



## Puppies! How to set them up for success staying home alone!

Prevention is better than cure! So true!  
Here are my top tips for setting your puppy up for success, home alone.



### Tip No. 1

It is normal for young puppies to follow their humans around - this is their way to feel safe and become familiar with their new surroundings. Allow them to do this, even when you go to the bathroom!

### Tip No.2

Avoid leaving your pup alone for longer than they can cope with. Learning to be alone is a process and will take time.

### Tip No. 3

Learn to understand how your pup communicates with you. Early recognition of pup's signals and behaviours and what they might mean, helps you to meet pup's needs effectively. Research shows that a pup with their needs met consistently, effectively and quickly is a happy pup.



### Tip No. 4

Create a support group from family, friends, neighbours, etc., that allows you to go out and about while providing support to your pup while they are learning to be alone.

### Tip No. 5

Avoid letting your pup become distressed at night time due to separation from you. Create safe space in your bedroom - you can modify sleeping places later on if you want to.





## Tip No. 6

Your pup appreciates space rather than confinement - crates are great for all kinds of safety, but experience shows these are not great for leaving your pup in while you are absent. Use an X-pen/ puppy pen or allow some freedom using gates and closing doors (and good housekeeping) to keep pup safe while you are out.

## Tip No. 7

Begin to practise leaving only after your pup has had at least two to three weeks living with you and is showing signs of developing independence, e.g., has started not to follow you everywhere, will sometimes hang back, or continue with their play, etc., as you move away.



## Tip No. 8

Start practising leaving in slow and random steps. Sometimes go to the door and open it; sometimes go to the door and touch the handle; sometimes step out the door but return immediately. Once you can step out the door and close it and pup is cool with this, you're ready to start adding time.

## Tip No. 9

Adding time needs to go at your pup's pace. Slow progression will get you there far more quickly than pushing the time and pup panics!

## Tip No. 10

Add time randomly. Sometimes go out the door for 1 second; sometimes go out for 10 seconds; sometimes go out for 5 seconds. Avoid adding time every day. If you've added time 2 days in a row, drop back on the 3rd.

## Tip No. 11

There's no need to give your pup food or toys to distract them when you go out. They need to know you are leaving to learn it's OK.

## Tip No. 12

Keep leavings and greetings low key. While pup will be excited to see you when you return, avoid feeding that excitement. Quiet calm greetings are cool!



And finally, but perhaps most importantly!

Set your pup up for success by making sure your pup's needs have been met before you leave them. If they have been fed, have been to the toilet, have had 121 time with you with play, cuddles, or a simple training game, they are much more likely to settle and rest or sleep.

Your relationship with your pup is a lifelong one; enjoy the journey!

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