

All Puppy Bulletin

Subject: Exposures

Definition

An exposure is one puppy experience on an outing.

Guidelines

Puppies should have:

- Three (3) outings weekly with five (5) puppy experiences per outing
- Repeat the same puppy experience at least 3-5 times until the puppy is comfortable
- Build on the time of puppy experiences and intensity until the puppy is comfortable, i.e. work on a puppy experience for 5-10 minutes, then give the puppy a break with a chew toy and you can relax for a few minutes before moving on.

Objects

Mail Boxes, lawn ornaments, shopping carts, etc.

Under Footings

Metal grates with small openings, stones, gravel, wood chips, grass, dirt, sand, black top, concrete, wooden decks, etc.

Stairs

Examples are: indoor, outdoor, closed back, open back, curved, wooden, carpeted, concrete, black top, metal, open grated with small openings, etc

Noise

Examples are: lawn mowers, chain saws, vacuum cleaners, cars, trucks, motorcycles, etc. At first, watch at a distance; approach closer when the puppy is comfortable. Have your tools (comfort toy, chew toy and treats) available for encouragement and watch your puppy for signs of concern. If the puppy is concerned, turn off the object if possible and place yourself between the object and the puppy. **T**ouch the object; let the puppy **S**mill your hand, then **P**et the puppy (TSP). Repeat this process until the puppy approaches the object. Praise the puppy. Do not coddle.

Traffic:

At first, watch traffic from a distance. Approach closer when the puppy is comfortable. Repeat watching from the same place at the same distance 3-5 times before moving closer. Take into account the volume and speed of the traffic, since both alter the noise level. Always walk toward oncoming traffic at least 3-5 times before walking with the traffic coming from behind. The puppy will feel more comfortable when seeing the cars moving nearby.

Example

Taking your puppy in the vehicle to the Post Office

Let's count the number of exposures or puppy experiences for this trip:

1. Proper entrance into the vehicle
2. Vehicle Ride - Lesson in riding correctly in the vehicle, either proper entrance into a crate or stay on the floor while you go around the vehicle and get into the driver's seat
3. Proper exiting from the vehicle
4. Loose Leash walking to the Post Office building
5. Ascending stairs to the door
6. Proper door entry
7. Waiting patiently in a sit or down at the counter
8. Proper door exit
9. Introduction to Mail Box - both object and noise – place yourself between the object and the puppy, then **Touch** the object, let the puppy **Smell** your hand then **Pet** the puppy (TSP). Repeat this process until the puppy approaches. Praise the puppy.
10. Descending stairs
11. Loose Leash walking back to the vehicle
12. Proper entrance into vehicle

Process

1. Go one step at a time. When you start taking your puppy on this exposure, it will take at least 3 trips to successfully accomplish all 12 steps. For example, on the first visit try to get to Step 4. On the 2nd visit, try to get to Step 8 thus repeating the first 4 steps. Finally, on the third visit, try to get to Step 12, but only if your puppy is comfortable. If your puppy shows signs of concern, go back to the first 4 steps only for the next trip(s) until the puppy is comfortable. Patience brings lots of rewards!
2. Make sure your puppy is comfortable. Give the puppy time to investigate. The first successful visit will take longer than subsequent visits.
3. Keep your tools handy, i.e. comfort toy, chew toy and treats, to change the pace and relax the puppy.
4. This exposure is definitely a “look and no touch” experience at least the first two times. People should be allowed to approach only after the puppy can comfortably handle the exposure several times, since approaching a puppy is a separate lesson. We don't reward bad behavior by allowing a puppy to greet someone if the puppy is jumping or lunging.