



DOGGIE DEVELOPMENT ACADEMY
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LEADERSHIP EXERCISES

Dogs, being descendants of wolves, have always lived in packs. When a dog is adopted, they become part of your pack where the humans are the leaders. The purpose of these exercises is to establish rules, keep the social order in the pack, and to reinforce the pack leader's control of food and territory. They are especially important when starting any training program.

1. You should always stay calm and in control. Getting upset or over excited transfers to the dog and can cause the dog to break their focus on you.
2. Always go through a doorway first before the dog.
3. Have a set feeding time. With some dogs this can be done once or twice a day depending on your dog's age and nutritional needs. When feeding your dog, have the dog perform an obedience command such as "Sit" or "Wait" before feeding.
4. When walking the dog, you always set the direction and pace of the walk, not the dog.
5. You should never let the dog invade your personal space. Pack leaders control territory and are the ones who permit or prevent a dog from occupying a certain space.
6. You should always dictate when play begins and when it is over. The dog should never initiate play (i.e., putting a ball or toy in the owner's lap).
7. You should never beg for any attention from your dog.
8. Your dog should never receive treats or anything else he or she likes for free and should be earned. Have the dog obey an obedience command first before offering anything.
(The No Free Lunch Policy)
9. You should never allow the dog on beds, couches, chairs, etc., without an invitation. Pack leaders assume this higher ground as an indication of their status but can invite others to join them.
10. You should never step over or go around a dog. Tell the dog to move and gently nudge the dog if necessary.
11. You should dictate where the dog will be allowed to rest. This can typically be a crate, bed, or blanket.
12. Never leave food or chew toys out all the time. These can be used as training rewards and control over them will help prevent hoarding or resource guarding.
13. Be fair to all members of the pack. Don't show favoritism to one dog. All rules apply to all dogs in the pack.
14. Make sure to reward all positive behavior. Even it is something small but give the dog a treat, petting, or just a verbal praise. This will help reinforce this desired behavior.
15. Never pet or soothe a dog that is being fearful, aggressive, or showing bad behavior. This is viewed by the dog as praise and will reinforce this undesired behavior. Divert the dog's attention to something else to remove them from the situation and give at least three obedience commands before offering any praise or reward.
16. Be consistent, persistent, and patient. This applies to all family members.