



## **Day Training and Board and Train Homework Exercises**

When you are asking your dog to do something, you should pay particular attention to the context in which you are asking your dog to perform. Asking your dog to sit in the kitchen is profoundly different than asking your dog to sit on the street corner with dog and human traffic. This is the difference between an elementary level versus university level training! Most dogs can become quite easily overwhelmed by distractions. This means that you must become the most interesting game in town, and the center of their universe! Think about it as a competition where you are competing for your dog's attention along with the rest of her environment, which includes people, dogs, squirrels, and scents galore. Thus, you will need the best reinforcement possible, such as pieces of cheese, chicken, or hot dogs when asking your dog to perform in a college level environment. You may use lower value rewards, like commercial dog treats or kibble where it is easier for her to pay attention (without these distractions). Remember that the value of the reward must match the difficulty of the task! Try to stick to the 95% Rule of Dog Training, unless you are 95% sure that your dog will perform what it is you are asking her to do, don't bother asking them! You run the risk of poisoning your commands by repeatedly asking for behaviors in contexts or situations that your dog is unlikely to comply with. Remember that dogs do not come with emotional control, this is something they must be taught. You must be thoughtful about when and where you are asking her to do things. If you want your dog to respond consistently to your commands you will need to gradually work your way up to a college level environment, by starting with elementary school first!

\*You should practice working with your dog 2 - 3X per day in 5 - 15 minute intervals but ultimately, the best way to train is by reinforcing behaviors throughout the day. Ideally, you should feed all of their meals by hand, as you take advantage of every opportunity you get to reward your dog for something good.

## Vocabulary

**95 Percent Rule** - Unless you are 95% sure that your dog will perform what it is you are asking her to do, don't bother asking them!

**Marking The Moment** - Saying "yes" to your dog as soon as they offer the desired behavior you want to reinforce.

**Free** - Release your dog when the asked behavior is completed. AKA their job is over.

**Jackpotting** - Giving your dog 3 treats in a row or more to encourage the rewarded behavior to occur again.

**Lure** - Initially, a food reward is used to guide the dog into the desired position or behavior. You may also use an invisible treat to lure the dog if he needs a little help but understands the behavior.

**Hand Signal** - Dogs can read your body language more easily than they can understand your spoken words, so sometimes a hand signal is necessary. A hand signal is an empty-handed reminder that would be used after you wean the treat lure away. Keep in mind that there are no official dog training hand signals.

**Verbal Cue** - For your dog to have a behavior on "verbal cue" means that he understands what behavior you wish him to perform when you use verbal cues alone, with no hand gestures, lures, prompts, or suggestive body language.

## **Mental Stimulation**

Mental stimulation and brain exercise is one of the most important ingredients to a well-behaved, fulfilled and happy dog. Much like humans, dogs also need jobs and hobbies, so it is important that we provide them with different games and activities to keep them busy!

### **Digestible and Safe Chews For Dogs**

1. Bully Stick
2. No-Hide
3. Water Buffalo Horns
4. Smoked Marrow Bones
5. Himalayan Chews
6. Collagen Sticks
7. Pig Ears
8. Pig/Cow Hooves

### **Interactive Food Puzzles**

1. Snuffle Mat
2. Licki Mat
3. Snoop-Orbee Tuff
4. Kong
5. Nina Ottosson Interactive Puzzles Levels 1, 2, 3, 4

### **Fun Enrichment and Training Activities**

1. Bubble
2. Noseworks
3. Flirt Pole
4. Structured Walk
5. 5 Minute Training Session
6. Hide N Seek
7. Yo-Yo Recall
8. Learn A New Trick
9. Fit Paws
10. Agility
11. Hand Feed Your Dogs Meal
12. Decompression Walk

### **Skill/Behavior #1: Name Recognition**

To teach your dog their name or to improve their response to their name, simply say their name in a happy tone and reward your dog when they look at you!

If your dog does not look at you when you say their name, say their name and reward them with a high value treat, we want to start creating a positive association with their name.

If you say your dog's name and they choose not to look at you, make yourself more interesting by making silly noises or clapping your hands in order to get their attention. The moment they look at you, say "yes" (mark the moment) and give them a high value treat, or give them 3 treats instead of one (jackpotting). The dog will quickly learn that their name only means super good things! "Marking the moment", You always want to use a marker word "yes" to communicate with your dog that he is doing something right. By marking the moment the instant the desired behavior occurs, you are clearly communicating with them the exact behavior you want to reinforce.

