

PREPARING FOR STAR DOG

Purpose:

The goal of this hand-out is prepare you to work and have fun with your dog in a fast-paced, **Star Dog** lesson.

Please bring to each lesson:	Click Points	Tag Points
1. Dog on front-attachment harness, Head halter or flat buckle collar.		*Bring all your gear in BEFORE you bring your dog in.
2. MANY, MANY soft, high-value treats cut up in small cubes – at least 3 cups. <i>See suggestions on back</i>		
3. Mat for your dog to lie on for Breaks and for learning to settle.		
4. Bait bag or nail apron		
5. Clicker or 1-click	<i>We provide clicker at first class</i>	
6. Stuffed Kong or bone.		
7. Water bowl.		
8. BRING YOUR DOG IN LAST.		*Treat hand at home base

START RIGHT

- by giving your dog your full attention as you come into the Gym.
- By having your dog's attention as you come into the Gym.

At home fun:

Make a fun game of preparing your **Start Dog** lessons training bag- "Oh boy, where's my clicker!" or "Look at the big tub of dog treats!" Preparing to come to class can be fun too!

TREAT SUGGESTIONS

Bring 3 full cups of treats to each class

Training treats should be

- | | |
|--------------------------|------------------------------------|
| ✓ High value to your dog | ✓ A contrasting color to the floor |
| ✓ Small, easy to swallow | ✓ Not able to roll on the floor |
| ✓ Soft, easy to swallow | ✓ Easy to toss |

Dry Out Sticky Treats so easier to toss:

- Lay cubed cheese in a single layer on a cutting board and leave uncovered in the fridge for a couple hours or overnight
- Meat can be dried out in the microwave. Cut into small pieces, lay in a single layer on a microwave safe plate. Microwave on high for 5-6 minutes until dry and rubbery. Dogs love it this way
- Bake Meat by laying on a single layer on a baking sheet or cake pan. Bake on lowest heat setting and leave oven door slightly ajar. Bake for several hours until meat is dried out and rubbery. This is best method for large batches.

Treats from Home

- String cheese, or other hard cheese, cubed
- Cooked chicken, cubed. Pre-cooked chicken strips in the grocery lunch meat/frozen food aisle easiest
- Hot dogs, cut into slices and dried out a little. You can microwave these by placing in a single layer between paper towels, Microwave on high for 1-2 minutes.
- Deli meat, cut up. You can dry out as above
- Bits of cooked bacon
- Diced or shredded carrots or apples. Let dry out between paper towels a bit. Or use dried fruits
- Blueberries, Cheerios, Goldfish crackers
- Peanut Butter in bowl of a wooden spoon

Commercial treats

- Check out the treats we have at Gym for sale – Nulo, Evanger, Real Meat, Pure Vita, Zukes
- Red Barn food cut into small cubes (keep refrigerated)
- Freeze dried liver

Kong Stuffers – fill kong or bone and freeze overnight

- Peanut or Almond butter
- Regular or low-fat cream cheese
- Greek yogurt, plain
- High quality canned dog food i.e. Evangers
- Tuna fish with a little low fat mayo
- Liverwurst or braunschweiger (first layer in kong only)
- Canned cheeses do not freeze, but are a quick and easy fill for a Kong to use immediately

Start Right: Teaching Your Dog How to Live in the Human World

How We Train the Dog:

All critters, including both dogs and people, repeat behaviors that lead to something rewarding. For that reason, we use a simple 3-part formula for training dog behaviors:

1. Get the Behavior
2. Mark the behavior
3. Reward the behavior

1. Get the behavior: We will show you methods for getting your dog to offer the behavior you want. We never use physically forceful or punitive methods to get the dog behaviors we want. We also do not rely on luring, as dogs can easily become dependent on the lure to perform the trained behavior.

2. Mark the behavior: We tell the dog they have done the "right" thing. There are many ways to mark behavior, including saying a word like "yes" or "good," but research has shown that the best marker is short, distinct, always the same, and not used in everyday language. That's why we use a click to tell the dog, "Yes! What you did right there. That's what I want." It does not take dogs long to figure out the meaning of the click!

3. Reward the behavior: Very shortly after marking a behavior, we reward it. The pairing of the mark and the reward is the secret to fast, effective dog training. Many things can be used to reward behavior, but the most common is a high-value food reward.

What We Train:

Start Right is designed to teach you training skills and teach your dog both training skills and behaviors that will help him live well in the human world. These behaviors are sometimes called doggie good manners.

Foundation skills are the training techniques we will teach you that can be used to train many behaviors.

A *behavior* is a specific action that is eventually put on cue, such as sitting or coming when called.

