



HERDY
NERDY
DOG TRAINING
& BEHAVIOUR

HERDY NERDY TEEN GUIDE



WELCOME

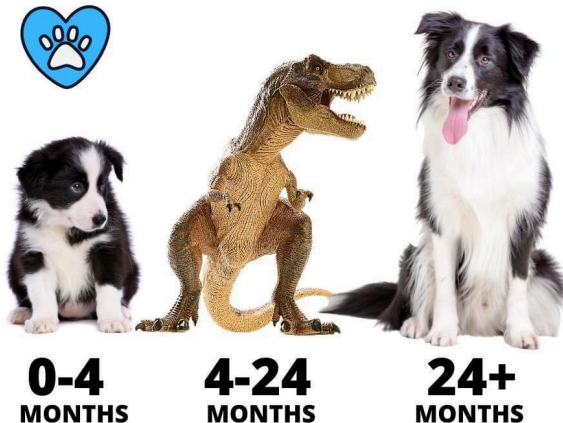
So, you've survived the Puppy Stage! Well done! What's next?

ADOLESCENCE!

Adolescence starts at around 6 months and lasts up until around 2 years of age- however it can start early and finish late! Just like in humans, adolescence is full of growth and developmental changes including reaching sexual maturity, wanting to explore the world around them and wanting more independence. Also, very like humans, hormones are going haywire !

It may seem that your perfect little puppy who learnt things so easily has been replaced by a destructive, busy, loud and fast little demon! All the things you worked so hard to teach them seem to go right out the window and suddenly they couldn't care less what you're asking them to do. Sounds like your average 15 year human really! This is NORMAL. Remind yourself of this often- because more often than not, your dogs behaviour during adolescence is not your fault or the fault of anything you did during the puppy stage. Your dogs body and brain are simply not on the same team right now and what they need from us is patience and support to help through !

This is our little guide to some of the most common adolescent behaviour concerns- but please remember that this does not replace seeking help from a Qualified Fear Free Trainer who can assess your unique situation.



TEENAGE SOCIALISATION

At this age it is normal for your Puppy to want to socialise with everyone and everything- unfortunately, Teen pups can also be quite rude which can see them get themselves in trouble.

It is important to continue to only encourage appropriate interactions by limiting the strangers (both human and dog) who can interact with your dog. You really want to find older, calmer dogs who have lovely social skills and are able to clearly tell your puppy when they are being rude. That being said, you also need to learn your dogs limits and help them out of situations before they accidentally do something inappropriate.

When meeting dogs on lead, count to 3 in your head and then call your dog away. Your dog knows within 3 seconds if they like a dog or not- that's all they need!

Once you've called them back, assess each dogs interest in each other. If one dog seems not so keen, its time to back off. If both seem keen to play, allow them to play under supervision. Learning to take breaks during play is an important skill. To start with, only allow 1-2 minutes play before intervening, and slowly build up the time you let them go for based on how well you see them taking breaks without your help.

It is important to help your dog understand that they cannot meet every single dog they meet too. Regularly encourage them to ignore other dogs and keep going.



HUMAN SOCIAL SKILLS

One of the most common reasons that Trainers see Teen dogs is because they lack social skills when interacting with humans like jumping up on people!

The same as with dogs, it is really important that we teach our dogs that they won't get to say hello to every person we come across. Reward them often for choosing to ignore strangers.

Set yourself up for success with Greeting people at the door by using things like baby gates to block their access to the door. Keep treats at the door and as you come through, drop treats at your feet. All good things come from the ground and only when our 4 paws are on the floor. Ignoring your dog until they stop jumping or yelling at them is not likely to work- instead send them a clear message about what behaviour you would like them to do when you come in the door!

We often see dogs getting really worked up during play too- Teen dogs are not yet old enough to be fully in control of themselves and once they get worked up, it can be hard for them to come back down. Similar to play with dogs, make sure you are encouraging regular breaks during play. Encourage them to sniff or lay down between games and always end your game with something calming- Licking, Sniffing or Chewing!



LIFE SKILLS & GENERAL MANNERS

Its not uncommon to see our dogs behaviour regress during Adolescence. It can seem as though you never taught them a single thing! This is because their brains are pruning- getting rid of useless information and deciding which info they need to carry on with for life.