As your dog starts to understand their name, begin to take it to the next level and say their name randomly throughout the day. Remember to always reward with food, praise or life rewards. Avoid using their name in situations that result in unpleasant consequences. Do not use their name in a frustrated or upset tone.

**To begin to create a positive reinforcement history, try the following exercises.**

#### **Level I**

- Say name and reward
- Say name, wait for eye contact, then reward
- Say name randomly with no distractions, wait for eye contact, then reward
- Say name with minimal distractions, wait for eye contact, then reward

**Practice name recognition in different locations of the house or new environments.**

- Living room
- Kitchen
- Garage
- Patio
- Bedroom
- Back Yard

#### **Level II**

**Focus on saying your dog's name with moderate distractions. Begin to treat intermittently once you have created a good reinforcement history.**

- Front Yard
- On Walk
- Outdoors
- Around New Person
- In A New Location
- Around Dogs
- Around A Group Of People
- Around Kids
- At A Park
- With Distance (3 - 5 feet)

### **Level III**

**To focus on generalization try the following exercises.**

- During Play
- In a Store
- Around Other Dogs
- Around Other Animals
- With Distance (10 feet or more)

**Reminders:** Your dog's name only means “give me your attention” and nothing more!

Your dog's name does NOT mean “come” or that they are in trouble! It simply means look in my direction, look at me. Avoid calling your dog's name in an angry tone or when they are doing something you don't like.

### **Skill/Behavior #2: Sit**

Teach your dog to sit by using a treat as a lure to guide them into position. Put the treat right to your dog's nose and slowly guide them upwards and over his head so that his booty drops to the floor. Use a marker word such as “Yes!” whenever your dog goes into position and immediately reward them with a treat!

Once your dog is following your lure more consistently, you can apply the word “sit” before your lure, and begin to pair your release word at the end. This word can be, “free”, “release”, “all done”. You should always say your release word after the behavior is complete, Your release word means that their job is over. To introduce a release, give your cue “free” and toss a treat away from them.

Once your dog is showing more consistency in performing a sit behavior, focus on removing your treat lure or hand lure and apply the verbal cue, sit.

If your dog knows how to sit already, you can start asking them to sit for all life rewards. Life rewards are anything that they want and makes them happy such as treats, meals, toys, putting on the leash, opening the door, getting on the couch, etc.. This will help with making “sit” their default behavior.

### **Level I**

**To introduce your dog to sit and to practice fluency, try these exercises:**

- Lure your dog into a “sit” 10X
- Repeat sit with your release word “free” 10X
- Observe your dog and wait until they sit, then reward
- Reward for 5 seconds of duration (continual treating)
- Reward for 10 seconds of duration (continual treating)

**Practice asking your dog to “sit” from different body positions:**

- Standing
- Sitting
- Kneeling
- Laying down
- Bending

**Practice asking your dog to “sit” in different locations around the house:**

- Bathroom
- Garage
- Kitchen
- Patio
- Living Room

**Practice asking your dog to “sit” for different objects:**

- Toys
- Leash
- Treats
- Interactive Puzzles
- Water
- Ball

**Practice asking your dog to “sit” at different thresholds:**

- Going Inside
- Going Outside
- Coming Out Of Crate
- Behind A Gate
- On Leash

**Practice asking your dog to “sit” in different situations:**

- During Walk
- Restaurant/Bar
- While Playing Tug/Fetch
- While Sniffing
- At A Park
- During Off Leash Play

**Reminders:** You should always release your dog with their release word at the end of each exercise. You want to release your dog before they release themselves! Try to stick to the 95% rule of dog training - Unless you are 95% sure that your dog will perform what it is you are asking her to do, don't bother asking them.

