

TRIGGERING EVENTS (AGGRESSION/ANXIETY)

Event: This is the occurrence that kicks off the aggression or anxiety.

Triggers: This is a breakdown of the sounds, sights, smells, touch or physical proximity that contribute. There may only be one but usually there are several and some can be broken down. For example a dog with separation anxiety may note some aspect of a leaving the home routine and trigger panting or pacing. Putting on shoes to actually go out might trigger, whining. **Try and find the ground zero (first trigger).**

First Sign In The Dog: Initially there are stages of escalation. For example a dog's ears might perk up at the sound of a door knock. Tail position might change. In time though things happen so quickly that there don't appear to be stages. There will be though. **Try and find the first indication in your dog that the aggression or anxiety is surfacing.**

Examples:

- Aggression:** Staring, Tensing, Yawning, Growling, Barking, Tail Position Change
- Anxiety:** Yawning, Pacing, Body Licking, Lip Smacking, Heavier Breathing or Panting (out of context of activity/temperature), Pupil Dilation,

Comments: If you have additional observations, record them.

Example

Event	Triggers	First Sign In The Dog	Comments
Someone at the door	Doorbell	Ears Perked, Tail raised	Dog rushed the door and started to bark.
Someone at the door	Go to the door	Barking Intensified	Had to restrain the dog by the collar
Someone at the door	Unlocking	Dog tries to position for access when door opens	Really have to get a good grip
Someone at the door	Guest steps in	Lunging requiring further restraint	Dog is turning head towards hand on collar. Safer to crate dog or isolate in another room

Your Record of Triggering Events

Event	Trigger	First Sign In The Dog	Comments

Your Record of Triggering Events

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Puppy Temperament Training

Puppy Socialization
For Stability In The Real World



Safety

The veterinarian community for years warned their puppy clients to refrain from taking puppies anywhere until inoculations had been completed. Otherwise there was risk of exposure to things like Parvovirus which if contracted is extremely serious. Before inoculations for these issues existed puppies died in droves.

However, because a veterinarian's education focuses on physical health as opposed to behavior they were (and many still) unaware that by telling clients to keep their dogs in until inoculations were complete their owners were not exposing their puppies to the experiences that form confident temperaments. Without multiple positive experiences to varied sights, sounds, smells, textures, countless dogs as a result have either been euthanized, or led restricted life styles due to anxiety and fear.

As a result a safe balance must be found. This can be accomplished by:

1. Avoiding places where your puppy could be exposed to virus from unvaccinated dogs. (Dog parks, pet stores, play groups, and other public areas)

2. When visiting places to accomplish the recommendations to follow and you feel there is a risk, carry your puppy in your arms, have your puppy in your lap, bring a blanket and keep your puppy on it during socialization efforts. Use the carry and lap approach at the veterinarians in particular.

Confident Puppies Are Built

There's more than meets the eye when it comes to socializing a puppy. The happy, outgoing unflappable adult dogs you meet are dogs that experienced a wide range of sounds, sights, and smell experiences as puppies.

Anxious, fearfully aggressive dogs more often than not have back grounds where they had little variety early in life. Proper socialization exposure is much more than hanging out with immediate family and going to a puppy socialization class.

It's a common misconception that puppy socialization classes meaningfully have an impact on a puppy's socialization period. Weekly classes with other dogs have little to do with positive imprinting for potential future trouble spots like thunder, infants, children, even been left alone, and much more. It's better to not leave these things to chance so dog owners need to do a little extra socialization planning to help their puppy grow up to be confident in all contexts of life.



Do it correctly and not only do you reduce the chances of anxiety and aggression but you'll "build" a puppy that's more confident that will grow up and be able to go more places and do more things with you. That means more opportunities for exercise and mental stimulation and that means a happier healthier dog.

Use the check list on the following pages to give your puppy a a bomb-proof confident temperament.¹

¹ These tips are excerpts from 'Socialize Your Puppy for Everything by John Wade' and 'Prepare Your Dog for Your Baby - The Right Way! with John Wade'

Focus on People

For proper socialization, puppies need frequent positive meetings with more than their immediate humans. Give your puppy plenty of positive experiences around:

- Infant Stage²
- Crawling Stage
- Toddler Stage
- Eight Year Old Males (Dogs bite 8 year old boys more than
- anyOther Age Group)
- Seniors that use canes, walkers, wheel chairs etc
- People from different cultures

Focus on Alone Time

Possibly the single biggest mistake made by new puppy owners is not building gradual increments of alone time in the socialization strategy. You can head off the horrors of separation anxiety by gradually increase the amount of time your puppy spends absolutely alone (preferably in a crate³).

