

## FINAL CHALLENGE SCORING CHART

How you and your dog team do on this chart depends on what class is recommended after Adult Dog I. This chart serves as a guide for practice. It is not going to be strict during your final challenge. For example you may receive the high school level title after demonstrating most of the behaviors in the high school column, or the MS Intermediate title after demonstrating most of the behaviors in the column.

<b>Elementary Level – Beginner – should take Adult Dog I over</b>	<b>Middle School - Intermediate Ready for Adult Dog II class or Doggie Games Class</b>	<b>High School-Advanced: Ready for Adult Dog II class or Doggie Games Class</b>
Sit – can use food lure but hand signals OK	Sit – no food lures but hand signals OK	Sit – no food lures but hand signals OK
Down– can use food lure and hand signals OK	Down– no food lures but verbal AND hand signals OK	Down– no food lures use verbal or hand signal
Stand can use food lure and hand signals OK	Stand– no food lures but verbal AND hand signals OK	Stand– no food lures use verbal or hand signal
Able to do any above position in any order on cue- verbal or hand cue can use food lure.	Able to do any above position in any order on cue- verbal or hand cue can use food lure some of the time	Able to do any above position in any order on cue- verbal or hand cue without food lure.
Come: from 15 feet	Come: from 20 feet	Come: from 40 feet (half the gym length).
STAY: Sit or Down stay from 10 feet (or demonstration of another higher level skill) with promise to work on this	STAY: Sit or Down stay from 10 feet	STAY: Sit AND Down stay from 40 feet (half the gym length).
Watch me – attention & find your face. No food lure but hand signals & verbal OK	Watch me – attention & find your face. No food lure but verbal and hand signals OK	Watch me – attention & find your face. No food lure, no signal. When you turn your back your dog move to your front auto.
Able to walk in heel position 15 feet - can use food or toy lure.	Able to walk in heel position half the gym length- can use lure some of the time.	Able to walk in heel position 1/2 to full gym length and turn in heel position- little to no food lure. Dog must make eye contact at least once.
Dog sits when you stop on walks when you ask.	Dog automatically sits when you stop on walks (you can give hint if you must- but try not to!)	Dog automatically sits when you stop on walks.
	<ul style="list-style-type: none"> <li>To move on to next level dog must be friendly and not barking hard core towards other dogs in class.</li> </ul>	<ul style="list-style-type: none"> <li>To move on to next level dog must be friendly and not barking hard core towards other dogs in class.</li> </ul>

- Bonus: Polite greetings (no jumping), and “Leave it!”

## Explanations:

### 1. Practice "Watch Me." In one session:

- A. Put the treat on your dog's nose, say "watch me" and slowly bring the treat to your eyes. As your dog stares at the treat between your eyes say your marker word "yes!" and treat. Do this 5 times.
- B. Repeat above BUT this time put the treat in one hand and use your other hand to put your finger on the dog's nose and get his attention saying "watch me" and have him follow your finger to your eyes- as soon as he is looking at your finger between your eyes say "yes" and treat from your other hand. *You are getting your dog to perform for the empty hand since it has no treat in it.* This is what you want. Eventually they will understand the hand without the treat in it is the one to perform for. (You are basically at this stage tricking them into thinking you have a treat in your hand but it's actually just your finger.) Do what you have to, to trick them into it. Do this 5 times.
- C. After that hopefully now you should be able to say Rover "watch me" and he will stare right up into your eyes. When he does say "yes!" and treat right away. Do this five times. Now up the ante in terms of time of attention required for a reward — first one second of attention, then two seconds, three, five, eight, and so on. Count out the time of attention in "good dogs" — "Good dog one. Good dog two. Good dog three, etc." Once your dog is paying attention for 20 or 30 seconds, you will notice that he is also in a sit-stay.
- D. Repeat step C above- but treat RANDOMLY- first every other time, then maybe every third time, then two in a row, then every 5<sup>th</sup> time, then every 8<sup>th</sup> time, then two in a row. Work up to treating every 20<sup>th</sup> time, etc. Then hardly ever. The goal is to be able to ask your dog Rover "watch me" and spread out the treats so that eventually you are not using treats at all anymore. You are saying "watch me" and they are looking at you ready for what you are going to ask them to do next. They are giving you the attention that many of you have told me you want from your dogs. Many of your dogs are already there. Ask for the "watch me" for more time and for less treats as your dog learns.
- E. Practice this in MANY environments: walking on the trail, through town, etc. All over. Go from a low to high distraction area and get progressively more distracting until you are in the highest level of distraction you can find. You are

now teaching your dog to pay attention to you in any environment. You have to do this practice to get attention in these situations. The work you do now is critical for attention. When you go to a more distracting place you will need to go back to more treats to get the same response- that is OK.

**2. Practice Find Your Face. 5-10 minutes, three times a day. From Assigned reading:**  
<http://www.dogstardaily.com/training/pay-attention>

Ignore everything your dog does until he glances at you for an instant. It doesn't matter how long you have to wait or how short the glance. For the first couple of trials you may have to wait for several minutes but soon you will find your dog will look at you within seconds. As soon as your dog glances at you, say, "Good Dog," reward him with a piece of kibble and then take one large step (to break his gaze) and wait for him to glance at you again. After a couple of reinforced glances, up the ante in terms of time of attention required for a reward — first one second of attention, then two seconds, three, five, eight, and so on. Count out the time of attention in "good dogs" — "Good dog one. Good dog two. Good dog three, etc." Once your dog is paying attention for 20 or 30 seconds, you will notice that he is also in a sit-stay.

Now we are going to make it a little more challenging for your dog. After praising and rewarding your dog for looking at you, as you step away, turn your back on your dog to intentionally break his gaze. Give him plenty of time because now he has to work out that staring at your backside is not sufficient, but instead he has to come round in front of you to "find your face." Praise your dog as soon as he looks up at you and then repeat the sequence.

After a few trials, it's time to teach your dog to pay attention on cue. Say, "Watch me," turn away from your dog and praise him as soon as he makes eye contact. Now you will be able to perform this attention exercise in motion by asking your dog to "Watch" while you serpentine backwards away from your dog. Alternatively, ask your dog to watch you while heeling, or during sit-, down- and stand-stays.

**3. Come Sit, come sit, come sit Reps!**

Stand toe to toe with your dog and have her sit facing you. Get your treat ready for motivation if you need it. Jog backwards saying come and come several feet backwards. Stop and say "sit." Get your dog to come and sit and come and sit just like we did in class. Start out as always treating each time then become more sporadic with the treats. Increase the distance and treat frequency until you can do it many times without treats. Practice in many environments.

- In all of these situations do not "bribe" your dogs. In other words you should not have to show the dog the treat to get them to do it. The treat is to show your dog

what to do to teach him the words and what you are asking, not to bribe him. We use treats at the beginning but you must phase them out as quickly as possible with each skill, otherwise you will be relying on them for life. If your dog knows how to perform a behavior ask yourself the following question "Does my dog know how to do the behavior in this context?" In other words has your dog ever been trained in that context? Although a dog might be good at doing quick downs in the kitchen that does not mean s/he will know it outside at first or in the field. You will have to show them a few times in each new situation and then if they ignore you the training stops. That should be a punishment. Not a physical one though. **YOU SHOULD HAVE MADE TRAINING SO MUCH FUN THAT IT IS A BUMMER FOR YOUR DOG TO STOP TRAINING!!!** That means a positive attitude and getting excited (but not too much to overstimulate the dog) about training.

4. **Work on "This Way"**. Take your dog for a walk. Every 20 yards or so tell your dog "Rover This Way!" and abruptly change direction. There is no need to yank your dog. Just change direction so that s/he learns that "this way" means go the other way. You cannot do this too many times. It is a great exercise and we will be expanding on it in the near future. By Saturday you should be able to say your dog's name and "this way" and your dog should automatically change direction with you. This will happen if you practice each day.

5. **Try doing some "this way" and "sit" and "watch me" in a sequence** so that your dog can change direction, sit and look up at you for attention. Give plenty of treats at first for the direction change the sit and the watch me. (Have them do all of these things and then reward after the "watch me.") Then of course phase out the treats so you can get more reps for less treats. Try to get to 20 "this way, sit, watch me's" without a treat.

