



Santa Monica Paws

Trainer: Theresa Chern (310) 488-1232

As you work on each week's goals, be sure to practice the previous week's exercises first. It is much easier to build a behavior when your dog has a strong foundation of the basics. Are you remembering to reward all new behaviors at each repetition with a click and treat (conditioned reinforcer word- "yes!" or "good!") and a treat? Are you randomly reinforcing behaviors that your dog knows well? Are you using real life situations for training such as having your dog wait before a crosswalk, before eating, before going out the door or car, walking with his attention on you as you pass other dogs, and taking every opportunity to have people greet your dog?

If a dog will not come to you after having looked you in the eye, you should go home and examine your conscience. –Woodrow Wilson

Dog Obedience Homework (Goals for this week) –Week 3

1. Teach dog(s) to give you undivided attention with more distractions and little food/treats
2. Teach dog(s) to sit when you stop
3. Teach dog(s) to turn left, right, and about
4. Teach dog(s) to down without use of food
5. Teach dog (s) to 1.) wait at the gate 2.) as the owner sits and stands by chair
6. Teach dog(s) to come, sit in front, and allow you to remove or replace his leash
7. Teach dog to leave food (LEAVE IT) or other debris on the ground
8. Reward all Good Behavior all the time!

Accomplishing This Week's Goals

Goal 1: To teach your dog to give you undivided attention with more distractions and little food

This week as you begin each training activity be sure you have your dog's **ATTENTION**. Because you have been working on this, your dog should turn to look at you when you say his name. He should be anxious to do whatever it is you require of him because you are better than anything else in his world. See if you can get him away from his food, his toys, his playmates and other interesting things. If not, put him back on a tethered leash and work on making yourself more appealing to him.

Goal 2: To teach your dog to sit when you stop

The **SIT** should now be automatic for your dog. This is such a powerful exercise that the dog should sit no matter when or where he hears the word. Just catch him around the house and say **SIT**. Be sure to give him a verbal reward and perhaps a pat under the chin. Treats for the sit should be fairly random and infrequent by now.

As you are **walking** and come to a stop, ask your dog to stop, ask your dog to **SIT**. This accomplishes two things-one, it gets his attention focused back on you, and two, he cannot run to or jump on another dog or person while he is in a sit.

Increase your "**BY ME**" goal to perhaps 25-50 feet. Be sure to set a reasonable goal-you want your dog to succeed! Each time you stop, have your dog **SIT** and refocus on you.

If your dog is still pulling, review last week's homework and make your goals shorter.

Goal 3: To teach the dog to turn left, right, and about

Let your dog know you are turning by your words or body language. They will quickly understand your shoulders, hips, knees and feet and will cue off of them. Your goal is to have your dog by your side at all times when encountering other dogs and people and sometimes you will have to maneuver to get out of their way.



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If your dog is on your left when you walk, turning **LEFT** will cause him to slow down to get out of your way,

turning **RIGHT** will cause him to speed up to stay with you

and turning back the way you came or an **ABOUT TURN** will force him to be really speedy.

Goal 4: To teach the dog to down without the use of food.

Just like with the word SIT, we want your dog to understand that when he hears the word **DOWN** he is to lie down. If your dog is going down on the word or a hand signal, start to vary the amount of times you reward him with a treat. Remember, you can always reward your dog with verbal praise. Don't forget to release your dog from his **DOWN**. Getting up has to be your idea, not his.

Goal 5: To teach the dog to: 1) wait at the gate and 2) as the owner sits and stands by chair

WAITING to be let out of his crate, waiting for food, and waiting at the door of the house or car should now be part of your dog's daily routine.

Remember that **WAIT** to the dog means that he has to stay in whatever position you placed him until you give him another task or release him is your next exercise to practice.

As you are sitting in a chair this week, have the dog sit or down and wait. Use both the sit and the down commands. **Having you sit in a chair presents a different picture to your dog.**

From your chair, stand up and sit back down. Your dog should not move around until you give him his release word. This week, only stand and sit, do not move around. Your dog should understand that you can get up and down and he must still remain waiting until released.

Goal 6: To teach the dog to come, sit in front, and allow you to remove or replace the leash

Once your dog is sitting when you call him to **COME** to you and you are able to touch his collar, it is time to have him stay sitting while you attach or remove his leash.

Practice the **COME** many, many times. This command could turn out to be a life saver for your dog. Until you are confident that your dog will turn and run briskly back to you, keep him on a leash or long line.

As soon as your dog arrives and sits by you, reach down, hold his collar, remove and reattach his leash, click and treat or "Good" or "yes!" and treat. Your dog will understand that by you taking a hold of his collar, this is a good thing and he will resist the urge to jump around.

If your dog does feel the need to jump around, withdraw your attention (keep your foot on the leash so he cannot run off.) Reach down once again to take off the leash; again, if he squirms, withdraw your attention.

This could take some time. Be patient. If you give in to his squirming and remove his leash, he will always give you that behavior. If you grapple with him when trying to put on his leash because he is so excited to go for a walk, he will forever be excited.

Using **SIT** and **WAIT** in this instance will help the dog understand that if he continues to move, nothing is going to happen. Isn't this a great way to teach the dog self control?



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Goal 7: To teach the dog to leave food or other debris on the ground.

As your dog begins to understand that **LEAVE IT** means **"stop what you are doing and look at me"** you can begin to make the game more difficult and therefore more interesting to your dog.

Place a treat or a toy at your dog's eye level. For the big dogs this might be a chair or coffee table, for the small dogs a stool or stack of books.

Your dog can be standing or sitting. Place a treat or toy at the edge of the table or stool.

Be prepared to **body block/guard the object** by covering it with your hand or foot if he attempts to grab it.

When he looks at the object, tell him to **LEAVE IT! Quickly pick up the object before he can get to it.** When he looks away and at you, click and treat, or say "yes!" or "good!" and treat with something different, a tastier more appealing treat from your hand.

This way, he will **always look to you as the giver of all things wonderful.**

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