

IDEAL PUPPY

TRAINING &
SOCIALIZATION





Welcome to Puppy Class!

Puppy training early and often is important for many reasons. It builds awareness of the relevance of you, the pet parent. Puppy class helps teach early manners and behaviors that make life with your puppy a lot easier, and it starts the process of creating a life-long furry student who loves learning.

There is a short window of opportunity for exposure to new things--in other words the primary socialization period. Guiding that is an important function of class.

Puppy class will also provide solutions to problems specific to this age group such as housetraining, handling, and biting.

We are delighted to be a part of that journey with you and your pup and to help guide you to raising your puppy into a thoughtful and well-adjusted adult.

Games & Exercises in this manual

Socialization	4
Exposure to Novel Stimuli	5
Positive Reinforcement	7
Types of Reinforcers	8
Use of markers such as clickers	9
Play & Toys: Using Tug to build impulse control	10
The Off Switch	10
It's Your Choice Game for self-control	11
Name Game	12
Unprompted Attention	12
Prompted Attention: Turn & Focus	13
The Search Game	13
Recalls (Come When Called)	14
The Get It Game	14
Collar Grab Game	14
Sit	15
Greetings & Exploration	15
Down	16
Stealing & Object Exchanges	17
Go To Place	18
Tether in Place	18
Stay	19
Loose Leash Walking	20
Follow	21
Training Success and the 3 Ds	21
Housetraining	22
Biting and Mouthing	23
Rotating Toys	23
Enjoying Body Handling	24-26



Socialization

Socializing a puppy, meaning exposing her through gentle, gradual increments to the world around her, is critical at this life stage. The ability to not just tolerate, but easily accept different settings, objects, sounds and situations makes all the difference in a puppy's life, and in yours as well. When possible, going out on walks in the city and the country, to friends' houses, to school yards and parking lots and street fairs is recommended in easily-tolerated doses. Watching your dog's body language for signs of discomfort or fear is key.

IMPORTANT: Be careful not to scare the puppy! If you see hesitation and the pup doesn't immediately move forward to explore, move her away from the scary thing and quietly let her know all is OK. Watch her body language and follow your pup's lead otherwise you may be causing more harm than good. Your pup always sets the pace of how much and when. Pushing your pup into scary situations will sensitize her to the fear and make it worse. Go to silentconversations.com and dogdecoder.com to learn about body language.

Get more socialization tips.

[Watch: https://tinyurl.com/y7udzfdw](https://tinyurl.com/y7udzfdw)

[Get a log and checklist of goals:](https://tinyurl.com/ybcfhvaw)

[https://tinyurl.com/ybcfhvaw.](https://tinyurl.com/ybcfhvaw)



Exposure to Novel Stimuli

- Go for walks with no agenda or deadline. Let your pup explore.
- Go to the opposite setting from where you normally live, either the city or the country. It allows you to show your dog more of the world than your neighborhood.
- Make a mock flea market in your hallway or yard, or a friend's yard. Weirdness is good if it's not scary, so a lamp, chair, box with a ball in it, and a wind-up toy and fluttering mobile placed in an odd location are fantastic to explore. Add objects and treats to a box to explore.
- Hair dryer, vacuums, microwave beeps and other household sounds should be paired with lots of food if your puppy shows any hesitation. Simply scatter lots of small treats on the ground, or feed one after another until the sound stops. When the sound stops, the treats do, too. Use this technique for outside sounds too such as mowers and trucks.
- Create "strangers" out of family members by having them dress up in costumes, or with hats and parkas in the summer. Find ways to appear different, such as walking with a limp.
- Have neighbors walk toward you and ask your dog to sit when you stop moving forward. Pulling toward people should not be encouraged. Use treats to get attention. When you have attention you can decide if you want to give your puppy permission to greet. Just because your pup sees a person or another dog does not mean greeting will happen.
- When it's possible to play with other appropriate dogs, watch body language carefully to be sure everyone is feeling comfortable. Take frequent breaks for attention and settling.

Get more socialization tips. Watch: <https://tinyurl.com/y7udzfdw>

Get a log and checklist of goals: <https://tinyurl.com/ybcfhvaw>





In all training, when stuck or struggling and when wondering where to go next in your training, the most important tenet is this: What do you want the dog TO do?

"Don't jump, don't bite, don't bark" must be replaced with a behavior you want the dog to do: Sit, come, down, go to your mat.

If you find yourself saying, "Don't do that!" or "no" to your dog, realize this is a training problem, not a problem dog. Train a better behavior!



POSITIVE REINFORCEMENT

WHAT IS IT?

Using positive reinforcement (R+) to train your dog means you are rewarding (reinforcing) the behaviors you like, and often ignoring (not reinforcing) the behaviors you do not like. You can use treats, praise, or real-life rewards (i.e. games, walks, car rides) to reinforce your dog's good behavior.

BENEFITS

The benefits to both you and your pup are many and include a happy training relationship with your dog, ease and clarity of information for your dog, and effectiveness. R+ training can also be enriching mentally for your dog as it requires the use of problem solving skills.

Positive reinforcement training means that good behavior predicts good rewards, making that good behavior more likely to occur again in the future. Thus, the behavior becomes stronger and more robust, allowing the dog to make educated and positive choices.

Punishing or scolding a dog doesn't help him behave properly or tell him what we expect him to do in a given situation. R+ training tells the dog what to do instead of the undesired behavior.



TYPES OF REINFORCERS

Any behavior that gets reinforced will increase in frequency. That means learning is hastened. Don't be stingy! Pay your dog well for working hard to learn and please you.