**Level II**

**To introduce small duration and distance to “sit” behavior, try the following exercises:**

- Take one step back and return to your dog to reward them if they stay in position 3X
- Take two steps back and return to your dog and reward them for staying position 3X
- Take three steps back and return to your dog and reward in position 3X
- Take 5 - 10 steps back and return to your dog and reward in position 3X
- Continue to add distance between you and your dog (bungee stay)
- Pivot around your dog from side to side
- Walk a full circle around your dog
- Walk towards a door and return to your dog and reward them in position 3X

**To work on distractions to “sit”, try the following exercises:**

- Clap Your Hands
- Stomp Your Feet
- Turn Your Back
- Spin around
- Touch The Floor
- Sit In A Chair
- Kneeling Down
- Squatting Down
- Squeaking Toy
- Opening/Closing Door/Cabinet

**Tips:** If your dog breaks his “sit” before being released, do not ever treat them for breaking the position. Simply put them back into a “sit” and try again. If your dog continuously keeps breaking his sit, take a step back and review the basics.

### **Level III**

**To practice generalizing and reliability, ask your dog to sit while doing the following...**

- Jogging Past
- Skipping In Circles Around
- Dropping A Treat
- Having Other People Walk By
- Having Another Dog Walk By
- Having A Conversation
- Throwing A Ball
- Dropping A Bag Of Treats
- Having Someone Pet Your Dog
- Shaking A Hand
- Laying On The Ground
- In A High Distraction Area With People And Dog Traffic
- Having People Approach In Public
- Going Out Of Sight

### **Skill/Behavior #3: Down**

To teach your dog a down, you will need a piece of high value food to guide them into position. You can either lure them from a “sit” to a “down” position or simply lure them from a standing position into a “down” position. Put your treat to their nose and guide the treat straight down to their paws from nose to toes. Once you see that their belly hits the ground, use your marker word “yes-!” and reward them with a treat.

Once your dog is following your lure more consistently, you can apply the word “down” before you begin to lure, and begin to pair your release word at the end.

If your dog gives up or you see that your dog is getting frustrated, go ahead and reward them halfway for a few times. Try to lure them further each time. When your dog successfully goes down all the way, give your dog a few treats in a row (jackpot).

Tips: Down and OFF are two different words. The "OFF" command is used to tell a dog to get its paws off of something. It may be the kitchen counter, your bed, the living room couch, or anything else you don't want your dog on.

## **Level I**

**To introduce your dog a down and to practice fluency, try these exercises:**

- Lure your dog into a “down” 10x.     Repeat “down”/with “free” 10x.
- Observe your dog and wait until they go down and reward.
- Reward for 5 seconds of duration (continual treating).
- Reward for 10 seconds of duration (continual treating).

**Practice asking your dog to “down” from different body positions:**

- Standing    Sitting    Laying Down    Bending Over

**Practice asking your dog to “down” in different locations around the house:**

- Bathroom    Garage    Kitchen    Patio    Living Room

**Practice asking your dog to “down” for different objects:**

- Toys    Leash    Treats    Interactive Puzzles    Water    Ball

**Practice asking your dog to “down” at different thresholds:**

- To Go Inside    To Go Outside    In Their Crates    Behind A Gate    On A Leash

**Practice asking your dog to “down” in different situations:**

- On The Walk    At A Park    Restaurant    Bar    While Playing Tug
- Off Leash Play    While Sniffing

## **Level II**

**To introduce small duration, and distance to “Down”, try the following exercises:**

- Take one step back and return to your dog to reward them if they stay in position 3x.
- Take two steps back and return to your dog and reward them for staying position 3x.
- Take three steps back and return to your dog and reward in position 3x.
- Take 5-7 Steps back and return to your dog and reward in position 3x.
- Continue to add distance between you and your dog (bungee stays).
- Pivot around your dog from side to side.
- Walk a full circle around your dog.
- Walk towards a door and return to your dog and reward them in position 3x.



**To work on distractions to “Down”, try the following exercises:**

- Clap Your hands
- Stomp Your feet
- Turn Your back
- Spin around
- Touch The Floor
- Sit In A Chair
- Kneel On The Floor
- Squat down
- Squeaking Toy
- Opening/Closing Door/Cabinet

**Tips:** If your dog breaks his “down” before being released, do not ever treat them for breaking the position. Simply put them back into a “down” and try again. If your dog continuously keeps breaking his down, take a step back and review the basics.

