



Woofpack Dog Training, LLC
www.woofpacknc.com

Congratulations on your new family member!

Adding a puppy to your family can be so exciting but it can also come with some apprehension and frustration along the way.

Here are some introductory guides to get started on your journey of dog ownership!

- Puppy-Proofing Checklist
- Socialization Guide
- Socialization Checklist
- Crate Training
- Touching & Handling

Check out our website for more resources or to read about our training packages, such as the Woofpack Puppy Starter Package.

Scan this QR code for more training resources:



Scan this QR code for information on the Woofpack Puppy Starter Package:



Contact Us:

www.woofpacknc.com
(828) 595-3825
info@woofpacknc.com



Woofpack Dog Training
www.woofpacknc.com

Puppy-Proofing Checklist

- Inspect each room at puppy eye level.
- Secure loose electrical cords.
- Put medications and supplements out of reach.
- Store cleaning products and chemicals in closed cabinets.
- Remove poisonous plants or place them out of reach.
- Put away small objects that could be swallowed.
- Secure any dangling cords like blinds cords.
- Keep fireplaces and heaters inaccessible.

Kitchen

- Keep sharp things like knives put away.
- Store food securely (especially chocolate, grapes/raisins, onions/garlic, xylitol products).
- Keep countertops and tables clear of food.
- Don't leave your puppy unsupervised around hot pans, burners, or other hot appliances.

Bathrooms & Laundry Areas

- Keep toilet lids closed.
- Keep razors, floss, and other bathroom trash out of reach.
- Secure laundry detergent and cleaning products.
- Keep dirty laundry in a closed hamper (especially socks).
- Keep shoes put away where your pup can't reach them.

Stairs and Entryways

- Install baby gates and restrict stair access.
- Check railings for puppy-sized gaps.
- Make sure exterior doors latch securely.

Outdoor Areas

- Check fencing for holes or gaps. They can fit through some pretty small spaces!
- Remove mushrooms, standing water, and toxic plants.
- Keep fertilizers, pesticides, and antifreeze locked away.
- Remove small rocks or keep your puppy away from rocks they could swallow.
- Check for wildlife hazards like stinging insects and toxic mushrooms.



Woofpack Dog Training

www.woofpacknc.com

Socialization

Socialization is introducing your puppy to new things in a way that prepares them for the unexpected. Proper socialization can help prevent numerous behavior issues and help you have a more friendly, well-rounded pup!

5 Rules of Socialization

1. Quality over Quantity

A smaller amount of good, happy experiences is better than many bad experiences.

2. Aim for Neutral to Positive Experiences

The goal is for new experiences to be as happy as possible but anything in the range of neutral to happy is good socialization.

3. Reward Brave Behavior

When your puppy is sniffing and exploring on their own, reward them! Bring their favorite toy, allow them to continue sniffing, or give treats to show them that being curious and brave is a good thing!

4. Add Variety

Try to introduce your pup to a large variety of new things. Think of things your dog may encounter throughout their life and show them they don't need to be afraid of something just because it's new to them.

- Friendly, calm people
- New Surfaces
- New Environments
- Calm, friendly dogs (know their bite history prior to introduction!)
- New Situations

5. Be Careful Responding to Fear

If your puppy is fearful or hesitant, don't force an interaction. Instead, use time and rewards to help them through difficult situations.

- Encourage them with your actions and your voice.
- Allow them to spend time at a distance checking out the new object or person.
- Reward them for any sign of bravery.
- **Be careful not to pick them up and give attention just because they show hesitation. This can reward the hesitation and make it much more difficult to introduce new things in the future.**



Woofpack Dog Training

www.woofpacknc.com

Socialization Checklist

People

- Ages
- Sexes
- Races
- Heights
- Sunglasses
- Hats
- Headphones
- Hoodie
- Umbrella
- Big jackets/coats
- Masks
- Helmets
- Statues