This is also why Adolescent dogs are much more at risk of being rehomed than any other age group.

Whilst this can be super frustrating for us, its important to remember they are not trying to give us a hard time. Most often, they are actually having a hard time themselves.

The best solution is to go back to basics! Start teaching and reinforcing everything again as if its brand new. You may need to use better rewards than the first time round- kibble is very exciting when the whole world is new and exciting, but not so much after you've been around for 6 months! Try things like Dog Roll, Chicken, Cheese and Deli Rolls.

Introducing a Clicker, if you haven't already, will make a huge difference to your Training. Clickers can send a clear, quick message to your dog about exactly what they did right! As a bonus, they also release dopamine in your dogs brain- double the reward!

At this age, Recall tends to become non existant. If you do not 100% trust your dogs recall, Please keep them on leash or on a long line. Remember that in public, your dog must be under effective control at all times



EXERCISE

Exercise is important for our young dogs, but we need to be careful not to over-do it, or we risk damaging their joints, which can be painful in the long run or as your Puppy gets older. Pain is big driver for behaviour issues- especially aggression, so its important that we are careful about how we exercise our puppies!

It doesn't always have to be a walk either! Playing chasey in the garden, practising your loose lead walking at home are all good outlets for your puppy- especially until their vaccinations are complete!

It is highly recommended to avoid playing games such as Fetch with puppies as this is a high impact game that can cause damage to joints, tendons and ligaments. Fetch has also been linked to compulsive behaviours in dogs - essentially Doggy OCD!

We also do not want to overdo our puppy's exercise as we will simply create an athlete! Even on farms, our working dogs are not on the go 24/7 - they will often rest between herding duties and although there might be some long days in there, you can bet they sneak in a nap or two! Even for our working & high energy breeds, be sure to limit exercise to healthy daily amounts!

Our working dogs are highly intelligent- working out their brain is just as important as working out their body. Find a balance each day! You can download our Free Puppy Training Tracker to help manage your puppies needs!

Dog Parks are not a good place to take your dog for exercise. Unfortunately they tend to attract dogs who lack training & social skills- which can be the start for fights and other not so desirable behaviour. Your dog will enjoy a nice sniffy walk with you much more than a dog park!



DIET & FEEDING

Puppy Diets are SUPER important to get right! Getting puppy nutrition right from the start will help to ensure proper growth and development- not just for joints but for their brains- this needs to continue through adolescence.

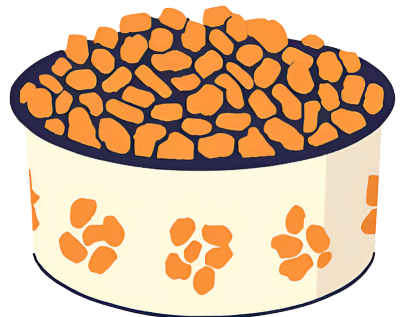
You should always feed your puppy a food that has been formulated specifically for Puppies. These foods are higher in fat , higher in calories and have the correct Calcium & Phosphorus ratios needed for proper bone development and to prevent diseases such a Rickets. Your dog should remain on a puppy diet until at least 12 months of age.

Important: The only people you should be seeking nutrition advice from are Vets (preferably with an interest in Nutrition) & Vet Techs. Please be very careful with information you read online as there is quite a lot of misinformation, scaremongering and just plain wrong information about. Vet Nurses can also be a good source of information if you are feeding a kibble diet, but may not be able to fully assist with Raw or Gently Cooked diets.

Always feed your puppy for the weight they should be, not the weight they are. Puppy feeding guides are based off their projected growth. This will help keep them a healthy weight. This should be applied throughout your dogs life.

If you are choosing to feed your puppy Raw, please be sure to discuss this diet with your Vet. It is highly recommended with puppies to use a pre-made raw formulated for Puppies to ensure your puppy is getting the right nutrition. Please note that it is **not recommended to feed Kangaroo** as a main protein source to puppies as it is a very lean protein. Often unfortunately the extra calories needed to make Roo a viable protein option then cause other dietary issues.

