



DOG TRAINING

Cheat Sheets

1 WEEK FOCUS PLAN



★ **Remember** to keep interactions positive, and adjust the plan based on your puppy's progress and needs. Consistency and patience are key during the early weeks of puppyhood.

Day 1: Arrival and Acclimation

Morning: Welcome your puppy to their new home. Allow them to explore a safe and confined space. Introduce them to their crate with treats and positive reinforcement.

Afternoon: Begin basic commands like sit. Use treats and praise to reinforce positive behavior.

Evening: Establish a bedtime routine. Place the puppy in their crate with a soft blanket or a toy.

Day 2: Basic Care and Handling

Morning: Begin gentle handling of your puppy's paws, ears, and mouth. Reward calm behavior.

Afternoon: Introduce a soft brush for brief grooming. Make it a positive experience with treats.

Evening: Continue basic commands and reward good behavior during short play sessions.

Day 3: Introduction to Leash and Collar

Morning: Allow your puppy to get used to wearing a lightweight collar. Reward with treats.

Afternoon: Introduce a short, positive leash walk in a safe and controlled environment.

Evening: Practice recall with the leash on, rewarding your puppy when they come to you.

Day 4: Positive Socialization

Morning: Arrange a controlled meeting with a calm adult for positive socialization.

Afternoon: Introduce your puppy to various household sounds and environments.

Evening: Practice basic commands in different rooms of the house.

Day 5: Crate Familiarization

Morning: Encourage your puppy to enter the crate willingly with treats and praise.

Afternoon: Start short periods of crate time with the door open, gradually closing it for brief intervals.

Evening: Place the crate in a quiet area for bedtime, reinforcing positive associations.

Day 6: Bathroom Training

Morning: Establish a routine for bathroom breaks after meals, playtime, and waking up.

Afternoon: Use a cue word like "go potty" and reward your puppy immediately after they go.

Evening: Monitor your puppy's signs for needing a bathroom break and reinforce positive behavior.

Day 7: Interactive Play and Bonding

Morning: Engage in interactive play with toys. Use this time for bonding.

Afternoon: Provide puzzle toys for mental stimulation and enrichment.

Evening: End the week with a calm play session and quiet time for your puppy to rest.

WEEK 8



★ **Top Tip:** Begin the process of potty training by taking your puppy outside regularly, especially after meals and playtime

This week is dedicated to setting up a consistent routine for your puppy, promoting a sense of comfort and ease for them in their new home.

Potty Training: Puppies urinate frequently, emphasizing the need for prompt training. Position the designated potty area close to the house, fenced separately from the play area, with a distinctive appearance and scent. Opt for a grassy surface for comfort, as puppies prefer it over concrete or paving.



Training Commands: Lays the groundwork for a well-behaved and harmonious relationship between the pup and its owner.



Name Recognition: Say your puppy's name with enthusiasm, rewarding them when they look at you. Repeat throughout the day to strengthen the link between their name and positive experiences.

Sit Command: Guide your puppy into a sitting position by raising a treat. Reward and praise consistently in short, daily sessions. With practice, your puppy will connect the command with the action, making "sit" a responsive behavior.

Crate Training: Gradually introduce the crate, associating it positively with treats and praise. Increase time gradually, maintaining a positive and secure environment for your puppy's safety and comfort.

Nutrition: Opt for high-quality puppy food labeled "all life stages" or "puppies" to meet their nutritional needs. Maintain a consistent feeding schedule, around 3-4 times daily for an 8-week-old puppy, promoting digestion and routine. Follow guidelines on the food packaging, adjusting portions based on individual factors like breed and activity level. Ensure constant access to fresh water for optimal hydration and overall health.



Car rides: Take short car rides with your puppy to familiarize them with the experience. Use treats and positive reinforcement during and after the ride.



Health: A healthy puppy is a happy puppy: -



Sleep: An 8-week-old puppy needs around 18 to 20 hours of sleep daily to support rapid growth. Provide a quiet, comfortable space for undisturbed rest. As they grow, sleep needs decrease, but sufficient rest remains crucial for well-being.

Vaccinations: Puppies typically get their first vaccines at 6 to 8 weeks, covering diseases like distemper and parvovirus. Consult your local vet for specifics.