### **Level III**

**To practice generalizing and reliability, ask your dog to “down” while doing the following...**

- Jogging Past
- Skipping In Circles Around
- Dropping A Treat
- Throwing A Ball
- Having Other People Walk By
- Having Another Dog Walk By
- Shaking A Hand
- Having A Conversation
- Dropping A Bag Of Treats
- Laying On The Ground
- Having Someone Pet Your Dog
- Having People Approach In Public
- In A High Distraction Area With People And Dog Traffic
- Going Out Of Sight

### **Skill/Behavior #4: Come When Called**

In order to have a good and fast reliable recall repeat the following steps:

1. Say “your dog’s name, Come!”
2. Prompt your dog to come to you by getting excited: clap your hands, get nice and low, back up, make a fun high pitch noise and lure your dog towards you!
3. Reward with a high value treat when your dog comes to you and sits
4. Release your dog when the behavior is complete

Each time you call your dog, you have an opportunity to build a reward history. This means they need to know that whenever you say their name, “come!” It means something good and exciting is about to happen.

What NOT to do when practicing recall:

1. Never call your dog for anything he won’t like.
2. Avoid calling your dog to you if you don’t think your dog will come.
3. If you call your dog and he doesn’t come, avoid repeating the cue; say it once.
4. Avoid calling your dog to you in a ugly tone.
5. Do not ever punish your dog when they finally do come to you!

## **Level I**

**To create a positive reward history, practice the following exercises:**

- Say your dog's name, wait till he looks at you, say "come" in a cheerful voice, and then back away, clapping and praising your dog as he approaches you and ask them to sit and reward. Repeat this several times.
- Call your dog to you from a few feet away, give them the "jackpot" when they have completed the recall, treat them 3x in a row. Repeat this several times.
- Call your dog to you and have them target your hand from 3ft away
- Call your dog from different rooms in the house when he isn't expecting it. When he comes and sits, give him a treat or initiate something he likes such as a walk or play session. The important thing is to make your dog associate "come" with good things.

**Call your dog to you from a distance, as your dog builds a more reliable recall you can begin to increase your distance.**

- 2ft  5ft  7ft  10 ft  15ft  20ft  30ft  50 ft

**Call your dog to you randomly throughout the day.**

- Morning  Afternoon  Evening
- Call your dog to you from the end of your leash outdoors

Tips: Do not try and chase your dog if your dog does not come to you and avoid calling them over and over. When first teaching your dog to "come", use "high rate of reinforcement "jackpot". Once your dog is more consistent with coming and you have established a good reward history, start treating intermittently.

**To practice generalizing and reliability, work on these things.**

## **Level II**

- Call your dog to you from 10ft away (apply a long line if needed)
- Call your dog to you when distracted  Call your dog to you around a new person
- Call your dog to you in the middle of playtime
- Call your dog to you in your backyard
- While on a walk, give the "come" command and then back away from your dog in the direction you just came from.

**Once your dog can do these exercises reliably, practice in different environments. Dogs don't generalize well so the more places you practice, the better.**

At A Friends House  Park  Patio Bar  Home Depot

**Practice calling your dog away from something he's interested in:**

Front Door  Food Bowl  Toys  Chews

### **Level III**

Yoyo recall- Send your dog back and forth between two or more people in a room. Each person takes turns calling your dog, getting him to sit, and giving him a small treat.

"Go find it, Come"- Toss a treat on the ground, as your dog goes to find it, call them back to you 10x.

3 Second party- keep their attention on you for 3 seconds, do not have a treat in your hand (the reward always comes after the behavior is complete, avoid showing them the good or bribe them to you).

Restrained Recall- Have a partner hold your puppy back on a harness and call your dog to you when they are actively pulling to get to you.

Hide and seek- Hide in any part of your house or back yard and enthusiastically call your dog and let them find you.

Ping Pong- Call your dog back and forth between you and a group of friends of 3 to 4 people.

### **Reminders**

Say the dog's name once, try to avoid repeating their name over and over.

Make yourself interesting and make it a big deal every time your dog comes to you!

Don't let them blow you off and always follow through with what you're asking even if it takes a minute.

- The trick to successful recall training is to keep it at your dog's level so he can be successful every time. Don't try a harder exercise until the one you're working on is a piece of cake for your dog. If your dog has trouble getting a new exercise right, go back a step and work some more on the previous one.
- Never scold or punish your dog for not coming when called. He isn't trying to annoy or embarrass you; you simply haven't trained him enough yet. Plus, you make it less likely your dog will choose to come next time you call.

