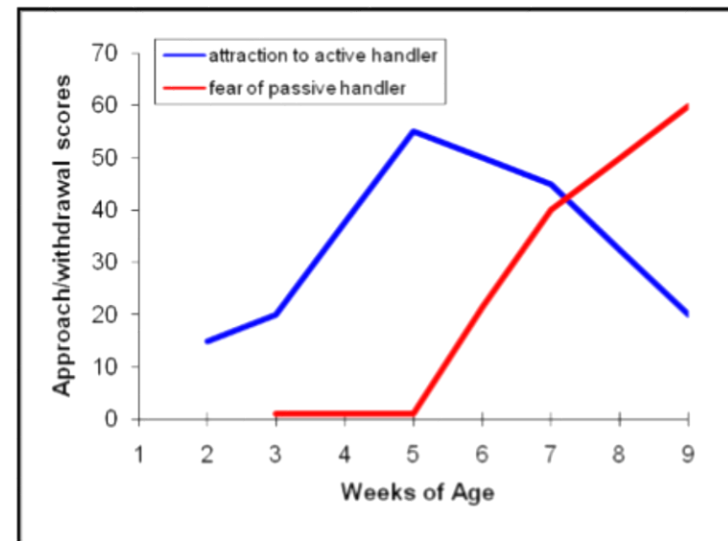
Do what I say, not what you want.
Reinforce compliance. Stop the game when puppy refuses.

Each of these exercises only needs to be done 10 - 30 seconds, 2-3x a day

Week 4-5 Desensitize to Different

- Puppies start developing their learning and social skills. Teach Puppies to Learn **Rate of learning exhibited by adults is reached at 4-5 weeks** of age (Scott and Fuller, 1965).
- Fox and Stelzner (1966) demonstrated that puppies readily recover from an aversive event administered at 5-6 weeks of age. They won't recover as well at 8-10 weeks.
 - Attempts to use food to help puppies recover were often (50%) unsuccessful.
 - We can teach puppies not to fear with the least fear of lasting results.

Figure a: Attraction and fear variables affecting the approach/withdrawal of puppies to an active/passive human handler (adapted from Scott and Fuller, 1965)



Effectiveness of HD Screens

- Flicker Fusion
 - dogs can resolve flickers at 75 Hz, a TV screen (60 HZ second) probably appears to be rapidly flickering to dogs.
 - **HD resolves at a much higher rate than 75Hz** (Stanley Coren)
- Dogs see limited colors. Not B/W but Purple/Yellow or Blue/Yellow
- Question, can flicker fusion cause hyper anxiety in dogs? Or, does it desensitize them to movement? Unknown.
- Impact of sight and sound? Do dogs recognize scent on a stuffed animal, and sound through speakers? C.A.T. supports this.

Raising puppies properly
Doesn't increase your
Work 'much.'

Puppies sleep 80% of the
Time. Make sure they
have a lot of time to
Sleep in between working
Them.

Do not try to run marathon
Sessions to 'get it done.'
Break the work up through
the day.

Obedience is a lifestyle

Training

Calms dogs

Teaches that human interaction is vital to survival.

Sets up boundaries and expectations.

Trained puppies are easier to sell, or sell for more.

Sit for treat

Follow for play

Emotions

How much time in the day is the puppy practicing survival instincts?
How much time is it interacting with people, having them shape its behavior, and learning to enjoy training/obedience?

The more time you put into the puppies now, the less traumatic their first weeks in a home.

Environmental

Puppies should be potty trained to the whelping box.

Now train them to only go in specific areas outside.

They can be trained to potty on command.

They can drag leashes around

They can be crate trained for short periods of time - reducing separation anxiety.

Exercises

Spatial

Have the litter follow you around outside.

Have obstacles the puppy must go over, around, or under to stay with you.

Change up the colors and shapes of objects.

Change up how you look: hats, glasses, big coats, dresses, etc.

Tactile Challenges

Different textures under feet.

Drop a towel over the puppy and let it escape (5 sec max)

Let a puppy climb out of boxes and laundry baskets.

Audio Stimulation

A puppy that is afraid of noise has a hard time coping with any stress.

1. The puppy **MUST** be having fun while the noise is present.
2. If the puppy is not then make the noise softer, or more distant.



How - Spatial Learning/Visual Learning

In cognitive psychology and neuroscience, spatial memory is the responsible for recording information about one's environment and spatial orientation. (Spatial Map)

Is it a normal part of my environment?