Reinforcers (commonly referred to as "rewards") aren't just food, though food is by far the easiest to use if that's what your dog likes. Food should be tiny, pea-size. Some examples of reinforcers include:

- Hot Dogs- low fat
- Meatballs
- Bacon
- Cheese
- Smoked Fish
- Liverwurst
- Diced Chicken
- Freeze-dried Liver
- Other locally available treats
- Anything your dog finds interesting
- Kongs®
- Squeak toys
- Balls
- Frisbees
- Playing tug
- Running
- Swimming
- Petting & Scratching
- Playing hide & seek with their human

Note: Add new food items slowly to see if they agree with your pup. Some of your dog's daily diet can be used for training. You can also feed a portion of your pup's diet out of a food toy to keep him engaged.

Life Rewards

Using life rewards to reinforce your puppy's new skills is even easier than you think. Practice settle on the mat before inviting your puppy onto the couch for a movie; offer a game of tug for coming into the house when called; and bring out his favorite ball for a game of fetch after he has done his best Sit-Stay. The sky is the limit when it comes to thinking up ways of giving your puppy his favorite things for behaving well.

What is a Marker?

The use of a marker makes training easier for you and more effective for your dog, as it tells your dog the exact moment when he has done the right thing. A marker is a sound of your choice. Our favorite is the clicker. The use of a clicker can create great clarity for your dog. Since it's so precise and a unique sound, your pup will learn quicker. When we use a clicker, in that moment our dogs do not have to distinguish between all the other words they hear coming out of our mouth. When they hear the click, our dog knows he has done something really important.

The word, "yes" is a marker, too. Though not as effective as the clicker, it can be used instead.

You "mark" (press your clicker or say, "yes") immediately when your dog demonstrates the movement or behavior you are looking for. Immediately after that, you will give a treat or provide another valued reinforcer. Do not click and move your hand to treat at the same time.

Your dog will learn that the sound of the marker promises good things, and you will be able to communicate what exact behavior he is getting "paid" for.

Markers are used to teach new behaviors. Once learned, the marker can be faded out for that behavior.

Teach your pup what the marker means

Mark and then give a treat, in that order. Your treat hand should not move toward your dog until after you have clicked (or said "Yes!")

Repeat this 10-15 times, rapidly. Now try it with simple behaviors such as sit. Say, "Fido, sit" and immediately click when your dog's butt hits the ground. A moment later, reward.

If you are using a marker word, be consistent.

Watch: <https://youtu.be/-pmzvCg7aBk>



PLAY AND TOYS

Toys and games are a great way to bond with your dog and to reinforce good behavior. Try whipping out a tug toy when your pup comes when you call. Try tossing a ball when your dog chooses to look at you instead of paying attention to a squirrel! We love the game of tug. Done right it builds impulse control and some solid obedience skills.

TUG

1. Encourage the pup to grab a soft toy you're holding, and let the puppy pull back on it. Let go of and then encourage the pup to restart the game.
2. If the puppy's teeth nip your hand, or if the dog is getting too excited, stop the game, go do something else and start again when the puppy has calmed down.

Remember that puppy teeth shouldn't take the hard yanking and pulling that adult dogs might enjoy in this game.

Once your puppy likes tugging her tug toy, introduce the "Give" command. Stop tugging, keep your hand still while holding your end of the toy, and calmly say "Give" (or "drop"). Wait 2 seconds, hold food on her nose and let her eat it when she releases the toy.

Offer the toy again, ask for a sit, and say, "Take it" (or "get it"). Repeat the sequence. Soon she will be releasing the tug toy on her own within the 2 seconds.

Remember the rules:

- (1) Use only one tug toy to avoid mix-ups.
- (2) Let her take the tug toy only when given permission and only when she is sitting.
- (3) If she jumps up for it, calmly put it behind your back and then try again.
- (4) If her teeth ever touch your skin, you must yelp, take the tug toy away, and not play tug for a few hours.

Watch: <https://youtu.be/y0KuW8bp9F0>



THE OFF SWITCH

If the puppy is over-excited, or simply when teaching how to "turn off" the game, hold the toy away from the pup's reach and wait for the pup to sit. When the pup sits, mark the sit and use toy play as a reinforcer. This assumes you've taught your puppy that "sit" is the default behavior to do when in doubt.

Keep it fun!

IT'S YOUR CHOICE GAME

This exercise is the basis of many behaviors. It teaches impulse control and choosing to make good choices. Good choices get reinforced. If your dog make a poor choice, the reinforcement is removed.



Reinforcing good choices and removing the reinforcement for poor choices is key to many training issues. First figure out what reinforces your dog to do the specific behavior. Then figure out how to remove that reinforcement. Finally, decide what behavior you will reinforce instead. This method can teach your dog to not run out of an open door, sit politely for greeting, not pull on leash, and wait for permission to leave the car, to name a few.

1. Place some cookies in your open hand and lower the hand to the dog's nose level.
2. If your dog comes toward the handful of cookies, immediately close your hand. If he backs away, open it.
4. As long as your pup is backed away your hand stays open. This is another moment for your puppy to make a choice.
5. If he tries to steal the cookie, simply close your hand. When he backs off, open again. When he stays backed away from the exposed cookie, say "get it" and remove one with your other hand.

NOTE: Allow your dog time to think. Don't tell him anything or make corrections. Don't say, 'no', 'stay', 'sit', 'down', or 'leave it'. Be patient!

You're reinforcing "not taking the cookie," not the action of backing away from it. A dog who doesn't even approach that cookie is a super star!

