



...the behavior is ignored, it will eventually extinguish on its own. Imagine you are trying to buy a soda from a vending machine. You press the button, and wait. Nothing happens. You press the button more forcefully, and try a few others as well. Still nothing. You jangle the machine. You might even, at that point, shake or kick the machine. Finally, grumbling to yourself, you give up and leave. In this example, the behavior was extinguished because there was no payoff, no reward. Kicking or shaking the machine is an example of an *extinction burst*. What that means is that when a behavior is no longer reinforced, it often increases in frequency before it finally goes away.

n unwanted behavior, it will eventually stop (unless it is something that is inherently selfrewarding to the dog, such as digging). Behavior may actually escalate. Recognize the extinction burst for what it is, and wait it out—the behavior will eventually stop, and move around.

Reinforcement is something the dog wants. Just because you think those expensive new treats are a great reward doesn't mean that they are to your dog. If you use them a lot, they're not much of a reward in his mind. A reward can be petting, verbal praise, a throw of the ball, a quick game of fetch, or saying hello to another dog, etc. The sky's the limit. Consider what your dog finds rewarding, and use it!

is something really special, head and shoulders above the usual reward. Your dog can earn this amazing prize by doing something that is always important to use training treats your dog likes, save the Super-yummy, Best-Treat-In-The-World as a jackpot. For example, your dog doesn't sit very quickly. When you give the sit cue, he watches you for a moment, then languidly lowers his butt to the floor. You say, "Must." But on the fourth repetition, he responds immediately; butt hits floor in record time. Jackpot! You immediately give him a special treat, along with effusive praise (and petting, if he enjoys it). You can also give a *mega jackpot* by tossing a shower of treats. This draws the dog's attention to the fact that he's done something wonderful. He is therefore more likely to perform the behavior because he knows it doesn't have to be food, either. If your dog lives for a toss of the ball or a game of tug, use that as your jackpot. Know your dog's rewards.

Behavior. When you want your dog to stop doing something, give him something else to do that is incompatible with the behavior. If your dog jumps on you, have him sit instead; he can't sit and jump at the same time. If he chews on furniture, give him an appropriate chew toy. To make a list, take a piece of paper, draw a vertical line down the middle. On the left, list all the things your dog does that you'd like him to stop doing. On the right, list something he could do instead. It's easy!

Build on success. Build on success in small increments, building on each success. Simply put, that means *don't expect too much too soon*. Instead, build small successes. For example: when teaching your dog to down-stay, start with a three-second down-stay. If that is successful, add two seconds.

ot perform an exercise correctly, consider whether you have proceeded too quickly. Go back to the point at which your dog was successful. Setting your dog up to succeed eliminates the need for corrections.

Behavior is not contingent on food being present. This is something that many people who are opposed to food-reward training miss. If you start gradually and use lots of real-life rewards (petting, games, etc.) as well, your dog will do as asked even when no treats are present. Practice old behaviors and then practice new behaviors. Eventually, rewards should become fewer and farther between—but they should not stop. Just like you don't stop getting paid once you got better at your job, so don't forget to reward at times for a job well done!

It should be fun!

Keep training sessions short; 3-5 minutes a few times daily is fine.

Focus on one behavior in each session.

Keep a upbeat attitude when training. Don't train when you're cranky.

End each training session on a successful note. Did your dog do seven good sits, with the last one being really great? End the session with that last sit.

Once a new behavior has been learned, incorporate it into your daily routine.

BE KIND TO YOUR DOG AND HAVE FUN TRAINING!

Guidance Dog Training

