

## Week 2

### Review

- **Sit & Down**
- **Watch Me, Look at Me**

**Call, Grab Collar, & Treat** - This is to teach your dog to accept you grabbing his collar. This is something you can practice to make it a positive experience.

### Target/Touch

### Leave It

### Loose Leash Walking

**Jumping on People** - have dog sit politely for petting and when answering the door.

### Consistency

Be sure to use the same words and the same cues/hand signals when training. If there are multiple people in the household, write up a list for everyone to reference.

Some suggestions:

- Dog's name
- Uh-uh
- "Yes!" reward marker
- Release Word or Cue (that's it, okay, free, all done, etc.)
- Recall - Come or Here
- Down (lie down)
- Off (when dog jumps on someone)

### Homework

If you can, please practice each item 5 to 10 times every day, morning and night. If your dog is mastering each item, you can practice that item less and work on more challenging items.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Call, Sit, Grab Collar, Treat							
Sit & Down							
Watch me, look at me							
Sitting Politely							
Loose Leash Walking							
Target/Touch							
Leave It							
Call, Sit, Grab Collar, Treat							
Sit & Down							
Watch me, look at me							
Sitting Politely							
Loose Leash Walking							
Target/Touch							
Leave It							

## Recall Games\*

### Two Person Come Game

Each person should have treats and a clicker if clicker training. Begin by sitting or standing about six feet apart and take turns calling the dog back and forth between you. When the dog comes, each person should click or say “YES” and give a treat. After your dog catches on, progress by moving farther and farther apart and even out of sight as you call him to come back and forth between you. Stop on a high note before the dog loses interest—always leave your dog wanting more!

**Round Robin recalls**—Essentially the same game as above but with more people playing. This is a way to involve the entire family in teaching Come--it also is a way to give your dog some exercise! Begin with family or friends in a circle in the same room taking turns calling the dog to Come. When the dog responds, each person in turn should praise and reward her. Everyone can then start spreading out in far corners of the room and/or yard or to different rooms in the house, and encourage the dog to race to each person when she hears the “Come” cue—always reward the dog with a treat!

**Cookie Toss**--Toss a treat and tell your dog to "Get It" and as soon as he does, call him to Come, then click and treat. This is a great game for encouraging retrieve instincts and for helping your dog to come back and focus on you after running in the opposite direction.

**Motivated Recalls:** Since dogs like to eat when they're hungry, and most dogs also like to chase moving objects, including their owners, you can use this to make coming to you a fun thing. In this exercise, a helper restrains the dog, in order to help build his drive to reach his handler. The dog does not need to be on a Sit and should not be told to Stay. The owner/handler should have a really yummy treat and show it to his dog, run backwards about 10 feet or 12 feet, and say, “Fido COME!” As soon as the owner says “Come” the helper should release his hold on the dog. If the dog comes running, reward with a treat and play. Repeat, but increase the distance to about 20 feet. and do NOT show the dog your food until he reaches you and you reward him. Variation: While your helper restrains your dog, call him to COME, then run away. When he “catches” you, reward him with a treat or play a rousing game of Tug (but keep the tug toy out of sight until he reaches you).

## Loose Leash Walking

**Distraction** - whatever tempts your dog to ignore you and not follow your directions.

**Cue** - a verbal direction or command (example: Sit, Down, Heel)

**Release** - a verbal cue and sometimes a physical gesture that tells your dog the exercise is over (sort of like the military "at ease." (example: OK, free dog)

**Play** - something fun that lowers stress - (example, Tug, running a short distance with you)

**Reinforcement** - in this context, positive reinforcement that results in making a behavior stronger (example, rewarding with praise and a food treat).

Variable reward schedule - rewarding your dog (for correct behavior) in a random way.

**No Reward Marker (NRM)** - a verbal marker given in a neutral tone that tells the dog he has made a mistake and forfeited earning a reward (examples: "uhn-uhn" or "wrong").

**Controlled or Loose Leash Walking (LLW)** simply means having your dog walk along with you without pulling. (This is quite different from formal competition- obedience heeling because it does not require constant attention or a "head up" position).

**Why Train-**Training a dog to walk without pulling makes walking your dog more pleasant and safe. When you train your dog not to pull on leash, you are also teaching your dog self-control - which will have a positive effect on other obedience behaviors. Factors that will influence how quickly your dog will change his leash pulling behavior include his inherent temperament (some dogs have a genetic propensity to pull), your own consistency and timing, and how often you practice.