Watch: <https://youtu.be/BJWmuRqOoDw>

NAME GAME

"The Name Game" teaches your dog attention and focus upon hearing his name. It couldn't be simpler, as long as you know what your dog loves.

1. Just say your dog's name.
2. When your dog turns her head to look at you, mark it and give her a small, very yummy treat from your hand and let her know what a genius she is for having chosen to do that.
3. As she responds to her name and starts to look at you, smile, and give her a treat each time. She doesn't have to sit or continue looking at you.
4. Do this 5 to 10 times in a row, then smile and "release" her by telling her she's great. You're done!!

As your dog quickly learns that her name equals treats and attention, practice this in varying environments and with varying distractions: at home, on walks, at a distance from a playground, at a park, in the vet's office, in a store, etc.

TIP:

Are there times that your pup does not pay attention when you say her name? Don't keep repeating it. Either try again when she is more focused, or lure her attention to you with a treat.

You may also have to move further away from the distraction and try again. (Try the Collar Grab Game to gently lure her away.)

UNPROMPTED ATTENTION

Every time your dog looks at you without you having asked him to, smile and treat him with 4 -15 treats, one after another, building the ability of the dog to look at you for several seconds.

1. Start waiting for attention in the house, then in the yard, and finally on walks. You want to give several treats in succession to build the duration of attention.
2. If your dog looks away, wait for the next time he looks at you, don't try to lure him back to looking at you. You want him to choose to do it because good things happen when he does.
3. Make sure this isn't just about the treats, but is also about connecting with your dog by talking, smiling, playing etc. Sometimes give smiles, "hoorays!", clapping, a chance to sniff or run or play with a toy or chase a ball - use "real life" rewards for attention too.
4. As your dog learns the habit of unprompted attention, the treats can become far less frequent, and the reward of shared communication and other things the dog likes take their place. This is a very valuable skill for your dog to have!



PROMPTED ATTENTION: TURN & FOCUS

Start this exercise at home and with your dog on-leash. Have a few (4-15) treats in your hand (or a toy if your dog loves toys) and start practicing this with a very low level of distraction - only enough to be of mild interest. Try putting a potato on a chair, or moving a houseplant onto the floor where nothing usually sits, far enough away that your dog can't reach it.

1. When your dog looks at the distraction, call her name (once, not over and over again). As she looks at you, back up a few steps while feeding out your treats one at a time or playing with a toy. Tell her she's great and smile. Keep moving backwards, or turn and move away from the object while interacting with your dog. Hold your treats above your waist so you don't train the dog to look at your hands rather than your face.
2. Your voice is an important tool in training attention. Talk to your dog, praising and chatting with her as she moves toward you. This ongoing doling out of several treats (never just one treat for attention exercises), one after another, will help build the duration of attention.
3. Don't always give the same number of treats. Sometimes give four, sometimes ten, sometimes six and so on. Keep it interesting.
4. As the dog gets used to this game, try it with more interesting objects like a bowl of food, toys, other interesting and non-scary things. Also, practice moving toward the object without allowing the leash to get tight - call your dog back to focus on you without her practicing a tight leash scenario.

SEARCH GAME

On the surface this couldn't be simpler: Toss a handful of tiny treats on the ground and encourage the puppy to 'find' the cookies. Tossing them in grass can be fun!

- The key to this is to share in the excitement of finding those treats!
- "Oh my gosh!" "Here's one!" "Oh, look!" You should be interested in what your puppy is doing.
- The look on your puppy's face will tell you all you need to know - you get it!
- This works wonderfully with full-grown dogs, too, and has served to enhance many relationships between dog and owner.



RECALLS (COME) & THE GET IT GAME

The "**Get It Game**" can be used to teach a great recall. This is as easy and comfortable as dog training can get. You can do it while watching TV, cooking dinner, reading - anytime. It's the foundation for a good, solid recall.

1. Toss a treat so that your dog can see where it goes. Tell her to "get it!"
2. Once she's gotten the treat, say "Fluffy, come!" in a nice, friendly tone. If she does not immediately move toward you, hold ONE treat out in your hand for her to see.
3. When she gets to you, give her the treat while you hook a finger from the other hand through her collar. Then throw another treat and tell her to "get it!". Your dog will quickly learn to come back to your side. Mark it (click or "yes!") when she moves toward you.

If your dog doesn't come when you call her, don't repeat the cue. Walk up to her, stick the treat under her nose and lure her back to where you started. Give her the treat when you get back to your starting point. If she didn't follow that treat, you either need higher value treats, to go back to a shorter distance or play "The Name Game" first! Practice recalls many times a day in several locations. You can do this outside with your dog on-leash or long line, or in a fenced yard off-leash.

Practice all kinds of recalls everywhere and frequently. You want to create a strong patterned habit. Try calling your pup and then running away, letting her chase you. This can create more enthusiasm. Make them easy to begin, with no or few distractions, and be close to your dog. Then increase the challenges slowly as she becomes reliable. Never waste a recall if you are not sure your dog will come when you call. You don't want her thinking she can ignore you. And *always* reinforce every time she comes to you with lots of praise and treats, or a fun game of fetch or play tug!

Did she come quickly and immediately? Give 5-10 treats in rapid succession while you tell her how amazing she is!



COLLAR GRAB GAME

The foundation of this is critical for your dog's confidence for you and for the other games. The whole point of the collar grab game is to classically condition your dog to think great things happen when you touch/grab the collar. Practice often and everywhere.

