

Putting Yourself in Your Puppy's Paws

To say that I love puppies is quite the understatement. I can't keep my hands off them! Adorable, innocent, and interactive—like children and snowflakes, each one is unique. They are full of wonder and curiosity and need our direction, empathy, and companionship. Unconditional love must go both ways.

Although puppies share similarities, from sweet milky breath to tail wagging and nipping, the list of differences is a lot longer. Discovering your puppy's unique qualities and breed-specific traits will illuminate and calm the days in front of you. Getting to know your puppy's personality and likes and dislikes will also help you organize a life plan that will satisfy both of you. Knowing how to communicate your ideals and direct your puppy's impulses will calm her mental energy and ensure a greater trust between you.

If you're reading this book, you're either boning up to get a head start on lessons to avoid common pitfalls, or you're in the throes of frustration and hoping for a miracle cure. Although I can't guarantee an instantaneous fix, I will help you understand your puppy's behavior and shape a program to contain and redirect your puppy's mischief today. Whether you've got an 8-week-old puppy nibbling

your shoelace, an 8-month-old puppy cruising your counters, or an 11-month-old puppy tearing through the living room with your favorite shoe, there is a well-timed developmental reason for her behavior. Simply stressing your disapproval won't be enough. In fact, as you'll learn shortly, your disapproval often gets misconstrued as confrontational play. There is a lot of activity going



Jodi Buren

I just love puppies!



Different Puppies, Different Needs

Here's an example of how two puppies of the same age can view and interact with their environment differently. Meet 12-week-old Zip and Dudley. Zip is a Cairn Terrier, whose ancestors were bred to listen for, hunt, and kill whatever crawled beneath the earth. Although these qualities are no longer required, you can't convince Zip. Dudley is a Labrador Retriever, whose ancestors were bred for companionship and trainability, as well as for retrieving water fowl on command. Aesthetics aside, their differences are poignant. Zip is sound-sensitive, instinctive, and intense. An independent hunter, he focuses on stimulation over direction. In his New York studio apartment, however, sound stimulation is constant, and the only thing beneath him is Mrs. Flowers, who doesn't appreciate his alert barks at three in the morning. Dudley, at home in the suburbs, is oral, interactive, and focused by nature. If left undirected or underexercised, however, he'll develop annoying, attention-getting habits that include stealing objects, behavior that I call *keep-away*, and destructive chewing.

To avoid these pitfalls, each puppy must have a custom-fit lesson plan that includes a list of displacement activities to satisfy their genetic impulses. To shape early cooperation, Dudley's list would include retrieving games and directional exercises. Zip, on the other hand, needs to play chasing games and do exercises that involve alerting to motion and sound, like *toy along*, *tag along*. (Games are further described in chapter 57.) Play training should be tailored to each puppy's genetic impulses.

on behind those beautiful eyes. From the moment your puppy is born, she begins to process information, and before long, she learns how to regulate and control both herself and her environment. This book will teach you how to influence her behavior positively by helping her feel safe and happy in your world.

GENETIC/HISTORIC IMPULSES

What lies behind my fascination with dogs? They accept our species as their own. Pretty profound. In fact, a trained dog will put her human's direction above her own impulses and will love unconditionally. Their evolution not only paralleled ours, it was directly influenced by our wants and desires. Some humans wanted a dog to pull a sleigh: they bred dogs that like that activity. They wanted a dog to retrieve a duck from a pond on a freezing November morning: they bred dogs silly enough to go for that idea. And so on. We didn't stop with instincts either; we also chose (through selective breeding) other traits such as coat type, size, and personality. Through a

process of organized tampering, we humans have shaped more than 400 hundred breeds, all bred for a specific purpose and look, worldwide.

The American Kennel Club recognizes 153 breeds, and 4 more are waiting in the wings in the AKC's runner-up "miscellaneous class." The AKC organizes the breeds into seven groups—Hound, Herding, Toy, Working, Terrier, Non-Sporting, and Sporting—and keeps records of every registered puppy. It's a serious business. I'm going to further divide the breeds

into thirteen groups; the first twelve are organized according to specific predispositions, like hunting or herding. The thirteenth represents mixed breeds, inviting you to discover the blend of traits represented in your unique puppy. If you have a rare breed, discover which AKC-recognized breed shares your dog's ancestry and make comparisons.



Double Vision?

Some breeds are listed in more than one category, as they were bred for various tasks. Highlight breeds you may be interested in, or circle your dog's breed or breeds, and use the table at the end of this chapter to discover her motivations and interest. You can further research each breed online or at your local bookstore or library.