Is it dangerous?

Does it belong here?

Do I belong here?

(landmark discrimination)

I do not potty where I sleep or play.

I do not potty unless I see XX (grass)

I do not play in the kitchen.

*The feel of rubber under my feet means
'We are going to have fun!'*



How to Expand That Map

- Over, Under, In, Out
- New Textures under feet
- Mazes/puzzles to solve
- Enriched environment
- What problems does your breed have that you can desensitize?
 - Do I hunt it?
- Define what is normal canine behavior and what is a threat (visual/sounds)

Spatial cognition is essential for the survival of animals in their environments. Locating and remembering where food, water, mates, and predators are within one's habitat are essential to survival and reproduction.

Face Fear - or Run?

Puppy will either learn to be brave, or to fear.

It is the predator - it is the prey

It 'can' overcome everything or

Everything 'different' can hurt it.

What motivates the puppy?

- Socialization paired with Play
- Socialization paired with Food
- Socialization paired with affection



6 Weeks Inhibitions

Once a puppy has learned inhibitions
It has them for the rest of its life

- Emotional Inhibition
 - I don't get it just because I want it.
- Bite inhibition
 - It is okay to start pushing the puppy away when it acts out.
- Aggression inhibition
 - Do not rush in to protect the puppy
 - Puppies need to be around other dogs to learn this well.

These need to be taught before the fear period starts

Crate Training

Ian Dunbar offers several behavior seminars discussing crating puppies, alone (prevents mob mentality/bullying) and working them at specific times.

He also advocates putting puppy food in a Kong, and feeding the puppies that way to build 'calming behaviors.'

- Decrease bullying in the whelping box
- Decrease separation anxiety
- Increase motivation to socialize with people.
- Decreases self satisfying, nuisance behaviors.
- Increase calm behaviors

Interaction and Reinforcement

- Building stress coping skills before they are needed
- Stress is anxiety about what is unknown, but might be there
- Fear is specific.
- In puppies behavior modification takes hours/days. In older puppies - weeks. In dogs months/years. (Dr. Ian Dunbar)



Week 6 - 7 Preparing For New Life

Isolation

Keeping puppies separate can teach them to be calm in the kennel

Reduce mob mentality

Potty on command/in specific place

Each puppy gets the play/stimulation it needs.

Prevent bullying.

Play time

All fun comes from people.

When we are over excited the fun stops

Bite inhibition

You shape/imprint on the puppy

Can be used to teach obedience.

People are willing to pay more for a trained puppy.

Feeding

All food comes from people

Work for food

Reduce the puppy's perception that it provides its own food by hunting behavior.

Fear stage starts so start using food when new situations are introduced.

Ian Dunbar suggests having puppies in crates, on a routine where they potty, feed, and play By the clock. This is a lot of work for breeders but any attempt on your part will reap benefits.

Confidence is learned

Puppies need to have fun

Puppy play is a form of learning survival instincts. If you can 'tap into' survival then you can reshape those behaviors.

- Don't chase and hunt - obey me and you will eat.
- Don't run away - stay with me and you will be safe.
- There is nothing to fear. But - you need to introduce the situation and then let the puppy 'win'. Puppies never 'just know' what to fear and what not to fear.
- Puppies need to engage to learn



Rehoming Age

- Many behaviorists recommend re-homing between 6 and 8 weeks, in the middle of their socialisation period (Fox, 1972; McCune et al. 1995; Lindsay 2000; Bailey, 2008) with some highlighting 7 weeks (Campbell, 1974)
- Some insist that 8 weeks is still too young (Rugaas)
- Unless, the breeder offers enough stimulation and human contact.
 - (Ian Dunbar suggests 100 people/puppy parties)
 - (Overall, 1997; Bailey 1994). Dr. Bailey (1994)
- Brain waves are the same at 8 weeks, as in a mature dog.

After they Take a Puppy Home

- Stress the importance of off leash puppy play groups with stimulation.
- Stress the importance of building a relationship with the puppy in the first 5 weeks, not obedience/punishment.
- Teach new owners how to potty train. Give them a routine to follow.
- Ian Dunbar has a great ebook to give free before they get their puppy and after.
- Stress the difference between behavior training and obedience training.

