Puppy Sense Brittany Brauer, CPT (520) 603-2772 puppysensetraining.com

## Set Yourself up for Success!

- Crate training will be your best friend!
- Puppies 8 weeks to 10 months need between 18 to 20 hours of sleep per day!
- Create a schedule for sleeping, feeding/water, pottying, training and play
- Use a leash to back-tie your puppy to a door or heavy piece of furniture for at least 1 hour per day
- Prevention is the key to stopping bad behaviors from starting
- Practice a Learn to Earn style of living to maximize your puppy's learning abilities and good behavior
- Teaching your puppy how to relax and stay calm in all situations is the #1 most important life skill!
- Keep a leash on your puppy any time they are out of their crate allowing for easy and instant communication
- Allow for 100% supervision any time your puppy is not being managed via crate, back-tie or x-pen
- Do not leave puppy unattended outside for any reason
- Provide plenty of games, toys and chews for mental stimulation
- Physical exercise such as walking and low-impact, natural off leash running is important for mental growth
  - Puppies joints do not fully mature until much later in life, keep all high impact activities to a minimum
- Good nutrition pays for itself by extending longevity and quality for puppy
  - Feed only high quality kibble, dehydrated/freeze dried or raw diets