All Together Now—Herding Breeds

Herding breeds have a zest for togetherness! Control-oriented, they prefer "their" sheep in a row and quickly determine within a family (even as young pups) who is a shepherding influence (shepherds give direction) versus who are sheep (sheep need to be directed). Undirected, their impulse for order can be misunderstood; insufficient exercise results in obsessive-compulsive behaviors such as pacing, relentless attention-getting, incessant barking or chasing, and lick granulomas (sores created by obsessive licking). On the other hand, a structured setting, family lessons, chasing games, and a task-oriented activity like catch or chase will help direct their impulses and bring out the best in their nature. Devoted to their family "flock," they're loyal, loving pups who enjoy togetherness, are home proud, and rarely wander.

- **Best quality:** They're very family-oriented, staying close to home and devoting themselves to all activities.
- **Chief frustration:** Barking and chasing.

Think Twice before Entering—Guarding Breeds

Guarding breeds, originally bred to guard either flocks or homes, are stoic and calm. This lot has a serious life focus. Although playfully accepting of strangers as young puppies, loyalty to their families can be seen early on. As maturity takes hold (between 6 and 10 months), these puppies become suspicious of unfamiliar

people and places, and without proper socialization and direction, they perceive themselves as the protectors of home and hearth.

If you have or want a great guard dog, teach her to look to you for direction. If you're not around, she will protect naturally, but in your presence she'll defer to your judgment.

- **Best quality:** Solid devotion. They're patient with children when raised with them.
- **Chief frustration:** Powerful protection that can be hard to influence without consistent direction. These dogs can be dangerous if untrained.

Watchdog—Protective Breeds

A good protective dog is more bark than bite. Once this puppy hits puberty, there'll be no need for a doorbell! The goal is to develop an off switch. Left untrained, these puppies interpret lack of direction as lack of leadership, and they take the task of alerting the pack to every sound and stimulus quite seriously. Avoid this headache! If you're to share your life with a protector, teach your puppy to find you the moment she alerts to a stimulus and train her to watch for your direction. You'll have a trusted friend who will alert mindfully when you're home and will ward off intruders when you're gone.

- **Best quality:** Loyalty, to a fault.
- **Chief frustration:** Unchecked barking and aggression. Training this group is a must.

Play Ball—Sporting Breeds

Sporting breeds are a friendly lot, bred to work with people and retrieve objects. Well built, they're bright, loyal, and interactive. Happy souls, they take well to



Sidelining the Sporting Breed

There are grades of protectiveness with some of the breeds in the sporting group, such as the Clumber Spaniel, Portuguese Water Dog, and Weimaraner. But any pronounced aggression is an aberration of the breeding standards and may be the result of *line breeding*, or questionable breeding conditions as with puppy mills.

training and generally view all strangers as potential friends. A well-bred sporting dog shouldn't show aggressive tendencies. However, left alone, underexercised, or ignored, these dogs are prone to *hyper isolation anxiety*: destruction and hyperactivity borne of loneliness and separation. On the flip side, if exercised and given lessons and an outlet for their retrieving skills, a more cheerful companion would be hard to find.



- **Best quality:** Their cup is always half full: full of life enthusiasm and passion for people. They have few serious thoughts and are fun loving.
- **Chief frustration:** Their brain is in their stomach. They're prone to separation anxiety and can be very destructive. They'll show a thief their tennis ball collection as the thief robs you blind.

Sound the Alarm—Terriers

A spirited, fun-loving bunch, terriers aren't concerned with your opinion. Bred for serious missions, their ancestors hunted varmints beneath the earth. Active and agile, they generally prefer to do their busywork independently—after all, how many terriers can fit into a rabbit's hole? Although they enjoy family life, they need positive lessons and play training to spark their enthusiasm. If it's not fun and enticing, they'll tune it out. Untrained, they can be willful, single-minded, and destructive. Spatial aggression (guarding a prized object or a sleeping spot) is common and should be prevented before it arises. Read the section in chapter 6 called, "Spatial Aggression." Keep your training fun, simple, and prize-oriented. Involve the whole family, and your terrier will trip over you to be in on the action.

- **Best quality:** They're spirited, punky, and fun.
- **Chief frustration:** They can be independent and prone to spatial aggression.

Self-Motivated (Dogs with Distinct Skills)

Some breeds have distinct bred instincts that are hard to categorize. The Dalmatian, for example, was bred to follow a horse-drawn wagon, lie under the wagon when it was vacated, and protect the space from intruders. That breed doesn't bode well for an impulsive environment with children, although many breeders are trying to breed the spatial reactivity out of the Dalmatian. Listed in the following sections are breeds that fill a specific niche that is not represented in my grouping. In the AKC category, they'd be found under the Non-Sporting Group. Research each breed individually (see the reference section) to discover its historic roots and current lifestyle necessities.

- **Best quality:** A focused, quirky nature.
- **Chief frustration:** They're hard to redirect. Some breeds are prone to territorial and aggressive tendencies. Check each one out thoroughly.