Socialization Period 5 - 16 weeks

Dogs are not genetically "programmed" to interact socially with other species, including humans, but twelve thousand years of domestication of the dog has made this possible. Living with people and adapting to their varied environments is only possible through habituation - disappearance of reactions - to certain stimuli.

Many neurobiological studies have shown that the brain becomes atrophied when a dog is raised in sensorial isolation and it develops more than average in an environment of hyper-stimulation.

Fox (1975) found that puppies exposed to increasingly complex stimuli-"enrichment"- would seek out complex environments; conversely, his "stimulus-poor puppies" were inhibited, fearful and looked for less complex environments.

Additionally the enriched puppies were dominant in presence of stimulus-poor dogs. The dogs lacking proper stimuli were also over-excitabile, learned slower and forgot easily later in life. And a puppy raised in a deprived environment may compensate with self-destructive behaviors like coat chewing, licking, etc.

First Fear Imprint/Impact Period (8-11 weeks)

- Between 8 and 9 weeks, overlapping the Behavioral Refinement and Environmental Awareness Period, the puppy will begin a time of much more caution. It is a survival instinct to keep them safe.
- It will be fearful of loud noises, sudden movement, strangers, discipline from other dogs or humans, etc. If frightened during this fear period, it may take weeks to return to normal.
- Many feel that this is the wrong time for ear cropping, traumatic visits to the vet, shipping, harsh discipline, and maybe even transfers to new homes, especially homes with less experience. The puppies should be exposed to lots of positive experiences at this time.

Fear Stages

Exactly 8 Weeks

Very short - a few days

Life long impact.

Have owners keep the dog at home, nothing new. No walks.

No training because for most people training = punishment.

'Single incident' behaviors stick harder.

Do not rehome puppies at this stage. Separation anxiety. Fear of people.

4.5 months

Do not punish reactive behaviors

Do not make changes (holiday, new classes, walks).

Keep dog at home, or safe places.

Let dog rehearse games/exercises it knows well, and can be easily reinforced.

Do not force engagement with people dogs.

Build an association with 'you' and food.

9-10, 13, 17-18 months

Reactive to things it was good with before.

Do not punish fear/reactivity.

Do not force dogs to engage.

Let them 'run away' - redirect and then walk away.

Associate food and play with scary things.

Building coping skills between these fear stages provides the skills needed to help dogs cope. Build protocols to increase predictability or routine, so dog knows what happens next.

The Clock is Ticking!

The critical socialization period is 3 - 13 weeks. (Dunbar)

Your puppy's personality is set - for life - by 13 weeks.

If you have not socialized your puppy then you have condemned it to a life of anxiety (Dunbar)

You only have a short period. After 13 weeks you can no longer shape:

- Personality/temperament
- Imprint new behaviors over instincts
- Influence a puppy's perception of their relationship with humans.
- Improve a puppy's desire to work (drive).
- Improve a puppy's focus.
- Develop inhibitions
- Override survival/'bred in' behaviors

Dunbar 13, Puppy Culture 12, Others as old as 14-15 weeks

Flight Period (4 - 8 Months)

"Seems to forget everything previously learned."- "How to Raise a Puppy You Can Live With"

When you notice a change in your dog during this time, he is probably going through his "flight instinct" period. Like a teenager going through puberty, your puppy is changing physiologically. Your awareness of these changes in behavior will help get you through this commonly difficult period.

This is the time when obedience schools get most of their calls. Puppies that have not been socialized and trained take a different path in life than pups that have.

First Youth Period 5 Months: Green Card Expires

01

Adult dogs will no longer tolerate rude 'up front' behavior. This is when friendly puppies are attacked.

