



HERDY
NERDY
DOG TRAINING
& BEHAVIOUR

HERDY NERDY PUPPY GUIDE



WELCOME

Congratulations on your newest family member!

Welcoming a Puppy into your family is an exciting time, but it can also be a stressful time. Puppies are on the go, get into things and eager to explore the world - Its up to use to keep them safe & happy - A task our puppies often like to make quite difficult!

This guide is a basic guide to common puppy behaviour & needs and the best ways to navigate them! It is important to note that this does not replace seeking help from a Trainer when needed, nor does it replace the experience of Puppy School.

We highly recommend you enrol in a Puppy School that supports Fear Free Training , sooner rather than later. Do not wait for your vaccines to be completed! Puppy School is about far more than learning sit- anyone can do that at home ! The experience of introducing your Pup to new dogs, people and environments with a Trainer there to help guide you is invaluable ! Ask your Vet Clinic or use the Trainers list at the back of this booklet to find an appropriate puppy school!

If you are needing help and advice , Please remember to go to a Qualified Force Free Trainer for Behaviour Advice and your Vet for anything medica



TOILET TRAINING

Toilet Training is one of the most common reasons people reach out to Trainers or their Vet with their new puppy. It can be frustrating at times, but with a few simple rules and some structure your puppy will be toilet trained in no time!

IMPORTANT: Do not scold or punish your puppy for accidents. This is more likely to tell them that they shouldn't potty in front of you, rather than that they shouldn't potty inside. It will lead to issues down the road- especially if you want to travel with them or if they need to spend time at the Vet!

THE GOLDEN RULES

You should always take your puppy outside to Potty **ON LEAD**

- Every 2 hours
- If they have been playing
- If they have been sleeping
- If they have just eaten

Take them outside on lead and wander around with them for 10 minutes. If they do not go potty, bring them inside and confine them to their pen for 5 minutes, then try again. This is not a punishment or a time out, but simply a way of keeping the distractions minimal and containing any mess that might happen. They definitely need to go, but their brain might need a second to catch up to that- its easy to forget you need to pee when there is exciting things to sniff!

Reward them with verbal praise and by letting them off lead to go play and sniff! Freedom is the reward! This is one of very few things where rewarding with treats has the potential to backfire- its not uncommon for puppies to do half the job to get a treat, then come inside and finish the job. By rewarding them with freedom in the yard, any half finished business will still be done outside and can then be rewarded with treats or play!

Should I use puppy pads inside? Puppy Pads might seem like a convenient way to contain mess, but they actually make toilet training harder. Sometimes they also teach our puppies to seek out soft places to pee, rather than grass, which can lead to them seeking out things like blankets and carpet. If you need an indoor toilet, use a grass toilet or fake grass potty pad.



BITING & NIPPING

Biting and Nipping in Puppies is completely normal! (but painful!)

Thankfully, it has some very simple solutions!

Important: Don't tell your puppy off for biting you (including squealing or saying "ow!"). Often these sounds actually encourage your puppy and make it fun to bite you! They don't care that they're being told off- the goal was to get your attention and it worked. Puppies will repeat behaviours that work to get them what they want! Instead, offer them a toy to tug or chew on instead. Give them an appropriate way to interact with you!

Lots of biting that won't stop is often an overtired Puppy! Encourage them to nap or sleep in their pen or crate in a quiet space away from everyone else. Providing them something to lick, chew or sniff will help them to settle down too.

TEETHING:

Puppies are teething up until they are about 6 months old. This can be painful for them but if you provide them with **cold things** like carrots, cucumbers or toys that have been in the fridge, you can provide them with a little bit of relief. If you feel your puppies teething is excessively painful, speak to your vet about pain relief options.

CATTLE DOGS, KELPIES & AUSSIE SHEPHERDS:

All 3 of these breeds are Cattle Dogs. Dogs that we bred to control and move large, often feisty, cattle. If you've ever watched them herding, you will see lots of nipping at ankles! This is breed specific behaviour and is super reinforcing for these guys. If you are noticing an excessive amount of nipping at your ankles, it could be that your puppy is stressed, anxious or over excited- self regulation for puppies is hard and this behaviour often helps them feel calm, content and relaxed. You can help them by providing outlets for their herding behaviours alongside other biting and nipping solutions!



EXERCISE

Exercise is important for our puppies, but we need to be careful not to overdo 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, so its important that we are careful about how we exercise our puppies!

Whilst there is no exact science to what is and isn't a good amount of exercise, a good rule of thumb is no more than 5 minutes per day, for every month old your puppy is. Please remember that this is only a guideline and you should make the decision based on your dogs overall behaviour and needs as a whole.

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!



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!

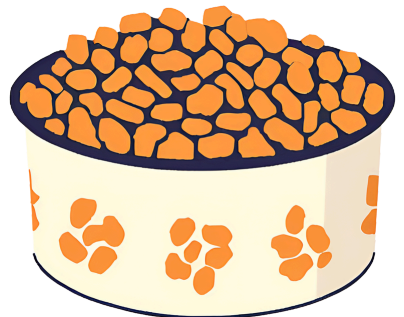
You should always feed your puppy a food that has been formulated specifically for Puppies. These foods are higher in fat , higher in calories and have the correct Calcium & Phosphorus ratios needed for proper bone development and to prevent diseases such a Rickets.

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 too 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 didn't...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.

PUPPY SLEEPING GUIDE

8 weeks old- 16-20 hours per day
3 Months old - 12- 16 hours per day
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!

Overtired Puppies 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!



PUPPY SOCIALISATION

Socialisation is about WAY MORE than meeting other dogs- in fact, the less dogs your puppy meets, the better!

Socialisation is about meeting the world with all of their senses. Introducing them to new and strange sounds, sights, textures, temperatures and more! The goal is for your dog to feel indifferent about these things.

Dogs who are allowed or encouraged to greet every dog and every human you meet on a walk are likely to become Leash Reactive or a “Frustrated Greeter” when they face a situation where they cannot say hello. Not every dog or human wants to say hello to your pup, and it's up to us to help our puppy understand this.

SOCIALISATION GUIDE

- Every 10th dog you meet
- Only calmer adult dogs that you know
- Only humans who will follow your rules for saying hello
- Only humans who will respect when your dog says “no”

Your dog should always be given the option to opt in or out of an interaction. If they know that all they need to do is gently say “no thanks”, they will never need to bite to get their message across! You can download our Socialisation Checklist from our website!



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 should have had their first vaccine with the breeder. They will need to have their 2nd (and in some cases a 3rd !) vaccine with you. Their 2nd vaccination should be at around 10-12 weeks. If a 3rd is needed, that will come at around 14-16 weeks. It is important that you continue to socialise your pup between their 2nd and 3rd vaccinations but please keep their feet up off the ground until they have completed the full schedule!

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.