



Rewarded Behavior Continues

- Remember to always start out in a super boring environment so your pup has no trouble focusing on you and your treats!
- Have a variety of treats pre-packed in snack size baggies on hand at all times so training is a breeze
- Training your dog to be a great dog at home or in public really means practicing known behaviors that were taught in a simple, boring environment and then moving to locations that are more and more distracting for your dog.

** Remember to look for good behavior and reward your dog with a treat when you see it happen. Examples might be:*

A quiet, resting dog

Not barking when looking out the window

Standing 10 feet from the dinner table, not directly next to it begging

Playing with a dog toy, and not chewing furniture

Being quiet instead of whining

Looking at or passing by another dog without barking or growling

Practice using your verbal Marker “YES!” when your dog performs a behavior you want. Follow the mark with a food reward.

A lot of the training we do is Lure and Reward training. We LURE the behavior (with treats, a hand gesture, body language, ETC) and REWARD our dog when they complete the behavior we're looking for. When doing this, it is very important to fade the lure quickly so that our dog isn't dependent on it.

Phasing Out Food Lures and Rewards

Initially, use kibble both as lures to entice your dog to come, sit, lie down, and stand, and as rewards for doing so. Thereafter, use different items as lures and rewards. For example, lure the dog with a Kong but reward it by throwing a tennis ball. Or, lure the dog with a kibble but say "Go play!" as a reward. After a few repetitions dispense with food lures entirely – your verbal instructions and hand signals will suffice; from now on only use kibble as a reward.

Finally, dispense with training treats as rewards. Instead, ask your dog to sit and/or lie down before every enjoyable doggy activity. Have your dog sit, lie down, or stand-stay before scratching her ear, before throwing her ball, before letting her off-leash, and before inviting her to share the couch: i.e., replace food rewards with more meaningful life-rewards.

Now you will be able to ask your dog to sit for her supper in a bowl because you no longer need to use her kibble as training lures and rewards.

REDIRECTION: Being able to redirect your dog's focus is going to be a very important skill not only in class, but also on therapy visits and in everyday life! Practice redirecting your dogs attention using a smelly and tasty treat in a number of different situations so that you will be able to keep your dog's focus on you and away from the cats running down the street, the dog barking across the room, or the meal cart rolling by in a facility you're visiting. The more you practice this out and about, the more skilled you will be at recognizing when to employ this and what treats really work, and the better your dog will be at looking to you even around distractions!

- 1) After gathering your dog and gear and moving to a distraction free environment, pull out your tastiest treat and place it directly on your dog's nose.
- 2) Use this treat like a magnet and lure your dog around in an 180 degree arc so that they are

now facing the opposite direction you started in. After completing the “about face” give them the treat and get another one ready!

3) Repeat steps one and two 5 times before moving onto a new (and more distracting) environment, such as the living room with your family around!

Here is a video example:

<https://youtu.be/dEhISwzeNtU>

NAME GAME – The name game is our foundation for training our dog to come reliably. People in the dog world often use the term recall, meaning come. So if you hear me say recall exercise we are talking about coming when called.

Video Example: https://www.youtube.com/watch?v=L_d6xkvmLgg

1) Have several treats ready in your hand. Stand in front of your dog.

2) Say your dog's name in an upbeat happy way. Deliver the treat immediately. Work fast. Use a high rate of reinforcement. We are not marking and treating (M/Ting) we are just conditioning a good association with your dog's name.

3) Repeat several times each day for the next couple of weeks. **We want to associate your dog's name with good things.** Remember to never call your dog to you and do something yucky. Go get them. ***Never*** use your dog's name to scold them.

SIT -

Last class, we practiced the “Six Sits”. We did this as a foundation for our loose leash walking, and is one of the many ways we can create a Really Reliable Sit. We ALL want to have a dog that sits when we ask them to sit, regardless of where they are in relation to us! This exercise gets them warmed up for that.

The Six Sits are:

While you are Standing:

- sit in front of owner
- sit to the right of owner
- sit to the left of owner

While you are seated:

- sit in front of owner
- sit to the right of owner
- sit to the left of owner

In the beginning stages, you may need to use a treat or your hand in a sweeping motion to lure your dog into position. At this point, it also does not matter what direction your dog is facing. However, our goal is that our dogs will be able to A) Sit at our side facing FORWARD (the same direction that we are facing) and that our dog will follow a simple pointed finger to our side or front to sit.

As you work with your dog, make your lure shorter/smaller each time. After 10 lures, you should not longer have food in your hand. As your dog gets better at following your hand, you can also use this to position them facing the correct direction!