Noises

- Vacuum
- Washing Machine & Dryer
- Dishwasher
- Hair Dryer
- Music
- Phone Ringing
- Power Tools
- Instruments
- Doorbell
- Deep voices
- Balloon popping
- Thunder
- Sirens
- Clippers

Touch & Handling

- Ears
- Around eyes
- Checking teeth
- Tail
- Belly
- Paws
- Being picked up
- Bathing
- Brushing

Surfaces

- Concrete
- Grass
- Carpet
- Gravel
- Sand
- Slightly unstable surfaces
- Stairs
- Crinkly surface
- Bridges

Wheels & Transportation

- Wheelchair
- Stroller
- Skateboard
- Bike
- Walker
- Car
- On a boat in water

Places

- Vet
- Friend's House
- Pet Store
- Downtown
- Park
- Hardware store
- Restaurant/Brewery

Pet Care

- Stethoscope
- Nail Clippers
- Dremel
- Stethoscope
- Brushes
- Thermometer

Restraint

- Muzzling briefly
- Leash
- Collar
- Harness

Animals

- Dogs of all sizes, breeds, ages
- Other pets

Being Alone

- Crate

Woofpack Dog Training

www.woofpacknc.com

Crate Training

Why Do We Crate Train?

- Safety
 - Limit access to objects that could harm your puppy
 - Comfort
- Potty Training
 - Easier to house train when your puppy has a small, comfortable space where they don't urinate or defecate

How to Crate Train:

STEP 1: GIVE THE CUE

Tell your dog, "Crate!" and guide them into their crate using their favorite treat.

TIP: Make sure to say the command word **prior** to guiding so that your pup is listening to the cue and not just focusing on the treat.

STEP 2: TIMING THE REWARD

As soon as your dog has all paws inside the crate, tell them, "Good!" And give them the treat.

STEP 3: REPEAT

Repeat until your pup enters the crate on cue.

STEP 4: ADD TIME AND INCREASE REWARDS

Slowly add time to your pup's crate stays.

TIP: Give random shorter times in between long stays so your pup doesn't get discouraged.

Keys to Crate Training:

- **Move slowly.**
- **Give good experiences.**
 - Feed your dog in their crate.
 - Leave treats or a small amount of kibble inside for your dog to find on their own.
- **Leave the crate open when you're home.**
 - Allow your dog to explore the crate and not associate it with your absence.
- **Reward at the right times.**
 - Reward calm behavior.
- **Don't reward unwanted behaviors.**
 - Don't let your pup out for barking - this teaches them that barking is not the way out.

*Your crate should be large enough that your pup can stand up and turn around comfortably.



Woofpack Dog Training
www.woofpacknc.com

Touch & Handling

Working with your puppy on touch and handling can lower their stress at the vet, make life easier at the groomer, and help you keep your puppy happier and healthier! Being touched and held is not natural to most dogs. They need help from you to get used to being held, especially by strangers. Try to be patient and move slowly using the steps below!

Step 1: Find your pup's favorite food.

Try using kibble, a favorite treat, or a toy as a reward!

Step 2: Leash your pet to keep them close.

Go get your puppy, leash them, and bring them to a practice area.

TIP: Switch practice areas frequently so your puppy doesn't learn just one room is used for handling activities.

Step 3: Touch and Treat.

Start with one area of the body at a time. Gently touch your pup, tell them, "Good!" and immediately reward them. Repeat.

Step 4: Increase time and difficulty.

Once your puppy is accepting of a quick, gentle touch, begin adding time (in 5-10 second increments) before ending the touch. Make sure to reward your pup when they do a great job!

Practice 5-10 repetitions for each area listed below twice daily.

Areas to Work on Touch and Handling:

- Lift an ear and look inside the ear canal.
- Hold the head still to look at the eyes.
- Lift lips to look at the teeth.
- Touch each paw.
- Hold each paw.
- Inspect the fur and skin.
- Lift the tail.

*If your puppy is showing any signs of aggression, stop working at home for now and consult your trainer to work on touching/handling.