Sweet Aroma—Scent Hounds

Oh, that nose! Bred to follow scent, these scent hounds are packaged to perform. If you've ever watched an 8-week-old pup as an aroma catches her attention, you'll

know in an instant when it happens: the tail lifts high, and she puts her nose down as her head leads her body on an invisible pursuit. Sweet tempered and loving, they are amiable and easy to live with unless off-lead control is your goal. Lessons should match their attention span: short! Working harder for a satisfying treat, they will pay attention, provided there are no competing aromas. Left untrained, they can be bothersome, and the obsession for stimulation may lead them to bark continually and cruise the counters, the garbage, or worse. With a bit of structure and a few lessons, however, this group is easy to direct and can be fun to live with, as long as you don't mind coming in second in their roster of life's passions.

- **Best quality:** A goofy and amiable nature. They're fun to be around and have wonderful ears to pet.
- **Chief frustration:** They follow their noses, sometimes into troublesome situations.

Motion Detectors—Sight Hounds

Like scent hounds, these loving, stoic creatures have a life passion: chasing and bringing down big game. Although such talents are no longer necessary for our survival, you won't convince a sight hound. There may not be any boar in your backyard, but a gray squirrel will satisfy their urge. Graceful and agile, a sight hound in motion is a wonder to behold. Letting these dogs run requires a fenced environment. Left undirected or underexercised, puppies in this category will become frivolous in hyperactivity or dazed in a bored stupor. Although they appreciate the attention that goes into lessons, a few mutually recognized words and plenty of socialization create a satisfying existence for all involved. Serenely contained when their needs are met, these puppies mature into dogs that are lovely companions.

- **Best quality:** Regal, graceful nature and temperament. Beautiful runners.
- **Chief frustration:** They don't turn on a dime.

Mighty Hunters—Hunting Breeds

Brave and stoic, the hunting breeds are contained and mindful even as young puppies. As they mature, they're intensely insular with their families, desire little change in routine, and are most content in predictable homes. Constant socialization is a must to prevent territorial aggression. Courageous and strong, these dogs should be leashed or enclosed. Bred to make quick determination of a given situation, their behavior is often self-directed and intense—good for startling intruders but not ideal for friendly visits and roughhousing. Puppies in this group need a strong and constant training regime and constant socialization during their first year to ensure that their impulses are monitored and directed.



- **Best quality:** Puppies mature into stoic, cool companions.
- **Chief frustration:** They possess an instinctively intuitive nature, may wander, and are hard to direct when their hunting drive kicks in. Training is not an option.

Snuggle Puppies—Companion Breeds

Personally, I love miniaturized things: dollhouse furniture, little shoes, tiny dogs. . . . Who could resist a puppy that fits into the palm of your hand? Not all companion breeds think of themselves as small, however. Some have quite the identity crisis going. Call it what you will—Napoleonic Complex, Small Dog Syndrome—at the end of the day, these puppies have just as much pizzazz as their bigger brethren. Left undirected or, more commonly, overspoiled, these puppies develop habits that can be a real nuisance to live with. Housebreaking and incessant barking top the list. Nipping and outright aggression aren't far behind. Just as every child should not be left behind, so, too, all dogs need a directional foundation lest they get a swelled head.

- **Best quality:** You can hold them in your arms forever.
- **Chief frustration:** Unadulterated spoiling comes at a huge price. These puppies are not stuffed animals.

You Talking to Me? Fighting Breeds

Don't let this category startle you. Fighting dogs are no longer used to fight one another, livestock, or game (except in illegal circles). For decades, docility has been the chosen trait. Today, most are more interested in constant loving and sitting on your lap, rather than in fighting. When challenged, however, these breeds won't back down. Passive they're not! Left undirected and untrained, these powerful breeds are hard to control and can easily overpower. With a little effort, however, puppies from this group are responsive, cheerful, and loving to all, making them companionable family dogs. Early socialization (and lots of it) also guarantees a congenial attitude with people and other dogs.

If the dog is raised with a rough hand or beaten and encouraged to fight, the gene for aggression, which is usually inactive, can be stimulated. These dogs, and the people who own them, are dangerous. It is tremendously sad. If these puppies were raised in a different environment, they would know and return only love.

- **Best quality:** They're loyal to their families, sweet, and friendly.
- **Chief frustration:** They're stubborn, ignore direction, and jolly themselves out of reprimands.

Steam Engine—Draft and Sled Dogs

I grew up with two husky mixes: Shawbee and Kyia. They are, to this day, my best dog teachers. Strong-minded and instinctual, they listened only when I respected them and gave clear, sensible direction. This group is cheerful and energetic and has a strong sense of self. Heavy-handed approaches don't work, repetitive lessons bore them, and sweet talk will get you nowhere. Logic and patience are the only ingredients necessary. As puppies, these breeds have a tendency toward relentless chewing and outdoor destruction. Calm training routines repeated throughout the day have a greater impact. Sweet and loving, these puppies like involvement, appropriate displacement activities, and exercise, although their instinct to run requires a fenced area or a leash.