The foundation skills taught in this class are:

For dogs:

- giving attention to handler
- offering behavior
- responding to a cue
- targeting
- learning self control

For people:

- developing clicker mechanics
- using positive reinforcement
- learning how and when to cue
- observing dog behavior
- shaping dog behavior

The dog behaviors taught in this class are:

- | | |
|------------------------------------|---------------------------------|
| --give eye contact on cue | --sit |
| --come when called | --lie down |
| --walk on a loose leash | --settle on a mat |
| --wait behind a boundary | --touch a target |
| --capture and shape a new behavior | --leave it ("mine") and take it |

Teaching Behaviors in Levels:

Each behavior is taught in levels that increase in difficulty. There's a "first grade" level of a behavior all the way up to a "college" level. For instance, many of you have already taught your dog to sit on cue. That's the "first grade" level of the behavior. More advanced levels of this behavior include responding to a sit cue even when there are strong distractions in the environment, continuing to sit until given a release cue (building duration), and responding to a sit cue even when given at a distance. When your dog will sit on cue and stay seated from across your backyard during a loud and boisterous barbeque, she will be doing the "college" level of Sit.



WHAT DOES YOUR DOG LOVE?

Using the second page of this hand-out to record your observations, gather the following information:

- Observe your dog over the next 2 or 3 days and note the activities that your dog really enjoys doing. For example, *eating, chasing cat, digging holes, sniffing the mailbox*
- Rate each activity on a scale of 1 to 5 with 5 = the thing your dog really loves so much that you can't call him away from it
- Decide which of the activities can be easily used as reinforcement. For example, asking my dog to stand quietly at the back door can be reinforced by opening it and letting him bolt outside. However, chasing the cat is not something I am willing to use as a reinforcement.

ACTIVITY	RATING	USEFUL?
Running out the back door	5	Yes, several times per day
Chasing the cat	5	Not willing to use this.

- Using the same worksheet, identify other things your dog enjoys – examples are toys, games with you, types of touch (massage, petting, butt scratches), different tones of voice, different types of food or treats.
- Rate each of these on a scale of 1 to 5 with 5 = something that your dog goes crazy for. For example, my dog will leave off chasing the cat for a bite of turkey breast but will only sit for a goldfish cracker if nothing else is going on around him.
- Finally, identify which of these can be used often without your dog losing interest, can be stored for use at a later time, and are easy to carry with you. These are the reinforcers you'll use for most of your training time.

ACTIVITY	RATING	USEFUL?
Turkey breast	5	Yes. I can bring this to class if kept cool.
Cream cheese	5	Not much. He satiates on this very quickly.
Chase N Pull Whip Toy	5	Too exciting to use in class with other dogs nearby. Can use at home.

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ACTIVITY	RATING	USEFUL?

Star Puppy/Start Right

Environments

- ☐ Veterinary Clinic
- ☐ Training Facility
- ☐ Kennel
- ☐ Groomer
- ☐ Pet Store
- ☐ Shopping Mall
- ☐ Work/Office
- ☐ Friend/Relatives House
- ☐ Park/Playground
- ☐ Campground
- ☐ Hotel
- ☐ Airport/Train Station
- ☐ Sorting Events
- ☐ Downtown Intersection
- ☐ Suburbs
- ☐ Rural Areas

Vehicles

- ☐ Car
- ☐ Bus
- ☐ Boat
- ☐ Train
- ☐ Plane
- ☐ Tractor
- ☐ Motorbike
- ☐ Street Car/Trolley
- ☐ Garbage Truck

Buildings

- ☐ Stairwells
- ☐ Elevators
- ☐ Elevated Walkway
- ☐ Parking Garage

Animals

Dogs and Cats

- ☐ Puppies & Friendly Adult Dogs
- ☐ Kittens & Friendly Adult Cats

Birds

- ☐ Parrots
- ☐ Ducks and Geese

Pocket Pet

- ☐ Rodents
- ☐ Rabbits
- ☐ Guinea Pigs
- ☐ Ferrets
- ☐ Reptiles (Snakes, Turtles)

Farm Animals

- ☐ Horses
- ☐ Livestock

People

Age

- ☐ Infants
- ☐ Toddlers
- ☐ Children
- ☐ Teenagers
- ☐ Adults
- ☐ Seniors

In Uniform

- ☐ Veterinarian
- ☐ Technician
- ☐ Police
- ☐ Security Guard
- ☐ Firefighter

Sex

- ☐ Male
- ☐ Female

Movement

- ☐ Limp
- ☐ Cane
- ☐ Crutches
- ☐ Walker
- ☐ Wheelchair
- ☐ Jogger
- ☐ Biker

Ethnicity

- ☐ European
- ☐ African
- ☐ Middle Eastern
- ☐ Oriental
- ☐ Asian

Appearance

- ☐ Tall/Short
- ☐ Thin/ Heavy
- ☐ Varied Hair Styles
- ☐ Facial Hair
- ☐ Sunglasses
- ☐ Hats
- ☐ Masks
- ☐ Gloves
- ☐ Costumes
- ☐ Rain Coats
- ☐ Winter Coats
- ☐ Boots

