Prevention – Extra Walking Exercises

FOLLOW-ME:

Step 1:

Begin in your home off leash and with the majority of your dog's breakfast or dinner in your treat pouch. Stand still and wait (without calling) for your dog to look at you then toss your dog a treat onto the floor. Immediately turn and move away. Repeat 8 to 10 times

Next, still off leash have your treat pouch on the side your dog walks on. Wait (without words) for your dog to move close to your leg, click as your dog approaches the seam of your pants from behind and treat your dog right next to the seam of your pants. Repeat, with a high rate of reinforcement treating your dog for staying at your side. Next step away from your dog and repeat the process.

End the exercise when you run out of your dog's food. Say 'All done" and finish inside with a sit for the remaining food in your dog's food bowl as an extra reward.

Step 2:

Once reliable inside, repeat the same process from Step 1 in your backyard or in a low distraction area outside. If not in a secure area, suggest a harness with a long line.

*Higher value is typically necessary outside to overpower the distractions.

Step 3:

Now add a leash (4 to 6 foot.) Begin the same by holding the leash loosely and clicking the moment your dog looks at you, then toss a treat within reach. Do this 8 to 10 times then begin to click as your dog nears your leg and deliver a treat directly to your dog's mouth. Take a step as your dog is eating and repeat the process until your dog is reliably staying by your side. As your dog becomes reliable increase the steps and use praise while walking for being a good dog.

VALUE WALK:

Begin with an item your dog may find interesting. Leash your dog and show them the item and or person. Place the item at a distance from your dog (down a hallway). Ask your dog to sit. If no sit, move farther away from the object or person and ask again. Click and treat the sit. Say your movement word such as "with me". Remember your collar cues (stop if your dog pulls forward). If your dog does not release the leash tension back to you, turn away from your dog and go back to the starting point using an attention getter such as "oops," "clapping on your thigh, etc. Once your dog reaches the item on a loose leash, say check it out or go sniff and release to do so. Repeat and add value!

TIPS:

Leash Walking Mechanics: Hold your clicker and leash in the hand opposite your dog walks. Keep your treat bag and hand free on the side your dog walks on for a high rate of reinforcement.

Food Delivery: Place the treats in your dog's mouth at the seam of your pants with you looking down at his nostrils. This will cause your dog to look at you and keep your dog at your side.

*Casual Walking Tips***:**

- If your dog pulls in front of you, stop moving and wait till your dog looks at you. Use and attention getter such as a clap on your pants to get your dog to return to your side. Praise for a few steps, click and reward.
- Alternate your pace to keep your dog always guessing.
- Walk a mile in your driveway until your dog can make it out of your driveway vs taking a mile walk.
- Use impulse control sits to help your dog focus. Stop, wait for attention, say sit once and wait. If you need to lure your dog, do a lure without saying sit more than once.

Movement and Release Cues: Always use tell your dog you're going to start moving prior to taking a step. Use a release cue to let your dog go sniff as dog's should also be dog's on a walk.