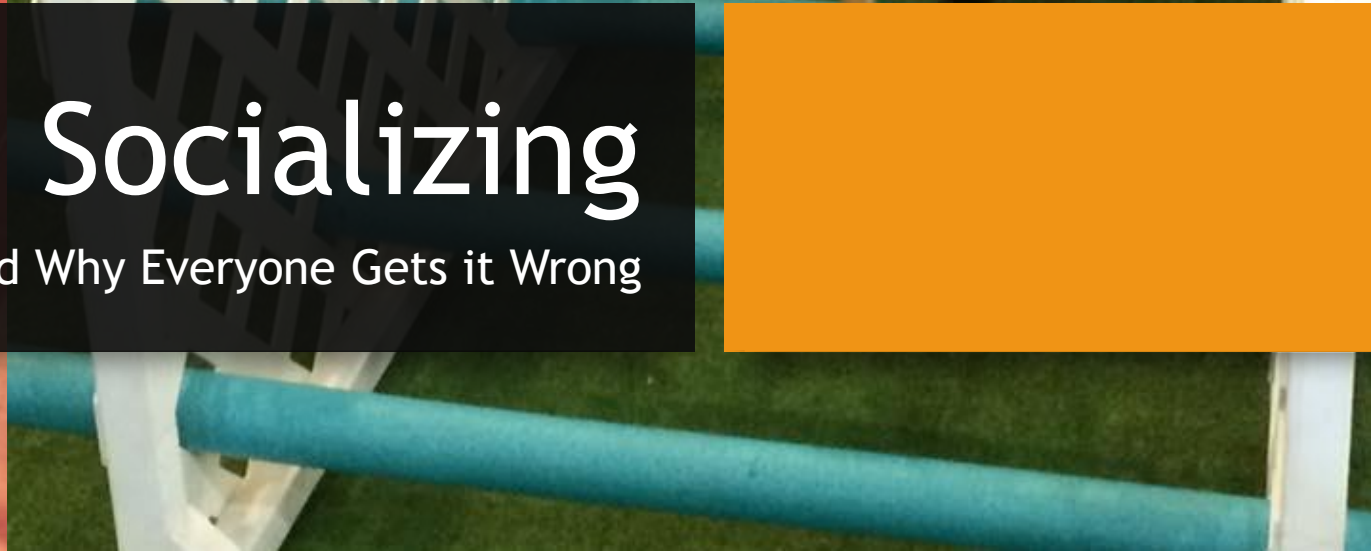
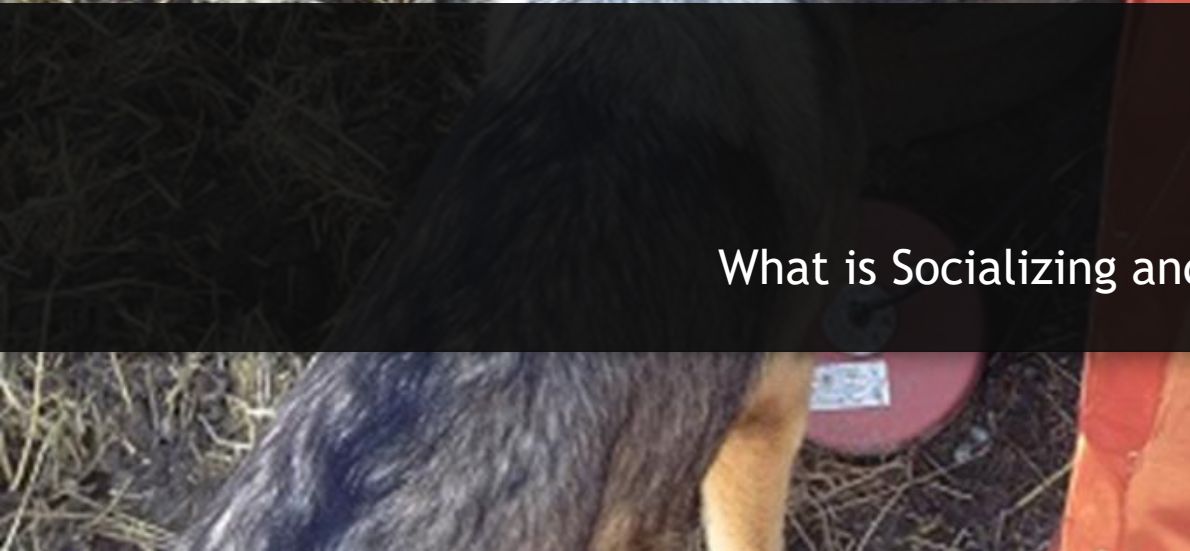
02

Puppy is crazy because of hormonal changes. Oxytocin fades and 'cute' behavior fades. Puppy explores and tests boundaries.



Socializing

What is Socializing and Why Everyone Gets it Wrong



Puppy Owners

- Teach puppy owners how to raise their puppies.
- Give them value for their money.
- Build a working relationship with them.
- Educate them so they don't make mistakes and ruin the puppy.
- Fewer puppies rehomed
- More puppies in the performance ring.
- Fewer 'bad reviews' of your kennel.
- Fewer puppies with fear and stress issues that can give your kennel a bad reputation

Socializing:

What it is NOT

Forcing puppies to meet strangers

Making puppies go for walks

Taking puppies where there are scary things

Hug puppy or put your hand on its head - dog speak for 'I am going to hurt you'

Letting puppies run loose, do what they want, practice primal and instinctive behaviors.