### **Skill/Behavior #5: Touch**

Touch is a great confidence-building exercise and can be used to help all dogs accept the approach of a human hand, something that is likely to happen to them many times throughout their lives.

**The touch cue is a FUN and SIMPLE behavior with many uses including:**

- Greeting new people in a calm manner.
- Making the walk more interesting and engaging with your dog.
- Teaching your dog to come to you (recall).
- As a guide for your dog through thresholds such as doorways, into and out of the car, onto and off of furniture.
- Building confidence with situations, objects and people.
- Helps shy dogs to build confidence with strangers and being handled.

Start by placing your hands a few inches away from your dog's nose and say "touch", naturally most dogs will lean in to smell your hand. Say "yes" as soon as your dog leans towards your hand and touches it with their nose, as soon as they do so reward them with a treat. If you find that your dog is uninterested, take a smelly treat and try rubbing it in the palm of your hand. If your dog is uninterested in targeting your hand, withdraw your hand and wait a few seconds and try again. Repeat this process several times! Once your dog is targeting your hand more consistently then it's time to start generalizing.

#### **Level I**

**Practice various hand placements.**

- Left     Right     Above     Below

#### **Level II**

**Gradually start increasing the distance between your dog and your hand.**

- 2 Inches     6 Inches     10 Inches     15 Inches     20 Inches     30 Inches

#### **Level III**

- Greet a friendly stranger with "touch"
- Leave It With Touch                       Recall your dog back to your with touch
- Redirect Jumping With Touch               Ask your dog to touch on the walk

## **Skill/Behavior #6: Leave It/Take It**

Start by placing a piece of treat in your hand and form a fist. Let your dog investigate your hand, they might sniff it, nibble, paw or scratch your hand to try to get the treat, but keep your hand very still at all times. Be ready to use your marker word “yes” as soon as your dog backs off, gets distracted or looks away and make sure to reward them with your other hand with a different treat. You should say the cue “leave it” before you present your hand with a treat. Only say “leave it” once and wait for your dog to do the desired behavior.

One your dog is leaving your hand more consistently, you can start to challenge your dog by asking them to leave it for a longer period of time and with your hand open. If they try to snatch the treat from your hand, quickly shut your hand back into a fist form and say leave it. Be ready to repeat this process a few times. Say yes and reward with a treat for when they back off and lose interest in your hand.

### **Step 2 of “Leave It”**

Place your piece of food on the floor and cover it with your hand. Just like with step 1, say the cue “Leave it” once and wait for your dog to back off. Be ready to use your marker word “yes” and “Take it” as soon as they leave your hand alone. If your dog is ignoring your hand or not going for the treat on the floor then it's time to build on duration. Say your cue “Leave it” and place your treat on the ground. If you see your dog leaning in to steal the treat, quickly say leave it and cover the treat before they get to it. Do not uncover the treat until your dog backs off reward when they look at you and they choose not to go back and investigate the treat or hand.

### **Step 3 of “Leave It”**

In this final step, say your cue “leave it” and place the food on the floor and stand up. If your dog tries to go for the treat, use your foot to block or your body to step in between the treat and your dog to block them from eating the treat off the ground. Just like with step 2, you will pick the food up off of the floor when telling your puppy to take it and offer them the reward with the other hand and a different treat.

### **Level I**

#### **Leave it with high value items**

Bully Stick  No-Hide  Toys  Food Bowl  Food Puzzles

## **Level II**

### **Leave it with household items**

- Socks  Paper  Toilet Paper  Remote Control  Furniture  Pillows
- Shoes  Rugs  Pens  Baby Items  Kid Toys

## **Level III**

### **Leave it with outdoor items**

- Leafs  Sticks  Rocks  Trash  Dog Poop  Squirrels  Dogs

### **Skill/Behavior #7: Place**

A place command is about teaching your dog to remain on a boundary or a specific area, such as their bed. The dog must stay within their boundary no matter what is happening around them and until they are told otherwise. If you have a dog that jumps on your guest, barks at the doorbell, or hovers around you while you cook or eat, perhaps teaching them a place command is probably one of the best things you can teach your dog.

The first thing you want to teach your dog is to get on and off the bed by luring them on and off with a treat. Each time you do so, apply your cue “place” as you are luring them on as soon as all 4 paws are on the place bed, drop their reward onto their place. When you are ready to release them, say your release word “free”.