Smells

- ☐ Perfume
- ☐ Smoker
- ☐ Alcohol

Star Puppy/Start Right

Socialization Checklist

Surfaces

- ☐ Rough
- ☐ Slick
- ☐ Wet
- ☐ Dry
- ☐ Cold
- ☐ Warm
- ☐ Wobbly or Unsteady

Outdoors

- ☐ Sand
- ☐ Mud
- ☐ Soil
- ☐ Grass
- ☐ Gravel
- ☐ Concrete
- ☐ Asphalt
- ☐ Water Puddles
- ☐ Snow
- ☐ Ice
- ☐ Metal Grating

Indoors

- ☐ Carpet
- ☐ Wood
- ☐ Ceramic
- ☐ Rubber
- ☐ Astroturf
- ☐ Stairs (Open & Closed)

Sounds

Weather

- ☐ Rain
- ☐ Hail/Sleet
- ☐ Wind
- ☐ Thunderstorms

Environmental

- ☐ Vehicular
- ☐ Construction Noise
- ☐ Loud Music (Bass/Treble)
- ☐ PA System
- ☐ Whistle
- ☐ Children Playing
- ☐ Screaming /Yelling
- ☐ Gunshots
- ☐ Fireworks

Household

- ☐ Phone
- ☐ Alarm Clock
- ☐ Doorbell
- ☐ Washer/Dryer
- ☐ Shower
- ☐ Hair Dryer
- ☐ Kitchen Appliances

Safety Tips

Your puppy should be on leash and wear a well-fitted buckle collar for safety. Plan ahead and use common sense in order to avoid potentially dangerous situations. Controlled social exposure maximizes your puppy's confidence. Please read the socialization chapter before starting the checklist.

Novelty

Household Items


- ☐ Vacuum
- ☐ Broom
- ☐ Mop
- ☐ Pots and Pans
- ☐ Trash Bags
- ☐ Trash Cans
- ☐ Boxes
- ☐ Luggage
- ☐ Ironing Board
- ☐ Umbrella
- ☐ Children's toys
- ☐ Baby Carrier
- ☐ Baby Stroller
- ☐ Wagon

Yard/Garage Equipment

- ☐ Mower
- ☐ Blower
- ☐ Weed Eater
- ☐ Rake
- ☐ Shovel
- ☐ Wheel Barrow
- ☐ Garden Hose
- ☐ Sprinkler
- ☐ Lawn Furniture
- ☐ Power Tools
- ☐ Bicycle
- ☐ Skateboard
- ☐ Rollerblades
- ☐ Kayak/ Canoe
- ☐ Skis
- ☐ Surfboards
- ☐ Ladder

- Socialization is not about simple exposure, but making exposure fun and positive with liberal use of treats.
- Your ultimate goal is for your puppy to have positive learning experiences with a variety of stimuli
- Avoid traumatic experience and expose your puppy at a safe and comfortable distance that does not elicit
- Do not wait for your puppy to show signs of fear before initiating treats; be proactive.

START RIGHT PROGRESS TRACKER

STUDENT					
DOG					
BEHAVIOR	Level 1	Level 2	Level 3	Level 4	
NAME GAME	Check-In	Name Response	Distract.	Eye Contact	
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	
POLITE WALKING	Connect the Dots	Distract.	Path w/ Distract.	Duration	
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	
SETTLE	Lie on Mat	Add a Cue	Distract. Duration	Settle in Boundary	
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	
RECALL TO HAND	Hand Target	Distract.	Increase Distance	Distance Distract.	
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	
SIT	Shape Sit	Add a Cue	Hand Signal	Greet with Sit	
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	

BEHAVIOR	Level 1	Level 2	Level 3	Level 4
DOWN	Shape	Add a Cue	Duration	Distance
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
STAND	Capture Stand	Add a Cue	Duration	Touch Game
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
MINE / TAKE IT	Learning to Wait	Ask Permission	Tempting	Other Objects
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
CAPTURING & SHAPING	Head Dip	Paw Lift	New Behavior	Cup or Box Game
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
TARGETING	Nose to Target	Follow Target	New Behavior	Paw to Target
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
WAIT	Wait at Boundary	Line Up at Boundary	Setting Up	Add Cue Distance
Started Good progress Can do it at home & class	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>