



# The National Dog Training Academy

## Daily Puppy Training Activities Chart

Carry out one or two of the following training activities every time you take your puppy outside for toileting. Keep sessions short, positive, and engaging. After the last toilet break at night, settle your puppy into their crate with a small treat to settle for the night.

**Hand-feeding** is the best way to train your puppy. Use their food for their training in the home. See more details below.

**Socialisation**, often mis-understood, should be a theme throughout their daily lives. More information below.

**Long-Training lines** are vital to the success of your recall training. Don't be tempted by the 50-foot, thin long lines. They rip your fingers to shreds and are far too long to manage.

[Check out our long training lines, available online.](#)

## Training Activities

Activity	What to Do
Recall Practice	Call your puppy back to you using their name and "come." Reward immediately with food or praise when they return. When you do this outside, use a long training line to ensure success. <a href="#">Get more information and videos.</a>
Lead Walking Preparation	Attach the lead while in the house. Encourage loose-lead walking with plenty of rewards for staying near you. When it's going well, practice in the garden. Short bursts, a few steps at a time.
Focus Training	Use a piece of food to get your puppy to make eye contact with you. <b>Don't do the holding the food near your face or watch me.</b> <a href="#">Check out this video.</a>
Teaching Sit	Teach Sit, but be sure to teach it correctly. Pup must sit to the first command. <a href="#">Get more information and videos.</a>
Distraction Training	As training is going well, extend each activity to add in some distraction. Take the training into the garden. When pup is old enough, remember to train in parks and forests too.
Play-Based Training	Incorporate training into games like fetch or "find it." Reward your puppy for bringing toys back to you. Teach pup to use their nose with purpose, finding their food around the house or garden.



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## Socialisation: A Daily Theme

Socialisation is an ongoing process that should happen throughout the day, in addition to the structured training activities. Here are key points to ensure successful socialisation:

- **Controlled Greetings:** Don't let your puppy jump on visitors. Crate your puppy when guests arrive, then bring them out calmly for praise with all four paws on the floor.
- **Exposure to New Experiences:** Gradually introduce your puppy to new noises, smells, environments, and clothing styles. Always keep the experience positive.
- **Meeting People and Dogs:** When out, ensure all interactions are under your control. Avoid letting your puppy run up to every person or dog they see.
- **Prevent Overwhelm:** If your puppy appears anxious or overwhelmed, slow down the introductions. Socialisation should always build confidence, not fear.

 [Download your socialisation chart here](#)

## Hand-Feeding: Adding Value to Your Puppy's Food

Hand-feeding is a fantastic way to ensure your puppy is consistently earning their food while reinforcing training throughout the day. Here's how to integrate it effectively:

- **Use Kibble for Training:** Throughout the day, use your puppy's food as rewards for commands like "sit," and "recall" in the house. Save smellier, high-value treats for outdoor or distracting environments.
- **Reinforce Good Habits:** Hand-feeding helps reinforce focus and attention, as your puppy learns to work for their meals. It means puppy get the mental stimulation they need.
- **Balance Rewards:** Avoid overloading your puppy with treats by reserving higher-value rewards for more challenging scenarios. Regular food works perfectly in low-distraction settings.
- **Evening Routine:** Any leftover kibble can be placed in a Kong for your puppy to enjoy while they settle in the evening.