Exercise: At 8 weeks, puppies should have short, gentle play sessions, about 5 minutes per month of age spread across the day for their developing bodies. Avoid vigorous or prolonged exercise.

Socialisation: Introducing socialization to an 8-week-old puppy is a crucial aspect of their development. Begin in a controlled and calm environment. Initially, expose your puppy to one or two new experiences at a time.



Weight and Growth: Weigh your puppy upon arrival to establish a baseline for tracking weight gain. Healthy puppies usually gain weight from birth, but they might experience temporary loss during the adjustment to their new home. Use a digital kitchen or pet scale on a stable surface, consistently weighing at the same time each day for accurate measurements.



WEEK 9



★ **Top Tip:** Allow your puppy sufficient rest. Puppies need a lot of sleep, and providing a calm environment helps with their adjustment.

During the second week at home, your main focus should be on building a strong foundation for positive behaviors and socialization

Potty Training: Decide on a command that indicates toilet time, for example, "wee-wees" in a high-pitched tone. Take your puppy outside more frequently, gradually extending the time between outings as they begin to understand the routine. Continue to use the designated command



Training Commands: Continue basic training by introducing a few new tricks remember it may take time, every puppy is different and will learn at their own pace.



Stay: Start with your puppy in a sitting position. Hold your hand, palm out, in front of their face and say "stay." Take a small step back. If they stay, reward and praise.

Lie Down: Begin with your puppy in a sitting position. Hold a treat in your hand, lower it to the ground, and say "down." When they lie down, reward them.

Come: Get down to your puppy's level and say "come" in an upbeat tone. Back away a few steps and encourage them to follow. When they come to you, reward and praise.

Nutrition: Consult your veterinarian for personalized feeding recommendations tailored to your individual puppy's needs. If you need to switch your puppy to a different food, do so gradually over a week to avoid digestive upset. While it's important to meet your puppy's nutritional needs, overfeeding can lead to health issues. Follow guidelines and monitor your puppy's body condition.



Chew Toys: Facilitate positive chewing habits by offering chew toys, such as rubber options designed for puppies. Always supervise to prevent any potential choking hazards.



Health: A healthy puppy is a happy puppy: -



Teeth Cleaning:

Introduce dental care early by brushing your puppy's teeth regularly or using dental chews recommended by your veterinarian.

Veterinary Check-Up: Schedule a thorough health check with your veterinarian to ensure your puppy is starting off on the right track.

Stools: Regular, well-formed stools are a positive sign. Diarrhea, constipation, or changes in color may signal digestive issues.

Urination: Monitor your puppy's urine for color and frequency. Excessive drinking or changes in urination habits could be a concern.

Socialisation: Meet Different People, Introduce your puppy to a variety of people, including different ages, genders, and ethnicities. Encourage gentle interactions and positive experiences.



Weight and Growth: Keep a record of your puppy's weight over time. This allows you to track their growth patterns and identify any concerns.

Refer to breed-specific growth charts if available. These charts can provide general guidelines for what to expect in terms of weight gain for your puppy's breed.



WEEK 10



★ **Top Tip:** The key period for puppy socialization is between 3 to 16 weeks. It's crucial to encourage positive experiences during this time.

During the second week at home, your main focus should be on building a strong foundation for positive behaviors and socialization

Potty Training: Make sure you are letting your puppy go to the toilet shortly after waking up, after eating or drinking, after playing or exercising, and before bedtime. If your puppy has an accident indoors, clean it up without drawing attention to it. Avoid scolding or punishing, as this can create fear or anxiety.



Training Commands: Introduce simple commands each week.



Leave: Train your puppy to leave objects or items on command. Use treats and praise when they respond appropriately.

Drop: Teach your puppy to release objects from their mouth when told. Offer a treat in exchange for the item, saying "drop it."

No/off: Start teaching your puppy what "no" or "off" means, especially when they are doing something undesirable. Redirect their attention to an appropriate behavior.

High Five: Introduce a fun trick like giving a high five. Hold out your hand and say "high five," rewarding your puppy for pawing at your hand.

