

# SLEEPING THROUGH THE NIGHT

The first few nights in a new home can be stressful for a young pup—they no longer have their mum or littermates to snuggle up to, and they are in a completely new environment. New puppy owners will all experience interrupted sleep, which can cause us to be tired, grumpy and not as patient as we could be! Following the steps below will assist your puppy in transitioning comfortably in to their new home and creates a puppy who calmly sleeps through the night!



With most of the steps listed below there are a couple of choices to choose from. Each family and each puppy are different, it is important to find out what works for you and your pup... and once you have decided what steps are right for you, stick to them—calm and consistent training works best for ALL pups.

## SETTING UP PUPPY'S BED

- Hopefully the breeder has sent you home with a blanket or toy with puppy. This familiar object will smell like mum and can be very comforting for a puppy to cuddle up to. Place this object in to your pup's new bed. Also place an old T-shirt that smells like YOU in to pup's bed—this smell will become familiar very quickly and again can be comforting to pup during the night.
- A warm hot water bottle under pup's bedding can also be comforting—as pup no longer has Mum's warmth to snuggle up to.
- Adaptil (dog appeasement pheromone) is scientifically proven to reduce stress and help dogs feel comfortable—fitting your pup with an Adaptil collar for the first month you have them is extremely beneficial.
- RelaxMyDog APP (iphone & android) is FREE and plays calm music—which research has shown helps dogs of all ages to relax—so play it to your puppy!



## CRATE TRAINING

Dogs will often seek out quiet, enclosed areas to rest, and a crate (or puppy playpen/exercise pen) is a wonderful tool to use for pups (and older dogs!). It is important to introduce the crate in a positive way so that pup learns that this is a safe space. If we shut the door too soon, puppy can feel trapped and learn to dislike the crate. Steps for introducing the crate:

1. That first day your pup arrives home feed ALL of your pup's food IN THE CRATE! Toss biscuits inside, lightly stuff a kong with wet food etc—this is a great first introduction!
2. As mentioned above, place bedding inside the crate and then, as you see pup tire during the day, gently encourage pup in to the crate (door open!) and give calm tummy rubs, ear rubs etc as pup falls off to sleep for a daytime puppy nap. Repeat for naps!
3. Now choose WHERE the crate will be positioned at night. Two choices:
  - A. Next to your bed. During the night you can calm pup by reaching hand in to crate and giving a couple of calm pats. You can then choose for pup to always sleep next to the bed, or gradually over a couple of weeks move the crate to your preferred area in the house.
  - B. Crate in lounge room (for example). Set up a mattress next to the crate (yes you are going to be camping out in the lounge for a few nights!) and again, you can calm pup quietly during the night. Once pup is sleeping well in their crate you can move back to your own bedroom!



## NIGHT TIME TOILET BREAKS!

Again, there are choices here—decide which is going to work for you. All pups toilet train at a slightly different age, so persevere! Please see the 'Toilet Training' handout for further advice.

**Option 1.** If puppy wakes during the night quietly take pup out to the toilet—praise and treat for toileting outside—then straight back to bed. Do not engage with, play or chat away to pup—2AM is NOT playtime—it is toilet and straight back to bed. If we engage with pups during these late night toilet stops we can create a pup who whimpers and whines at night to get attention, rather than just go to the toilet!

**Option 2.** If you do not wish to get up and go outside with pup at night time, you can give your pup an indoor toilet area (crate inside a playpen with a small 'toilet area' works well). A piece of artificial grass is the best way to go (place some newspaper underneath for absorbency).



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