6. **GO PRACTICE THIS IN DIFFERENT ENVIORNMENTS.** Especially if you have a dog that reacts to and barks at other people, things, or dogs. This is one of the very best things you can do for a dog who barks at (is reactive) towards people, dogs, or things. You want to keep the barking down to a minimum. For example if your dog is deathly afraid of children or other dogs and barks aggressively towards them the idea is to be able to put them near those things and have them *not* react. This is how you do it!!! Teach them this skill (this way, sit, & watch me in sequence) THEN go bring them to an environment where there are those things your dog reacts to but be sure they are far away. The dog has to feel safe. Give them a quick look at one of those things (the other dog, kid, the stroller) whatever the dog is fearful of or reacting to, and **BEFORE THEY HAVE A CHANCE** to

react or bark at it, turn them around saying "this way" and once they are not focused on it anymore ask them to sit and watch you. Do this exercise over and over as much as possible around those things that trigger your dog. If your dog is lunging and barking at it you started too close to the thing/person. Start far away and get closer. If your dog barks at the thing or person you are too close. **PRACTICE DOING THIS IN CLASS IF YOUR DOG IS REACTIVING TO OTHER DOGS.** What you will find if you do this right is your dog will be able to get closer to the thing/person it is reacting to each time **WITHOUT** reacting to it! You have to keep doing this if you want your dog to not react as much. Do it many days, for weeks, until it makes the impact you want it to. It works! I went from 100 feet away to 20 feet away in just one session with this technique with a highly reactive dog who was barking and aggressive towards other dogs. Although that dog will not be able to be with other dogs in the near future, just getting him to be able to be in the same environment with other dogs on a leash is a huge accomplishment.

**7. Practice rewarding good behavior often. Any time your dog is doing something great- or is simply not barking, digging or being a problem, tell him about it!**

Be on the lookout for all behaviors you want your dog to continue. Observe your dog and whenever he does something you like, simply say, "Good dog" and give him a piece of kibble or a training treat. For example, reward your dog whenever he sits, lies down, stops whining/barking/howling/growling (shushes), stops jumping (four on the floor), looks at you, or looks cute. After you exercise your dog practice getting your dog settled down. Settle your dog down by giving a chew toy that s/he cannot resist. Sit on the dog bed with him or on the floor and if s/he is not food aggressive just pet him calmly rewarding for good calm behavior.

**8. Alert Trainer to behavior problems at home via email. Behavior blue prints:** email or give me a call this week about any common behavior problems. I have many blueprints which are short, to the point readings that address many common behavior problems. If you have one of these behavior problems please let me know and I will send you the corresponding behavior blueprint. If you follow the instructions on the print you can alleviate most of these problems. If that does not solve your problem ask questions and perhaps for a private consultation. Behaviors addressed include destructive chewing, digging, problems with children, excessive barking, fear of people, fighting, home alone, housetraining, getting a new dog or a new puppy, walking on a leash, and puppy biting. Let me know if you are having any behavior problems at home. If you can email about any problems, that would be fantastic.



## 1. Best Buddy Dog Training of VT Training Guidelines



**Be Patient and go from low to high distraction areas.** If you are patient you and the dogs you are training will accomplish much more. If you are stressed about it your dog will feel that stress and it will not be the fun that training is supposed to be. When you first start training at home, try your best to get in a place with no there are no other dogs around and where there are as few distractions as possible. Once your dog knows a command well you can move to a higher distraction area. You will teach the behavior while on a walk for example. There are many cues that you will learn in class that can be reinforced while out on the walk. Asking them to change direction on the walk with the verbal cue "this way" teaches them to change direction and to pay attention to you. Once your dog can perform the behavior you are teaching in a low distraction area, move to a higher distraction area and then increase the level of distraction until your dog can perform for you anywhere.

**Make It FUN & Keep sessions short!** Training should be a fun game, not a stressful experience. Some dogs love training and are very motivated to go on for longer periods of time, while others get bored after just a few minutes. Try to use rewards that will keep the dog motivated. If she is not interested in your reward the motivation to perform will not be there. **Use an enthusiastic, happy voice when training** and while getting the dog interested- but not overly excited or the dog may become too excited to accomplish anything. 5-10 minute sessions 3-4 times a day (or as many as you and your dog would like) are perfect. Don't overdo it; you want your dog to always want to come back for more.

**Cue Words:** When the dog does the behavior correctly you will need to "mark it" within one second and then reward it fairly quickly as well. This brief mark or cue precisely marks that moment the dog did the behavior, letting the dog know exactly what action is being rewarded. Although the actual food reward follows the marker a couple of seconds later, the dog learns to fully understand what behavior is being rewarded. This will make it much more likely s/he will repeat the behavior. Any word can be used as a marker and clickers work very well because they create a distinct sound - but the key is to be consistent. Your marker word can be "YES! Or "Good!" in an enthusiastic happy voice. *It is also perfectly fine to use a clicker as long as it is paired with the word "YES or "Good!"* Be consistent-

always use the same marker word. The program instructor will show you how to create a positive association between the clicker and the behavior if you are interested in learning the clicker method. It can really happen the first time you teach the dog sit or "watch me" because you immediately pair the marker sound with a behavior and a reward. If you say yes, good boy/girl, and pet the dog as a reward, that is fine too as long as your first word marker "YES" is clear, enthusiastic and separate from any other words.

**Do not add the cue word until your dog is doing the behavior 90% of the time. Stay is the exception to this. Once you add the cue word always say the cue word, the behavior you want them to do, BEFORE you lure them into position. Within one second of them getting the behavior right say "yes" &/or click and treat. The basic steps are:**

1. Request
2. Lure,
3. Response
4. Reward.

For example: 1. Say, "Sit," 2. Lure the dog to sit by moving a food lure upwards in front of the dog's nose, so that 3. As the dog raises his head to follow the food, he compensates by lowering his rump to the ground and sits — the desired Response and so, 4. Reward the dog with a scratch behind his ear, by throwing Tennis Tug ball to retrieve, or simply just give him the food.

Be Aware of the Training Goals in lure reward training: Our first goal is to get the dog to perform a behavior through luring. This teaches them the hand signals. Our next goal is to add the verbal cue and to get them to perform the behavior with the verbal and hand signal. Our final goal is to get them to perform the behavior with the hand signal or the verbal signal alone. In other words when you say "down" your dog should go down with no hand signaling. Or if you want him to go down with only the hand signal and no verbal cue that is the other part of the final goal. This is important- you may not always be able to give hand signals if your hands are full or if you are too far away from your dog. In other instances perhaps you are talking to a friend, you may want to be able to give the hand signal for down and you do not want to stop your conversation. This is an excellent test of training obedience.

**Help Dog Reactive Dogs Be More Successful:** If your dog is barking aggressively towards another dog on a walk, turn around and walk the other way until the dog calms down.

Allowing him to continue to walk forward lunging toward the other dog is what he wants, and you are accidentally rewarding a bad behavior. You are better off walking the other direction for a little while until the dog you are walking calms down, or the other dog has passed. Reactive dogs like this can be rewarded when they are further away from other dogs and show signs of doing anything besides reacting to (barking or lunging) toward the other dog. Once we have learned the attention "watch me" cue in class you can use this to get your dog to pay attention to you instead of other dogs and thereby can circumvent any

problems with your dog barking or lunging at the other dog. If your dog is barking or lunging at another dog usually it means your dog is stressed out. You need to change that stress response to one of contentment. We will learn how to do that in this course.

**Phase Out Treats as a Reward.** Food can be used to train the dog initially but you should move toward fading the food out and using other types of rewards as quickly as possible. Once a behavior is performed correctly 95% of the time, begin treating every other time, then every third time, and so forth but make this totally random. The length of time this takes is all dependent on the particular dog you are training. If possible, try to phase into using a treat one time, verbal praise and petting the next. If your dog likes toys, that is an excellent thing to reward them with. Once the dog is performing the behavior you want, it is actually more reinforcing to NOT treat every time, but every other time and then even only give treats sporadically and randomly. If you treat every other time dogs learn that on second trail they don't have to perform as well. That is why it is important to be random with the treating as they progress. It is important to keep your dog guessing as to when they will get the reward. For example treat every other time, then every third time, twice in a row, every fifth time, every 10<sup>th</sup> time, twice in a row, every 20<sup>th</sup> time, etc. Keep it totally random. If you phase out too soon they may stop performing the behavior so go back to kindergarten and show them again. Just remember at first treat a lot, and then demand more correct behaviors before rewards as time goes on. ALWAYS however give praise. That is never too much.

### **Never Reward bad Behavior: ARE YOU TRAINING YOUR DOG TO GO IN THE TRASH OR ON THE COUNTER?**

Rewarding bad behavior even by accident teaches the dogs that the bad behavior is getting them what they want. If you are teaching "down" for example and the dog's butt comes up, she will not necessarily do it correctly the next time. When we get to and teach "leave it" and the dog goes for it and you are not close or fast enough to take it away, she is just learning that she just needs to get to it faster than you. If you are at the end of the walk and ask the dog to sit and he just stands there and you reward him anyway or leave before he actually sits, that is an example of reinforcing a behavior that you do not want, which will make training much more confusing and less productive for the dog. Leaving food on the counter and leaving the dog unsupervised so that s/he has access to the food actually *trains the dog to go on the counter*. Never leave food on the counter unless you know your dog does not do this.