Nutrition:



Avoid Human Food and Treats: While it may be tempting to share human food or treats with your puppy, it's crucial to stick to a balanced puppy diet. Some human foods can be harmful to dogs, and excessive treats can lead to nutritional imbalances.

Joints: Prevent excessive stair climbing, as their joints are still developing. Avoid high-impact activities like jumping or running on hard surfaces.



Health: A healthy puppy is a happy puppy: -



Sleep: A 10-week-old puppy typically sleeps a significant portion of the day, which can be between 18 to 20 hours per day. Puppies, like human infants, require more sleep due to their rapid growth and development. If you are lucky your puppy may sleep through the night for an average of 6 hours at this age. Provide comfort items in the sleeping area, such as a soft toy. Familiar scents can help soothe your puppy. If you need to take your puppy outside during the night for a bathroom break, keep the interactions calm and quiet. Avoid stimulating activities to help them return to sleep easily.

Vaccinations: Generally, the second round is administered around 9-12 weeks of age. Check with your vet.

Socialisation: Noises- Start in a quiet room where your puppy feels comfortable and safe. Minimize distractions initially. Begin with mild, non-threatening sounds. For example, play soft music, rustle a paper, or gently tap a surface. Watch your puppy's reaction to the sounds. If they show curiosity or interest without signs of fear, proceed. As your puppy remains calm or shows curiosity, immediately praise them with a cheerful voice, use treats, and offer affection. This positive reinforcement helps them associate the sound with positive experiences. Expose your puppy to a variety of sounds they might encounter in everyday life, such as doorbells or footsteps.



WEEK 11-12



Top Tip: Establish a consistent daily routine. Puppies thrive on routine and predictability helps them feel secure and understand what to expect

Fun fact: A puppy's sense of smell is estimated to be about 40 times more sensitive than that of humans



Potty Training: Your puppy can now wait 4-6 hours between toilet breaks. Keep an eye on signs like sniffing or circling and continue practicing outdoor bathroom breaks for consistent training. A sudden shift in activity, especially if your puppy was playing or napping and suddenly becomes active, might indicate the need for a bathroom break.



Training Commands: Introduce simple commands each week.

Paw: Teach "paw" by having your dog sit. Lift their paw while saying "paw" and reward them. Hold it briefly, repeat "paw," and reward again.

Heel indoors: For "heel" training indoors intermittently prompt your dog to "sit." Show them a treat and begin walking in the house, ensuring the leash is taut and the treat is above their head. Repeat the command "heel" and reward them with the treat for maintaining the position.

Take it: For teaching "take it," hold your dog's favorite toy and a treat. Please present the toy, say "Take it," and reward them with the treat when they do.



Regression: Owning a puppy is like caring for a newborn, and occasional setbacks are to be expected. It's crucial not to stress and view these instances as minor blips. It's common for puppies to experience regression at this stage, leading to occasional accidents and early wake-ups. Embracing these moments with patience and understanding is part of the natural progression of puppy development.



Sensory: Create a sensory garden or play area with different textures, surfaces, and scents for your puppy to explore. This enriches their sensory experiences and provides a safe, stimulating environment.



Health: Prepare for grooming.

Introduce the puppy to brushes, combs, and nail clippers gradually, offering treats and praise during the process. Regularly handle your puppy's paws, ears, and tail gently to accustom them to touch. Turn on grooming tools, such as clippers or blow dryers, at home so it becomes familiar. Brush their coat, trim a small amount of fur, along with introducing them to the bathing process at home.



Socialisation: Fears At this stage of development, your puppy might enter their first fear phase. It's crucial to be mindful of the experiences your puppy undergoes during this important period. If your puppy seems a bit uneasy about something, give them space to figure it out. If they want to back away, no problem, take a step back with them. If they can glance back at the scary thing and handle it, they get some treats and then make a mental note to come back to it later. If they are really scared, just leave. Do your best to reassure them and get them out of there, making sure they feel okay.

New people To broaden your puppy's social circle beyond household members, invite friends over and introduce them in the garden, providing space for your puppy to feel comfortable. Dogs often feel more at ease meeting new people outside, turning the experience into a positive one. Let your puppy take the lead in approaching new individuals, ensuring they feel confident and in control during the introduction.