Continue to practice sits in many new locations:

On tile floors

On a chair

On carpet

On a table

On grass

On a rock

In the Den

When you lie down

On the Porch

In the car

In the driveway,

Etc.

BISQUIT BALANCE

First off, pick a boring treat that is large enough for your dog to balance easily on his nose. Don't pick anything too tempting, or he might not be able to wait while you place the biscuit on his nose! You will also need a BETTER treat to reward him with.

Ask your dog to sit, then gently hold his muzzle by cupping under his jaw. Slowly place the treat on his nose. At first, hold his muzzle for another moment, then slowly move your hand away. Mark and Reward your dog for balancing the biscuit for just a moment after you move your hand away, and gradually wait longer and longer to Mark/Reward. Remember to reward with a better treat to keep them motivated! Don't forget, we'll have a biscuit balance competition next class!

LURING A DOWN:

Begin with your dog in sitting position.

1) Hold a treat directly in front of your dog's nose and move your hand straight down to the floor, then towards you in the shape of an "L". If your dog follows the treat like a magnet, their head should come down and then the front end should follow.

2)Mark as soon as their chest hits the ground and treat. Do not say anything yet – we'll save that till later! Put the treat on the ground between the front paws. If your dog hops back up, luring them down again.

DOGGY AEROBICS

We also worked on position changes, or as I like to call it Doggy Aerobics. We want our dogs to be able to perform a SIT, DOWN, or STAND.

You may need to lure your dog into position at first, but we want to fade the lure (especially food lures) as quickly as possible!

To practice, ask your dog to perform the cues in the following order: SIT-DOWN-SIT-
STAND-DOWN-STAND

THE NOTHING EXERCISE - The goal of this exercise is to teach our dogs how to settle down, relax, and possibly even take a nap while we are busy. This is great for a variety of situations, like running into a friend on the greenway, going to eat at an outdoor cafe, or when shopping in the pet store.

I adapted this exercise from a trainer named Sue Sternberg who works with a large shelter/rescue system. Sue says, "To be a successful house pet 90% of a dog's time will be spent indoors, doing absolutely nothing. This isn't a substandard dog owner – this is real life. Not every minute can be spent in exercising and training. Most of a companion dog's time is spent indoors doing absolutely nothing."

I want to add that it is very important for our dogs to receive adequate mental stimulation, exercise and training, but when these needs have been met, many dogs still spend a lot of time doing nothing. This exercise teaches them how to settle down and relax.

We are not going to tell them to lie down. We want them to figure out that if they lie down they get a reward. Trained this way, we won't always have to tell them what to do – they'll understand that when we ignore them they need to relax

What you will need:

A quiet indoor area such as a bathroom or bedroom. Later on you can practice this in front of the TV. Bathrooms are great rooms for starting to train simple exercises. A toilet makes a nice seat and you don't have to pull your pants down to sit on it! Bathrooms are boring, quiet and usually devoid of distractions

A leash

A blanket, towel or mat for use as bedding

To Train:

- 1) Bring your dog to the quiet indoor area
- 2) Place the bedding at the foot of a chair or seat and sit down
- 3) Gather the leash into neat pleats until most of it is folded, accordion-like into your hands and you are grasping the leash about 12 inches from where the leash meets your dog's neck, giving him very little room to wander
- 4) Tuck your hands between your knees and lock your knees together. Wait and look out into space
- 5) Ignore everything the dog does. Luckily he can't do very much. If he tries to jump on you he doesn't have enough leash to go very far, and if he chews at your feet or shoes, just tighten up on the leash a bit until he stops chewing and then let out whatever extra slack you took in when he started.
- 6) *BE PATIENT* BE PATIENT* BE PATIENT* Ignore whining and other protests*
- 7) As soon as your dog lies down, and he eventually will, lean over and drop a treat between his front feet. If he remains lying down (I doubt it for the first few times), drop 5 more treats between his front feet one at a time very quickly – as soon as he opens his mouth to get one drop another. Then return to a fully upright and seated position. I can pretty much guarantee that as soon as you lean over and drop that first treat, or after the fifth treat, your dog will get up and act unruly again. If he does, immediately sit up keeping the leash tucked between your knees, and look away ignoring him*
- 8) When he remains settled, lying down, and calm after the fifth treat, sit up and wait one second. If he remains down after this, drop another treat. Sit up again and count to two seconds before delivering the next treat. Then three seconds, four seconds...so on. If at any time he gets up and moves around, just stay quiet, completely ignoring him, and continuing to hold the leash between your legs.