- **Best quality:** Their strong, spirited, interactive nature.
- **Chief frustration:** Pulling and jumping.

The “Pure” Mix Breed

In my opinion, there is really no such thing as a mixed breed: there is a “pure” mix of breeds. For example, poodle mixes are all the rage: Golden Doodle, Labradoodle, Schnoodles . . . the list goes on. Of course, these designer mixes, bred for a hypoallergenic trait, have a price tag. Yet not all mixes do—in fact, many cost very little and can be found at your local shelter or in private homes. With the same potential for love, a mixed breed spices up the fun you'll have trying to determine the breed combinations. If you know the breeds involved, refer to the breed descriptions of both. If not, ask a knowledgeable dog professional and make an educated guess. As your puppy matures, determine what's influencing your scent-sniffing, ball-chasing, protective puppy. Could it be a Basslabottweiler? Labradoodle, step aside!

- **Best quality:** High-bred vigor! Two unrelated breeds bring an expansive gene pool to their offspring. The healthiest genes are often selected, making mixed breeds healthy and strong.
- **Chief frustration:** The unknown factor: Sometimes you get a breed instinct you may not have bargained for, such as protective barking or spatial aggression.

DISCOVER YOUR PUPPY'S PERSONALITY

When I meet a new dog, I immediately get a read on her personality. It is something I sense, an energy I feel. It takes less than five seconds. The puppy's disposition is as clear to me as the color of her coat. If I'm called in for a puppy consultation (between 8 and 12 weeks of age), the focus is on encouraging good



Identity Crisis

My views on religion aside, I believe that many dogs have been reincarnated as another breed. Have you ever met a Great Dane who wants nothing more than to be a lap dog, or a Maltese who is bent on challenging the neighbor's Rottweiler? Although temperament, training, and handling have a lot to do with it, you can't convince me that greater forces aren't at work!



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This puppy gladly would have come back as a teacup Yorkie!

behavior, shaping certain breed-specific tendencies, and developing a teaching program custom-fit for both the puppy and the people. If it's a training or behavior improvement session, I focus on what has frustrated this puppy to react in ways unmanageable. For example, a Sporty puppy with a spirited disposition who is not given outlets for her impulses or taught how to contain them may develop problems like grab-n-go and keep away. These sporty means of attention-getting are reactions to isolation and/or unjust regulations. Empathy is the first step in resolving these difficulties; when I give the puppy a voice and describe life from her paws, people enthusiastically modify their behavior, too.

The next step is determining appropriate displacement activities: appropriate outlets for energy—in this case, retrieving or playing with a toy. Then and only then can the corrections be issued and understood. And the corrections are dependent on the personality, the age, and the attention span of each individual puppy (see chapter 7, “Enjoying the First Year,” for more on teaching techniques and corrective measures).

Personality Profile

Listed in the following sections are five personalities. Not one is ideal. Each holds traits that the others don't have. Your puppy may have qualities that belong to more than one group. Some qualities may be due to environmental influences, age, time of day, or handling. Or they may just simply be unique to your puppy—a charismatic blend. Once you've got an overview of the descriptions, use the personality quiz (see “A Personality Quiz” on page 12) to discover where your puppy fits in.



The Joy of Watching Them Grow

I am not writing this book alone. Vying for my attention are my 15-month-old dog, Whoopsie Daisy, and my 8-month-old daughter, Lindsay. Their presence is a lesson in individuality and dispositions. Their personalities were set in stone before I met either of them. We chose Whoopsie according to a predetermined personality test, and our daughter—well, she was a delightful surprise. Whoopsie earned her name at 9 weeks; she was (and still is) clumsy and very sweet. Lindsay, even in utero, was very alert to what was going on and within minutes of her initial cry was looking very intently around in deep thought. Happy and determined, interactive and sweet, both of our girls have stayed true to themselves. The joy for us has been seeing how each manages and copes with life's nuances. As parents, we measure our abilities by their confidence to express their true natures.

Bossy

These puppies are serious, smart, and intense, even as youngsters. Lofty, task-oriented, and proud, they learn quickly and enjoy structure. In truth, many need to be encouraged to have fun. During early development, you may notice blocking behavior on stairs and walks, possessiveness during playing or eating, and

stiffness when sleeping or being lifted off the ground. These puppies need a structured environment and strong, clear direction. If taught to respect everyone in the house, the puppies can develop into devoted, interactive family members. Left alone, these dogs can become bossy, defiant, or aggressive and dangerous to have around children or uninformed adults.



Crossing the Line

It is not okay for a puppy to growl at people. Period. An intentional bite is a worrisome sign. If you experience either, speak to a professional behaviorist or trainer immediately.