MONTH 1-3



★ **Top Tip:** Try freezing your puppies favourite chew toy for that added pain relief of teething.

Months 1 to 3, a puppy undergoes rapid growth, starts teething, learns basic socialization skills, and begins to form the foundation for future behavior and training.

Potty Training: At this age, a puppy typically needs to go for potty breaks on average every 2 to 4 hours, especially after eating, drinking, playing, or waking up from a nap. If you are using puppy training pads move them closer to the door or area intended for toilet breaks to enforce where they go toilet.



Fun game: Try incorporating scent into your puppy's playtime. Hide treats or their favorite toy in different areas of a room and let them use their nose to find these hidden treasures. This engages their natural sense of smell.



Training Commands:



Take it: Hold your dog's favorite toy and a treat. Present the toy, say "take it," and reward them with the treat when they do.

Walkies: To teach your puppy the word "walkies," employ the term with enthusiasm just before and during your walks. By consistently associating the word "walkies" with the activity of going for a walk, your puppy will start to recognize its significance. Use positive reinforcement techniques, such as offering treats or verbal praise, during and after the walk

Belly: Teach "belly" by starting with your dog in the "down" position. With a treat, have them roll onto their side. Move the treat to the side of their head, encouraging them to lie down. Then, say "belly" as you guide the treat to the side.

Health: A healthy puppy is a happy puppy: -



Walks- After completing their vaccination schedule around 16-20 weeks of age, puppies can safely go for walks. Vaccinations provide immunity to common diseases, allowing for outdoor activities that promote exercise, socialization, and environmental exposure. Consultation with a veterinarian ensures personalized guidance based on the puppy's health and vaccination history.

Teeth: Tooth loss in puppies initiates with the incisors typically shedding between 12 to 16 weeks, succeeded by the canines at around 16 weeks, and lastly, the premolars at approximately 24 weeks. By the time a puppy reaches 8 months, they should have a full set of 42 teeth, comprising 12 incisors, 4 canines, 16 premolars, and 10 molars.

Socialisation: Now that your puppy is fully vaccinated, you can gradually introduce them to other dogs during walks. Take it slow, and always ask fellow dog owners for permission before allowing interactions. Opt for quieter environments initially, avoiding busy parks to minimize overwhelming situations. Consider arranging meet-ups with friends who have friendly dogs, ensuring a more controlled and positive introduction experience. This cautious approach helps foster good socialization skills and ensures a safe and enjoyable interaction for your puppy.



Exercise: Exercise needs should be approached with care to avoid overexertion, as their bones and joints are still developing. Don't get too excited that they can go for long walks after their vaccinations. Short, controlled play sessions and multiple short walks throughout the day are best. Aim for around 20 minutes of exercise per session, two to three times a day. Over-exercising young puppies can lead to health issues.



MONTH 4



★ **Top Tip:** Naps are still essential for your puppy's development. Embrace their need for sleep to ensure a happy & energized puppy.

By the time they reach four months, puppies have transitioned from the adorable roly-poly baby stage to the energetic and bouncy juvenile phase.

Potty Training: It's advisable to remain with your puppy while they go to the bathroom in the garden. This practice fosters a sense of security and reinforces positive behavior. It also allows you to monitor their bathroom habits, provide immediate praise for doing it in the right spot, and help establish a routine for consistent potty training success.



Increased **Independence:** While still reliant on human companions, 4-month-old puppies begin to display a growing sense of independence. They will explore their environment with a bit more confidence.



Training Commands:



Leash: To teach stepping over the leash, wrap it around their front paw, then gradually enlarge the loop and pull it gently. Your dog will lift their paw, and when the leash comes off, offer them the lead, saying "lead" enthusiastically. Repeat frequently.

Car: To teach your dog to get into a car, take them outside on a leash with the car door accessible. Place a treat inside, say "car," and they should hop in. After a few tries, they'll understand it's time for a ride.

lap Teach this trick by sitting in a chair and placing a treat on your lap. Encourage your pup by patting your lap and saying "lap." They will eventually put their paws up. Remember to reward generously. If your dog understands not to jump on people, be prepared to invest extra effort in training.