During the first few sessions, be prepared to be very patient and wait your dog out. DO NOT SAY DOWN OR USE ANY OTHER COMMAND. We want our dog to figure out on his own how to get the reward! We don't want to have to continually tell him to lie down or be quiet – we want him to be able to do this on his own automatically!

When you are done with this exercise, wait until your dog is lying down and then give a release word - "OK" "free" or "all done". This lets your dog know the job is finished and he can go be a dog! Then get up, unhook the leash, and walk quietly away. Ignore him for a

while so he doesn't get excited and run around.

Any time you see your dog laying down and quietly resting – even napping – drop a treat by their nose. It seems counter intuitive to “interrupt” the peaceful moment with a treat, but we want our dog to learn that we reward his calmness...not ignore it! And remember...rewarded behavior continues!

FOOD ZEN (IMPULSE CONTROL EXERCISE) - This exercise teaches our dog's impulse control and patience. Impulse control and patience are important because if a dog hasn't been taught those concepts they often can be pushy and demanding. When they learn impulse control they understand that being pushy, barky and demanding doesn't get them what they want – being polite, quiet and waiting does. With Food Zen in order to get the food, they have to leave the food alone.

1)Put the food in your closed fist. Let your dog nibble, sniff, snarf, scratch and mug your hand until she gives up and decides that those behaviors don't work to get you to open your hand

2)As soon as you see your dog move her head away from your hand and stop bothering it, M/R. Do this over and over until she can sit back and not mug your hand

3)Next, begin to open your hand slowly. If she tries to help herself, or grab for the food, close your hand and start over. When she stays back for just a single moment M/R

4)Continue to M/R for staying away from your hand and not grabbing the food. Be quiet! There's no need to talk or tell her “No,” or “EhEh,” if she tries to grab the food. Just close your fist and make the food unavailable. We are teaching your dog to use her noggin to think about how she can get you to open your hand and give her a treat – the answer is sit back and leave it alone, my dear

Here's a great video on Impulse Control around Food. When you do this please M/R when your dog moves his head away. She is training without a marker, but we will train with one – just differences in training methods.

https://www.youtube.com/watch?v=ipT5k1gaXhc&index=3&list=PLusMhGGRd0EVgoAWYFwj0VsXAgLLju_K4

LOOSE LEASH WALKING (LLW) – Use the following handout to practice LLW with your dog. Follow the instructions precisely.

Remember – we are M/R for a “J” in the leash. Nothing else. Do it for a while with your dog anywhere around you, then step or pivot into position so they are by your side (whichever side you select for them to walk on). Once they can stand by your side with a “J” in the leash, then begin rewarding them at your leg as you take one step at a time. Feed where you want them to be.

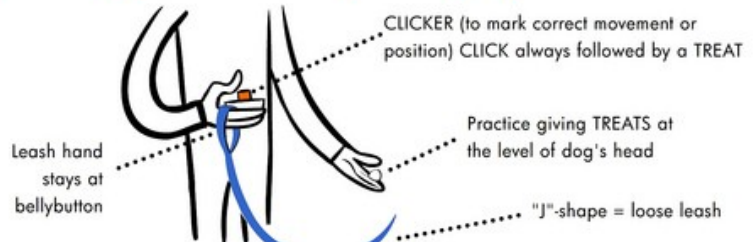


TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART ONE: Start in a small, boring space. Go at your dog's pace.

The most important step in teaching your dog to walk politely on leash is showing your dog where you want him to be while he is on leash.

To make things easier for your dog, start practicing in a small, boring space. This improves the odds that your dog will stay close to you.



PRACTICE WITH NO DOG

Practice clicking and feeding a treat at your pant seam, at the level of your dog's head.

PRACTICE WITH DOG

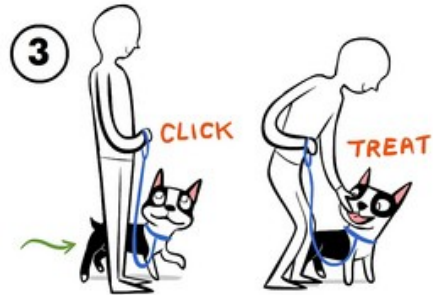
Practice holding the leash at your bellybutton as you click and feed.



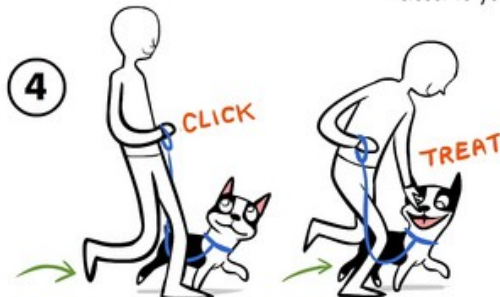
Click and treat rapidly a few times in the correct position.