**When your dog jumps up on you: Give him an alternative behavior to perform- such as sit or down and if that doesn't work give him a brief time out.** Do not pet him and reward him for jumping up, even pushing him down repeatedly can be a fun game for him. So you must 1. Get him into a sit and stay (and then you can pet him) and if that fails give him a brief time out (Usually one minute even works). You can give him a time out in a quiet room or by stepping on his leash down low so that he cannot jump. When he is calm you can let him go. This may take **MANY** repetitions. Do not give up. It will change if you are consistent. Whatever you do, do not hurt or knee the dog. Pushing him back down does not always work- ignoring is a more constructive method because the dog gets absolutely no reward from you (including attention.)

## **Ways to train watch me, sit, down, and wait for the food bowl:**

### **SIT**

Lure your dog by raising a food treat above his head until gravity takes over and his rump hits the ground. (You can use a toy instead of food to lure the dog as well.) When the dog's rear hits the ground, immediately say "Yes!" and reward with a food treat. Once the dog understands how to "sit" with the treats and the behavior has been performed reliably multiple times, work towards teaching sit with the hand signal facing palm up. Each time you raise your hand with your palm up, the dog should sit. As always reinforce each behavior with treats each time at first, then work towards rewarding less and less, treating randomly and very gradually building to less treats/rewards. This takes time and many sessions. Eventually the dog should sit with no reward and many sits should be expected before rewarding. Soon sit will be required for each door to open and the door opening will be the reward.

**Tip 1.** Wait until the dog is doing the behavior reliably before adding in a verbal cue. That is, do not say the word "Sit" until the dog is actually performing the behavior. Remember, the cue (your verbal "sit!") does not cause the behavior; reinforcement (food, praise, petting, toy) causes the dog to want to comply.

**Tip 2.** Be sure to have the dog's attention before asking the dog to sit. (See "Watch Me" Command)

**Tips 3.** Do not ask for more than five sits in a row in one place—too much repetition will start to bore him.

**Tip 4.** Work on having your dog keep the sit position for several seconds. To build duration, reward your dog multiple times at various intervals while he sits. Then, release the dog with the words "OK let's go" and walking away gesture to indicate that your dog is free to move out of the sit. (Don't give a treat after saying the



release word; instead give it after he sits.)

**Tip 5.** As you and dog progress, change the location of where the dog sits in relation to you, so that your dog learns to sit in positions other than facing right in front of you. Your dog should be able to sit on either side of you, facing you, when your back is to the dog, while you are sitting, while you are holding objects, etc. Dogs do not generalize well, so teach your dog that “sit” means putting his rear on the ground no matter where he is.

**Tip 6.** Do not push on the dog’s rear–this is bad for a dog’s hips and it also teaches them that the push with your hand is the cue and not the spoken word or hand signal.

**Tip 7:** Some dogs jump up constantly when you attempt to teach them to sit. Many interventions can be tried in these cases. Do not let them jump up and then reward them. Again, that is rewarding undesirable behavior. You may have to hold their collar while you try luring them into position so they do not jump up. One volunteer used this method at first then each time she reached for the dog’s collar he would sit. With repeated training he eventually learned to sit on command.

### **Watch ME: Attention/Eye Contact**



After the dog has been pottied and exercised, now you are ready to begin teaching the attention behavior. Take the dog to a quiet, low distraction area, either inside or outside, and work on the behavior for about 5-10 minutes. The length of time will depend on the energy level of the dog. Why teach attention to a dog? Direct eye contact is considered threatening behavior among dogs and so this will show them that looking directly at you is a safe activity, and will strengthen the dog’s interest in paying attention to you. Attention can be very useful when teaching other behaviors. *This can also teach a dog her name if she is a brand new puppy or a stray with a new name.*

- a. Start with the dog in any position (sit, stand, down). You want to start in a place that has few distractions.
- b. Take a treat and get the dog to notice you have it. Ask the dog to sit. Move the treat at a pace the dog’s eyes can follow, and move it between your eyes above your nose. The instant your dog makes eye contact with you, say “Yes!” in a positive but distinct voice, and give him the treat. This is a very important skill to start out with small bits of food. Toys can be much too distracting and you won’t be able to do as many repetitions. Once your dog “gets it” add their name to the cue-- “Rex, Watch Me.” This will help reinforce him looking at you when you call his name. Some dogs will take longer than others to look at you. Be patient! *Also be ready to move out of the way if the dog jumps up.* Remember to turn your back on the dog if this occurs and ignore until the dog is not jumping. Once your dog is actively looking at you when you hold the treat between your face and his, begin phasing out food. Say his name and hold your finger up in the same area between your faces, with no treats.
- d. After several repetitions of the dog giving you attention when you hold your finger up, wait for your dog to make eye contact with you without a food lure or hand signal. Don’t try to talk to the dog, lure him, or bribe him. This step takes patience depending on the dog! When he looks at

you, give him a “jackpot,” which is a particularly good treat he doesn’t usually get, or a few treats together, and lots and lots of excited, happy praise.

### **DOWN:**

**This is an excellent video to demonstrate how to teach down and is favorite version, fairly easy to use since it teaches the dogs in small steps. Watch the instructor in class and if you have a computer and internet you can also watch the video by copying this URL link into your browser: <http://www.youtube.com/watch?v=YpAFj-p23ig> . If not your instructor will be demonstrating in class as well.**

1. Start with your dog in a sit. Move a food treat in front of his nose so he can sniff it and is interested in it, then with your palm facing downward, move the treat FROM THE NOSE STRAIGHT DOWN TO THE TOES. Go as far as you can get their nose down and click/say “YES” in a positive voice as the treat goes down.

2. Each time slide the treat a little further away, rewarding each time if her nose follows your lure out. If she is NOT successful, go back to the beginning or to a place where she was earlier, and start over- be sure she is successful. Once she is in the down position give her a “jackpot” by giving her a few more treats, or a very scrumptious treat ( for example small pieces of chicken, hot dog, or freeze dried liver), and lots of praise. IF THE DOG’S BUTTOCKS COME UP AT ANY TIME DO NOT REWARD- start over instead. Remember NEVER reward the behavior that you do not want, only the behavior you do want. After that take a break and play. When you do down again use treats each time at first, when it is 99% reliable go to treats every other time, then every third time until you need no treats.

Tip: If you pull the treat down too fast, too soon, the dog can “lose it” and not go down all the way.

### **Next Step: Teach the Hand Signal for Down.**

After a few repetitions of your dog successfully following the treat lure to the down position, hide the treat in your other hand (the non-luring hand), and use your empty hand (palm down, just as when luring) to motion the dog in a down position; as soon as the dog downs, immediately reward with the treat from the other hand. The palm-down motion of your hand will become the hand signal. Once the dog starts giving the down behavior reliably, you can add in the “Down” cue.



Once the dog is performing the behavior reliably, begin to use the hand signal only instead of luring with the treat. Reward at first when the dog performs “down” with the hand signal, then phase out treats and rewards randomly expecting more downs between rewards.

**Tip 1.** Every dog moves into the position at his own rate when first learning the down position,

so do not get frustrated! Realize that the down can be a difficult position for some dogs because it is asking them to willingly put themselves into a vulnerable more submissive position. The nice part is it is usually very satisfying for the trainer when the dog does go down all the way.

**Tip 2.** For small dogs, you may need to sit on the floor, make a bridge with one bent leg, and use the “under the leg” luring method.

**Tip 3.** Work towards asking for the down position while you are in a standing position, rather than one where you lean over or squat and lure the dog down with a treat.

**Tip 4.** Never press down on a dog’s back or haunches.

**Tip 5.** Work on having your dog keep the position for several seconds. To build duration, reward your dog multiple times at various intervals while he’s down. Then, release the dog with the happy word “OK” and gesture to indicate that your dog is free to move out of the position. (Don’t give a treat after saying the release word.)

**Tip 6.** For dogs who will not lay down with the lure as described above: a) Try the lure while the dog is standing or sitting near a corner, so that the dog cannot scoot backwards and out of the down position. b) Try the lure on the dog’s bed or other comfortable surface. c) Use a higher value treat. d) Simply sit on the floor and place your hand with a treat on the floor palm down, and hold your hand there while the dog tries to figure out how to get the treat. e) Ignore the dog and patiently wait until the dog lays down on his own, then reward with treats and praise.

Trainer Victoria Stilwell Teachers “Down” for Puppies in the with the method in Tip 6 above:  
[http://www.youtube.com/watch?v=Zn\\_GEhid88Y](http://www.youtube.com/watch?v=Zn_GEhid88Y)

### **Stand:**

When your dog is in the down or sit position simply lure into a stand by moving the treat up and out

### **Wait for Food:**

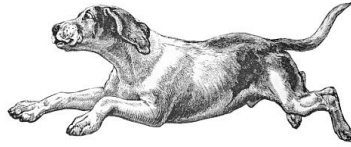
<http://www.youtube.com/watch?v=ZJ3Kbf0iDss>

When you lower the food bowl down ask “wait” or (“stay” if you are using stay), as the dog goes for the bowl, pull the bowl away until dog learns to wait, until your student dog has learned this behavior reliably. It is something you can perhaps ask the staff to begin doing regularly with that dog. See the shelter manager for more details.

