



Santa Monica Paws

Dog Training

Trainer: Theresa Chern (310) 488-1232

Dog Obedience Homework (Goals for this week) –Week 2

1. Teach your dog(s) to give you undivided attention while looking at you, not at the treat

Tether your dog to a post, table leg, or other sturdy object. With a treat in both hands, extend your arms away from your body sideways. Say your dog's name and when she looks directly at you, not at the hand(s) holding the treat, say "yes!" or good!" and give him/her a treat immediately. Vary which hand delivers the treat.

2. Teach your dog(s) to sit when asked without the use of a treat

Too often we hear the comment "she will only do it if I have a treat". This is not the type of behavior we are looking for. Once your dog can do a behavior from a hand signal or a verbal signal, you must begin to "**FADE**" the treat.

Since you have been working on **SIT** all week and your dog is pretty secure in knowing what that means begin by **fading** the treat on this behavior.

With the first few repetitions, tell or signal your dog to SIT and follow with a **Conditioned Reinforcer** "yes!" or "good!" and then followed by the **Unconditioned Reinforcer/Positive Reward Marker** (treat/toy).

After three SIT's with a treat, ask for a SIT and this time simply praise your dog when he/she sits.

Reward the next SIT with a click/"yes!"/"good!" (Conditioned Reinforcer) and treat; then start to vary the number of times in a row he gets a treat or simply praise. Perhaps the toss of a toy would be an appropriate reward sometimes.

Whenever your dog is learning a **new behavior**, he should get a click/"yes!"/"good!" (give the conditioned reinforcer) and treat with every repetition. Once he knows, **truly knows, a behavior**, then verbal praise, a tickle under the chin, or a toss of the toy are good rewards. Occasionally reinforce the known behavior with a treat – but NOT each and every time or you will find that your dog will only "do it when you have a treat."

3. Teach your dog(s) to wait for his food

Your dog's meal times are a perfect opportunity to continue teaching **WAIT**. As your dog gets better at this, you can have him/her sit while you are preparing his meal, continue to **sit** and **wait** as you place the food in front of him, and wait until he hears her release word. But first, one step at a time.

Start with just a piece of kibble or treat on a plate which is held above your waist.

Tell her **WAIT** as you move the plate towards the ground. If she gets up, bring the plate back up. If need be, place the plate on the ground and become a **goalie** – use your hand to cover the treat or move around the plate so that you are always between your dog and the "**goal**".

Once your dog stops trying to get at the food, give your release word "yes!"/"ok" and let your dog have the food on the plate or in the bowl.

Repeat this several times with just one piece of food until your dog stops trying to get around you but waits calmly for his release word.

4. Teach your dog(s) to down

A new behavior this week is **DOWN**, because it is a **new behavior**, you will use a conditioned reinforcer and treat with each repetition. Also, because it is a new behavior, you will not be using a word until the dog is **reliably going down** on your hand signal.



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There are several ways to teach the down. Use the method that works best for you and your dog.

Down from a Stand starts with your dog walking towards you.

Hold a treat to your dog's nose and move it back between your dog's front paws. Try to keep the muzzle level, not dipped as if he is going into a summersault. If he gets in that position, start over and **"go back to kindergarten"** –meaning start over from the beginning again.

Down from a SIT starts with your dog in a sit. The challenge here is that the dog starts to confuse the sit and the down. That is why we suggest teaching the dog to down from a stand.

Put a treat in front of her nose and slowly bring it down between her front paws.

Move the treat away from your dog in the shape of an L –go straight down and then away from the dog. His nose should follow and his elbows will go down and there is the down!

Patience is the key in teaching the DOWN. Resist the temptation to say "down, down, down" just because you know what you want.

5. **Continue teaching your dog to walk without pulling** **all the time!** **SLACK or LOOSE LEASH/LEAD WALKING** this week will be for very short, but very many, durations.

Say your dog's name to get his **attention** and walk briskly forward holding a treat to his nose. Go only about 10 steps! Click or (Conditioned Reinforcer "yes"/"good"), treat, and repeat.

Repeat these short durations over and over. The idea is that your dog will find that by paying attention to you in the short term, he will get a treat. As he understands the requirements, you will be able to go further and further before treating.

For the next week, go no further than **10 steps** before rewarding – and only reward when your dog does what you want –not just because he is cute. You can give "cute" treats when you are not actively training. ☺

At this time, you may introduce a word such as **"by me"** or **"let's go"**.

Should your dog pull during these exercises there are several options to try:

1. Stop and **"be a tree"** – don't move and don't talk.
2. Turn and walk in the **opposite direction**.

Walking on loose lead/leash should be behavior that you look for when **passing other dogs** and other people. When you are out for your exercise and there are no others around it is certainly appropriate for your dog to sniff and smell. Just practice getting his attention back to you no matter what is going on.