### **Step 1 -The Foundation: Build value for being at your side**

Show your dog that being by your side is a good place to be. Begin by standing still in a low distraction place in the house with your dog on leash at your side and rapidly feed your dog a series. Release, play, and repeat. You can also use the touch command to get your dog's attention.

Progress to walking around and feeding a treat when your dog moves into position by your side. You can practice this with your dog both on and off leash. If you are clicker training you can use clicks & treats for correct position and for your dog offering eye contact.

## Jumping Up \*

Jumping up is inherently rewarding for dogs because it brings them in close contact with your face and usually generates some form of response and attention. In order to train your dog not to jump up, you will need to use a combination of both management and teaching solutions. Please remember while you are training your dog not to jump up without permission, it is even more important to teach your dog what you want him to do instead --Sit politely for petting-- and to reinforce/reward that! Your dog can't Sit and Jump Up at the same time!

Manage your dog-Do not allow your dog to jump on others! Jumping up is a self-rewarding behavior and any time your dog repeats a behavior that is rewarded, it will get stronger.

When you don't have time to actively train your dog, confine him in a crate or behind a baby gate or closed door before you answer your door bell. At the front door and on the street, keep your untrained dog on a short leash. Don't use the leash to choke or jerk him, simply hold it so that he has to remain close to you and has no room to jump.

Train your dog not to jump on you -

### **HOW:**

Don't reward jumping up--When you walk in the door and your dog starts to jump on you, immediately turn your back away - this is attention seeking behavior, so if you don't want to reinforce it, don't respond by giving attention. Timing is important – turn away as soon as your dog starts to raise his front feet, before his paws are on the front of your body.

Do reward the Sit - If your dog then Sits, immediately praise and pop him a treat. If he doesn't offer a Sit, you may remind him to Sit, praise him, and give him a treat.

Repeat in different places including by the front door. Up the ante by holding a treat against your chest as you approach- if he breaks, walk away, but if he holds his Sit, give him the treat.

Train Your Dog Not to Jump on Others

Recruit family and friends to serve as helpers. Have them ring the bell, come in, and turn their backs if the dog starts to jump. If the dog sits, praise him and let the visitor give the dog a treat. If necessary, you may remind your dog to sit as the visitor approaches, and if he complies, praise and treat.

Have Helper Approach your dog-Hold your dog on a short but loose leash, remind him to Sit, and watch him closely as your visitor/helper makes an approach. If your

dog moves when the helper/visitor is still a few feet away, your helper should quickly turn and walk away - use the leash to prevent your dog from moving forward toward your helper. Repeat this exercise as the helper comes closer and closer until your dog will remain Sitting until your helper is standing next to you. Now the helper can give the treat the dog has earned.

Teach dog to remain Sitting as the helper pets him. Progress by having the helper lightly touch, then pet your dog as he maintains his Sit while you praise and treat. Proofing your dog to hold his Sit while he is being petted is an important part of the training process.

Continue to manage your dog around young children and in any social context with others who are not helping you to train your dog. Instilling new behavior habits takes time and practice. Until your dog is reliably trained, use your leash as a management tool whenever necessary – do not allow your dog to practice the behavior you are trying to change.

### **Training tips\***

When out and about--Keep treats handy in your pocket and when an approaching person is still several feet away, put a treat under your pup/dog's nose remind your dog to Sit, then click or say "YES" and treat. If he doesn't respond to your Sit cue, walk away in the opposite direction rather than allowing him to meet and greet--but then give him another chance to get it right and be sure to praise and reward him when he does.

If you have more than one dog, you will need to first train them individually, then as a group, in how to greet visitors and behave at the door. When the bell rings, confine all dogs but the one you are working with. After all the dogs have learned to respond well, practice greeting behaviors at the door with one family member each handling one dog. One family member should not answer the door with more than one dog, unless , both/all dogs are able to behave & greet visitors appropriately.

### **Targeting\***

Targeting is teaching your dog to follow and touch something with her nose. This is actually a very useful behavior and can help train many other obedience behaviors such as walking at your side, and tricks, like pushing balls or closing doors. It can also be used to redirect your dog's attention from a distraction back to working with you.