Teaching Basic Commands Section II Come, Watch Me

### **Come:**

Coming when called could save a dog’s life. When teaching come, the key elements are that you make it fun to come to you, that “come” does not gain a negative connotation by being associated with something unpleasant (such as play time is over, or you must go back to your kennel), and that you do not make the “come” cue irrelevant by using it when you have no way to follow up during the training process.



### **Come When Called 1:**

<http://www.youtube.com/watch?v=W8yy5fHRJAQ>

Anywhere away from the dog, get her to come to you by being happy and enthusiastic (but not too excited to encourage poor behavior). *As the dog comes to you say "Come."* Give verbal cue "Yes/Click" and treat. In this situation it is important to reward the dog as she is performing the behavior—as she is coming toward you. You are teaching her the command while she is in the act of coming. It is also great to say the command just as she starts to come but be sure she is actually going to come to you when you say the word otherwise you are teaching her that when you say the word she does not have to come to you.

Practice on leash in a very quiet, low distraction area. Call your dog by saying his name and then use the recall word (come) as he is moving towards you. In the beginning, you want to use a very high rate of reinforcement (reward) for the dog when he comes to you. This means feeding him for 20 to 30 seconds while talking excitedly and happily. You want coming to you to stand out in his mind as quite an awesome event! Once the dog is doing well, you can move to the next step.

Practice moving backwards on leash with the leash pulled in toward the middle of your stomach and with treats in hand. Call the dog's name and start moving backwards, and say the recall cue while moving. Say the word clearly and sharply so that the word really stands out to the dog. Don't chatter the word or mumble it as it becomes "white noise" to the dog. It is better to say "Come!" then "comecomecomecomecomecome....." Keep your voice happy and communicate enthusiasm to your dog. You are teaching the dog to: a) come to you when you say the word, and b) focus in on coming to the center of your body (rather than running past you).

Trot backwards on leash and if the dog starts to go around you, change direction so that the dog has to continue following the center of your body, and reel in the leash to your body so that the dog has to come right to your center. When the dog comes to you, feed and praise him for a full 20 to 30 seconds. If your dog loves a favorite toy, you can also use the toy and play with the dog as reward for coming.

Once the dog is doing well with this in a low-distraction area on a 6 foot leash, use a long line (8-10 feet) or go off leash in a play yard or training room and practice from farther distances. Once the dog is doing well with a farther distance, move out to more distracting areas to practice. If there are distractions and you need to, go back to working from a 6 foot leash and do not move up to the long line until your dog is coming to you reliably from the shorter distance.

When working around distractions, any time your dog comes to you despite a powerful

distraction such as another dog, a squirrel, a thrown ball, etc., remember to really powerfully reward your dog and give him extra special praise and treats and enthusiasm.

Never call your dog to you for anything he considers unpleasant. If you need to get him in to take him to a bath, for example, it is better to go get the dog, put on his leash and bring him to the bath and say nothing. Always gives lots of praise and treats in these situations.

**A great activity you can do to reinforce “come” at the beginner level:** Ask the dog to “sit” right in front of you and give a treat. Move backwards a step and ask the dog to “come” as she walks towards you reward with a treat. Do this as you take more and more steps. Say the word “come” each time as the dog comes toward you. You can end up moving quickly saying come with an automatic sit every few steps.

**You can reinforce “come” in many ways. Here are a few great ways:**

### **Come When Called 2:**

[http://www.youtube.com/watch?v=uJLA\\_ccbATk](http://www.youtube.com/watch?v=uJLA_ccbATk)

Come when called round robin with another person.

- “Restrained Recalls” Have someone hold the dog with the leash while you call the dog’s name and run away from her. Run about 10 feet away, then drop to the ground and open your arms and call the dog with your recall cue. The handler should then release the hold on the long-line. Reward your dog exuberantly for 30 seconds when she comes to you. You can also have your handler distract the dog with a food treat or toy, and then call her despite the food distraction. When she comes to you, give her a “jackpot” extra special reward.

- “Toy Chase Recalls” Tease the dog with a favorite toy while another person restrains the dog with the leash. Run away while calling the dog to come to you using your reliable cue. The handler should then let go of the leash, or long-line, and when the dog comes to you reward him by playing with the toy for 30 seconds. This is from ([www.mydoghasclass.com](http://www.mydoghasclass.com) Lesson 5 page 3of 4)

### **Come When Called 3:**<http://www.youtube.com/watch?v=Vn-yMa4o6YE>

Once you have an extremely reliable “stay” asks your dog to sit and stay and move 10’ away or so. Ask your dog to “come” with the verbal cue and hand signal. Practice until reliable.

### **What if he does not come when called?**

- If you call the dog to you and he does not comply, go and get the dog and bring him to the starting place from where you called him, and try again. If the dog still has trouble complying, go back a few steps. You may be moving too fast, too soon for the dog to understand.
- Make sure you are rewarding the dog heavily for coming to you and increase the value of your food rewards. For example, if you’ve been using kibble, try cut-up hot dogs, freeze-dried liver, cheese, etc. Make sure your praise is enthusiastic, happy, and excited.
- If there is anything around more exciting than you (a dog in another yard or walking, a noise, or a person for example, the dog will not pay attention to you. You have to make yourself more attractive so the dog pays attention to you and not any of the other distractions. Sometimes the

only way to be successful at this is to remove the distraction or wait for it to pass. Whatever you do, do not repeat the word "come" repeatedly or he will learn to ignore it.

- If the dog doesn't come to you, you can grab a favorite toy and play with it excitedly while ignoring the dog, or leave the room or yard for 20 to 30 seconds; you want the dog to think they've missed out on something great. If you are practicing when there is another dog around or walking by, and he does not respond to "come", ignore him and walk away.

## Stay

**Instructional video:**

<http://www.youtube.com/watch?v=urYGYIGhi38&feature=http://www.youtube.com/watch?v=urYGYIGhi38&feature=fvwp>

1. Ask the dog to sit. Standing right in front of the dog put your palm out (the stay command). Many dogs will get up and this point and move around. That means you are asking him to stay already too long. At first, reward him the instant the dog is sitting and looking at you without moving around.
2. Increase duration from a second to a couple of seconds and so forth before you treat.
3. Once the dog is staying for a couple of seconds start to release him each time while you say the release cue words "OK free!" Be sure you say it in a happy enthused voice.
4. Once the dog can stay sitting calmly for at least 5 seconds start to move your body slowly from your right foot to the left in front of the dog. If the dog stays put, reward quickly. Seeing your body move lets the dog know that you will be moving around, but you will be asking the dog to remain in the "stay" position while you move. This can get the dog excited and he may move or jump. If this happens put him back into the sit position, show him the hand signal, and ask him to stay and start over. Use baby steps. Expecting too much too soon from a dog who's never learned stay, will make him less successful. Always make the dog feel successful and the training fun.
5. Do the same by taking one step back. Give your "yes"/click and treat each time and give the release word "OK." Sometimes a dog will not respond just to "OK" you will have to use "OK Let's Go!" and move your body to get them to move out of the stay, to end it.
6. Progress by taking a step or two back each time. If he gets up, put him back and do it again from a closer point. Each time he gets up (breaks the stay) is weakening the stay. Only go as far back as you know will work.
7. Try to get to at least 10 feet away. Watch the video above or ask the instructor to demonstrate again how to do it. If you can teach your dog to stay in a play yard with distractions, you know you have really done a great feat by helping that dog with impulse control, calming down, and getting ready for success. The trainer in the video above gets the dog to stay as she runs circles around him. That is advanced!



## **Leave It**

Teaching “Leave It” is extremely useful for instructing your dog not to touch all sorts of things, such as, food on the coffee table, food you’re eating, food that children are eating, used-diapers, the baby, a shy dog, the cat, cat feces, or any feces. Also, by teaching “off” your dog also learns “Take it,” which will facilitate teaching your dog to retrieve and play tug o’ war according to the rules.

<http://www.youtube.com/watch?v=EVJiwa9LHiw>

Stage 1: Put a treat in your hand and show it to the dog so he will try to get it. The second he pulls head away- give it to him & give marker (yes or click). Do this until he's pulling his head away regularly and add cue “leave it.”

Stage 2 open hand- just keep taking it away until he leaves it reliably.

Stage 3 on table. Leave it. If he goes for it take it away- say "uh oh". For stage 2 and 3 be sure to treat using opposite hand.