6. **Teach your dog(s) to come and sit in front of you when called** **all the time!**

Provided that your dog is responding to his name when he hears it, you may now introduce your word that means **COME**. If your dog is not turning and running to you, work on the **"tag me"** game. Refer to #7 of the lesson plan goals below.

In real life situations, dogs are not sitting patiently waiting for their owner to call them. In this class, we will not have the dog do a sit and wait to be called – they will be moving or waiting naturally, not because we commanded it.



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With your dog wandering about at the end of his six foot leash, say his name and the word **COME** or **HERE**. Run **backwards**, stop as he arrives, have him sit, touch & grab his collar, then give the conditioned reinforcer "yes!" and treat/reward.

7. Teach the dog "Tag me" and "Ping Pong" –the beginning of come

Playing games with your dog increases the positive relationship between you both. Games also keep the training light and happy. It would be great if you could treat all the behaviors as games – your dog will be more willing to learn and you both will have more fun accomplishing your goals. Two fun games this week will be "tag me" and "puppy ping pong". They are the beginning of teaching **COME**.

To play "tag me", hold your leash so there is just enough slack that your dog has room to freely move about, but cannot get around you.

Have a treat in your hand that your dog can see and smell. Show the dog the treat, scramble backwards, and hold the treat to your body (knees, ankles, or wherever the dog's nose will end up when he arrives to you!)

Call your dog's name. When he gets to you, click and give him the treat/reward. Hold your hand next to your body –if you reach out, he will think he only has to come in to arm's length – we want him to think he has to come right up to you to get his treat/reward.

To play "puppy ping pong" you will need at least one more person. Each person needs to have some treats and a clicker or a "clucking" sound.

Take turns calling the dog's name –as each person calls his name, the dog should "**tag up**" before the next person calls his name. He then goes to that person, "tags up" and runs to the next person calling his name.

By teaching the dog that when he hears his name and comes running to the source of the caller he will get a reward, you will get a dog who **reliably answers to his name** whenever he hears it.

8. Teach the dog(s) to sit for a greeting **anytime the situation arises**

SIT FOR GREETING was actually started last week when you worked on having your dog sit when you approached him. Now we want him to sit when other people approach him as well. Even when the dog is sitting, the people will sometimes make him overly excited, so you have the opportunity to train other people as to the proper greeting of a dog.

Start by telling the person wanting to pet your dog that he is in training. They can let him sniff the back of their hand and then pet him under the chin.

Instruct the people that if your dog gets up or gets bouncy that you would like them to not touch him. Then, get your dog focused on you and have them try again. Remember, it is your job to tell your dog to sit and to keep them focused on you – not the greeter's job.

9. Teach the dog(s) to leave it

LEAVE IT will come to mean "stop what you are doing and look at me" to your dog. It can be used when the cat is near, when they are about to pick up a chicken bone, when they are interested in sniffing that pill medication you dropped, when you have food on the coffee table, when there is a dead bird or rodent lying on the ground, or when there is a piece of trash blowing in the wind or lying on the ground.

Tether your dog and have a really smelly, tasty treat in both hands. Present both hands to your dog.



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He will naturally sniff, smell, lick, and perhaps nip and/or paw at your hand. The instant he STOPS and looks away from your hand or looks at you, open one hand and with your release word ("OK!"), let him have your treat. (If he gets pushy or ruff, or tries to bite or scratch your hand, say nothing, but stop the game and move away.)

Repeat this game several times until he gets the idea that he must first **resist temptation** to get a reward. Then, as he does start to look, you may add the word "**LEAVE IT**" or a word of your choice. The word will naturally draw his attention back to you as he loves the sound of your voice!

The goal this week is to have your dog look at you when he hears **LEAVE IT** because that means something even better than what he thought was important is going to come from you!

10. Reward all Good Behavior

all the time!

When training, remember to click (provide the conditioned reinforcer "yes!" or "good!") and treat all positive behaviors that your dog offers. If you do not want a behavior to continue, do not reward it. A reward is any attention, treat, word, touch, or even a glance that YOU provide. If your dog is jumping on you or another person and you touch him to get him off of you, the touch is actually a reward – and behaviors that are rewarded will be repeated by your dog.

As you gradually become more in tune with your dog, you will see him offering more and more positive behaviors. The positive behaviors you reward (sit, wait, heel, stay) will be repeated. The negative behaviors, which get no reaction or reward (jumping, barking, whining), will slowly be eliminated. The challenge becomes to pay attention to your dog and always reward the behaviors you want.

Be on the lookout for all behaviors you would like your dog to continue. For example, every time your dog is calmly sitting or lying down, praise and treat/reward him. Ignoring him for this behavior teaches your dog that being calm is not rewarding.

**Give treats for everything good or right your dog does. All unwanted behaviors should be ignored.
If you have any questions, please call (310) 488-1232.*