COMIC

Active, clever, and often funny, these puppies want to be in on everything. Bursting into situations with a cheerfully energetic presence, they are hard to contain without serious protest, usually in the form of barking, pulling, or chewing. Eager to learn, especially if the lessons are entertaining, they need consistent structure and a team effort, or they'll learn to play each family member for his or her weaknesses. Ideal in busy households that encourage involvement or with single owners for whom they can be constant companions, these puppies are happiest when socializing. Their high



energy level and constant demand for attention make them ideal for confident children over age 7. Untrained, these dogs are often viewed as hyper and can be destructive to home and yard.

EAGER

Although eagerness sounds like the perfect personality, eager puppies are vigilantly focused on your activities and will repeat a behavior that gets attention—any attention, even negative. If you're aware of this and you focus on good behavior, you'll have your puppy civilized in no time. If you're oblivious, your puppy may end up repeating behaviors that get you frustrated—not in an attempt to aggravate, but simply to stay connected. These puppies thrive in a home where directions are consistent; chaotic situations easily confuse them. In fact, many of these puppies are given up for adoption because the very quality that makes them endearing creates tension for the uninformed.

MELLOW

If these dogs could talk, their favorite word would be “chill”! Mellow and sweet, they are just as happy watching life go by as they are jumping into the mix. With an “Is this absolutely necessary?” attitude toward lessons, they often view this time as best for napping. Undirected, however, they can't be trusted off-leash, and they're hard to socialize. Although extensive training is not necessary, the basics are a must and, when introduced with spirit, can actually be viewed as fun. This is an ideal personality type for a chaotic household.

RESERVED

These puppies love to snuggle and check in with you. Sudden changes or too much energy (either in a situation or with another person or dog) can easily overwhelm them. Seemingly remorseful when heavily disciplined, these puppies are showing fear, not understanding. Training must come with patience and clarity. When these puppies are fearful of situations, their people must stand calmly as an example of strength; coddling is viewed as mutual concern. When fearful, these puppies should be directed with familiar word cues (like HEEL and STAY) to help them feel directed and safe. Best suited for homes where predictability reigns, these puppies often meld well with grown-up households or families where calmness is the norm. Socialization is necessary but must be done gradually.



Rating Your Family

Rating doesn't have to stop with your puppy. You can rate everyone in your house, too! Our Whoopsie is relaxed. Lindsay, our daughter, is a mix of strong and spirited. My husband, Jim, is a mix of relaxed and strong . . . and me? Pure spirited. If I were a dog, I'd probably be a Border Collie!

TIMID

These puppies give the impression that they were abused. Skittish and nervous with anyone outside their immediate families, they need a lot of consistent direction to help them overcome their innate phobias. Their retention is short; they may not remember a person or a situation from day to day. As they age, many of these dogs develop fear aggression: an aggressive response to a perceived threat. Predictable households where one person gives constant direction is best; training is necessary to help them externalize their focus and to bring them out of their internalized world where danger lurks around every bend.

A Personality Quiz

Now that you've got a fix on the personalities that are out there, perhaps you're still confused as to where your puppy fits in. Here's a quiz to help you determine what your pup's little quirks mean in the broad spectrum. Just circle the number that best represents your puppy's reaction to each of the following situations.

Petting: Take your puppy aside when she's excited, and stroke her from her head to her back end. Speak in calming tones. Does she:

- a) Turn to nip. 5
- b) Playfully mouth or roll on her belly. 4
- c) Relax. 3
- d) Roll on her back submissively. 2
- e) Tuck her tail or lower her body. 1

Lifting: When your puppy is active, lift her up 3 inches from the floor by her midsection. All four paws should dangle just above the ground. Does she:

- a) Twist in frustration, attempt to nip, or blatantly growl. 5
- b) Squirm playfully to be released. 4
- c) Relax into it. 3
- d) Lick anxiously. 2
- e) Cringe in confusion. 1



Ideal Timing

If possible, give this test when the pup is between 12 and 14 weeks of age. Older puppies' reactions may be varied, due to genetic impulses or to social interaction within the home.



Knowing When to Get Help

If during these interactions your puppy growls defensively, stop. Call a behavior specialist for help. You've got a serious problem. If you have young children in the house, consider placing the dog in a more predictable environment and using my Puppy Assessment Form in the appendix to select a puppy with a more relaxed temperament.

Spatial Interaction: This is a three-part quiz.

Toy Interruption: Interrupt your puppy when she's chewing on a bone or a toy. What does she do?