## **Object Exchange: Take it - drop it:**

For a reminder of Take it Drop it watch: <http://www.youtube.com/watch?v=JO2cxHglzX0>

Get the dog excited about the toy and say “take it,” immediately present the object to the dog and let her take it. Let her have a chance to play with the toy for a few moments. Present an object of equal value. Ignore the old toy and make your new toy look great. When you can see she is about to drop the toy say “drop it” and immediately say “Take it” and give her the new toy. Use a treat at first if necessary, but transition to using toys as the treat ASAP.

## **Exercise/Play with Tug and Take It/Drop It:**

Many feel that playing tug teaches a dog aggression. In reality, tug is a fun game for dogs, and offers an acceptable outlet for the dog’s natural energy, and reinforces training skills if you can teach it correctly and the dog responds to “drop it” each time. If you are certain the dog knows and will abide by the “Drop It” command, you can play tug as long as the dog does not start acting aggressively when you play.

The rules for playing tug are: *you* start and end the game, your dog will drop it when asked, and you use one toy for playing tug and put the tug toy out of the dog's sight after each game. If the dog’s teeth ever touch your skin, the game of tug ends. This helps teach the dog to be careful with his mouth.

For the tug toy, select one that has been designed for tugging. Tug toys usually have a comfortable place for the person to hold, and is strong yet flexible. To teach, start with some high-value treats in your pocket. Get your dog interested in taking the tug toy, (e.g. make the toy



move away the dog has to chase it, wiggling the toy around on the floor and in the air around and away from your dog), and say “Take It.” The second he puts it in his mouth present the treat. When you see your dog is dropping the tug toy (it should happen immediately) say “Drop.” Once he drops it immediately say your reward marker word “Yes” or “Good” & or Click and reward with a treat. Your goal is to present the tug toy, show the treat, say drop and the dog drops the toy and you give the treat. Have patience, this can be a challenging skill at first. **The high-value treat must be better from the dog’s perspective than the object he has. Try it again increasing the time the dog has the tug toy in his mouth before you present the treat. Go for one second, then two, then five, etc. Soon you should be able to say drop without showing the treat and your dog should drop it. If s/he continues tugging and will not drop it it means you have let him have it too long without presenting the treat reward. If this happens take their collar in one hand and pull them towards you so there is no pressure on the tug toy (they cannot tug if it is limp or they will get bored soon.) Wait until he drops the toy, take it away and say, “All Done” and put it away. Do this in many different locations 5-10 times. It’s a great idea to do a couple of sessions, take a break and do a few more that same day. Once your dog is dropping it on cue regularly you can increase the tugging but only go as long as you can while getting your dog to drop it. If he does not drop it back up a few steps until he will drop it.**

Once your dog is dropping it on cue it’s OK if your dog gets excited during tug (he may growl, tug hard, and shake his head) gradually fade out the lure (that is, stop presenting the treat to his nose to cause him to open his mouth). Reward with a high-value treat, or start the game again as a reward, as soon as the dog drops the item. You don’t need to use a threatening voice for the “Drop It” cue. Think of “Drop It” as a trade, since you will be giving the dog something in exchange (either a treat or the toy again) for dropping it. Eventually the reward should be playing tug again over and over with no food rewards.

## Ch 4: Adolescent Dog Training (18 weeks - 2 years) & Adult Dog Training

Dr. Ian Dunbar with edits by Sandra J Chicoine



Whether you’ve gotten your dog as a puppy or adopted him/her as an adult know that adolescence is a time of change. Hopefully your dog has good bite inhibition (does not bite people or other dogs hard), is friendly, and social, and enjoys people and other dogs. If so do not take this for granted. You must always praise your dog when she is demonstrating good behavior and reward her especially well when she is being exceptionally behaved. Continue to be sure your dog meets other dogs and people. If this is a problem talk with your trainer about the best way to do this. Dogs who are friendly in puppyhood to people or other dogs can often become unfriendly if isolated with their own family and

don't see lots of other people and dogs. In other words like training, socialization should be a lifelong activity.

Your dog needs to meet unfamiliar people on a regular basis. . In other words, **your dog needs to be walked** at least once a day. Your puppy may be taken for rides in the car and to visit friends' houses as early as you like. From the time your puppy is four months old, walk him on a regular basis — at least once a day. Otherwise, if your dog is confined to your house and only meets the same familiar people over and over, he will desocialize surprisingly quickly and soon grow to be wary and fearful of strangers, especially children and men.

Also, your dog needs to meet unfamiliar dogs on a regular basis. It is a fact of life that not all dogs get along. However, if you gave your puppy plenty of opportunities to play with other puppies and dogs and so develop solid bite inhibition, it is highly unlikely that your dog will injure another dog when scrapping. When dogs have reliable bite inhibition, most dogfights are no more than dog arguments. Continue socializing your dog with other dogs on walks and in parks.

The prime purpose of puppy husbandry is to produce a friendly, confident, and biddable pup, so that you can face the behavior and training challenges of your dog's adolescence, and your dog can deal with the immense social upheaval that dogs, especially males, face as they navigate adolescence. It is much easier to approach doggy adolescence with an already socialized and well-trained dog. However, maintaining your dog's socialization and training through his adolescence can be tricky if you don't know what to expect and how to deal with it.

Behavior is always changing, sometimes for the better, sometimes for the worse. Things will continue to improve if you continue working with your adolescent dog, but they will definitely get worse if you don't. Both behavior and temperament will tend to stabilize, for better or worse, as your dog matures around his second birthday for small dogs or third birthday for large dogs. But until then, if you don't keep on top of things, there can be precipitous and catastrophic **changes** in your dog's temperament and manners. Even when your dog reaches maturity, you should always be on the alert for the emergence of unwanted behaviors or traits, which you must **quickly nip in the bud** before they become hard-to-break habits.

Adapted from **AFTER You Get Your Puppy** by Dr. Ian Dunbar

## Adolescent Changes

A dog's adolescence is the time when everything starts to fall apart, unless you make a concerted effort to see it through to the stability adulthood. Your dog's adolescence is a critical time. If you ignore your dog's education now, you will soon find yourself living with an ill-mannered, under-socialized, hyperactive animal. You can correct this but it's easier if you watch out for it. Here are some things to watch for.

**Household etiquette** may deteriorate over time, especially if you start taking your dog's housetraining and other good behavior for granted. But if you taught your pup well in his earlier months, the drift in household etiquette will be slow until your dog reaches his sunset years, when housetraining especially tends to suffer.

**Basic manners** may take a sharp dive when puppy collides with adolescence. Lure/reward training your puppy was easy: you taught your pup to eagerly come, follow, sit, lie down, stand still, roll over, and look



of  
ill-

up to you with unwavering attention and respect because you were your pup's sun, moon, and stars. But now your dog is developing adult doggy interests, such as investigating other dogs' rear ends, sniffing urine and feces on the grass, rolling in unidentifiable smelly stuff, and chasing squirrels. Your dog's interests may quickly become distractions to training, so that your dog will continue sniffing another dog's rear end rather than come running when called. (What a scary thought, that your dog would prefer another dog's rear end to you!) All of a sudden he won't come, won't sit, won't settle down and stay, but instead jumps up, pulls on-leash, and becomes hyperactive.

**Bite inhibition** tends to drift as your dog gets older and develops more powerful jaws. Giving your dog ample opportunity to wrestle with other dogs, regularly hand feeding kibble and treats, and periodically examining and cleaning your dog's teeth are the best exercises to ensure that your adolescent dog maintains his soft mouth.

**Socialization** often heads downhill during adolescence, sometimes surprisingly precipitously. As they get older, dogs have fewer opportunities to meet unfamiliar people and dogs. Puppy classes and parties are often a thing of the past and most owners have established a set routine by the time their dog is five or six months old. At home, the dog interacts with the same familiar friends and family, and is walked, if at all, on the same route to the same dog park, where they encounter the same old people and the same old dogs. Consequently, many adolescent dogs become progressively desocialized toward unfamiliar people and dogs until eventually they become intolerant of all but a small inner circle of friends.

If your adolescent dog does not get out and about regularly and few unfamiliar people come to the house, his desocialization may be alarmingly rapid. At five months your dog was a social butterfly with nothing but wiggles and wags when greeting people, but by eight months of age he has become defensive and lacking in confidence: he barks and backs off, or he snaps and lunges with hackles raised. A previously friendly adolescent dog might suddenly and without much warning be spooked by a household guest.

Puppy socialization was a prelude to your safe and enjoyable continued socialization of your adolescent dog. However, your adolescent dog must continue meeting unfamiliar people regularly, otherwise he will progressively desocialize. Similarly, successful adolescent socialization makes it possible for you to safely and enjoyably continue to socialize your adult dog. Socialization is an on ongoing process.