What it is

Having people come and play with the puppy in a safe environment

Having people play with puppies.
Meeting lots of polite, well mannered dogs.

Going where puppy can see scary things and playing'

Food Food Food Food because a puppy cannot be afraid/stressed and eat. And we don't want it to learn to fear.

Why

Puppies are in a fear development stage - Everything is scary, so making them afraid will last a lifetime.

Puppies are all about the emotions. A happy puppy is learning. A fearful, sad puppy ignores you.

Puppies are learning to either:

- Survive as a hunter/protector of the pack.
- Be a calm, polite member of today's Urban environment.

Start Right:

Timing

Success is 100% dependent on your timing.

3 seconds between the behavior and the Marker is perfect

5 seconds between behavior and Marker is good

6+ seconds is unproductive

Capture Behavior

This means that to be successful you need to capture a behavior 'while it is happening'.

That means the 3 seconds start when the animal has started to do the behavior (sit, heel, down) not after it is sitting, heeling, or in the down.

Reinforcement

Builds confidence

Builds stress coping skills

Teaches dogs to solve problems

Lowers cortisol levels

Food Increases dopamine /oxytocin levels

What is Engagement

The dog needs to learn how to build a relationship with you.

Obedience is a 'response' to the relationship between a dog and its person. Either it is built on team work, or it is based on fear.

Dogs want to engage with you. This involves interaction, eye contact, and touch.

At 5 months adult dogs change their attitudes and will not tolerate rude behavior. Many young dogs are attacked. The puppy 'green card' has expired.



Avoid Problems

Lack of Socialization - Mental Stimulation

Behavior Problems

Easy to fix with patience and consistency (weeks)

- Hyper - zoomies
- Inattentive. No follow behavior.
- Destructive
- Anxiety and stress
- Reactivity
- Isolation anxiety
- Cortisol problems

Temperament Problems

Time consuming/Difficult to fix (1 - 2 years)

- Fear problems
- Aggression problems
- Sensory un-preparedness
- Cognitive un-preparedness
- Rehearsal turns behaviors into temperament

Training Myths in the Dog Training World

Alpha Myth

Dogs live in families not packs

80% of all dogs on earth are wild. We can study them and learn that they work together as a family unit. No dog usurps authority over others.

<https://www.youtube.com/watch?v=ShaxRuy47p8> Interesting facts about domesticated foxes

[Psychology Today - Ian Dunbar](#)

Follow link to read more

Dominance Myth

Spoiled - wants its own way

Taught humans to solve problems for it. Barking, Nipping, running

Fearful and trying to 'make space' and keep away a potential threat

Playing tug will not make a dog aggressive or dominant

My dog (destroys, urinates on bed, runs away) because it is (dominant, punishing me, angry,)

Dogs destroy my stuff to show their dominance

Top Training Myths

Puppies need to enjoy their childhood.

Dogs need to like everyone, play with every dog, and tolerate long periods of isolation but still remain social

Puppies do NOT 'grow out of it'

Don't train puppies till 6 months old

Training LOOK or other protocols will fix behavior problems

Dogs should be perfectly trained after 8 weeks.

Training vs Imprinting vs Behavior Modification

Training

This is where you use motivation and repetition to elicit a specific response.

You are teaching a dog to do a task. The task is something the dog would not normally do.

It involves modeling, verbal cues, and reinforcement

Cannot permanently alter a behavior because it teaches a protocol but does not address the underlying problem

Imprinting

Creating a controlled 'set up' that will cause the puppy to learn a new set of primal behaviors

Changes a dog's visceral response to a specific stimuli - normally a fear or stress response.

Permanent when done correctly

Must be done in neuro/brain development (12 weeks/20 weeks)

Can alter social/survival behaviors

Behavior Modification

Recovery will happen if the consequences are not practiced

Can change the visceral (survival) response, but is only as strong as the reinforcement, repetition.

Normally only alters the social and emotional behaviors

Decrease distress/increase Eustress

Change the behavior so the behavior cannot continue.