- a) Lay her head rigidly over the toy or growl defensively. 5
- b) Playfully lick or paw your hand or interact with the object as you lift it up. 4
- c) Pull her head back and watch you calmly. 3
- d) Lick your hand submissively. 2
- e) Pull away and roll back on her belly. 1

Sleep Interruption: Interrupt your puppy's sleep, and note her reaction. Does she:

- a) Growl, accompanied by a stiffening body. 5
- b) Rise quickly with spirit. 4
- c) Barely awaken. 3
- d) Lick your hand or face. 2
- e) Startle suddenly with tail tucked; may be accompanied by a reactionary growl. 1

Food Interruption: Interrupt a meal, and note your puppy's reaction. Does she:

- a) Lower her head rigidly over the bowl. 5
- b) Stand still and playfully interact—paw, lick, or mouth. 4
- c) Stop eating and step back calmly. 3
- d) Lick nervously or lower her body in submission. 2
- e) Lick, accompanied by a submissive posture, cower, or go rigid over the bowl. 1

Treating from a Box: Take a box of treats in your left hand. Kneel down next to your puppy, and dole out one treat at a time from your right hand. Does she:

- a) Grab the treat quickly and then go to the box. 5
- b) Take the treat enthusiastically, showing interest in the box. 4
- c) Take it calmly, may show interest in the box. 3
- d) Take it quickly and look for another. 2
- e) Take it nervously; may look urgently in your hand or the box. 1

Hide-and-Seek: Use either a favorite toy or a treat. Show her the object, and get her excited with it. Next, hold her back and hide the toy or the treat under a piece of cardboard. Encourage her to find it. Does your puppy:

- a) Find it immediately. 5
- b) Run to you and playfully look around for it. 4
- c) Go to you and act confused that the treat is not offered immediately. 3
- d) Sit or move cautiously, in need of further direction. 2
- e) Either not move or show interest in the object rapidly. 1

Training sequence: Use a toy or a treat to encourage your puppy to follow you. Walk around a familiar room, rewarding your puppy every five seconds. Crawl or lure your puppy under a table. Does she:

- a) Confidently follow, urgently grabbing the reward. 5
- b) Follow you to the table, hesitating at the table before moving or racing forward energetically. 4
- c) Hesitate or lose interest; sit or move under the table casually. 3
- d) Refuse or follow cautiously. 2
- e) Refuse or run away. 1

Loud noise: Stand out of sight from your puppy. Very discreetly, drop a couple of metal pans to the floor. Watch her reaction. Does she:

- a) Jump, bark, or run at the pans. 5
- b) Startle, then move playfully toward the pans. 4
- c) Stand alert, then resume activity. 3
- d) Jump up, yip, freeze, or run to you for protection. 2
- e) Run out of the room. 1

INTERPRETING THE RESULTS

Add up the numbers you circled to get your results, and use the following descriptions to assess your puppy's reactions. There are no right answers. Understanding

your puppy's personality will enable you to provide a structured environment to bring out her best. For example, a timid puppy needs confidence-building and a soft touch, whereas a strong puppy needs structured guidance.

Timid Puppy (0–9): Sadly, this puppy is afraid of her own shadow. Although she may give the appearance of being abused, this level of caution is phobic and is either inborn or the result of early stress during the early stages of awareness (5 to 8 weeks). Professional behaviorists/trainers can help you better understand and manage your puppy, although her skittish, fearful nature will not diminish much.

The Reserved Pup (9–18): Unsure and reserved, this puppy prefers to observe life rather than jump into the mix. Sweet and submissive, she'll aim to please at whatever cost. A raised voice or an impatient correction may cause a withdrawn reaction, although it's a show of fear, not of understanding. Lessons must be centered around positive reinforcement: Encourage much more than you discourage! Your puppy will develop a positive self-image, leaving her feeling protected and safe.

Mellow Puppy (18–27): Easygoing and relaxed, this puppy is comfortable in most situations without feeling the need to control everything. Above all, she's comfortable with herself without needing to boss or humor anyone. Depending on the breed, she's calm socially. A centered disposition, albeit playful at times, is a noted personality trait.

Eager to Please (28–36): Intense eye contact, attachment, and unrelenting focus are the hallmark of this pup's personality. Her intense desire for direction, if overlooked, can quickly result in unwanted behaviors. If jumping gets attention (for example), this puppy will become addicted. The ensuing cycle of isolation and frustration can create mania in an otherwise responsive, adoring pet. A calm, positive approach to lessons is thoroughly rewarding to all. This puppy will do anything to please her people.

The Comedian (36–44): A true extrovert! This confident puppy plays off situations and people in her environment. Loving the spotlight, she is involved in every interaction and enjoys a challenge. Lessons must be clear and consistent—any slack on your part will be taken advantage of. With this puppy, you must lead, or you will be led.

A Bossy Pup (45): Your puppy has a strong sense of herself: she's driven and motivated to figure life's puzzles out and gain control. She'll need no reassurance—her confidence is instinctual. You've got quite a project on your hands; however, with assertive direction and a very structured program, she'll respect your direction. (If your puppy growled, and you're unsure how to handle the situation, call a professional to help you. Immediately!)



Scoring Skews

Breed traits often affect scores; for example, terriers, herding dogs, and guard breeds, selected for their acute hearing, will have a stronger reaction to the “startle” test.

