

Puppy training

Section 1 | Start small: attention and sit

Your puppy can choose to look toward you in a quiet room and finish a tiny practice session relaxed. Introduce sit only when physically comfortable.

Before you begin Choose a quiet, puppy-proof space with a non-slip floor. Have a few pea-sized pieces of suitable food ready, taken from the daily food allowance where practical. Practice after a toilet break when your puppy is awake and comfortable. Start with 30-60 seconds, once or twice a day; stop sooner if needed.

1. Let them arrive Sit or stand quietly. Allow your puppy to look around and approach. Do not hold them in position. Reward a voluntary glance toward you.

2. Make a reward word Say a soft, cheerful “yes,” then give one small food reward. Repeat a few times so the word predicts something good. No loud voice or clicker is required.

3. Introduce their name Say the name once in a quiet voice. When they turn toward you, mark and reward. If they do not turn, make the setting easier; do not repeat the name louder.

4. Reward an easy check-in Take one step away. Reward if your puppy chooses to follow or glance at you. Leave space for them to opt out. A few successful repetitions are enough.

5. Introduce sit Hold a small reward close to the nose and slowly lift it a little toward the forehead. When the bottom reaches the floor naturally, mark and reward. Never push the hips down. After a few easy repetitions, say “sit” just before the movement, then reward and release with “all done.”

6. Finish kindly Say “all done,” put the food away and offer rest or quiet play. Record the easiest success, not just mistakes.

Pause or get help If your puppy bites at hands or races around, pause and consider toilet needs, tiredness or overstimulation. Deliver food with a flat hand or place it safely on the floor. Use small safe rewards and supervise. Do not withhold meals to make a puppy train.

Build at your dog's pace Move on when your puppy offers several easy check-ins across short sessions with loose, comfortable body language. If today is difficult, repeat an easier version tomorrow. There is no required number of days.

Practice date	What felt easy?	Next tiny step

Practice is optional and brief. Reward comfortable choices; never force participation. General guidance, not an individual behavior plan. Full lesson and sources: dogdays2024.com/training.html