**Dog-Dog Socialization** also deteriorates during adolescence, often at an alarming rate, especially for very small and very large dogs. First, teaching a dog to get along with every other dog is difficult. Groups of wild canids — wolves, coyotes, jackals, etc. — seldom welcome strangers into their midst, but that's exactly what we expect of *Canis familiaris*. Second, it is unrealistic to expect a dog to be best friends with every dog. Much like people, dogs have special friends, casual acquaintances, and individuals they don't particularly like. Third, it is quite natural for dogs (especially males) to squabble. In fact, it is a rare male dog that has never been involved in some physical altercation. Everything was fine with young pups playing in class and in parks, but with adolescent dogs, the scraps, the arguments, and even the play-fighting seem all too real.



A dog's first adolescent fight often marks the beginning of the end of his socialization with other dogs. Again, this is especially true for very small and very large dogs. Owners of small dogs are understandably concerned about their dog's safety and may be disinclined to allow their dogs to run with the big dogs. Here is where socialization starts downhill and the small dog becomes increasingly snappy and scrappy. Similarly, owners of large dogs (especially the working breeds) are understandably concerned that their dogs might hurt smaller dogs. Here too socialization goes downhill and the big dog becomes increasingly

snappy and scrappy. Now we're in vicious circle: the less the dog is socialized, the more likely he is to fight and thus be less socialized.

Adapted from [AFTER You Get Your Puppy](#) by Dr. Ian Dunbar

## Preventing Adolescent Problems

Dr. Ian Dunbar

Always make a point of praising your dog and offering a couple of treats whenever he eliminates in the right place. Keep a treat container by your dog's toilet area. You need to be there anyway to inspect and pick up your dog's feces (before the stool becomes home and dinner for several hundred baby flies). Remember, you want your dog to want to eliminate in his toilet area and to be highly motivated to do so, even when he develops geriatric incontinence.

Similarly, a stuffed Kong a day will continue to keep the behavior doctor away. Your dog still needs some form of occupational therapy to idle away the time when left at home alone. There is no magic potion and there is no drug that will prevent household problems, such as destructive chewing, excessive barking, and hyperactivity, or alleviate boredom, stress, and anxiety as quickly, easily and effectively as stuffing your dog's daily diet of kibble into a few Kongs.

For your adolescent dog to continue to be reliably obedient and willingly compliant, you must integrate short training interludes, especially emergency sits and long settle-downs, into walks, play sessions, and your dog's other enjoyable day-to-day activities. Maintaining your dog's manners through adolescence is easy if you know how to, but extremely difficult if you don't. You must learn how to integrate training into the dog's lifestyle.

Should socialization ever fail and your dog snap, lunge, or nip a person, you will be thankful that you had the good sense to take your puppy to classes where he learned reliable bite inhibition. Your dog's defensive actions cause no harm but they warn you that you'd better quickly revamp your dog's socialization program and maintain his bite inhibition exercises before it happens again. Which it will. Continue bite inhibition exercises indefinitely. Occasionally handfeed your dog and examine his muzzle and teeth (and maybe clean them) on a regular basis.

The secret to a well-socialized adult dog is at least one walk a day and a couple of trips a week to the dog park. Try to find different walks and different dog parks, so that your dog meets a variety of different dogs and people. Socialization means training your dog to meet and get along with unfamiliar dogs and people. The only way to accomplish this is for your dog to continue meeting unfamiliar people and dogs daily. Praise your dog and offer a piece of kibble every time he meets an unfamiliar dog or person.

And don't forget to maintain your own improved social life by inviting your friends over at least once a week, just to keep them still involved in training your dog. Ask them to bring along somebody new to meet your dog.

Host a puppy party and invite your dog's buddies from puppy class and the dog park. To offset some of the scarier aspects of the dog world at large — adult dogs, big dogs, and occasionally unfriendly dogs — make sure your adolescent dog has regular opportunity to socialize and play with his core companions from puppy school.



## Adult Dog Training (2 years+)

Dr. Ian Dunbar

As dogs mature, they develop many doggy interests that may compete with dog training. For example, dogs may find that sniffing the grass, playing with other dogs and chasing squirrels are all much more exciting than listening to their owners and following repetitive instructions — come, sit, down, heel, sit, heel, sit, etc. Puppy training techniques begin to fail, environmental stimulation causes sensory overload and many dogs become hyperactive or reactive to other dogs and people. Owners become frustrated by the dog's hyperactivity and inattentiveness and the relationship starts to go downhill.

Unless regularly given the opportunity to explore new surroundings and meet unfamiliar people and dogs, as dogs grow older, they become less accepting of their environment. Older dogs become more wary of the world in general and especially of strange, scary and unfamiliar stimuli. Make sure you give your adult dog plenty of time to adjust to new situations and employ classical conditioning to build positive associations when introducing dogs to new experiences or people.

The very first item on the agenda is to learn to control your dog's rambunctiousness and rumbustiousness. A very successful training ploy is to "put behavior problems on cue" — to train the dog to bounce and bark on command, as in the **Jazz-up & Settle Down** and the **Woof/Shush** exercises. Then, the problem, which worked against training, now becomes an enjoyable game — a reward to use while training. **Classical conditioning** has an additional calming effect by teaching the dog to form positive associations with the physical and social environment. However, the success of adult dog training depends on the magical All-or-None Reward Training techniques.

**All-or-none reward training** techniques are easy, simple and extremely effective. The techniques have similarities to clicker training in that no commands are given and the dogs are neither lured nor prompted. However, all-or-none reward training is much quicker than clicker training since shaping is unnecessary. Within just a few minutes, without giving a single instruction, your dog will learn to pay attention, sit stay and to walk calmly on leash. And once all-or-none reward training techniques give you back your dog's attention, you can go back to using the lightning-fast, lure/reward training techniques that you used with your puppy.

### Important

To fast-track your adult dog's re-education, make sure that you do not waste potential training rewards by feeding your dog from a bowl. Instead, each morning, weigh out your dog's daily ration of kibble and place it in a container. Throughout the course of the day, you may handfeed every piece of kibble as a reward for good behavior.

MORE READING FOR AFTER CLASS ONE. PRIOR TO CLASS TWO:

## Good Behavior

Dr. Ian Dunbar | Taking the good for granted and moaning and groaning about the



bad is without a doubt, our biggest human foible. Rather than relishing all wonderful things about life, we tend to focus on problems. This tendency is extreme when people interact with their family, friends, colleagues, dogs and horses, and especially when people evaluate their own lives.

For years and years, dog training was almost entirely problem-based. People would offer limited supervision and instruction to their dogs and then punish them whenever they broke rules that they didn't even know existed. Yet, if we objectively time-sample behavior, we find that even very badly behaved (uneducated) dogs (and people) are actually good most of the time. For example, observe your dog for half an hour and every two minutes or so ask the simple question, "Is he being good or bad?" You will find that he is being good well over 90% of the time. But in the normal course of the day, most of a dog's good behaviors are ignored. Instead owners are more likely to pay attention to the dog when he barks, or when he steals, chews or runs away with inappropriate articles. So much so in fact, that many dogs quickly learn that misbehaving is the very best way to get their owners attention. Indeed, many dogs will bark, steal, chew and run away with inappropriate articles simply to get their owners to respond or at least acknowledge their existence.

Dogs are social animals and absolutely thrive on social interaction, communication and feedback regarding the appropriateness of their behaviors. Dogs need oodles and oodles of attention (and affection), so let's give it to them when they are good.

One of the most magically powerful training techniques is to ignore all unwanted and inappropriate behavior and instead, to pay attention to and reinforce good behaviors.

Observe your dog and whenever he does something you like, simply say, "Good dog" and give him a piece of kibble. For example, reward your dog whenever he sits, lies down, stops whining/barking/howling/growling (shushes), stops jumping (four on the floor), looks at you, or looks cute.

Unwanted behavior offers a wonderful dog training opportunity because now owners may reward their dog for ceasing undesirable behavior. Reinforcing the cessation of misbehavior is the training technique of choice when trying to eliminate whining, growling and running away, because punishment would only exacerbate the problem, making the dog more likely to whine, growl and run away.

Similarly, rewarding a dog for the absence of misbehavior is an extremely effective training technique. Sometimes the dog may look like he isn't doing much. But that's precisely the point! The dog may just stand there wagging his tail, but just think of all the annoying and worrying things he could have been doing. He could have been barking, snarling, snapping, or biting! So, let's reward dogs for not acting fearfully or antisocially.

Or, you might decide to actively reward your dog for any sociable, friendly or appeasing behavior, such as when he approaches, wags his tail, wags his butt, sticks out his tongue, raises a paw, play bows, or rhythmically shifts his weight back and forth from front paw to front paw.