- By the time a pup has reached 16 weeks of age they should be acclimatized to spending time alone from 4 to 6 hours a day. By absolutely alone - there is no one in the home.

² The sound is the most important aspect and if access to the real thing isn't possible you can use a sound track.
<http://store.askthedogguy.com/prepare-your-dog-for-your-baby-soundtrack-of-baby-crying/>

³ The puppies crate experience should not be exclusively when left alone. During the early stages of introduction crates should be used frequently when owners are home and in or near the same room. Pups should be taken there for their naps (or when their owners need a nap.) They may have a chew treat that they especially enjoy but only in that crate. They can even be fed in their crates. At night, crates can be kept near their owners bed at first and gradually moved elsewhere if need be. It doesn't hurt to have an extra crate around so keep an eye on garage sales.

Focus on Dogs

Not as important as you might think as dog to dog social imprinting ends at about 6 weeks of age so your pup's mom and litter mates should have worked out the important stuff by now. After that point it's about maintenance.

When exposing your dog to other dogs you need to take into account age, breed and personalities. Mother dogs are pretty diligent about what goes on amongst litter mates.

Be careful of puppy socialization classes where breed traits, age, size and attitude are too diverse. A bad experience, even just an accident during rough housing can have create assumptions that can have an impact on down the road.

- ❑ The best and safest approach is to set up regular play dates with similar puppies and dogs you already have experience with.

Focus on Experiences

Expose your puppy to every conceivable sound, sight, smell and texture and make positive associations with words of encouragement, treats and even the company of happy confident dogs. Here's a list of things to consider for your socialization game plan:

Veterinary and Grooming Care

- ❑ Go watch your veterinarian give a dog an examination.
- ❑ Go watch a groomer clip nails and give a trim, bath and dry a dog
- ❑ Practice all that at home - but in little bits and pieces, associating those positives every time.
- ❑ Visit the groomers and the veterinarian daily if possible.

Motorized Vehicles And Equipment

- | | |
|---|---|
| <input type="checkbox"/> Buses (air brakes) | <input type="checkbox"/> Lawn mowers/snow blowers/
chainsaws |
| <input type="checkbox"/> Dump trucks (air brakes and
rattling) | <input type="checkbox"/> Garage doors |
| <input type="checkbox"/> Harley & Other motorcycles | <input type="checkbox"/> Vacuums |
| <input type="checkbox"/> Dirt bikes | <input type="checkbox"/> Dremel (for nail trimming -
great for thick or black nails) |
| <input type="checkbox"/> Airplanes | |

On Wheels Without Motors

- | | |
|--|--|
| <input type="checkbox"/> Skate boards (this one is
important) | <input type="checkbox"/> Roller bladders |
| <input type="checkbox"/> Bicycles | <input type="checkbox"/> Shopping carts |

People Wearing:

- | | |
|---------------------------------|---------------------------------------|
| <input type="checkbox"/> Hoods | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Parkas | <input type="checkbox"/> Various hats |

Potentially Scary Sounds

- | | |
|---|---|
| <input type="checkbox"/> Thunderstorms ⁴ | <input type="checkbox"/> Fireworks ⁵ |
|---|---|

Other Animals

- | | |
|----------------------------------|------------------------------------|
| <input type="checkbox"/> Cats | <input type="checkbox"/> Livestock |
| <input type="checkbox"/> Rabbits | <input type="checkbox"/> Horses |

⁴<http://store.askthedogguy.com/thunder-soundtrack-prepare-your-puppy-for-preparing-puppies-and-desensitizing-fearful-dogs-40-minutes/>

⁵ Comes with the Thunderstorm Sound Track

Standing, Walking, and Playing on Different

- CarpetTile
- Hardwood
- Linoleum
- Laundry Tub
- Sink
- Manhole covers
- Grating

Indoor/Outdoor Surfaces

- Grass
- Wet Grass
- Long Grass
- Gravel
- Sand
- Dirt
- Mud

Enjoy your puppy

John Wade
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