



## *Rewarded Behavior Continues*

### **SIT & STAY**

At this point the food lure should have been faded from our hands. And our dog should readily be following our hand cue.

1. Say “sit,” give your hand cue (move it up and back), wait for your dog to sit, then mark & Treat (M/T).
2. Do this in quick succession 5 times.
3. On the sixth time say “sit” and do not use your hand cue. If your dog sits give yourself a pat on the back. If she doesn’t sit repeat 5 more times with the hand cue/verbal cue combo, then the verbal cue only on the 6th time.

If this is easy for your dog just play along because what I want you to learn is that no matter what behavior you want to teach your dog this is how you do it – get the behavior you want, mark and treat the behavior, repeat until your dog is reliably offering the behavior, then add a verbal cue.

Remember that dogs don’t speak English, and if we start chanting “down, down, down or sit, sit, sit” before they know the behavior we’ll be associating the word with whatever they are doing at the time – staring at a treat, barking, humping our leg – whatever :)

If your dog is reliable at sitting when you move your hand up and back, and you practice successfully several times, then your dog should anticipate what is coming next. When you say “sit” she’ll anticipate that hand movement and sit before you give the hand cue. Now you’ve taught

your dog what “sit” means.

1) Work on duration in your sit by asking for a sit and then pausing a beat before marking and rewarding. Start with one second. M/R. Your dog may get up after the mark, and that’s ok. When we M/T that ends the behavior and we start again.

2) If she doesn’t get up you can release her with a “Free,” or whatever your release word is, and then start again, or start your count again while she continues sitting.

3) If your dog was successful at one second, wait for two seconds. Slowly work your way up over the next few weeks to a goal of one minute.

Don’t always make it harder. Start at one second, two seconds, three seconds, and then go back to one, and then maybe 3 seconds and 4 seconds, 5 seconds, and then back to one or two again. Don’t move on if your dog isn’t successful at one step, because making it harder will ensure failure, not success. The old way of teaching stays was to put your dog in a sit, wait for them to get up and then correct or punish them for moving. It caused a lot of confusion and anxiety in some dogs. The modern way to train a stay or any behavior that requires duration is to ensure the dog is successful and work up the duration in small, rewarded steps.

### **Loose Leash Walking**

In order for LLW to be successful you have to stop reinforcing the dog for pulling, and prevent pulling. Remember practice makes perfect, and the more a dog pulls, the more a dog pulls. Think of it this way. Let’s say you are a gambling addict, and that you like to go out and gamble until you run out of money. As an intervention, your family takes your car keys and locks you in the house to prevent you from gambling. You watch them carefully and about once a week you grab the car keys and make a dash for the door. You slip out for an evening of gambling, and one time you even hit a big jackpot. Even though you don’t gamble every day, are you still a gambling addict? Yes. Are you ever going to stop at this rate? No. In fact your desire to gamble is probably stronger because of that big jackpot you hit! So let’s pretend you have the equivalent of a canine gambling addict in your care, who wants to pull on the leash to get to where she’s

going, and sometimes it gets her there, so she might as well try it all the time, because sometimes she wins... So how can you change that behavior to get what you want - a polite dog that walks quietly at your side?

Do not move forward when your dog is pulling. Not one single inch. You can't move forward if you're late going to the vet or training class, or if she wants to get into the Dog Park, or if she sees a person or another dog she wants to meet. It takes time and effort to plan for this. It also takes patience and participation of everyone involved in walking the dog. For some dogs who are confirmed pullers it means not going for walks with them again until you've trained the LLW behavior in your house, to perfection; in your backyard if you have one, and then one step at a time out into the world. You can be creative and find alternatives for your dog's exercise and look for areas you can exercise her off leash. Maybe a tennis court, a baseball field, the Dog Park or games of fetch in your backyard or in the open space of your Great Room. More marker training will make her use her brain and drain her energy as well. Be realistic about the amount of exercise your dog is getting because trying to train a high energy, active dog, or an active puppy that hasn't had enough physical exercise to LLW is not fair.

### **Food Zen and adding "Leave It!"**

#### **Food Zen Levels:**

- 1) Looking away from treats in an open palm front of dog's nose and looking UP at handler
- 2) Looking away from treats on the floor in front of dog while handler is crouched and looking UP at handler.
- 3) Looking away from treats on the *floor* in front of dog while handler is *standing* and looking UP at handler.

#### **Food Zen Level Three**

- 1) You'll need to be standing for this one, and be ready to move fast! Place the food on the ground and cover it with your foot.
- 2) When your dog backs off, mark and then reward by leaning down and

taking a piece of the food off the ground, then stand up and hand it to them.

**3)** Once your dog understand that mugging your foot won't get them treats, slowly lift the toe of your foot off the food. If you dog tries to help themselves to it, immediately cover it again.

Our ultimate goal with level three is to be able to remove our foot completely from the food and have our dogs look up at us for the food. I promise, your dog can do it!

We are now on **Food Zen Level Four!** When you would bet \$100 that your dog would leave the food alone on the floor in front of them, you're ready to add the cue "leave it!". Remember, we want to say "Leave It" in a bright, happy voice. When we ask our dogs to "leave it", we want them to look up at us excitedly because they know we have something really good for them.

**Step 1)** Begin by warming your dog up at the Food Zen level they are most comfortable with. I suggest beginning with treats in an open palm. Warm up your dog by presenting your open palm with treats and M/R as soon as they look away and up to your face for the reward.

**Step 2)** Once your dog understands you're playing Food Zen, you are ready to add the cue "leave it". Present your hand, say "Leave it!" in a cheerful voice, and M/R your dog as soon as they look away and up to you.

**GO TO MAT:** Teaching your dog to go to a mat or bed on cue can be very helpful. It can help keep them calm and settled while you're cooking dinner, have guests at the door, or any number of other circumstances. We'll be teaching this behavior in tiny increments. One of the things our dog needs to know before we begin this is how to follow a treat dropped on the floor. We don't want them to confuse this exercise with Food Zen, so we'll start with teaching them how to get a treat off the floor.

Bend over and place a treat on the ground telling your dog to "get it" in a

cheerful voice. You can make your hand motion exaggerated so they see you put the treat down. Gradually stand farther and farther up, dropping the treat on the ground.

Once your dog understands to “get it” when you tell her to pick up a treat, you're ready for the next step!

## **Shaping the Go to Mat**

**1)** Go to a quiet place and sit in a chair with your mat in front of you. Just like the Do Nothing exercise, the bathroom is a great place for this! Drop 5 treats, one at a time, onto the mat for your dog to get. Tell your dog to “get it”, then toss a treat about a foot off the mat. Let him get it and then toss 5 more onto the mat, and repeat. Only toss the treat 1 to 2 feet off the mat or your dog might get “lost”. What we are teaching your dog is two things: a) the mat is a great place to be because treats happen there AND b) that they can find their mat on their own and get treats there.

**2)** After you have done this for a few days, pause for a second after you have tossed the treat off the mat and see if your dog gives any indication at all of moving back towards the mat in anticipation of finding treats there. If he does give any indication, no matter how small (turning his head towards the mat, looking at the mat, moving towards the mat) Mark with your clicker and toss a treat on the mat. Good job!

## **Restrained Recall**

### **Building off Name Game**

1. Have someone hold your dog gently by the collar or chest.
2. Walk away and get your dog's attention, show them you have goodies.
3. Call them excitedly with their name and “pup, pup, puppy.”
4. Reward lavishly when they get to you.
5. When you are certain they will come, add your come word along with their name.

Remember that practice makes perfect and the more your dog comes running to you the better they get at it.

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