1. Hide a yummy treat behind your back.
2. Reach toward your dog with your other hand (under the chin or on the side of the neck) and gently hook a finger under your dog's collar.
3. Give the treat. Repeat the sequence.

Troubleshooting: If your dog shies away, begin by simply reaching toward your dog without touching. Build up slowly over many reps to being able to take the collar.

SIT

Why do we tend to teach our dog to sit? Because it is easy! Plus, it is incompatible with so many other unwanted behaviors, like jumping, running and pulling on the leash. If he's sitting, he can't be doing those other things.

STEP 1:

1. Put a yummy treat right to your pup's nose. Bring the treat back and over her forehead.
2. As her head moves up, her rear should move toward the floor. The instant she sits, mark and feed the dog while she's still sitting.
3. Tell her she's great, release her or ask her to stand up and move a little bit with you so she's no longer sitting, and repeat 5-7 times.

Note: There is no saying "sit" yet - the "sit" cue comes later!

If your dog walks backwards, sit on a chair (lower your body posture) or try next to a corner that keeps the dog from walking backwards. If he jumps, lower your hand with the treat in it.

STEP 2:

1. Lure your pup with your hand in the same position, but with no food in your hand ..
2. When she sits, mark and treat. The treats should be in your treat bag, other hand, or pocket
3. Tell her she's great, ask her to move a little bit with you so she's no longer sitting, and repeat 5-7 times.

Note: In step 2 there is still no saying "sit" yet - the "sit" cue comes later!

STEP 3:

- Say, "sit" and pause before you move your hand. She will predict that when you say "sit," the known hand gesture will follow. Therefore, "sit" means, "do that thing that gets me a cookie after she moves her hand like that."
2. When she sits, mark and treat.

STEP 4:

Throughout the following repetitions, you can "fade" the hand signal by making it as small a gesture as possible, and then eliminating it after she understands. You've now got sit on a verbal cue!

Keep in mind, always say the cue, "Fido, sit" first and then give the hand signal to help her if needed. You can practice both verbal and hand signals, but don't say "sit" at the same time that you signal with your hand. Practice just verbal or just hand signals several times throughout the day and in many different locations.

NOTHING IN LIFE IS FREE: Use "sit" before letting your dog out, before feeding her, before petting her, before throwing a toy! This way she learns that "sit" means good things will follow and she will learn sit can be a way to ask for permission.

GREETINGS & EXPLORATION

- Allow your pup to make choices in greetings and exploring.
- They might want to stay back, approach, or take time to decide either way.
- Use food placement to help with good greeting choices - keeping your treat low and at nose level helps to keep paws on the floor rather than jumping.
- Limit jumping for over-the-top greeters by asking them to sit instead.
- Allow brief close-up and personal interactions and then call back for a treat and so that you limit the puppy's excitement or potential anxiety level.
- Teach that the appearance of another dog or person means to sit and pay attention to you. Sometimes you will give permission to greet.

DOWN

Getting a dog to lie down when and where you want him to and for the time you want him to remain in that position is very useful. It is the foundation for all stationary and calm behaviors, like settle and go to your mat.

STEP 1:

1. It is easiest to start when your dog is sitting. But you can also start training with your dog standing in front of you. Get your dog's attention with a yummy treat kept between your fingers, almost touching his nose. Your dog should follow this treat with interest.

2. Move your hand slowly toward the ground close to his chest until it touches the ground between the dog's front paws. He will probably follow the treat with the nose and lower the elbows to the floor, as this position is more comfortable for him. If he doesn't, try using a higher value treat.

3. If your dog is sitting and his head moves toward the floor his elbows will follow. Mark when his elbows touch the ground. If your dog is standing initially, you'll mark when his elbows and butt are on the ground.

4. When you mark, be generous and give several treats in a row, not all at once, to celebrate this achievement. Release him by throwing a treat or invite him to stand up. Repeat 3-4 times.

Note: There is no cue given for "down" at this stage of training.

TIP: If your dog walks instead of lying down, keep the treat closer to his nose and chest or try to lure him under a low chair or through your lowered leg, so he learns to lower the elbows and hind end. You may need to hold the treats in your hand while he licks your hand. Then, he'll probably get bored and lie down to lick, and you will surprise him by opening your hand and giving him the treats.

STEP 2:

1. Lure your pup with your hand in the same position, but with no food in your hand.
2. When he goes down, mark and treat. The treats should be in your treat bag, other hand, or pocket, but be able to "jump" into your dog's mouth fast while he's lying down. Tell him he's great, ask him to stand up again, or roll a treat for him to follow. Repeat a few times.

Note: There's still no "down" cue at this stage.

Watch: https://youtu.be/_wwBl1uO5S8

Watch: <https://youtu.be/YpAFj-p23ig>

STEP 3:

1. Once he's consistently following the hand gesture, say, "down" just before you move your hand. This will predict, for him, that when you say "down", the known hand gesture will follow. Therefore, "down" means, "do that thing that gets me a cookie after she moves her hand like that."
2. When he does go down, mark and treat. Give him a treat that will take him some time to chew or several tasty treats in a row. Then invite him to stand up. Repeat 2-4 times.
3. Throughout the following repetitions, you can "fade" the hand signal by making it as small a gesture as possible, and then eliminating it after he understands. This way, you'll get a verbal "down" cue very quickly!

TIP: Keep in mind to always say,

"Fido, down" and then give the hand signal.

You can practice both verbal and hand signals, but don't say "down" at the same time that you signal your hand. Practice just verbal or just hand signals several times throughout the day and in many different locations.