**To introduce your dog to “place” and to practice fluency, try these exercises:**

## **Level I**

**Lure your dog to their “place” from all different directions of the bed and say “Free”**

- Front  Left  Right  Back

**To introduce small duration and distance to “place” behavior, try the following exercises:**

**Try sending your dog to their “place” from a few feet away**

- 2ft  4ft  6ft  10ft  15ft  20 ft  30ft  50ft

**Put your dog in a “place” and begin to add distance, come back and drop a treat on their place bed.**

- 3 steps back
- 5 steps back
- 10 steps back
- 30 steps back
- Put your dog in a “place” and walk a full circle around the place
- Leave your dog in “place” and walk 3 full circles around your dog
- Put your dog in “place” and walk out of sight

### **Level II**

**To introduce small distractions to “place” behavior, try the following exercises:**

**Put your dog in a “place” and scatter “leave it” items around their place.**

- Food Bowl
- Food Puzzles
- Toys
- Bully Stick
- Kong

### **Level III**

**To practice generalizing and reliability, work on these things:**

- Put your dog in place and have friendly stranger drop a few treats in their place
- Put your dog in place, then ask them for a hand target and send them back to their place 5x.
- Put your dog on their place and sit on the couch
- Put your dog on their place and open the front door
- Put your dog on their place bed when the doorbell rings
- Put your dog on their place bed as you have people enter your home
- Put your dog on their place bed as you preparing their meals
- Put your dog on their place bed as you are cooking your meals
- Send your dog to their place from 10ft.

## **Skill/Behavior #8: Loose Leash Walking**

### **What is Loose Leash Walking?**

A loose leash walk means that your dog is walking by your side and not pulling on the leash. A relaxed loose leash walk will make the walk much more enjoyable for you and your dog! A structured walk is far more mentally stimulating and beneficial to you and your dog than just a long walk without any leash rules, or just mindless exercise.

You should begin your loose leash walking training indoors without a leash. It is always best to introduce skills where there are minimal to no distractions around. Show your dog some treats and start walking away from him. Give him a treat if he catches up to you, or starts following you. This will help your dog practice walking next to you, and he will start *choosing* to walk next to you because you give him good stuff when he does! Practice changing direction and speeds. This self-initiated learning is powerful stuff, and can have a profound effect on the walk being all about you and him together, and you being the most exciting thing to him when you try walking in the real world. Instead of being tempted by all the outside stimuli, he will be super motivated to walk with you instead! Good loose leash training is all about teaching your dog to *want* to walk with you, rather than teaching them not to pull. Try this outside for a few more distractions. Continue to do this off leash if you can, or have him drag a long line.

When you start attaching a leash to your dog, keep the leash short, but not tight. He does not need the full length of the leash. You should maintain a high rate of reinforcement whenever your dog is walking next to you nicely on a loose leash. Never allow your dog to pull while he is on leash. By allowing your dog to pull even once, you are reinforcing a behavior you do not want. This can make the behavior stronger and much more difficult to eradicate. Any time you feel the slightest bit of tension on the leash, you should immediately stop walking and wait for your dog to return to you with slack in the leash. This can be done a number of ways - backing up, sitting, turning around, spinning a circle, or a hand target are all ways your dog can put slack back on the leash. Pulling on the leash should always be a counterproductive behavior. In other words, any time he pulls, you turn into a statue!

### **Rules of a structured walk:**

1. Choose a walking word (“with me” or “let’s go”)
2. Choose a walking side (right or left)
3. Walk and reinforce your dog in your reinforcement bubble
4. Free time (sniff time)

### **What you need:**

1. A treat pouch
2. A variety of high value treats
3. 4 - 6 foot flat leash (leather, nylon, or biothane)
4. No-pull tool (Freedom harness or a Gentle Leader)



## **Start Loose Leash Walking Indoors or In Less Stimulating Environment**

Begin to train your dog to walk with you indoors or in your backyard, this gives your dog the opportunity to practice walking on a leash with minimal distractions. There are no other people, dogs, noises, cars, or smells to compete for your dog's attention. Setting your dog up for success each time gives you the opportunity to reward your dog for what you like versus what you don't like.