Anthropomorphizing

Treating dogs like humans/children

Human Problems

- We misread dog behavior
- We miss seeing threatening or warning behavior
- We put human expectations on dogs, and miss vital development stages

Human Problems

- We feel hurt because our dog does not reciprocate affection
- We misunderstand escalating excitement and its dangers
- We expect cognitive solutions to dog behavior problems. We want dogs to cognitively understand what we want or don't want.

Anthropomorphizing

Dogs learning to mimic human reactions

Dog Problems

- Dogs become reactive towards strangers and strange dogs
- Dogs start to bully family members
- Dogs become reactive because they do not understand our reactions to their behavior

Dog Problems

- Dogs do not learn dog skills - like bite inhibition, calming, coping.
- Dogs find us unreliable and non-trustworthy
- Increases aggression - damages the human-dog bond
- Increases distress

Suggestions

Socializing

Off leash play with other puppies

Hand feed ALL food

Its all about emotions

Do NOTHING that causes your puppy to fear

Do NOT let strangers pet your puppy

Do NOT let puppies greet dogs you do not know

Set up the environment to prevent the need for corrections.

Training

Hand Feed All Food

Focus on the positive

Fun - Fun - Fun

Food - Food - Food

Teach 1 new trick/task until 1 year

Restrict freedom until the dog earns it with good behavior.

Put bad behaviors on cue - then teach them to stop. This can happen any time in a dogs life, but socializing and imprinting must happen asap

Mental Development

Introduce 1 new event a day

100 day challenge

- 100 places
- 100 people
- 100 dogs

Don't teach tasks - Teach behaviors: following, laying calmly, not barking at sounds, not chasing, playing with you, focusing on you

Environmental Hip Dysplasia

Every breeder fears this appearing in their kennel. But, you need to understand the difference between genetic and environmental HD.

Puppies joints are not connected. Trauma to the joint will cause a burr (calcium growth) or wear.

Muscle trauma can also pull the joints out of place, increasing a dog adjusting its balance, and increasing wear - resulting in HD.

Educate puppy owners

Protect yourself





Emotional Behavior Learning

A dog will always stay for someone

It won't always stay you

Without estimation recovery occurs



Its not a behavior problem!

1 hour dog, 2 hour dog, 3 hour dog - Its all about genetics

High Drive

Over active

Need constant mental stimulation

NEED to work

NEED to play

Will stay busy - one way or another

Standoffish

Low tolerance to aversive corrections

Low tolerance to crowds, strangers

High Energy

Needs to burn off cortisol

0-100 is 3 seconds - then what?

NEEDS to play

NEEDS to run

Its not bad manners, it is chemical responses in the brain to stimuli, and genetic makeup

Docile

High pack drive

Low metabolism

Not interested in learning

Passive aggressive

NEEDS social interaction

Not stupid, low motivation/drive

Suggested behaviors to build

Follow me

Toy drive

Food drive

Working/duration

Engaging with people

Be calm

Stop when I stop

Allow people to touch

Bite inhibition

Tug and look, hold toy

Mat/stay

Stay focused on me

Return to me/reorient back to me

Impulse control

Chew toys not furniture

Pee in a 3x3 spot in the yard

Look at me when heeling - not at the ground

Task vs Behavior

The difference between a task and a behavior is not black and white.

Behavior - doesn't need a verbal cue or command. A dog does it just because that is what it does.

(I stop walking, my dog sits)

(someone opens the door at 2am and my german shepherds explode)

Task - usually has a verbal cue or stimulus.

(I tell my dog to sit, and it does)

(someone knocks on my door at 2pm and everyone remains quiet)

Social Learning

Copying Behavior

Angel and Carlos - Helping other dogs learn to copy

Learn by Direct Experience

Internal reinforcement - emotions

External reinforcement - Behavior A makes you happy

A scary thing appears. You are upset. Dog learns to fear.

Dogs are verbal to each other.

Need for Relationship

Dogs need non-violent communication

Predictability/Consistence

Body language is their first language

Dogs want a specific outcome. (a calm dog is with a stressed dog. The calm dog is sitting. The stressed dog sits P+ receives praise and touch. So it continues the behavior.