Move slightly out of heel position and wait for your dog to move closer to you.



As soon as your dog moves even the tiniest step closer to you, click and feed at the "ideal" head position.



Repeat until your dog moves into heel position every time you move out of it.



Gradually take more and more steps between clicks and treats. If your dog gets confused, go back to just one step and then increase the number of steps more slowly to help him understand.



Then start changing direction and speed.



Next, move to a larger or more interesting space, and start over from STEP 1. When your dog can handle STEP 6 in the new space, move to another new space, starting over from STEP 1 again.

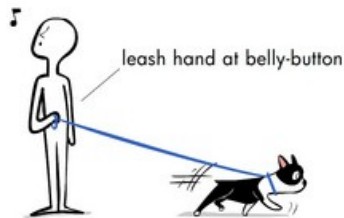
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART TWO: Help! My Dog Is Pulling!

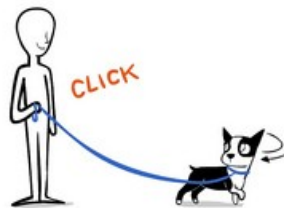


If pulling on the leash gets your dog where he wants to go, he'll keep pulling. To avoid teaching your dog that pulling is a good strategy, use one of the techniques described below.

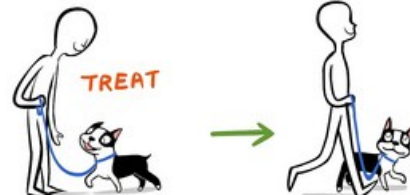
TECHNIQUE 1: "I AM A ROCK"



When your dog pulls, stop in your tracks. Wait. As you wait, pretend you have no dog.

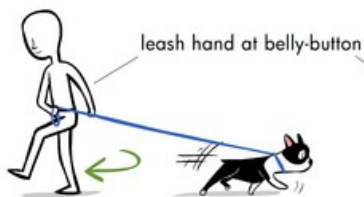


When your dog backs up or turns to you, click and feed a treat at your pant seam.

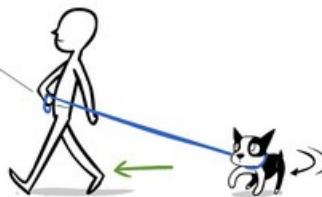


Then move forward again.

TECHNIQUE 2: "BACK & FORTH"

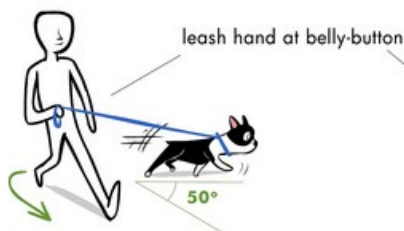


When your dog pulls, turn around and walk purposefully in the opposite direction. When your dog catches up to heel position...



Click and treat. Then turn around and continue in your original direction.

TECHNIQUE 3: "OFF AT AN ANGLE"



This is a great technique for dogs who are very strong. When your dog pulls, simply move away at a random angle that isn't 180 degrees.



Wait for your dog to catch up to heel position.



Click and treat. Then turn around and continue in your original direction again.

If your dog keeps pulling, the environment is probably too exciting. Go back to teaching your dog polite leash walking in a less exciting place. Then build up gradually to walking on leash in the exciting environment again.

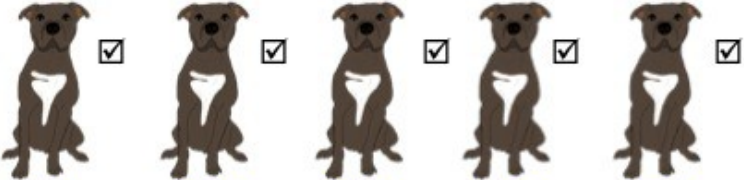
Remember to go back to PART ONE every time you practice in a new place.

Push Drop Stick Rules

Criteria: dog sits from a stand on verbal cue "sit" within 2 seconds.

Work in sets of 5. Say "sit" only once. Wait. Reward when he sits. Keep count in each set.


"Sit"



1 of 1 2 of 2 3 of 3 4 of 4 5 of 5

If dog sits **4 or 5** times out of 5: **PUSH** to next step in the plan.

"Sit"



0 of 1 1 of 2 1 of 3 2 of 4 2 of 5

If dog sits **2 or less** times out of 5: **DROP** to previous (easier) step in the plan.

"Sit"



1 of 1 2 of 2 2 of 3 2 of 4 3 of 5

If dog sits **3** times out of 5: **REPEAT** the same step in the plan (**STICK**).

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