## **Reward "Check-Ins"**

Another exercise for improving your loose leash walking skills involves rewarding your dog for "checking in" with you. This is the moment where your dog looks up at you or acknowledges you in any way! Focus on capturing and reinforcing this moment as much as possible. You will start to see your dog offering this behavior more and more. Remember this is about rewarding your dog for the things you like.

## **U-Turns**

Whenever you feel your dog starts to get ahead of you or even feel the slightest bit of tension on the leash, this is a good opportunity to change the direction in which you are walking. This technique will ensure that you are not rewarding your dog for pulling you towards something. Changing the direction and going the opposite way will help your dog stay more engaged and stay focused on you!

## **Red Light/Green Light**

Dogs learn really quickly that pulling towards something allows them to access the desirable things that they really want to investigate, thus reinforcing that pulling does really work! The idea of the red light/green light game is to **not** to reinforce your dog for pulling on leash. So think about driving, when the light is green you go, when the light is red, that means you stop. As you are trying out this game, the moment you feel your dog pulling you on leash, plant your feet and freeze, this means your walk completely stops! Once you get your dog to put slack back on the leash, then the light turns green, you can continue your walk as long as the leash stays nice and loose.

## **Change Paces**

Varying your speed during structured walks can really take your leash skills to the next level. Most of the time, we go about or walk at a normal pace however, changing your speed can be a game changer. Your dog can learn to adjust to the same speed as you. This can demonstrate whether or not your dog is truly focused on you.

## **Level I**

Start practicing these loose leash walking games indoors around your house.

## **Level II**

Take your training skills to a more familiar place like your backyard or driveway.

Practice your loose leash walking skills in the street

## **Level III**

Continue to practice loose leash walking by walking around the neighborhood.

For college level distractions, practice your loose leash walking skills in a more stimulating environment like parks, high traffic areas, and new locations your dog has not been to before.

### **Skill/Behavior #9: Jumping Up**

Jumping up on people is one of the most common behaviors in dogs and naturally begins in puppyhood. Dogs learn that jumping up on people is very rewarding and gets them attention in some form or another. Puppies generally do not mind whether this is good attention or bad attention. Rather than telling your dog “no” or “down” when he jumps up on you or others, teach him what you would like him to do instead of jumping. If he learns that sitting works better, he will begin sitting for the things that he wants. If you continue giving your dog attention when he jumps, whether it be good or bad or even just intermittently, he will revert back to this natural default behavior.

## **Touch**

Touch is a great tool to use when working on polite greetings. Sometimes keeping all four paws on the ground or sitting politely for greetings is too hard or overwhelming for some dogs to perform in the moment. Asking for a hand target is a much simpler tool to use and can help prevent your dog from jumping up on people. Before you have your guest approach you and your dog, ask your dog for a couple of hand targets as the person is approaching you. If your dog remains in a sit or all four paws in the ground. You can go ahead and ask the guest to present their hand to the dog for a hand target. If your dog jumps up, have the person take a few steps back and you can reset this exercise again.

## **Four On The Floor**

The idea of this game is to prevent your dog from jumping up on people by tossing treats on the ground. You want to start off by placing treats on the ground before your dog gets the opportunity to jump up. In order to have more control of your dog, have someone familiar approach you while your dog is on leash. Before the person reaches to greet your dog, toss a few treats on the ground. While your dog is busy scavenging for food, have the person greet your dog very briefly and discretely. Before your dog finishes the food, have the person back away and repeat this process several times.

## **Default Sit**

One of the best ways to teach your dog not to jump is by teaching them a default sit. For good manners, your dog should sit to earn treats, its food bowl, toys and access through doors and anything else they want. You are teaching them that if they want something, they have to sit and ask for it. Once your dog begins to sit without being asked or cued, then your dog has mastered the concept of the game. Your dog has learned that in order for him to get anything, he has to make good decisions first. He will most likely offer a sit and less likely to offer other behaviors you may not want.

## **Sit For Greetings**

Before you begin this exercise, put your dog on a leash. This will help you have better control of the situation. As you approach a person to say hello, or they approach you, ask your dog to sit and for better results try and keep your dog's attention on you during the process. If your dog doesn't sit, or keeps getting distracted then they are not ready to say hello. Ask the person to take a few steps back so you can reset and repeat again. The goal is for your dog to learn to sit when being approached. The key to this is repetition and consistency.