Obviously, simply ignoring unwanted behavior will not cause it to be eliminated entirely, but you will see a speedy and dramatic reduction in the frequency of undesirable behavior because the dog now allocates most of his time for good behaviors, which are successful in soliciting the owner's attention and affection, and so there is simply no time for bad behavior. After just a couple of dozen rewards, you will find that your dog is sitting and looking up at you — a perfect sit-stay and perfect unwavering attention. And you didn't ask for a thing. All you said was, "Thank you!"

In this section, I have sometimes used the words "good" and "bad" to describe behavior. However, it is unlikely that dogs have a solid cognitive grasp on ethics and morality, or even about the concepts of good and bad. Dogs behave (chew, bark, growl, pull on leash, run away etc.) the way they do simply because



that's the way dogs behave and that's the way owners have trained or allowed the dogs to behave. By "good" behavior, I mean behavior that owners consider to be desirable, appropriate or acceptable and by "bad" behavior, I mean behavior that owners consider to be undesirable, inappropriate or unacceptable

## Pay Attention

Dr. Ian Dunbar

When puppies reach adolescence, food lures temporarily lose effectiveness. The owner and their food lures now have to compete for the dog's attention with all the more interesting stimuli in the environment. Indeed it is a rude awakening for many owners to discover that their dogs are much more interested in sniffing another dog's butt or chasing a squirrel than paying attention to them. Most owners resort to upping the olfactory punch (and price) of their food lures. But this seldom works for long. In fact, you may identify forlorn and exasperated owners of adolescent dogs by smell, since they have finally resorted to using dried fish as a lure.



With adolescent dogs we need to temporarily change the type of lure from food to toys. Retrieval toys and tug o' war toys work the best. Get your dog hooked on fetch or tug and then you may use the toys as lures and rewards to teach him almost anything.

Another approach is to temporarily put food lures aside and to train your dog to pay attention by using all-or-none reward training. Once your dog is paying attention once more, food lure/reward training will work as quickly and as effectively as before.

From simply paying attention to and rewarding your dog for desired behavior as described in the previous exercise, you will find that your dog is much calmer and spends much more time sitting and watching you. This is good. But now we are going to specifically train your dog to pay attention. You may perform this exercise off-leash at home or on-leash on a walk. Rather than feeding your dog from a bowl, weigh out and use his daily allotment of kibble for this and other exercises. Once you have regained your dog's attention, kibble rewards will be unnecessary and you may feed him how you like. With an attentive dog, your praise will be more than sufficient to further reinforce his attention.

Ignore everything your dog does until he glances at you for an instant. It doesn't matter how long you have to wait or how short the glance. For the first couple of trials you may have to wait for several minutes but soon you will find your dog will look at you within seconds. As soon as your dog glances at you, say, "Good Dog," reward him with a piece of kibble and then take one large step (to break his gaze) and wait for him to glance at you again. After a couple of reinforced glances, up the ante in terms of time of attention required for a reward — first one second of attention, then two seconds, three, five, eight, and so on. Count out the time of attention in "good dogs" — "Good dog one. Good dog two. Good dog three, etc." Once your dog is paying attention for 20 or 30 seconds, you will notice that he is also in a sit-stay.

Now we are going to make it a little more challenging for your dog. After praising and rewarding your dog for looking at you, as you step away, turn your back on your dog to intentionally break his gaze. Give him plenty of time because now he has to work out that staring at your backside is not sufficient, but instead he has to come round in front of you to "find your face." Praise your dog as soon as he looks up at you and then repeat the sequence.

After a few trials, it's time to teach your dog to pay attention on cue. Say, "Watch me," turn away from your dog and praise him as soon as he makes eye contact. Now you will be able to perform this attention

exercise in motion by asking your dog to “Watch” while you serpentine backwards away from your dog. Alternatively, ask your dog to watch you while heeling, or during sit-, down- and stand-stays.

## Helpful Reading:

### Sit-Stay & Walk On-Leash

Stand still, holding the leash in one hand and kibble in the other with both hands held high up and close to the body. Ignore everything your dog does until he sits. It doesn't matter how long it takes. Eventually, your dog will sit. Many dogs will go through an entire repertoire of behaviors that worked in the past to make you walk. The dog may lunge into the leash, bark, circle and jump-up. Just stand still and ignore your dog's unwanted antics. Wait for your dog to sit.



The longer your dog takes to sit, the better he learns that his previous attention-getting and leash-pulling antics no longer work. When he eventually sits and receives immediate praise and a piece of kibble, he will have a Eureka-experience. “Ahhhh! So sitting is the secret to get my owner to move forwards.”

As soon as your dog sits, immediately say, “Good dog,” offer a food treat, and then take one huge step, stand still and wait for your dog to sit again. Your dog will likely explode to the end of the leash, thereby illustrating the reinforcing nature of you taking just one step. Wait for your dog to sit again. Most likely he will not take as long this time. When your dog sits, praise, offer a piece of kibble, take one big step and stand still once more. Repeat this sequence until your dog moves forward calmly (because he knows you are only going to take one step) and sits promptly when you stop and stand still.

Your dog has now learned he has the power to make you stop and the power to make you go. If he tightens the leash, or bounces and barks like the proverbial banana, you stop. But if he slackens the tension on the leash and sits, you take a step. After a series of single steps and standstills without pulling, try taking two steps at a time. Then go for three steps, then five, eight, twelve, and so on. Now you will find your dog will walk attentively on a loose leash and sit automatically whenever you stop. And the only words you have said were “Good dog.”

Occasionally, stand still and delay giving the kibble for longer and longer periods. Praise your dog as he remains looking up at you in a sit-stay. Count out the length of the sit-stay in “good dogs”—“Good dog one.

**Practice Sit, Down and Stand.** Meet your dog where s/he is at. Ideally your dog knows or will learn sit, down and stand quickly and you can go right into the sit-down-sit-stand-down-stand routine. This routine will help us later when we need the dogs to go from each position to any given position we would like. If your dog is just learning sit, down and stand, work on it this week. Try your best to have your dog doing each of the three commands ; sit, down, and stand by next week's class. Once you are done each session tell the dog “All



Done." You don't want your dog to beg so telling her all done eventually helps her understand training is over for the time being. Following are basic training guidelines and instructions for how to teach sit, down and stand

**Practice Sit-Down-Sit-Stand-Down-Stand routine and mixed up. Get to being able to do it with hand and verbal signals with no lure.** Do the routine then mix it up. Gradually work towards being able to do each position without luring. In other words can your dog sit using both verbal and hand cue only or does he still need to be lured into position? If you are already able to instruct each position by using hand and verbal signals without the lure, move to asking for each position with the hand signal only and then the verbal cue only. Can your dog go from sit down sit stand down stand and any mix up of those positions on verbal only? What about on hand signal only? That is the ultimate goal. This week your only goal is to master the positions using as little luring as possible but if you want to go for the big time you now know what it is. Always take baby steps. The number one mistake in training is going too fast for where the dog is at.

- **Practice recall: "Come."** How to teach come is attached at the end of this weeks section. Can your dog come from 5 feet away? How about 20? How about from a different room? How about outside? Use a leash outside unless you are in a safe area. Practice in many situations. If your dog comes to you inside from any room in the house but not outside you will need to practice heavily outside. You will need to purchase a 15-20 foot training lead. Go outside and ask your dog "Rover Come." Only do this if your dog knows what come means and can come to you from anywhere in the house. As soon as you say come, if s/he does not come immediately, pull the leash straight towards the center of your body (don't yank). Keep the line coming in until your dog is up to you. As you pull him in tell him come on in a happy voice- make him want to come to you. As soon as he does praise like crazy and give a treat. Continue this daily and many times until he's coming to you 95% of the time. Phase out the treats going from one time to every other, then randomly. Always expect more from your dog as s/he progresses. If s/he fails to come go back a few steps and start from there. Once you get good at it practice in areas of higher distraction; the park, the side yard of a parking lot, being sure it is a safe area and keeping your dog on leash in necessary areas. Other dog's should not be able to come attack your dog while you are practicing or this will be sure to backfire. If your dog knows stay do not ask him/her to come from a stay. Stay will be taught more in depth later. Asking your dog to come from a stay only weakens the stay command at this point.

- **Get your dog the proper exercise from now on.** What breed is your dog? How big is your dog? All dogs need a certain amount of exercise daily. For a young hyper lab or retriever for example, they need at least one 40 minute walk or run a day and another one of at least 20 minutes. Older large dogs and smaller dogs need less but be sure your dog does not have a boring life. That is a number one reason for behavior problems. Consult with your veterinarian about the proper amount of exercise for your dog. If you have a hard time getting your dog tired out and happy teach your dog to retrieve and play fetch. This can be taught to most dogs even those who are not retrievers.

