



## Santa Monica Paws

Trainer: Theresa Chern (310) 488-1232

*As you continue to work on your training this week, remember to take your dog new places and introduce him to new people and activities. Train all the behaviors you have learned so far – sit, down, walk, come, accept a greeting and wait –at the car wash and in front of the grocery store as well as at the park. As you practice these behaviors in new places, it is fair to ask for less duration –but certainly the behavior should be there.*

*If your dog cannot perform these behaviors outside of his own environment, ask yourself if he really understands what is expected? Your dog cannot read the homework, eat it perhaps, but not read it. Is your dog being given the chance to succeed? Remember in the Behavioral Treatment Plan, we discussed how to set your dog up to succeed. If his behaviors are not what you expect, are you giving him the training to do what you do expect? A dog's confidence, like yours, comes from succeeding, not from fearing to be wrong.*

### **Dog Obedience Homework (Goals for this week) –Week 4**

1. Teach dog(s) to sit whenever you tell him (random sit)
2. Teach dog(s) to wait as the owner moves about
3. Teach dog(s) to walk by other dogs
4. Teach dog (s) to come and sit in front of you from a greater distance
5. Teach dog(s) to leave toys and other objects at various heights
6. Reward all Good Behavior all the time!

***No one appreciates the very special genius of your conversations as does your dog.  
-Christopher Morley***

### **Accomplishing This Week's Goals**

#### **Goal 1: To teach the dog to sit whenever you tell him (random sit)**

Since SIT is a good default behavior, teaching your dog to sit whenever you ask is called a **RANDOM SIT**. The random sit will prove beneficial when your dog is across the room or street and something stands in the way of having him come to you- such as the cat or cars. It is also useful when guests arrive and your dog rushes to greet them. Remember, if he is sitting he cannot be jumping or running at the same time, which allows you to gain more control over your dog and he will eventually settle down, until you release him from the sit position.

As you walk about with your dog on leash start playing with him to get him to jump and play.

Suddenly, command **SIT**.

Before he has a chance to come to you and sit, rush to him so that he learns that when *he hears the word he is to do the behavior.*

When he sits, click and treat or say "Yes!" and treat. Sitting away from you is a totally new behavior to the dog-he has always sat by you-therefore, the clicker or "Yes!" comes in handy for telling him exactly when he did it correctly.

#### **Goal 2: To teach your dog to wait as the owner moves about**

By now your dog has learned to WAIT at the door, WAIT for his food, and WAIT as you stand and sit. This week work on having him WAIT as you move around. This will be useful in many circumstances, like when you don't want your dog following you around as you are unloading groceries, when you are signing for a UPS package, when you are carrying fragile items or toxic fluids that may spill if you were bumped into or jumped on by your excited dog, which could lead to you having a loss of balance.

Begin by being close to your dog and tell him to WAIT.

Take two steps back and immediately return to your dog. Praise and release him.

Take two steps to the right and immediately return to your dog. Praise and release him.

Take two steps to the left, return, praise and release.

Sit in a chair, tell your dog to WAIT, stand up, take two steps away, return to your chair, sit down, praise and release

Repeat the process that you did in the previous exercise by standing, moving, returning and so on.

Increase the distance and time that you have your dog WAIT. If he gets up you have gone too far or waited too long. Redo the exercise where he felt secure and then gradually add time and distance.

### **Goal 3: To teach the dog to walk by other dogs**

Walking by other dogs or people can be a challenge unless you have your dog's attention and are more exciting than the other dogs and people. Keep in mind that the more briskly you walk, the more likely your dog will pay attention to you as he doesn't want to miss out and lose you! For some dogs that are food motivated, talking to him, encouraging him, and keeping a treat in front of his nose will also work to keep him focused on you and away from other distractions.

With a happy "BY ME" or "HEEL", step out with a lively pace with your dog at your side.

Talk to your dog, have a treat ready to give him as you pass the distractions of dogs, people, cats, construction workers, cars, bikes, blowing trash or whatever.

Once you are past the distractions be sure to give your dog lots of praise!

As time goes by, provided you always have your dog look to you as you pass distractions, whenever there are distractions your dog will look to you. This may take many weeks or months-but it will happen-provided you are consistent in your expectations.

### **Goal 4: To teach the dog to come and sit in front of you from a greater distance.**

With your dog on a long line or retractable leash, gradually increase the distance from which you are calling your dog. Consider also working with distractions- sometimes just traffic noise is enough of a distraction. Work on either distance or distractions, not both, until your dog is secure in coming to you.

Keep your dog on a long line. Let him wander and generally be on "his own time". Remember, when you call your dog to you in real life he will not be patiently sitting and waiting for you to call.

Cheerfully say your dog's name followed by COME. Use lots of enthusiasm-you must be more interesting than what he is leaving.

When he comes running, praise him, ask him to sit when sh gets to you, and touch his collar. He should not do a "drive by" or play "catch me if you can". If he starts either of thesem you have the leash-reel it in!

If he doesn't come when he hears his name, give a gentle tug on the leash-do not be a nag; just a tug will remind him to come now.

Once he sits and you touch his collar, click (say "yes!"), treat(reward/praise) and release him. As he gets used to coming to you, vary the reward from a treat to a toy to a tickle in his favorite spot.

### **Goal 5: To teach the dog to leave toys and other objects at various heights**

As your dog now understands that you are better than anything else in the world, you can begin to "proof" him on many behaviors. Proofing means that even when there is something of interest, you are better then that and you are the one your dog will look to for permission or rewards.

Put your dog where he cannot see you as you scatter toys, food, bags, socks, Klenex, and various other items of interest to your dog.

Bring him out on his leash and walk by the tempting objects.

Have a really good treat ready and as he looks or pulls toward the object, get the treat right in his face, say "LEAVE IT", and as he looks at you, give him the treat.

It is a good idea to have a few things available that he CAN have. So that when you say "LEAVE IT" you can follow up with an OK and let him have the "something".

By letting him "win" and "setting him up to succeed" sometimes, he will be more likely to look at you for permission rather than just taking off after something that catches his eye.

### **Goal 6: 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.

<p><i>*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.</i></p>
---