

## Program Overview



<p><b><u>Week 1:</u></b></p> <ul style="list-style-type: none"><li>✓ Intro and theory (Toys/understanding how dogs learn/potty training/feeding)</li><li>✓ Name recognition</li><li>✓ Leash/collar conditioning</li><li>✓ Introduction to walks (15mins)</li><li>✓ Sit cue (Part I)</li></ul>	<p><b><u>Week 3:</u></b></p> <ul style="list-style-type: none"><li>✓ Down cue (II)</li><li>✓ Chin rest/watch cue (Part II)</li><li>✓ Introducing grooming tools (II)</li><li>✓ Introducing dental cleaning (I)</li><li>✓ Introducing household appliances</li><li>✓ Introducing showering (optional)</li></ul>
<p><b><u>Week 2:</u></b></p> <ul style="list-style-type: none"><li>✓ Introduction to walks (staircase, elevator etc.)</li><li>✓ Sit cue (II)</li><li>✓ Recall exercise</li><li>✓ Down cue (I)</li><li>✓ Chin rest/watch cue (I)</li><li>✓ Conditioning for handling/grooming</li><li>✓ Introducing brushing/hair dryer (I)</li></ul>	<p><b><u>Week 4:</u></b></p> <ul style="list-style-type: none"><li>✓ Introducing dental cleaning (II)</li><li>✓ Introducing novelty objects</li><li>✓ Introducing novelty sounds</li><li>✓ Introducing cone/muzzle (II)</li></ul>

## ESSENTIAL TIPS!

### What is a titer test?

A titer test, also known as a **serological or antibody titer test**, is a blood test that measures the concentration of antibodies in a dog's bloodstream to certain diseases. This test used to assess a dog's immune response to previous vaccinations or exposure to certain pathogens. Instead of automatically administering booster vaccinations, a titer test helps determine whether a dog has sufficient antibody levels to provide protection against particular diseases. This approach helps **avoid unnecessary vaccinations**.

### How does flea/tick treatment works?

**Flea and tick medications are considered insecticides** because they contain active ingredients specifically designed to kill by disrupting the nervous system and blocking certain neurotransmitters of the insects and eventually causing its death. **Use natural and holistic prevention instead!**

### **How Gut Bacteria Influence Mood and Behaviour?**

The gut microbiome is a diverse ecosystem comprised of trillions of microorganisms. In dogs, just as in humans, the composition of this microbiome can impact behaviour based on the ratios of the organisms living within an individual dog. A balanced gut microbiota contributes to physiological (normal bodily functions) and mental well-being of the animal.






**Please feed a quality diet (fresh food or BARF).**



<https://nativepet.com/blogs/health/how-gut-health-affects-dog-behavior-unveiling-the-intricate-connection>

### **How to get a puppy to sleep through the night:**

<https://www.whole-dog-journal.com/puppies/how-to-get-a-puppy-to-sleep-through-the-night/>

✓ **TO DO LIST:**

	<p>Feed meals using enrichment/interactive tools and toys such as Lick mat or sniff mat. Dogs love to sniff, lick and chew. DIY frozen towels, fruits or vegetables. Freework setup:</p> <p><a href="https://www.youtube.com/watch?v=WaNxciLotK8">https://www.youtube.com/watch?v=WaNxciLotK8</a></p>
	<p>Get toys of different textures, shapes and sizes. Rotate them regularly.</p> <p><a href="https://www.hopefordogs.sg/product-category/gigwi-toys/">https://www.hopefordogs.sg/product-category/gigwi-toys/</a></p>
	<p>Expose gradually to sounds of traffic, fireworks, thunderstorm etc.</p>
	<p>Habituate to household appliances. Vacuum, hairdryer etc.</p>
	<p>Socialize with puppies of similar sizes <b>one at a time. DO NOT bring to dog parks or dog-friendly cafes!</b></p>
	<p>Introduce kids, people of different profiles, pushing trolleys, on wheelchair, holding umbrella etc.</p>
	<p>Gradually increase home alone time by the seconds or minutes.</p>
	<p>Introduce different surfaces, textures, heights etc. For every month old, walk them for 5mins. 4 mths old = 4 x 5mins = 20mins</p>
	<p>Introduce novelty objects on wheels.</p>
	<p>Introduce low-stress handling and grooming tools</p>

	<p>Frequent short car rides</p>
	<p><u>SMART X50. How to play:</u></p> <ul style="list-style-type: none"> <li>- Reward the puppy x50 throughout the day for any desirable behaviours such as chewing appropriate objects, showing cute face, relaxing or resting in the crate/playpen</li> <li>- Mark with “Yes” or “Good” and immediately deliver a piece of kibble or treat. If the resting, deliver between the front paws.</li> <li>- Goal is to see, mark and reward <b>x50 per day.</b></li> </ul>