

Your Complete Puppy Training Schedule By Age



puppy training guideline



8-10 weeks

- Daily schedule
- Potty training
- Crate training + thresholds
- Redirect chewing + mouthing
- Name recognition
- Commands: Sit + Come
- Socialization: family + close friends

10-12 weeks

- Introduce leash + harness
- Doorway thresholds
- Impulse control: food + water bowl
- Commands: Place, Down + Heel (indoors)
- Socialization: common noises



3-4 months



- Structured play: tug + fetch
- Heel practice in front or backyard
- Command combinations indoors + hold commands for longer
- Commands: Stay + Drop-It
- Socialization: new pups (after vaccinations)

4-6 months

- Heel practice around the neighborhood
- Advance commands outside + in new locations; add 3Ds (distance, distractions + duration)
- Begin to wean off food rewards



6 months-1 year



- Continue with a daily schedule, crate training, commands, walks and regular socialization
- Advance commands outside with long-line, increase the 3Ds + work in new locations

Your complete puppy training schedule by age is a crucial guideline for any new puppy owner. Training your puppy is not only about instilling good behavior but also about building a strong bond with your furry companion. Understanding the appropriate training techniques and topics to cover at different ages will ensure that your puppy grows into a well-mannered dog. The first year of a puppy's life is transformative, and a structured training schedule can help you navigate through various stages of development. Below is a comprehensive training schedule categorized by age, alongside essential training techniques and exercises.

0-8 Weeks: The Critical Socialization Period

During the first two months of your puppy's life, early socialization is vital. Puppies learn about the world around them during this time, making it crucial for owners to expose their puppies to various experiences.

Key Activities

1. Socialization: Expose your puppy to different people, animals, and environments.
 - Introduce them to friendly dogs and other pets.
 - Allow them to meet people of different ages, genders, and ethnicities.
 - Use positive reinforcement to encourage calm behavior in new situations.
2. Handling Exercises: Get your puppy comfortable with being handled. This can include:
 - Gently touching their paws, ears, and mouth.
 - Using treats when performing these exercises to create positive associations.
3. Basic Commands: Start introducing simple commands, like "sit" and "come."
 - Use treats and praise to encourage compliance.
 - Keep training sessions short (5-10 minutes) to match their attention span.

8-12 Weeks: Building Foundations

At this stage, your puppy is more receptive to training, and it's an excellent opportunity to reinforce what they've learned.

Training Schedule Overview

- Daily Training Sessions: Aim for short, engaging sessions 2-3 times a day.
- Socialization Outings: Take your puppy to pet-friendly stores, parks, and other environments.

Essential Skills to Focus On

1. Basic Commands: Continue practicing "sit" and "come," and introduce:

- "Down": Position your puppy from a sitting to a lying down position.
- "Stay": Teach your puppy to remain in place until released.

2. Potty Training:

- Establish a consistent potty schedule (every 1-2 hours).
- Take them out immediately after eating, waking, or playing.
- Praise and reward when they eliminate outside.

3. Crate Training:

- Introduce your puppy to their crate as a safe space.
- Use positive reinforcement when they enter voluntarily.
- Gradually increase the time they spend in the crate.

3-6 Months: Reinforcing Skills

As your puppy approaches adolescence, consistent reinforcement of learned skills is essential. This period is often marked by increased energy levels and curiosity.

Daily Training Routine

- Morning Session: Focus on new commands and basic obedience.
- Afternoon Playtime: Incorporate training into play; use toys for fetch and recall.
- Evening Review: Spend time reinforcing commands learned during the day.

Skills and Techniques to Incorporate

1. Leash Training:

- Teach your puppy to walk nicely on a leash without pulling.
- Use a harness if necessary and reward them for walking beside you.

2. Advanced Commands:

- Introduce "Leave it": Teach your puppy to ignore distractions.
- Start teaching tricks like "roll over" or "shake hands."

3. Continued Socialization:

- Arrange playdates with other vaccinated dogs.
- Introduce your puppy to various environments to build confidence.

6-12 Months: Transitioning to Adolescence

As your puppy approaches their first birthday, they may test boundaries. Consistency and patience are key during this period.

Training Focus Areas

1. Consistency is Key:

- Maintain a consistent training schedule and rules.
- Use the same commands and cues to avoid confusion.

2. Borderline Obedience Training:

- Work on distractions; practice commands in various environments.
- Gradually reduce the use of treats and rely more on verbal praise.

3. Impulse Control:

- Teach your puppy to wait before eating, going outside, or playing.
- Use the “wait” command before allowing them to proceed.

Engagement and Mental Stimulation

1. Interactive Toys:

- Use puzzle toys and treat-dispensing toys to encourage independent play.
- Rotate toys to maintain interest.

2. Training Classes:

- Consider enrolling your puppy in a basic obedience class.
- Classes provide additional socialization and structure.

3. Outdoor Adventures:

- Take your puppy on hikes or nature walks to explore new environments.
- Use this time for additional training; practice recall and leash skills in a safe area.

12 Months and Beyond: Lifelong Learning

Once your puppy reaches their first birthday, they are transitioning into adulthood. However, training should never stop.

Ongoing Training Strategies

1. Advanced Obedience:

- Teach complex commands and tricks.
- Consider advanced courses or specialty training (agility, therapy, etc.).

2. Behavioral Training:

- Address any persistent behavioral issues (barking, chewing, etc.) with a professional trainer if necessary.
- Reinforce good behavior consistently.

3. Regular Exercise:

- Maintain a daily routine of physical exercise to keep your dog healthy and stimulated.
- Incorporate playtime, walks, and mental challenges.

Final Thoughts

Your complete puppy training schedule by age is an essential roadmap for fostering a well-behaved and balanced dog. Training is a lifelong commitment that strengthens the bond between you and your puppy. By following this schedule and adapting it to your puppy's individual needs, you can help them grow into a confident and obedient adult dog. Remember, patience, consistency, and positive reinforcement are cornerstones of effective training. Celebrate small victories along the way, and enjoy the journey of training your beloved companion!

Frequently Asked Questions

What is the ideal training schedule for a 8-week-old puppy?

At 8 weeks, focus on basic commands like 'sit', 'stay', and 'come' using positive reinforcement. Short, frequent sessions of 5-10 minutes, 2-3 times a day, are ideal to keep their attention.

How often should I socialize my 12-week-old puppy?

By 12 weeks, socialization is crucial. Expose your puppy to various environments, people, and other dogs for at least 15-20 minutes each day, ensuring all experiences are positive.

What training should I focus on for a 4-month-old puppy?

At 4 months, reinforce basic commands and start leash training. Introduce advanced commands like 'down' and 'leave it', and continue socialization with new experiences and people.

How can I prepare my 6-month-old puppy for obedience training?

By 6 months, your puppy should have mastered basic commands. Start obedience classes to encourage discipline and focus. Increase training duration to 15-20 minutes, several times a week.

What are key training goals for an 8-month-old puppy?

At 8 months, focus on reinforcing previous training, addressing behavioral issues, and teaching more complex commands like 'heel' and 'wait'. Regular exercise and mental stimulation are also important.

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