



Border Collie

puppy training timeline | weeks 8-16

Curiosity needs room to rest. Reward calm as much as cleverness.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR BORDER COLLIE
☐ 8	Home & routine Reward outdoor toileting after sleep, meals and play.	Offer a sniff break after the toilet trip.
☐ 9	Name & check-in Pair the name with a treat; reward a voluntary glance.	Pay for stillness before a game.
☐ 10	Gentle handling Touch paws, ears and mouth briefly; reward and stop before stress.	Reward a calm paw touch; avoid repeated drilling.
☐ 11	People at a distance Let your puppy watch a new person; reward calm curiosity.	Watch movement from far away; reward disengaging.
☐ 12	Sounds & surfaces Try one low-volume sound or safe surface, at their pace.	Use a slow find-it game on a new surface.
☐ 13	Quiet puppy class Ask your vet about a clean, force-free class and safe exposure.	Choose a class with rest breaks, not constant play.
☐ 14	Come & touch Practice short recalls and hand targets in a quiet room.	Move the hand target to one new spot.
☐ 15	Leash basics Pay for a few slack-leash steps; keep sessions playful.	Alternate slack-leash steps and a short sniff.
☐ 16	Find-it game Scatter a few treats and notice how your puppy searches.	Hide one treat under a cup; keep it easy.

THIS WEEK I NOTICED



KEEP IT SAFE

Ask your vet about safe outings. Avoid dog parks and unknown dogs; never force contact.

Based on Hare & Woods's Puppy Kindergarten research; breed exercises are Dognition suggestions, not tested breed-specific deadlines. Read sources: dognition.com/breed-specific-puppy-training



Border Collie

puppy training timeline | weeks 17-24

Curiosity needs room to rest. Reward calm as much as cleverness.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR BORDER COLLIE
☐ 17	Settle & rest Reward calm moments; protect naps and quiet alone play.	Mark relaxed lying down before asking for more.
☐ 18	New place, easy cue Repeat a familiar cue in one gently different location.	Practice attention away from a distant moving object.
☐ 19	Short wait Practice a brief pause before food, doors or play.	Wait for one calm breath before release.
☐ 20	Trade & release Exchange an object for a treat or toy; give it back when safe.	Trade a toy, then offer a settling break.
☐ 21	Distractions at distance Reward a check-in while something interesting is far away.	Observe bikes from a comfortable distance.
☐ 22	Recall with a long line Use a safe space; reward generously, never chase.	Keep the line on around moving distractions.
☐ 23	Build one variable Change distance OR duration OR distraction, not all three.	Increase movement OR proximity, never both.
☐ 24	Review & adjust Record what works; return to easier setups when needed.	Note whether puzzles or settling need more help.

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Golden Retriever

puppy training timeline | weeks 8-16

Use connection, but practice greeting without rushing in.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR GOLDEN RETRIEVER
☐ 8	Home & routine Reward outdoor toileting after sleep, meals and play.	Praise the calm return from a toilet trip.
☐ 9	Name & check-in Pair the name with a treat; reward a voluntary glance.	Reward looking back before an eager hello.
☐ 10	Gentle handling Touch paws, ears and mouth briefly; reward and stop before stress.	Make handling a quiet, cooperative game.
☐ 11	People at a distance Let your puppy watch a new person; reward calm curiosity.	Let greetings happen only when relaxed.
☐ 12	Sounds & surfaces Try one low-volume sound or safe surface, at their pace.	Pair a new sound with food and warm praise.
☐ 13	Quiet puppy class Ask your vet about a clean, force-free class and safe exposure.	Practice calm observation of other puppies.
☐ 14	Come & touch Practice short recalls and hand targets in a quiet room.	Add cheerful praise to a short recall.
☐ 15	Leash basics Pay for a few slack-leash steps; keep sessions playful.	Reward a loose leash before greeting anyone.
☐ 16	Find-it game Scatter a few treats and notice how your puppy searches.	Find a treat after checking in with you.

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Golden Retriever

puppy training timeline | weeks 17-24

Use connection, but practice greeting without rushing in.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR GOLDEN RETRIEVER
☐ 17	Settle & rest Reward calm moments; protect naps and quiet alone play.	Practice resting while people are nearby.
☐ 18	New place, easy cue Repeat a familiar cue in one gently different location.	Repeat name response beside a quiet visitor.
☐ 19	Short wait Practice a brief pause before food, doors or play.	Pause briefly before a friendly hello.
☐ 20	Trade & release Exchange an object for a treat or toy; give it back when safe.	Trade a carried sock for a safe toy.
☐ 21	Distractions at distance Reward a check-in while something interesting is far away.	Watch dogs at a distance before greeting.
☐ 22	Recall with a long line Use a safe space; reward generously, never chase.	Pay well for returning from social play.
☐ 23	Build one variable Change distance OR duration OR distraction, not all three.	Add one new place while keeping greetings easy.
☐ 24	Review & adjust Record what works; return to easier setups when needed.	Track calm greetings, not just fast cues.