- **Give Your Dog Chew Toys!** Do you have a stuffable indestructible treat toy for your dog that you can stuff every night with a yummy substance? Do you have other chews for your dog? If not it's time to get some. Chewing is part of a dog's natural instinct and helps your dog enjoy life and relieve stress. I give my dogs one kong toy with two teaspoons of peabut butter every evening while I eat dinner. This helps them focus less on the smell of my food and more on the great reward they are going to get for laying down and not pestering me during dinner. It works every time. Some dogs have problems with peanut butter but not cheese. You will have to figure out the best food for your chew toys. Even the dog's regular kibble is fine. Leaving your dog for the day can be a real negative for your dog. Change that to a positive by putting your dog's entire meal in the kong right before you leave. If a dog has several chewtoys s/he is trained to love, your leaving will not be a bad thing. Most dog anxiety occurs in the first half hour after an owner leaves. Those chew toys can fill that time with a positive activity. This can also help immensely with destructive chewing at home. Be aware that any chew toy left unsupervised poses risk- but so does any other item in the house that can be chewed. Experiment with chew toys while you are at home first to be sure your dog does not have problems with them. Dogs with powerful jaws can chew a kong in half but usually cannot chew the big black ones in half. Although I gave my dogs chew toys as puppies, I stopped doing it for awhile once they got beyond their destructive chewing phase. It was only upon taking more training classes did I realize the benefits of continuing to give them treat filled toys. Cooked sweet potatoes mashed into a Kong can keep your dog happy for quite a while and s/he will really appreciate it!

**Understand rewards are related to both good and poor behavior:** If a dog performs a poor behavior (such as getting into the trash at home) and you are not there to prevent it he is getting a reward (the trash) some of the time. He does not know this is a poor behavior and may have inadvertently been trained, yes by you, that getting into the trash

or going on the counter are good behaviors when you are not around. Getting a reward some of the time will actually make his behavior more likely to do that action- whether it is a behavior you want him to do or not. When training, although you may not be rewarding with treats or toys every time- you can always use praise. If your dog is getting into your trash get a locking trash can immediately. I can suggest several options. It is not your dog's fault that s/he is going into the trash or chewing shoes. S/he has learned that doing these activities is OK and rewarding when you are not home. Destructive chewing relieves boredom and frustration. If this is occurring refer to the behavior blueprints. Often people will tell me, "My dog gets mad at me so s/he does--- this bad thing. (fill in the blank, it could be chewing furniture, getting into the trash, etc.) Know that dogs only want the good thing to start again and the bad thing to stop. The minute you are out the door the dog often knows, "OK I can do that now. It's OK because no one said it's not." It is difficult to get this concept across but dogs are not doing bad things to get back at their owners. Management of shoes, the counter, the trash, and other things are critical and you must set your dog up for success by controlling access to these forbidden items. It's not fair to your dog to set him or her up for failure.

**Ask Everyone in the Household to Make a Commitment to Training.** You and those you live with will need to make a commitment to ensure a successful training program. Simply put, the more time you put into training the more successful your dog will be. Also, the more people living with the dog who are able to come to the course and implement the training correctly, the better it will be. If you cannot get your household members to the course explain what to do when you get home and provide them the reading materials. Spouses and children should always commit to help train. With roommates we realize that can be more difficult. Get as much help as you can. Commit to training your dog initially 10 minutes or so three times a day. Training is a lifelong process for you and your dog to continue to bond and learn together. It should be a fun activity and hobby for you and your dog to do together.

**Do not use aversive methods.** Best Friend Dog Training of VT is committed to stop the use of training methods that have been shown not to work well and have also been used to abuse animals. No aversive methods such as shock collars or physical punishment are permitted with Best Friend Dog Training of Vermont. For an in-depth article about why punishment does not normally work read the Dog Star Daily Digital Textbook; Section "After You Get Your Puppy." Even if you have an adult dog this section of the text explains exactly where punishment goes wrong: You can download it here and the punishment section starts on the bottom of page 51. <http://www.dogstardaily.com/training/after-you-get-your-puppy>

Also I am completely 100% against shock collars. They are banned in several counties now based on their ineffectiveness and high risk of abuse. Unfortunately dog's often bolt though electric fences and the other major problem is that when a dog sees another person or animal and gets shocked, s/he often begins to associate the pain of the shock WITH the person or animal they are seeing! This actually creates dog aggression towards these people or other dogs. This is exactly what you do not want. If you are already using an electric fence and it is working for you, don't go and turn it off based on this. First find an alternative method (chain link or wood fence) then disregard your electric fence once you know your new positive methods is fail proof. People often use shock collars for training. This is often counterproductive since the timing of the shock is difficult even for the best trainers. It causes your dog pain which can lead to phobias, fear, aggression and a host of other problems. Shock collars can also malfunction creating burns and more pain. Teaching proper verbal commands is much more effective. I encourage you read more about shock collars online or hear what Ian Dunbar has to say about them and a host of other information in this interview <http://www.examiner.com/article/to-shock-or-not-to-shock-there-is-no-question>

**The following excerpt it from the article above:**

“Shock collars are absolutely unsuitable for the general public,” Dr. Dunbar said. “Most people try to use it to control their dogs off-leash.” Dr. Dunbar stated, “Shock collars are not a magic pill.” Comparatively, “With proper training, Voice Control is one hundred times more efficient.”

**Dr. Dunbar, whose internationally followed, science-based, positive Lure-Reward training for puppies and adult dogs has replaced outdated and cruel training methods** using choke-chains, prong collars, shock collars and physical force, elucidated, “Averse stimulus is not instructive.” Dr. Dunbar affirmed, “Depending on the setting, the shock collar is a form of harassment or abuse.” The goal of dog-training is to phase-out the training tools and rely on life-rewards. “Inexperienced handlers who use shock collars have not trained their dog.” Becoming reliant on the shock collars can develop “Learned Helplessness” in which a repeated averse stimulus traumatizes the dog and prevents any action.

“I find shock collars unnecessary,” concludes Dr. Dunbar. “I would never use them for correcting temperament or behavior problems, dogs that show signs of aggression, hyperactivity, or fear.”

In conclusion, **Pat Miller, a highly esteemed Certified Dog Behavior Consultant and Certified Professional Dog Trainer**, who also provides training clinics and academies for trainers at her **Peaceable Paws training facility in Maryland**, testifies, “Shock collars give a false sense of security and control to the person pushing the button. Some dogs will continue on their mission despite the pain of the shock and the pain only aggravates and arouses them further.”

“If a dog’s intent is to approach another dog or person, not only may he continue to do so despite the shocks,” Ms. Miller says, “but his initially friendly intent, if it was that, may change to aggression as he associates the presence of the dog or person with the cause of the pain.”

“Although legal in this country, while illegal in others, shock collars are simply and completely unnecessary and inhumane.” Ms. Miller notes, “If a trainer chooses to use a legal pain-causing tool on private property, that is his or her unfortunate choice. But, it should not be approved public policy when a more humane, much safer physical leash does a far better job of protecting humans and dogs alike.”

**Understand in order to be well-adjusted pets, dogs need both mental and physical stimulation on a daily basis.** The desire to “keep busy” is deeply ingrained in the majority of dogs. Training with positive methods adds an element of mental stimulation that can be done with the dogs after exercise to help meet the dog’s needs. This type of stimulation will have numerous beneficial effects for you, your dog, and your relationship with your dog.

**Help Dog Reactive Dogs Be More Successful:** If a dog you are walking is barking aggressively towards another dog on a walk, turn around and walk the other way until the dog calms down. Allowing it to continue to walk forward lunging toward the other dog is what it wants, and you are accidentally rewarding a bad behavior. You are better off walking the other direction for a little while until the dog you are walking calms down, or the other dog has passed. Reactive dogs like this can be rewarded when they are further away from other dogs and show signs of doing anything besides reacting to (barking or lunging) toward the other dog.

**When a dog jumps up there are several tactics you can take: 1. Tell him “off” and get him to sit immediately. If he continues to jump put him in a sit stay and do not let him jump. Put his leash on and put it very short under your foot until he calms down.** If he continues he may need a time out. Whatever you do, do not hurt or knee the dog. Pushing him back down does not always work- ignoring is a more constructive method because the dog gets absolutely no reward from you (including attention.) Try to give him another behavior to perform instead, as soon as he is off of you. A command he knows like sit or down is a good counter behavior. Another tactic some try is to simply turn your back on the dog and ignore him/her until she calms down. If one tactic does not work you must try another. What most happen though is the dog must know s/he is not going to get anything if s/he doesn't stop jumping.

**Other Behaviors to Watch out For:** If you really enjoy rough housing with your dog be sure it does not create or encourage biting or aggression. Also, don't allow the dog to grab or chew on you or your clothes, or skin. If you are playing with a dog and his teeth touch your skin be sure the game stops and try to get him calmed down. Turn your side or back to the dog and ignore until he stops the behavior. An overly excited dog may result in this kind of mouthing behavior. If your dog ever bites in play be sure you say loudly, "Ouuuuuch!" and give him a time out from play and attention.