How

The dog's actions change the outcome, and increase the chance for relationship and play

An established behavior is unproductive (jumping makes people ignore you - sitting gets attention)

Dogs are copy cats

Your dog is aggressive. You get a new puppy. It becomes aggressive

Habituation vs Sensitization (Learning)

Learning That Causes a Decreased Reaction to a Stimulus

Habituation

- Decrease in strength of behavior
- Low intensity stimulus
- Stimulus specific generalization
- $<$ neurotransmitter (withdrawal behavior results from changes in the S-R pathway)

Sensitization

- Increase strength of behavior
- High intensity stimuli
- Non Specific generalization
- $>$ neurotransmitter

Ethology & Social Development

Study of Behavioral Development

Instinct

Animals inherit an amazingly detailed 'set of survival skills' If we want animals to learn to cope in our Urban environment.

Isolation and lack of stimulus deprives stimulus needed for neurological development.

Stronger than learned behavior.
Dogs will always Responsible for
Fading or Recovery

Social learning

Social learning and information acquisition are not an arbitrary step. It is vital to behavioural development. It has a major impact on the dog's ability to learn, solve problems, and cope with chaos.

Dogs demonstrate the most prolific social behaviour learning than any animal.

Necessary for the cognitive and
behavior development

Imitative Learning

Behaviors learned to improve a relationship

Effective learning and increases intelligent

Social Facilitation - The mere presence of the demonstrator will be mimicked

Not necessarily cognitive. We teach dogs to bark at the door because we walk to the door when the bell rings.

Does not require understanding of the
demonstrator's end goal.

Discrimination learning

- Human contact = food, safety, warmth, establishes good feelings
- Being touched = warmth, mimics mother's behavior/Familiarity
- Wrap fingers around ribs, hold puppy upside down, petting, touching etc. while nursing.
- Puppies learn avoidance. So if you take a puppy from its mother while nursing and hold it away from you, upside down, then it learns that being upside down/held/controlled is bad.
- How would you do this properly without causing emotional trauma?



Training Protocol for Learning

Are you teaching the puppy, Or just playing a 'chase' game?



Antecedents

Precede/Cause the Behavior

Obvious

You give a command and the dog complies.

The dog sees the leash and it becomes excited.

Open the crate means that it is time to go out and pee.

Unobvious

You are stressed because you are afraid you'll see another dog on a walk. The dog starts looking for the danger

It is 4 o'clock - You are coming home.

It is 8:30 - supper time

Accidental

You stare in your dog's eyes while over reacting to bad behavior and the dog associates 'eye contact' with aggression. So eye contact = aggression

Accidental leash jerks

Missing a reinforcement opportunity

Puppies are not learning when they are being lured with a treat. They are rehearsing the hunting drive.

Consequences

Follow/Reinforce the Behavior

Reinforcement

Something that makes it more likely for a behavior to be repeated

Removing something the dog wants

Adding something the dog doesn't want

Ignoring behavior that you don't want to see

Aversive

Something that makes it more likely for a behavior to stop

Adding something that will cause the dog to change behavior by effecting the dog's sense of safety by causing:

Pain

Fear

Extinction

Behavior is no longer needed to survive so the behavior fades

Not reinforcing the behavior until the cause of the behavior is no longer a motivator

Reinforcer

Increases the likelihood that the behavior will continue

Primary

This is a reinforcement
meets basic needs

Touch

Food

Praise

Play

SAFETY

SPACE

RELATIONSHIP

Secondary

Has no primal need to
the dog. An association
must be built between
the secondary
reinforcement tool that
makes the dog want it.

Petting

Clicker/Chirp/Marker

Verbal

Body Language

Your body language is a reinforce

The way you stand. Are you
relaxed? If you are relaxed then
your dog is relaxed.

Is your body moving so much that
your dog doesn't know what you
want?

Are you tense or happy?

Are you ignoring your dog?

Rewards

Delivery

Delivery is everything. If you are reinforcing properly you should be able to fade the food in less than 2 weeks.

I never eliminate the food. To prevent the dog becoming dependent then mix it up.

Only give the reward upon completion. Give it randomly between 1 and 5 completions.

Motivation

Motivation is hard wired. You need to motivate.

Engage with dog

- Play
- Praise
- Pet

The Game is Called - Work. If done right, work becomes the reward.

Life Interludes

Stop working every few minutes, or stop walking every 20 yards and engage.

ALWAYS end training with play. Puppies 2/3 play 1/3 training.

Adults 2/3 working 1/3 play

Tell the dog when he is doing it right, tell the dog when you don't want that behavior. In a soft voice. Give constant feedback. Dogs don't read minds.

Thank you for sharing our Workshop

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www.sportdogtrainingcenter.com

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