STEALING & OBJECT EXCHANGES

Chasing a dog around to reclaim the stolen item creates more stealing rather than less.

Even if you're scolding or punishing the puppy, you're still giving him attention. Speaking of which, never scold or punish a dog for stealing something. Remember that a puppy can only steal an object that a human has left within reach, so if you want to scold someone, scold yourself!

Give your dog a bone or a toy he likes. Before he's really engaged with it, take the toy, give him a high-value treat, and give back the toy. That's it! Avoid frowning like you're doing something hard or weird. You're conditioning a positive emotional response to removal of the object by doing this: person picking up my stuff means "good thing plus I get my stuff back!"

TIPS

- Don't do this every time the dog has a toy or an object, but do it routinely enough so that it's not abnormal or under "special circumstances."
- Enhance the "trade game" by trading one object for another of slightly higher value. You can make the object in your hand of higher value by smearing on a little peanut butter, butter, cream cheese or foie gras. Hand him the "improved" object, let him work on it for a little while, then trade it for the one you've taken, which you've also "improved." In other words, as the yummy stuff is eaten from the one he's got, the new one will be more valuable.
- Have different people practice this exercise, and with various toys and objects. Keep bodies loose and approaches "normal." Try not to walk stiffly and directly frontally - approach as you would if you weren't worried! Keep your body loose, approach from different angles, and breathe!

SAFETY CHECK:

You may need to only allow your dog very, very short amounts of time with the yummy object, so don't smear too much on. Some dogs will give up an object readily if they've only had it for a few seconds, but once they settle in with it become more possessive. Put just a dab on the object at first as you learn how long he's able to be with the object while still comfortably trading.

Note: Never punish or reprimand your dog if he won't give something up. Get professional help if he growls.



GO TO PLACE

Why do we teach a 'go to mat' behavior? It's a wonderful way to get your pup settled, calm, and behaving appropriately. If he is on his mat, he is not jumping on visitors, snatching things off the counter when you're cooking, bothering you during meals, or barking at things out the window. Plus, it's great for traveling, settling at the veterinarian's office, and taking your puppy out to restaurants. The mat can be a yoga mat, crate mat, or other mat.

NOTE: Be sure you never do anything to your puppy that he does not like while he is on the mat. This can include things like cutting his nails or getting medication. Keep it a happy place!

On Your Mat! Using shaping to teach the behavior

STEP 1: Have your treats and clicker ready. Have your puppy near you and place the mat on the floor. Wait. Stare at the mat, not your puppy. If your puppy shows any interest in the mat (looks at it, sniffs it, steps on it) immediately click and drop a treat on the mat.

STEP 2: One after another, click and drop 1-3 treats on the mat (but stop if he moves off the mat).

STEP 3: Toss one treat off the mat (across from you for greatest initial success) to move your puppy off. (This treat can be lower value than the ones you place on the mat.) This is a reset to be able to reinforce him for moving back onto the mat after eating the tossed treat. Repeat multiple times.

TIP: If he does not step back onto the mat, wait him out. Stare at the mat and see if he figures it out. If not, either toss another treat to reorient him, or pick up the mat and place it down again. Don't be in a hurry to help him!

STEP 4: When he is immediately going onto the mat every time you toss a treat off, it's time to add the 'down' cue. When he steps back on the mat after the

reset, don't click yet. Ask for a down. Now click and treat.

TIP: Be sure to keep increasing your criteria. It's not enough to look at, sniff, or place one or two paws on the mat; by now he should be fully stepping onto the mat. Vary the angle and direction of your tossed treat. Can he return to the mat no matter where he is located?

TIP: When dropping treats on the mat, place them strategically so that your puppy moves all four feet onto the mat.

STEP 5: After many repetitions he should begin to automatically lie down without you having to prompt him. Now it's time to add the cue. Choose something like "go mat", "place", "go to bed", or "hit your spot", and stick with it.

TIP: Use a specific mat to teach this exercise and put it away when not in use.

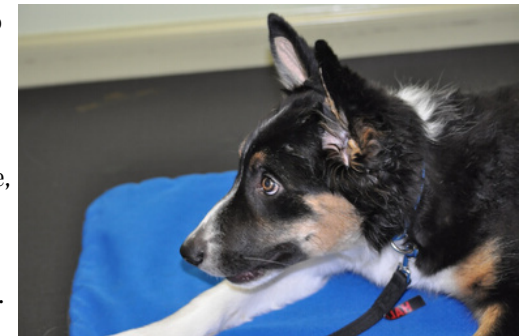
TIP: Don't expect your pup to stay on her bed for long periods of time with nothing to do. Provide a special chew bone or food-stuffed Kong.

TETHER IN PLACE

■ Tether your dog while supervised so she can't stray far off of the mat. Keep reinforcing.

■ Work on settle or down on the mat (and off) in different areas of the home, on the porch, deck, etc. so the pup learns how to settle when the world is more interesting than inside the home. Practice around household activities.

■ If you have children in the household, practice around children playing.



STAY

A stay is your dog remaining in the position in which you've placed him until you have released him.