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German Shepherd

puppy training timeline | weeks 8-16

Keep cues predictable; give uncertain puppies more distance.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR GERMAN SHEPHERD
☐ 8	Home & routine Reward outdoor toileting after sleep, meals and play.	Keep the toilet and rest routine consistent.
☐ 9	Name & check-in Pair the name with a treat; reward a voluntary glance.	Use the same name cue across caregivers.
☐ 10	Gentle handling Touch paws, ears and mouth briefly; reward and stop before stress.	Pair handling with a clear start and stop.
☐ 11	People at a distance Let your puppy watch a new person; reward calm curiosity.	Watch people from far enough away to relax.
☐ 12	Sounds & surfaces Try one low-volume sound or safe surface, at their pace.	Reward noticing a sound and looking back.
☐ 13	Quiet puppy class Ask your vet about a clean, force-free class and safe exposure.	Choose a structured class with quiet space.
☐ 14	Come & touch Practice short recalls and hand targets in a quiet room.	Use one brief recall cue, then reward.
☐ 15	Leash basics Pay for a few slack-leash steps; keep sessions playful.	Start leash practice indoors before outdoors.
☐ 16	Find-it game Scatter a few treats and notice how your puppy searches.	Hide treats in the familiar room first.

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German Shepherd

puppy training timeline | weeks 17-24

Keep cues predictable; give uncertain puppies more distance.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR GERMAN SHEPHERD
☐ 17	Settle & rest Reward calm moments; protect naps and quiet alone play.	Keep a predictable rest place after play.
☐ 18	New place, easy cue Repeat a familiar cue in one gently different location.	Repeat a cue in one calm new environment.
☐ 19	Short wait Practice a brief pause before food, doors or play.	Wait briefly, then give a clear release word.
☐ 20	Trade & release Exchange an object for a treat or toy; give it back when safe.	Trade a chew without grabbing or scolding.
☐ 21	Distractions at distance Reward a check-in while something interesting is far away.	Create distance if barking or freezing begins.
☐ 22	Recall with a long line Use a safe space; reward generously, never chase.	Protect recall; avoid crowded off-leash areas.
☐ 23	Build one variable Change distance OR duration OR distraction, not all three.	Add one new sight while the cue stays familiar.
☐ 24	Review & adjust Record what works; return to easier setups when needed.	Note signs of stress and seek help if persistent.

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Labrador Retriever

puppy training timeline | weeks 8-16

Make food and sniffing work for focus, without overexciting.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR LABRADOR RETRIEVER
☐ 8	Home & routine Reward outdoor toileting after sleep, meals and play.	Reward toileting outside; then allow a sniff.
☐ 9	Name & check-in Pair the name with a treat; reward a voluntary glance.	Offer a small food reward for a check-in.
☐ 10	Gentle handling Touch paws, ears and mouth briefly; reward and stop before stress.	Practice handling when the puppy is calm.
☐ 11	People at a distance Let your puppy watch a new person; reward calm curiosity.	Reward four paws down near new people.
☐ 12	Sounds & surfaces Try one low-volume sound or safe surface, at their pace.	Use a tiny treat after a novel sound.
☐ 13	Quiet puppy class Ask your vet about a clean, force-free class and safe exposure.	Keep play in class supervised and short.
☐ 14	Come & touch Practice short recalls and hand targets in a quiet room.	Call once, pay, then release to explore.
☐ 15	Leash basics Pay for a few slack-leash steps; keep sessions playful.	Reward slack leash, then release to sniff.
☐ 16	Find-it game Scatter a few treats and notice how your puppy searches.	Use a puzzle feeder or simple find-it.

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Labrador Retriever

puppy training timeline | weeks 17-24

Make food and sniffing work for focus, without overexciting.

Check off each week. Short, positive practice is enough; repeat a week whenever needed.

WEEK	SHARED FOUNDATION	TRY WITH YOUR LABRADOR RETRIEVER
☐ 17	Settle & rest Reward calm moments; protect naps and quiet alone play.	Pair chew time with quiet rest.
☐ 18	New place, easy cue Repeat a familiar cue in one gently different location.	Practice one cue near a mild scent.
☐ 19	Short wait Practice a brief pause before food, doors or play.	Pause at the door, then release to sniff.
☐ 20	Trade & release Exchange an object for a treat or toy; give it back when safe.	Trade a stolen object for a safe chew.
☐ 21	Distractions at distance Reward a check-in while something interesting is far away.	Work far enough from other dogs to focus.
☐ 22	Recall with a long line Use a safe space; reward generously, never chase.	Pay generously for recall around scents.
☐ 23	Build one variable Change distance OR duration OR distraction, not all three.	Change only one sniff-related distraction.
☐ 24	Review & adjust Record what works; return to easier setups when needed.	Notice if food rewards increase excitement.

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