UNDERSTANDING THE TEST

As you proceed through this book, empathy will serve you quite well. You’ll have no trouble shaping lessons suited to your puppy’s style of learning. Here’s a solid overview of just what each test is determining:

- **Petting:** Impatient puppies have a strong sense of self and accept interaction on their terms. Smart and respectful of those who demand respect, they must be encouraged to cooperate. A puppy who relaxes when being petted is trusting and easygoing and can be soothed with a gentling caress. Fearful or cautious reactions signal insecurity with human handling. This puppy must be conditioned with patience and rewards to trust people.
- **Lifting:** Resistance to sudden interruption indicates a control-oriented puppy. The pup who relaxes is more laid-back and trusting. Immediate concern or fear reflects a puppy who prefers consistency and is resistant to change.
- **Interruption:** These tests focus on the social aspects of submission, trust, and sharing. Guarding or coveting is equated to independent, dominant, or challenging personalities. These puppies must be taught to share and to accept interruption by people. A puppy who is comfortable sharing when asked is relaxed. A fearful reaction signals a lack of trust and a fear of confrontation.
- **Receiving Treats from a Jar:** The ultimate IQ test for puppies. Does your puppy go to the source or cooperatively wait for you to dole out the reward? The puppy who goes for the box thinks quickly and independently. The puppy who waits patiently is generally a sweet-natured puppy who is dependent on human direction but over time will think on her own. A cautious puppy will wait for the environment to change to modify her behavior and will be content to eat treats from the offered hand without thinking further. Timid or fearful puppies may be equally smart but very untrusting of people in their environment: These puppies note the source but grab quickly in fear of confrontation.
- **Hide-n-Seek:** Another “smarts” test, this one focuses on your puppy’s ability to use her memory and sense to manage a problem.

- **Training Sequence:** This also tests group cooperation, trust, and focus. There will be obstacles throughout your dog's life; will she trust in your direction, have her own internal confidence meter, or need coaxing to trust your guidance?
- **Loud Noises:** The startle reaction is universal, although what comes after that reaction varies from dog to dog. Self-directed alerting reactions are symbolic of a self-directed puppy; pausing or checking in registers a puppy who relies on group cohesiveness. A fearful reaction is usually a sign of an introverted puppy whose behavior, without guidance, would be shaped by reactions rather than by instructions.

OTHER CONSIDERATIONS

Here are four other defining characteristics. Consider how each relates to your individual puppy and how it will help you better understand her intentions.

- **Introvert or Extrovert?** Introverts keep emotions to themselves. They don't like to rock the boat. Behavior problems may set in when their sweet, contained nature is misunderstood. For example, many introverts are difficult to housetrain. Essentially, they don't like to interfere or make their needs known, so when their bladders demand, they slink off quietly. Extroverts, on the other hand, like to be in the midst of everything. They notice any change, enjoy taking part, demand attention when they're not getting enough, and are confident in new situations. Left undirected, they can become quite bothersome. Chronic attention-getters, they'll resort to jumping, barking, and destruction, especially when left alone.
- **Spatial or Nonspatial?** I use these terms when referring to breed tendencies. As your puppy matures, she'll become either spatial or nonspatial. Spatial breeds, like my Labrador Retriever Whoopsie Daisy, love to be in everyone's space: physical enmeshment is best by far. Nonspatial breeds, like terriers and protection dogs, need their personal space. They have serious thoughts. Race up to one of these dogs, and you'll ruffle her feathers. They need to know you before they open up. Put a nonspatial breed with a spatial breed, and you're likely to hear some growling. Spatial dogs are just too cheery for the nonspatial lot.

Age and Socialization

Young puppies are usually very welcoming and submissive (spatial) when approached; however, as they approach puberty, certain breed characteristics, including nonspatial tendencies, come into play. Socialization can also influence a nonspatial breed's comfort zone when being approached by friendly dogs and people. I highly recommend it!



Jodi Buren

Is this puppy active or passive? Oh, so active!

- **Active or Passive?** This one is fairly obvious. Active puppies are alert, intense, and very involved. If you don't give them direction, you'll find yourself taking it! Their behaviors will direct just as surely as words could: "Open the door!" "Back massage now!" "Drop everything and chase me!" Passive puppies are either relaxed or timid. They need encouragement to get involved. Problem

behaviors are generally self-inflicted: nervous chewing, lick granulomas (a sore created by obsessive licking), or chronic illness.

- **Cooperative or Challenging?** These words say it all. Cooperative dogs enjoy taking direction. Challenging characters must have proof of your intelligence and authority before they'll follow your lead.

NATURE VERSUS NURTURE

This is the big question. How much will your adult dog's personality be affected by her genetic blueprints versus the environment she grew up in? Can the breed tendencies that tell your puppy to herd, bark, dig, or swim be influenced at all? The answer is, of course, they can be influenced. But not erased. I, for example, could teach my Labrador to pull a sled, but at the end of the day she'll long for her tennis ball. If this were my desire, I can assure you that she would sulk whenever the harness was brought out. Her days would be long, tiresome, and depressing.