Exercise: If your puppy is managing their current walking schedule effectively, consider gradually extending the duration by a few minutes each week to assess their comfort and response. Morning walks stimulate metabolism, aiding in digestion and helping to establish a regular bathroom routine. Evening walks serve as a calming activity, helping to expend any remaining energy and promoting a relaxed state before bedtime.



Health:



Flea & Tick: It might be time for your puppy's next round of flea and tick treatment. Consult with a veterinarian to determine the most suitable option for your puppy.

Sleep: Your puppy is likely making strides in sleeping through the night, signaling a positive milestone in their development. By this age, many puppies can hold their bladder for longer periods, allowing for more extended periods of uninterrupted sleep. Establishing a consistent bedtime routine, and ensuring they have had sufficient play and mental stimulation during the day contribute to a more restful night's sleep.

Socialization:



Enhance your dog's walking experience by exploring diverse environments. If you haven't already, introduce them to new settings like woodland areas, where they can encounter wildlife, experience nature, and observe different people. This variety not only provides mental stimulation but also broadens their understanding of the world, fostering a well-rounded and adaptable canine companion.

It's equally crucial for dogs to encounter individuals using aids, such as walking sticks, wheelchairs, or baby pushchairs. This exposure promotes their understanding.

MONTH 5



★ Consistent, positive reinforcement during training sets a strong foundation for a well-behaved 5-month-old pup.

This month marks the transition from puppyhood to adolescence for your furry friend.

Potty Training: At 5 months old, a puppy is typically progressing well in potty training but may still have accidents. Most puppies have developed better bladder control, and with continued positive reinforcement, they are approaching the final stages of mastering potty training.



Training Commands:



Heel: During walks, intermittently prompt your dog to "sit." Show them a treat and begin walking, ensuring the leash is taut and the treat is above their head. Repeat the command "heel" and reward them with the treat for maintaining the position.

Toy: Direct your puppy's chewing energy towards appropriate items by associating the "toy" command with their designated chew toys. As your puppy shows interest or takes the toy in their mouth, say "toy" clearly and consistently. Repeat this process each time your puppy engages with the chew toy.

Distraction control: When your puppy sees another dog but remains calm and looks at you, promptly reward them with a treat and praise. Maintain a safe distance from other dogs, allowing observation.

Puppy Classes: puppy training and socializing classes offer invaluable benefits for both you and your pup. Classes provide a structured environment for your pup to learn essential commands, fostering good behavior and communication. The social aspect exposes your puppy to new environments, people, and other dogs, promoting crucial socialization skills. This early exposure helps prevent behavioral issues and anxiety.



Walks: Expand your puppy's walks beyond the usual block, gradually increasing the distance. Focus on refining your puppy's leash training and reinforcing the "Heel" command during these longer strolls.



Health:



Behavioral Challenges: Some puppies may exhibit behavioral issues, such as excessive chewing or inappropriate digging. Consistent training and positive reinforcement can help address these behaviors.

Growth- typically achieve 50% of their growth by the age of 5 months, doubling in size before reaching full adulthood. Smaller breeds usually complete their growth between 6 to 12 months, while medium breeds reach their adult size around 12 to 18 months. Large or giant breeds typically finish their growth by the age of 2 to 3 years. If you have any concerns about your puppies growth consult a vet.

Socialisation: Water: Take your puppy for a swim in a lake, pond, or pool with convenient entry and exit points, allowing them to navigate in and out independently. If this isn't possible a backyard kiddie pool provides a fun alternative, introducing your puppy to a refreshing experience and aiding in cooling off during warmer weather.



Dogs with water confidence are less likely to panic in aquatic environments, reducing the risk of accidents or drowning. Confidence helps them navigate water safely. Water activities provide excellent low-impact exercise, benefiting a dog's physical health.

MONTH 6-12



★ **Top Tip:** Mental exercise is crucial for a puppy's development, keeping them engaged, & reinforcing their ability to learn and problem-solve.

A 6-12 month old pup is in a phase of active growth and development, requiring a balance of consistent training, socialization, and attention to ensure a healthy and well-adjusted transition to adulthood.