Always choose a Premium diet for your Puppy- these foods cannot be found in supermarkets. We recommend brands such as Royal Canin, Hills , Blackhawk, Meals for Mutts and Taste of the Wild. All of these brands have Veterinary backing and your Vet will be able to provide you with a feeding plan based on the ingredients and nutrition density.



ENRICHMENT

In order to meet our dogs needs and keep them calm and content (without running them til they drop!) we need to provide mental stimulation. Think about the days you spend sat in front of a computer screen for 8 hours- you feel exhausted right? That's because even though you've probably not done nearly enough steps for the day, you've been working out your brain all day! We need to do the same for our puppies. Wear out the brain, and the body will follow!

LICKING

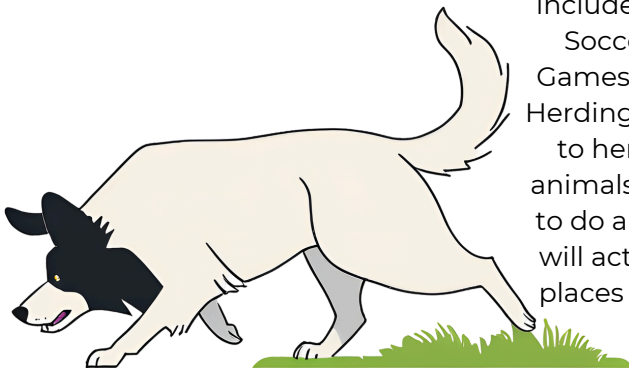
Licking is naturally calming for our dogs. Encouraging them to lick things such as a lickimat will help their brains to slow down and calm down.

CHEWING

Feeding a puppy their meal in a Kong and letting them solve the puzzle whilst enjoying a good chew can be a great way to provide 10 minutes of brain work for your puppy! Just be sure to not make it to hard (no freezing them!) Soft rubbery chews are also great for teething puppies!

SNIFFING

Snuffle Mats are fabric mats that you can hide treats in that your puppy then has to sniff out. 10 minutes of sniffing burns the same amount of energy as 45 minutes of running - this is the quickest way to a sleepy, calm puppy!



Our Herding Dogs also need outlets for their herding instincts! This might include things like Sheep Balls, Collie Soccer, Hide & Seek and Stalking Games. Providing your puppy with a Herding Outlet won't encourage them to herd you, other people or other animals. This is something they NEED to do and giving them an outlet for it will actually prevent it coming out in places you'd rather it didnt...like your ankles!

NAPS & SLEEPING

Depending on their age, your puppy should still be sleeping quite a bit!
Probably a lot more than they actually are.

ADOLESCENT SLEEPING GUIDE

4 Months old- 11-15 hours per day

6 months old- 10-14 hours per day

12 months + - 10 hours per day

Growing and exploring a brand new world takes a lot of energy!

Encourage your pup to nap regularly by having a Crate or Pen in a quiet area of the house. It is important that children are kept away from this area!

It can help your puppy to have a sleep schedule. You will find this routine will help them feel sleepy and be more likely to have a good rest! Having everyone in your home aware of the schedule will help make sure its adhered to- teens are just as resistant to naps as puppies but a lot bigger and sillier when over tired!

Overtired Teens are likely to cause chaos! We often see this at “Witching Hour”. This usually happens somewhere around sunset where Puppy will go a bit silly and is likely to bite, nip, run around and get the zoomies. They are very unlikely to be able to listen to you either!



PREVENTATIVE TREATMENTS

Preventative Treatments are designed to help your dog live a longer, happier and healthier life by keeping them safe from many common diseases. Preventative Treatments also provide you, or your Vet, with a good opportunity to take a holistic look at your pets health including their diet, exercise and their teeth!

Important: The only people who should be taking advice regarding Vaccines and other Preventative Treatments from is Vets, Vet Techs and Vet Nurses. The internet is sadly full of misinformation and dangerous scaremongering. Please discuss with your Vet which treatments your puppy needs specific to their lifestyle!