If you understand your puppy's nature and work with it, you'll give her a license to love the world she's in, and you'll ensure a more harmonious bond overall. I can teach you how to stop your herding breed from chasing the children, but we can't eliminate the impulse altogether. By assigning appropriate displacement activities, like chasing a toy on a rope or teaching her to trail your bicycle, her needs will be directed and respected, too. Then and only then will nature and nurture work together to create a balance for all.

Herding Breeds	Guarding Breeds	Protective Breeds	Sporting Breeds	Terriers	Dogs with Distinct Skills	Scent Hounds	Sight Hounds	Hunting Breeds	Companion Breeds	Fighting Breeds	Draft and Sled Dogs
Australian Cattle Dog	Akita	Belgian Malinois	Brittany	Airedale Terrier	American Eskimo Dog	American Foxhound	Afghan Hound	Akita	Affenpinscher	American Staffordshire Terrier	Alaskan Malamute
Australian Shepherd	Anatolian Shepherd	Belgian Sheepdog	Chesapeake Bay Retriever	Australian Terrier	Dalmatian	Basset Hound	Basenji	Chow Chow	Bichon Frise	Bull Terrier	Bernese Mountain Dog
Bearded Collie	Beauceron	Belgian Tervuren	Clumber Spaniel	Belington Terrier	Keeshond	Beagle	Borzoi	Norwegian Elkhound	Boston Terrier	Bulldog	Bouvier des Flandres
Belgian Malinois	Bouvier des Flandres	Black Russian Terrier	Cocker Spaniel	Border Terrier	Schipperke	Black and Tan Coonhound	Rhodesian Greyhound	Ridgeback	Brussels Griffon	Chinese Shar-Pei	Greater Swiss Mountain Dog
Belgian Sheepdog	Briard	Boxer	Curly-Coated Retriever	Cairn Terrier		Bloodhound	Ibizan Hound	Shar-Pei	Cavalier King Charles Spaniel	Chow Chow	Newfoundland
Belgian Tervuren	Bullmastiff	Doberman Pinscher	English Cocker Spaniel	Dandie Dinmont Terrier		Dachshund	Irish Wolfhound	Spinone Italiano	Chihuahua	Miniature Bull Terrier	Rottweiler
Border Collie	Canaan Dog	German Pinscher	English Setter	Fox Terrier (Smooth and Wirehaired)		English Foxhound	Pharaoh Hound		Chinese Crested	Staffordshire Bull Terrier	Saint Bernard
Cardigan Welsh Corgi	Great Dane	German Shepherd Dog	English Springer Spaniel	German Pinscher		Harrier	Saluki		English Toy Spaniel		Samoyed
Collie (Rough)	Great Pyrenees	Giant Schnauzer	Field Spaniel	Glen of Innal Terrier		Otterhound	Scottish Deerhound		Finnish Spitz		Siberian Husky
Komondor	Keeshond	Flat-Coated Retriever	Irish Terrier			Petit Basset Griffon Venden	Whippet		French Bulldog		

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Herding Breeds	Guarding Breeds	Protective Breeds	Sporting Breeds	Terriers	Dogs with Distinct Skills	Scent Hounds	Sight Hounds	Hunting Breeds	Companion Breeds	Fighting Breeds	Draft and Sled Dogs
Giant Schnauzer	Kuvasz	Standard Schnauzer	German Shorthaired Pointer	Keeshond		Plott Hound			Havanese		
Mastiff	German Wirehaired Pointer	Kerry Blue Terrier				Red Bone Coonhound			Italian Greyhound		
Neapolitan Mastiff	Golden Retriever	Lakeland Terrier							Japanese Chin		
Rottweiler	Gordon Setter	Manchester Terrier							Lhasa Apso		
Saint Bernard	Irish Setter	Miniature Bull Terrier							Lowchen		
Shar-Pei	Irish Water Spaniel	Miniature Schnauzer							Maltese		
Tibetan Mastiff	Labrador Retriever	Norfolk Terrier							Miniature Bull Terrier		
	Newfoundland	Norwich Terrier							Miniature Pinscher		
	Nova Scotia Duck Toller	Papillon							Papillon		
	Portuguese Water Dog	Parson Russell Terrier							Pekingese		
	Pointer	Scottish Terrier							Pomeranian		

	Spinone Italiano	Sealyham Terrier																Poodle (Standard and Miniature)		
	Sussex Spaniel	Skye Terrier																Pug		
	Water Spaniel	Standard Schnauzer																Shiba Inu		
	Weimaraner	Soft Coated Wheaten Terrier																Shih Tzu		
	Welsh Springer Spaniel	Tibetan Terrier																Silky Terrier		
	Wirehaired Pointing Griffon	Welsh Terrier																Tibetan Spaniel		
	Vizsla	West Highland White Terrier																Toy Manchester Terrier		
																		Toy Poodle		
																		Yorkshire Terrier		