Potty Training: By 12 months, most puppies have reached a level of consistent toilet training. They typically understand where to go to relieve themselves and can hold their bladder for longer periods. However, individual dogs may vary in their progress, and occasional accidents may still occur, especially in new or stressful situations.



Diet: A puppies diet to adult dog food is crucial as your puppy nears its adult height. Small breeds usually achieve their full height by 10-12 months. Medium-sized dogs typically reach 75% of their adult height by 6-7 months, while larger breeds usually attain their final height by around 18 months.



Training Commands:



Settle: Teach your 8-month-old puppy the "Settle" command, encouraging them to calmly lie down and relax on a designated mat or bed, fostering self-control and composure in various situations. As your puppy begins to settle on the mat, say a chosen command like "Settle" or "Relax" in a clear and consistent manner. Praise & encourage them.

Wait": Build patience by teaching your puppy to wait before proceeding through doorways or receiving meals, enhancing their overall self-discipline. For doorways or gates, use your hand as a signal to stop. As your puppy waits, offer a treat and praise. Slowly increase the duration of the wait, rewarding each successful attempt.



Exercise: Address any behavioral issues promptly. Allowing negative behaviors to persist can lead to long-term challenges that may endure into adulthood if not corrected early. Untreated behavioral problems may become ingrained habits, making them more challenging to correct as the dog matures. Early intervention not only prevents undesirable behaviors from becoming deeply rooted but also establishes a foundation for positive habits and a well-behaved adult dog.

Health: Fear stage 2: The second fear phase often surfaces around 6 to 14 months. During this stage, puppies may display increased anxiety, apprehension, or fear of unfamiliar people, objects, or situations. Puppies may display signs of regression, seemingly forgetting the training and socialization lessons they've previously learned with regard to interacting with people and other animals. Remain calm and composed when your puppy exhibits fear. Avoid reinforcing anxious behavior with excessive reassurance. Be patient and understanding. Allow your puppy to approach new things at their own pace, rewarding small steps of bravery. If your puppy's fear behaviors escalate or persist, consider seeking guidance from a professional dog trainer or behaviorist.



Socialisation: The optimal time to neuter a dog, typically a male, is often around 6-9 months of age. This timeframe strikes a balance between allowing the dog to reach sexual maturity while minimizing the risk of undesirable behaviors associated with intact males. For female dogs, spaying is commonly recommended before their first heat cycle, ideally between 6-9 months. Spaying before the first heat cycle significantly reduces the risk of mammary tumors and eliminates the possibility of unwanted pregnancies. However, the best timing for neutering can vary based on factors such as breed, size, and individual health considerations.



MONTHS 12-18



★ Regular walks, playtime, and interactive activities help promote physical health, mental well-being, and a well-behaved companion.

At 1 year old, many dogs have reached their full height, but some larger breeds may continue to fill out and develop musculature for several more months.

Crate Training: The decision to stop using a crate for your puppy depends on their individual behavior, training progress, and maturity. Generally, you can consider getting rid of the crate when your puppy consistently demonstrates good behavior and can be trusted not to engage in destructive activities or have accidents when left alone.



Diet: Around the age of 1, you may consider transitioning your puppy to adult dog food, as they are entering adulthood. This transition should be gradual to prevent digestive upset. It's also essential to monitor your dog's weight and adjust portions accordingly.



Training progression



At 1 year old, your dog is still well within the age range for various training classes. Consider the following options based on your dog's needs and your training goals:

Basic Obedience Classes: These reinforce fundamental commands like sit, stay, come, and leash manners. They're beneficial for refining your dog's obedience skills.

Advanced Obedience: If your dog has mastered basic commands, consider advanced obedience classes for more complex commands and increased reliability in various situations.

Canine Good Citizen (CGC) Training: CGC classes focus on skills that make your dog well-behaved in public spaces, including polite greetings and controlled walking.

Agility Classes: If your dog is energetic and enjoys physical activities, agility classes provide mental stimulation and physical exercise through obstacle courses.

Behaviour Modification Classes: If your dog has specific behavioral challenges, consider classes that address issues like reactivity, fear, or aggression under the guidance of a professional trainer or behaviorist.