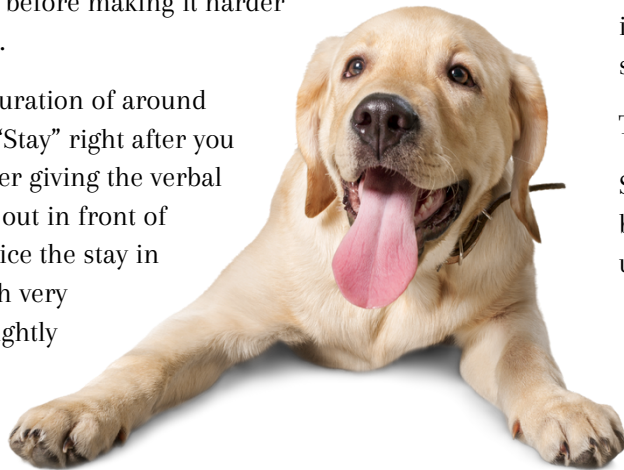
Choose a quiet place to practice with few distractions so it is easy for your dog to focus on you. To train a successful stay, build it one step at a time: First duration, then distance, and finally distraction. Note: Don't use a clicker (or the verbal marker, "Yes!") for the early training for stay. Clicking before every frequently-given treat is unnecessary and distracting. Also, since clicking is a promise of a treat, if your dog 'breaks' from the stay after the click, it does not give you a consistent way to withhold the treat.

TEACHING DURATION

1. Your dog needs to be able to sit (or down) and remain sitting while you continually feed him small, soft treats (like feeding quarters into a slot machine). Feed in this manner for 30-second intervals, then release your dog from the sit using your release word, such as "Okay", "Break", or "Free". (See how to teach this at the right.) Repeat often. If your dog gets up during this process say Oops!, ask him to sit, and begin feeding again. If your dog fails repeatedly at any step, make the exercise easier.

2. Once your dog is sitting still for continual feeding, slow the rate of reinforcement to a treat every 2 seconds, then 4 seconds, then 6, etc. Continue to gradually slow your rate of reinforcement until you are only feeding at the end of the 30-second interval. Remain at each time interval, going for a correct response 5 times out of 5 repetitions in a row before making it harder (increasing the time between treats).

3. Once your dog has a stay with a duration of around 10 seconds, cheerfully add the cue, "Stay" right after you ask him to sit or down. A second after giving the verbal cue, add the stay hand signal: Hand out in front of you, palm facing dog. Begin to practice the stay in different environments, starting with very quiet ones and adding those with slightly more distractions.



ADDING DISTANCE

1. Ask your dog to stay and take a small step back with both feet. Immediately return to your original position. Praise and treat. Repeat, going for correct response 5 times out of 5 reps before making it harder.

2. Slowly increase the number of seconds you wait before you return to your original position. Remember to praise and treat each successful try.

3. Eventually, you will be able to wait for a considerable time before you return to your original position. When you can stand 2 feet away for 10 or 15 seconds without your dog getting up, it is time to work on the third component of stay—**distraction**.

TIP: Remember the 3 Ds of every training situation: Duration, Distance & Distraction. If you increase one you decrease (make them easier) one or both of the others in order to keep your dog successful. (See page 21.)

TROUBLESHOOTING: After a mistake, (popping up from position before being released) immediately withhold the treat, put your dog back in position (sit or down) and ask for another stay, this one a bit easier, to give your dog a chance to be successful and earn a treat. Then work your way up to the stay that was too difficult. If your dog is making more than the occasional mistake, you're going too fast. Remember, the secret to teaching stay is to start easy and go slowly.

RELEASING YOUR DOG

Your dog should wait for permission from you to get up from the stay. That can be in the form of another cue such as come, or sit if your dog is in a down. But in many situations that is impractical.

Teach your dog a release word such as free, break, okay, or done.

Say the word without moving. Pause briefly and then show your dog what it means by patting your thighs or taking a step backward. Soon your motion will become unnecessary.

LOOSE LEASH WALKING

Be consistent and kind when training! Follow the rules for success.

Rule 1: If a leash is attached pulling will never work.

Rule 2: Anytime pulling occurs, forward motion stops.

Rule 3: Strict consistency to rules 1 & 2 are the ways to change behavior.

Harnesses with a front attachment ring are a good place to start to manage a dog who pulls. They reduce pulling while your dog can get a bit of exercise. Keep in mind, however, this does not replace training but can assist with teaching leash skills.

Always be sure to connect with your dog. You can't train this skill while you're talking on your cell phone or listening to music. You have to achieve a real connection with your dog - this is not just about treats. Therefore, you should begin training this skill in a calm environment without competing distractions that may impede your dog's ability to pay attention. Begin training in your home or yard. Potty your pup before starting.

Here's how to do it

1. Stand next to your dog. Praise and reinforce your dog with treats for looking at you and not pulling forward. Then take one step forward.

2. If your dog moves with you, mark it (click or "yes!"), smile and treat him.

TIP: All treat reinforcement should be given at the side of your leg.

3. As long as your dog stays at your side, give him constant feedback. Mark and treat near your hip, knee or ankle, depending on the size of your dog.

TIP: For a miniature dog or a puppy, you can use a kitchen spatula with cheese or baby food on it for them to lick off so you don't have to constantly bend over.

If your dog pulls, stop moving. Wait until your dog reconnects with you; when he does -maybe just a small sign like an ear slightly tipped back in your direction, turning his head, or ideally making eye contact, thank him and give several treats (between 5 and 10) one after another. Your dog should move toward you to be rewarded at your leg if he is in front of you. Don't move toward your dog to give treats!

4. Next, you can decide if you will continue in the same direction or another - you aren't trying to go very far this first training session. You are trying to create the habit of saying to your dog, "we aren't going anywhere if you are pulling on the leash."

