

Time Out: From grabbing socks, to counter surfing, to barking in your house, the time out is a powerful tool that teaches your dog to STOP indulging in challenging, unwanted behaviors *around the house*. But unlike with children, you can't explain to your dog why he is being put in, nor can we tell him how to behave in order to get out of, time out. That's why the time out must be performed in a VERY specific way, in order for your dog to make the necessary connections.

Before you begin, you pick a secluded, boring place without toys and away from everyone in the house to use as your time out spot. A bathroom or laundry room can be used, but put a puppy gate **inside** the closed door if you're concerned about the door getting damaged.

Step 1: Each time you catch your dog in the act of performing the unwanted behavior, bring his attention to THAT behavior by IMMEDIATELY saying "Time out" (or "Busted"... pick one and stick with it).

Step 2: Calmly walk over to your dog and calmly take him to his time out spot. Put him inside, walk away and COMPLETELY ignore him.

Step 3: Wait until he is quiet and calm for at least 20-30 seconds before coming back to let him out. Don't pet him when he first comes out and remain a little aloof for a bit. Repeat with each offense of the unwanted behavior.

*If he is quiet immediately or quickly, you can leave him in there a couple minutes. If he comes right back out and does the same exact thing, put him in there for twice as long, repeat with EACH offense.

MOST IMPORTANTLY: *Make sure you say your time out word immediately, BEFORE moving towards him. You want him to learn that the word means you're coming to get him to put him in time out. If you start moving towards him before saying the word, the word won't mean anything to him, and you won't be able to use it to "point at" the bad behavior.

*NEVER quickly chase him or try to make sudden grabs, as this can be misinterpreted as play or cause him to become frightened or defensive.

*It is HIGHLY recommended to keep your dog's harness attached to a light leash to drag behind, when supervising him, during times that he is likely to commit the crime (zoomies, dinner prep, company at the door, etc.). This allows you to quickly and easily get a hold of him, without sudden grabs or seeming like a threat or game.

*You must remain completely calm, and methodical throughout the timeout process. Any excitement can easily muddy the water and distort the message. But once you say the word, keep coming until you get him, no matter what! (-Not including aggression-)

Time out doesn't mean "stop that", it means you've already broken the law and it's time for your sentence... appeals can be handled later 😊 He will soon learn which behaviors to avoid 👍

*Entrapment is RECCOMENDED– Instead of being alert 24/7, It is much preferred to set a trap by leaving taboo items out (like a plastic water bottle near the edge of a table or counter), while you lay in wait. Pretend you're not watching. **Once your dog figures out not to do it in front of you, get creative with webcams or security cameras, so that he learns to avoid the behavior even when no one is looking!**

*Once he's in the time out you MUST completely ignore him, until he stops going ape (if he does go ape), and quietly settles down. Otherwise, instead of teaching him that quietly calming down is the way to rejoin the family, he will learn that throwing a fit is the way to get your attention and get out of time out.

But don't worry, he will eventually settle down. A Good rule of thumb is: However long it takes for him to relax the first time, the second time will be about half as long, and so on.

*Never use his crate for the time out, but its ok to get a second crate to use just for time out.