

# TOP TIPS

## PUPPY'S FIRST WALK



### 1 PREPARATION

Before you take your puppy out, spend time building a relationship with them. Gently introduce them to the equipment that they will be wearing for walks (collar, harness, lead). Allow plenty of opportunities to explore your house and garden wearing this equipment for short periods of supervised time over a few days. You can also carry your puppy around outside so that they get used to the sounds and smells of outdoors from the safety of your arms.

### 2 PLANNING

Rather than just heading out, think in advance about the best time of day to do this and where you will go. Consider factors such as when your pup is generally active, what the traffic will be like at various times/ places, when/ where there might be too many other dogs around for a first time etc.

### 3 GOING OUT

It is very common for young puppies to be overwhelmed and nervous about going out for the first time. They might freeze and not want to move on, try to run back home, cower away from (or lunge towards) things that worry them, be wary of other dogs/ people or simply take AGES to get anywhere! Allow your puppy to go at their own pace and take their time sniffing everything.

Don't put any pressure on them to do anything in particular (this includes luring them with food). Reward moments of engagement with you and help them out if they need support (it's ok to pick them up and reassure them if they need you). Keep the walk short and sweet - no more than 15 mins.

### 4 REST

Once home, your puppy will need a drink and an opportunity to wee/ poo as they're often reluctant to 'go' out on walks initially. Now it's time for a nap!

## CHOICE BUILDS CONFIDENCE