Watch: <https://youtu.be/RarBC2584QU>

Stop & Go It takes two to have a tight leash. If your dog pulls on the leash, remain still (*stop*). Don't pull back, yank, jerk or tug on the leash. Your job is to keep your dog safe and guide him; don't be the other end in a game of tug of war. It is your dog's job to keep a loose leash. You will pay him with treats and permission to walk, sniff and explore (*go*) - always with a relaxed leash. You might discover that a good portion of the pulling comes from your end of the leash so be sure you don't inadvertently keep the leash tight or 'pop it' to get attention.



This little guy's attention is wonderful (and should be reinforced) but can you see what should be changed? The pup parent has too much tension on the leash. Teach your dog what no pressure feels like and hold up your end of the bargain.

TRAINING SUCCESS- THE 3DS

Every task we teach our dogs will have several different levels of complexity from very simple, to very difficult. One of the most common mistakes made by dog owners is to try and climb those levels too quickly.

The 3 Ds of dog training are known as **Distraction, Distance and Duration**. They come into play in every context and all training exercises. Many people wonder how super-effective dog trainers get such amazing results. The truth is they follow a set of rules that you can follow just as easily. And one of them is the golden rule of 3 Ds. The golden rule of three Ds is to only increase ONE of the three Ds at any one time.

Remember that dogs need a lot of help to understand that a cue such as come or sit, given in one situation has the same meaning in another. As soon as you change the factors influencing the task, factors we call the 3 Ds, you affect your dog's chances of success.

So if your dog is struggling to understand a training concept, consider which of the 3 Ds you can make easier.



FOLLOW

1. Have a handful of treats and let the puppy see that you do.
2. Start walking backward a few steps, and mark and treat the pup for moving with you.
3. Turn and start to walk forward, and if the puppy follows, mark and treat when she is beside you.
4. Walk around marking and reinforcing the pup for moving with you.

TIP:

Follow is a great game to build your loose leash walking skills. Start your skills training and follow games in the home. Then move to your porch, and yard.

- Be aware of where you place the treat when reinforcing.
- Treating at your side will set you up for lovely loose leash walking.
- Watch for luring! Hold your hand up next to your body, mark the pup for moving with you and then drop your hand to pup's nose level to reinforce.

HOUSETRAINING

There are several rules to follow to successfully teach your pup to eliminate outside and not in the house. Create good habits from the start to make housetraining faster. Consistency is key.

Rule 1:

NO freedom! If you can't be watching your pup like a hawk (and that means only those times when you are either playing with or training her) she must be confined. This can mean in a crate, in a pen, behind a baby gate in a small room, or tethered to either you or furniture.

Rule 2:

Take your puppy out very often. Young puppies should go out every 30-60 minutes while awake or sooner if she has been playing or just wake up. Keep a log of when and what she does. Other times include after eating, waking up, and playing.

Rule 3.

Clean up all accidents with an enzymatic cleaner to destroy odor.



I've gotta go! I hope someone pays attention really soon.



Who could ever punish this little cutie (or any puppy) for making a housetraining mistake?

Rule 4:

Take her out to the same spot every time on-leash. When she goes, reward her with 3 treats in a row. Then she can come off leash (if its safe) to play and explore.

Rule 5:

If she has an accident, don't punish her. It's probably your fault that she did not get out sooner. Punishment can make her afraid of you, or create a puppy who tries to hide to eliminate, making it harder to housetrain her.

For potty training success, watch this video:
<https://youtu.be/cZnKSlqURWY>



BITING & MOUTHING

It is normal and natural for your puppy to use his mouth to explore and test his environment. There are various strategies to employ to redirect him and teach him better behaviors. Scary, painful or physical punishment should never be used. This only sows mistrust and fear.

1. Distract him with a toy and praise him when he chews that instead. Think about rotating the toys so they are always fresh and new.
2. Yell "ouch" or "yikes" to get him to stop and think about what he's doing. Then quickly redirect him to a better behavior. If he gets more excited, don't use this method.
3. Change the situation to a thinking game. Get out your clicker and treats and train!
4. Don't pet him when he is in a biting, aroused or playful mood. Keep your hands away from his face. Consider how you pet him. Is it stimulating or calming?
5. Get him to settle down with a special bone or stuffed food toy such as a Kong.
6. Keep play sessions short and add frequent periods of calm, settling, or training.
7. Sometimes, when all else has failed, try a time out. If he continues to bite, say, "Ouch" and get up and leave him for 30 seconds. To do this, turn and walk away silently, arms crossed across your chest. Don't return if he's barking; wait for quiet (3-5 seconds or more to begin). Get up and walk away (he may need to be tethered) or place him in his crate. Return in 30-60 seconds and change the situation by giving him something to do. If he persists, repeat. Or, see #8.
8. He may be sleepy and cranky. Place him in his crate for a nap.

ROTATE TOYS

Have a variety of toys available for your puppy to play with. To keep them fresh and interesting, every 4 days put half of them away and bring out some others. It's like finding something new which adds excitement and interest!



Enjoying body handling

One thing we want to do while our puppies are small is teach them to enjoy being handled and touched all over. We don't just want them to tolerate being touched, we want them to love being touched as much as possible. Then when they're not enjoying the experience, say at the veterinarian's office, or when they've got something in their paw or muzzle, the unpleasantness will only be due to the circumstances, and not an added stressor for a dog already averse to being touched in those areas.

Perform these exercises without a leash, if possible. If a leash is required, always allow your puppy to move away from your touch, while practicing.

Consent is imperative for these exercises. If the dog is not consenting to be touched, you're instead sensitizing her to it, and making things worse.