VACCINATIONS

Your puppy will be due for a booster 10-12 weeks after their first birthday. If you chose to start ProHeart, that may also be due. Your booster shot is important, especially while Pups are young and super social. These vaccines protect them against 3 main diseases- Distemper, Parvo and Infectious Hepatitis. This vaccine is a Triennial vaccine- meaning you only need to boost it every 3 years. Depending on your location you may also wish to have the C5 which provides additional cover for Kennel Cough- this vaccine needs to be boosted annually. Speak to your Vet about which vaccines are necessary for your dog.

FLEA & TICK & WORMING

It is important to remain on track with your Flea, Tick and Worming treatments. Different brands will last for different amounts of time so be sure to read the package and speak to your Vet to make sure you have the right product! For dogs who live in rural areas or regularly visit rural areas, you will also need additional Tapeworm treatments!

Not all products will protect your dog against Heartworm- so be sure to check for this! Both Nexgard Spectra & Simparica Trio will cover you for this or you can look at Proheart which is an annual injection as an alternative.

DENTAL CHECKS

Checking your dogs teeth often can help prevent dental disease. Dental disease can be painful or uncomfortable and has a direct link to other health issues and behavioural issues. Brushing your dogs teeth daily, or providing them dental chews daily, alongside regular check-ups and cleanings at your Vet can prevent dental disease taking hold and causing further, more painful issues. Starting teeth brushing as a Puppy can help make this process easier for your puppy!

FINDING HELP ONLINE

There are many Free or Cheap resources available online to help you through puppyhood! It is important to choose the right resources though, so we've compiled a list of our favourites!

Treat Yourself Dogs

Calm Canine Academy

From Dusk til Dog

JW Dog Training

Click Start Dog Academy

Fetch for Me Human

Grisha Stewart Academy

Shay Kelly- Understanding Dogs

It can be hard to find the right help online. It can be hard to tell who's giving good advice, and who is giving harmful advice! The Dog Training industry is unregulated and sadly this means there is a lot of terrible advice out there!

KEY WORDS TO LOOK FOR:

- Fear Free
- Force Free
- L.I.F.E Training
- Modern Training
- Ethical Training
- Gentle Training

KEY WORDS TO AVOID

- Be the Leader
- Be the Alpha
- Correct Your Puppy
- Create Boundaries
- Make unacceptable behaviour clear
- Pack Leader / Top Dog
- Be in Charge
- Clear Rules & Consequences

KEY WORDS THAT NEED MORE INVESTIGATION:

- Rewards Based
- Positive Reinforcement/R+
- LIMA Training
- Science Backed Training

AVOID THOSE WHO

- Use Shock Collars
- Use Prong Collars
- Use Slip Leads
- Use Choker Chains
- Use Rattle/Shake Cans
- Use Verbal Corrections
- Promote Walking in Heel constantly
- Think Obedience will solve all

NEED A PRO?

Feel like you're needing some professional help? Here are some amazing Fear Free Trainers located across Australia who can help you!

VICTORIA:

Herdy Nerdy Dog Training
Chloes Canine Co
Pet Pals Training
Jari Castle Training
Thrive Canine
Hello Pup!
Cooper & Kids
Nighthaven Empowered Learning
Southside Dog Club

WESTERN AUSTRALIA:

Super Woofers
Super Pups AU
Walks & Borks
Trusty Tails Training
Shaggy Dog Training
Paws Ability
Simone Tuten- Positive Pets
Wandering Paws
Coral Coast Dog Training
Northern Suburbs Dog Club*

NEW SOUTH WALES

Bondi Behaviourist
So Help Me Dog!
The Dog Behaviour Trainer
Mindful Canine
Jigsaw Dogs

TASMANIA

Happy Hounds Initiative

QUEENSLAND:

IdaBoss Dog Training

SOUTH AUSTRALIA:

Hand to Paw Pet Services

You can always find amazing trainers at the **Pet Professionals Guild of Australia**

www.ppgaustralia.com.au

Trainers holding the following Qualifications are also Fear and Force Free:

- Bendigo Kangan Institute
- Delta Society

These are the only AQF Government Approved Qualifications in Australia that are Force Free. Not all Nationally Recognised Training courses are force free, despite this being the Government recommendation.

*NSTODC is run by Volunteers. There are Qualified Trainers who run the puppy school and scattered through the club.