Trick Training Classes: These classes are fun and reinforce the bond between you and your dog. Teaching tricks enhance communication and mental engagement.

Health: Running- While the exact age a dog can start running with their owner varies based on breed, size, and health, many veterinarians suggest waiting until a dog is at least 1 year old before engaging in sustained, high-impact activities like running. For a 1-year-old dog, it's crucial to consider their breed and size. Larger breeds may still be growing and developing, so it's advisable to consult with your veterinarian to ensure your dog's bones and joints are ready for the physical demands of running. Start with shorter, controlled runs and gradually increase the duration as your dog builds stamina. Pay attention to their cues and monitor for any signs of fatigue or discomfort, adjusting the intensity and duration accordingly. Always check with your vet to tailor the exercise plan to your dog's needs.



Socialisation:



Organize dog playdates for your 1-year-old pup to enjoy the company of fellow dogs. If your friends have playful dogs, arrange gatherings for the furry friends. Explore local social dog groups, enroll your dog in a doggie daycare facility or use the services of a dog walker. These interactions contribute to continuous socialization, allowing your dog to expend energy while fostering positive social skills. Additionally, there are breed-specific meetup groups that you can explore for tailored playdates with dogs of similar breeds. It's lovely seeing them all play together.

MONTHS 18-24



★ **Top Tip:** Using the 7:1 ratio, an 8-year-old human would be approximately 56 in "dog years." If your pup is now 2 it will be 14.2 years old in human years

A puppy undergoes the transition from puppyhood to adulthood typically between the ages of 12 to 18 months, Larger or giant breeds, which may take closer to 24 months to reach full adulthood.

Changes: Around the age of two, dogs may experience changes in their coat and skin condition as they transition from puppyhood to adulthood. This period often marks the end of the puppy coat and the development of the adult coat, which may require different grooming practices to maintain a healthy and lustrous appearance.



Training: Obstacle Course Challenge:

Set up a small obstacle course using household items like chairs, tunnels made from blankets, or low hurdles. Guide your dog through the course using treats and positive reinforcement. This game not only engages their mental faculties as they navigate the course but also provides physical exercise.



Growth:

At the age of two, a pivotal transformation occurs in a dog's physical development. The growth plates in their body, responsible for longitudinal bone growth, solidify and reach a fixed position. This signifies the cessation of significant growth, and the calcium and minerals surrounding their bones harden, fortifying their skeletal structure.



This maturation process not only enhances the dog's overall physical resilience but also allows them to tolerate more demanding physical activities without the risk of injury.

Understanding this crucial stage is essential for tailoring training regimes to the dog's newfound physical capabilities, ensuring a balanced and supportive approach to their ongoing development.

Health: It's important to be mindful of potential health implications that may arise. Here are things to look out for:



Orthopedic Issues: Larger breeds may be prone to hip dysplasia or other problems. Ensuring a balanced diet and proper exercise can help mitigate these issues.

Dental Health: Dental problems can emerge if dental care is neglected. Regular teeth brushing and appropriate chew toys can support good dental hygiene.

Allergies: Some dogs may develop allergies to food, environment, or other factors. Watch for signs like itching, redness, or digestive issues. Consult a vet if allergy is suspected.

Joint Health: Certain breeds may be prone to joint issues. Supplements like glucosamine and chondroitin may help support joint health.

Achievements: By the age of 2, your dog reaches emotional maturity, marking a significant shift from the behaviors exhibited during puppyhood. The likelihood of destructive habits, such as chewing or having accidents, diminishes considerably. At this stage, your dog becomes less boisterous and more responsive to training, making it an ideal time to engage in activities together. Embrace this wonderful age and relish the positive changes in your dog's behavior and attentiveness.



Socialisation: Bringing your dog to pubs, shops, and other public spaces is more than a treat, it's a boost for both you and your furry friend. Dogs thrive on social interaction, and taking them along fosters companionship, reduces separation anxiety, and contributes to their happiness. Beyond the positive social impact, these outings expose your dog to various environments, aiding in their mental stimulation and socialization. Whether it's a cafe, or a stroll in the park, bringing your dog along enhances your experiences and strengthens the bond between you and your loyal companion.