There is a special order of operations for the following exercises. It is very important that you reach for or touch the puppy first, then deliver the treat. Avoid feeding your puppy the treat as you reach for him! This is extremely important. We want puppies to associate us reaching for or touching them with the opportunity to eat a treat. If we touch him and feed him at the same time, our puppy may not notice we are touching him, or he might stay to eat the treat even though he feels uncomfortable.

Remember to smile, or at least have a relaxed face and attitude. If you're frowning in concentration, your dog will wonder what is up that's so concerning. You can also chat with your puppy as you go along. This is a casual but important time you're spending with your dog, not a chore!

Don't put the treat you're going to give in the same hand you're touching your dog with. The dog will naturally turn her head and become a fluffy pretzel bending and twisting to see what that yummy thing is in your hand, making your job much harder and distracting the dog from noticing what's going on.

BODY HANDLING

For all the exercises of handling different parts of your puppy's body you will have 25-50 treats in a container next to where you'll be working with your pup. Practice when your puppy is feeling calm and snuggly, not when she wants to play and run around. General instructions for all parts:

1. Gently touch the body part and then feed. This order is important. Watch to see if your puppy calmly accepted the touch or moved away.
2. If your puppy accepted the handling you will repeat the touch.
3. If your pup acts anxious, tries to move away, or tries to bite your hand, stop.
4. If accepting of the touch, repeat 5-10 times until your pup looks at you expectantly for a treat when you reach for that body part.
5. If your puppy is remaining close to you and looks for the treat, you're doing it right with the correct level of touch. Repeat 5-10 times and then switch to another body part (such as switch to the other ear or another paw).
6. Look for the same signs when you touch the next body part. She should continue what she was doing or look at you for a treat.
7. If at any point your puppy moves away, stiffens her body, snaps at you, or bites your hand, stop. Speak to your certified trainer or behavior consultant about how to proceed.
8. If your puppy is just a little sensitive with one part alternate between touching another part, feed a treat and then reach for the more sensitive part and feed a treat.

If at any time during these exercises your puppy becomes upset, growls at you, or bites you hard enough to leave a mark, stop! Consult your certified trainer or behavior consultant on how to proceed with the exercise.

If at any time your puppy just won't sit still for the exercises, stop and try again at a later time when she's in a more quiet and calm mood. You can also try a higher value treat.

Here are some examples of how it can work. Do this for all parts of your dog's body: paws, ears, mouth, tail and hindquarters.

BODY HANDLING EXAMPLE: MOUTH

1. Start by just lightly scratching your pup under the chin, then feeding a treat. If your puppy is excited, start instead by touching his chest, and feeding a treat. Then, take your hand away and put it under his chin, and feed a treat.
2. Next, gently lift your puppy's chin with two fingers, as if you are trying to get her to hold her head up, and feed a treat. If your puppy backs up, puts her mouth on your hand, or bites at your hand, stop. Go back to gently scratching under the puppy's chin and feeding a treat. Once your puppy eagerly reaches for the treat when you touch under her chin, repeat 5-10 times, then go to the next step.
3. Next, gently touch the tops of the puppy's nose and feed a treat. If your puppy tries to bite or mouth your hand, stop. Instead, reach for the pup's nose and feed a treat. Do this a few times until he is waiting with his mouth closed, for you to deliver a treat. Repeat 5-10 times.
4. Make a C with your hand and gently cup it over your puppy's muzzle, like you plan to hold it - but don't grab your puppy or squeeze his muzzle! Just lightly cup your hand over his muzzle and feed. Did your puppy calmly accept the touch, or did he or she move away? If your pup moved away, only reach for his muzzle next time without actually touching, then feed.
5. Now for the fun part! Gently lift your puppy's lip on one side of his mouth and put a treat in his mouth! If your pup stays near you, repeat 5- 10 times. If your pup moves away, repeat the muzzle handling step until your pup is eagerly awaiting the treats, then try again.

BODY HANDLING EXAMPLE: EARS

1. Gently touch your puppy's ear, then feed a treat. Did your puppy calmly accept the touch, or did she move away?
2. Next time, watch your puppy's face as you touch her ear. Does your puppy keep her head still and glance at you, eager for a treat? Or does your puppy fling her head around, or try to bite your hand? If so, stop. Reach for the puppy's ear, then feed a treat. Repeat 5-10 times, until your pup looks at your face for a treat when you reach for her ear.
3. If your puppy stays close to you and looks at you for the treat, you're at the right level of touch. Repeat 5-10 times, then switch to the other ear.
4. Look for the same signs when you touch the other ear. The puppy should continue what she was doing, or look at you for a treat. If at any point your puppy moves away, stiffens her body, snaps at you, or bites your hand, stop. Get professional help before proceeding.

BODY HANDLING EXAMPLE: PAWS

1. Gently touch one of your puppy's paws, then feed a treat.
2. Next, watch your puppy's face as you touch a paw. Does your puppy glance at you, eager for a treat? If so, repeat 5-10 times. Notice: Where are your puppy's ears? Are his eyebrows relaxed or scrunched together? If your puppy stays with you and looks to you for the treat, you're at the right level of touch and can move to the next paw.
3. If your puppy pants or show the whites of his eyes, or tries to bite your hand, stop. If not, reach for the puppy's paw, then feed a treat. Repeat 5-10 times, until your pup looks at your face for a treat when you reach for his paw.





WOOF!

HAVE FUN
TRAINING!



561-427-6700

300 Central Blvd., Jupiter FL 33458

LuckyDogTrainingClub.com

woof@LuckyDogTrainingClub.com

**Share with us on Facebook,
Instagram, and Twitter!**