Good Puppy Week 5 Exercises

Fear Wheels and Sounds
We began class exploring new objects and sounds. Keep the following in mind to help your dog over anything scary.

Teach them a special word that means its safe such as “check-it out” in a happy voice tone. Associate the looking at the object or hearing the sound with “check-it out” and a treat.

Steps to Practice:

- Let them check the object out at a distance.
- Let your dog be the one to proceed closer rather than pulling to the object.
- Check items out stationary first.
- Then add movement away from the dog without noise if possible.
- Then add noise with dog at a distance but no movement if possible.
- Then add noise and movement with dog at a distance,
- Next, add dog just moving around while the object makes noise and moves around.

Say your “check-it out” word and treat at a good rate of reinforcement.
Note: if your dog stares too long there is a good chance the object will become scary. So interrupt the start with a “good check-it out” and here is treat.

If your dog is too afraid always provide distance and play a fun find it game especially if sound is involved so your puppy practice hearing it but not caring.

Ways to practice new sounds at home:
You-tube low volume to start and play games of fetch, tossing treats to find, etc. FUN!

Target Walking and Duration Sit and Down
When you are out and about practice target walking. The more you practice approaching target spots and marking your dog for staying with you whether looking at you or looking at other objects the quicker your dog will learn staying near your side is the thing to do and they can still have an enjoyable walk as they are on a loose leash. Add sits and downs while you are out on your walks. If you see a bench or other surface, cue your dog to sit and build duration by talking to them, marking them for looking at you or a distraction and staying in position. Remember to release them.

At Home Exercise: Four on the Floor – No jump exercise

Steps 1: Signal with Food Step 1 with Food Video

- Using a treat in your hand
- Show a treat, wait for your dog to offer a sit
- Begin to lower treat
- If dog moves, remove treat
- When dog offers sit again, lower treat
- Mark and give treat once treat reaches dog’s mouth and dog is still sitting or laying down
- If dog gets up as you give treat, remove treat

Step 2: Add a Pet Step 2 Add a Pet Video

Clever Paws LLC ©

Good Puppy Week 5 Exercises

- Treat behind your back
- Use your other hand and wait for dog to offer a sit
- Lower hand toward dog to pet
- If dog moves, remove hand
- When dog offers to sit or lay down and you are able to pet give dog the treat behind your back
- Repeat

Step 3: Add Talking Step 3 Add Talking Video

Repeat all steps from step 2 only this time add talking to your dog
If dog moves, move away from dog

Step 4: Add Movement Step 4 Add Movement and Excitement Video

- Repeat steps but add more excitement
- Dog's jump for attention and because they are excited, so the steps need to be practiced from a boring sit to an excited dog who offers to sit and lay down vs practicing the excitement.

Begin to add to daily living!

Greetings (Self-Control)

Start on leash. If your dog is excited stand a distance away from the greeter and wait for your dog to offer something nice. Offering is the key here; try not to direct your dog. The first exercise is about your dog learning self-control. Ask your greeter to hold treats behind back, not to talk to dog, stare at dog or pet dog as all the above adds excitement and it is for future exercises.

- Give dog 2 to 3 feet of leash.
- Direct greeter to proceed forward when dog offers calmness (sit, down or stand on loose leash).
- Direct greeter to back away the moment dog moves out of the sit, down or loose leash stand.
- Direct greeter to immediately start to move forward again as dog offers sit, down or loose leash stand.
- Repeat until greeter arrives at dog then have greeter give a treat at a time to dog for remaining in a nice position.

Greetings (Managed)

Use a target mat to help dog stay in position. Rate of treat reinforcement is based upon your dog. If you need to treat more to prevent your dog from leaving your side until cued, then treat more to build a habit.

- Cue dog to sit or lay down.

Clever Paws LLC ©

Good Puppy Week 5 Exercises

- Mark your dog the second dog looks at greeter taking one step toward them. Instruct greeter to take one step at a time, slowly.
- Give dog treat for looking back at you. If your dog does not look back put the treat at their nose and lure up.
- Mark again the moment your dog looks at the greeter and reward.
- Mark each step if necessary.
- When greeter is a few feet away have a short conversation while treating then release dog to go say hi“ go say hi” or “go greet”.
- Ask greeter to cue a sit and reward from treats behind their back.
- *At any point dog moves out of position until cued ask greeter to back away and start over. Dog does not get a treat for getting up and coming back.

Pick a Trick

Teaching tricks is fun for you and your dog! Dogs like to continue learning. Teaching tricks is one way to continue dog's learning. Pick a trick below to learn or learn them all!.

Targeting Spin Video

Steps

- With your dog standing, place a familiar target in front of him to encourage a nose touch. As your dog moves towards the target to touch it with his nose, slowly pull the target away so he has to take a step or two to touch it. Mark and treat for following the target.
- Repeat this process several times, each time trying to get another step towards the target. Keep a high rate of reinforcement throughout this process.
- Slowly draw your target in a circle fashion. It takes some dogs a couple tries to follow the target in a circle fashion. Don’t rush this, just mark and treat small incremental steps of the path.
- If your dog needs a little encouragement, have a treat in your target hand to help jumpstart his movement.
- Repeat, 3 sets of 10 reps, Praise and give your dog a break
- When your dog is following the target in a complete circle add the cue “Spin” to the process. Say the cue as he is following the target.
- Repeat, 3 sets of 10 reps, Praise and give your dog a break
- Start the process by saying the cue “Spin,” present target to follow.
- Repeat several times, pausing to see if your dog will start the circle movement upon hearing the word spin.
- Fade out the target and use a hand signal to initiate the trick.

Targeting Around Video

- With your dog standing, place a familiar target in front of him to encourage a nose touch. As your dog moves towards the target to touch with his nose, slowly pull the target around your body. Mark and treat.
- Repeat the process several times so your dog is comfortable following your hand target.

Clever Paws LLC ©

Good Puppy Week 5 Exercises

- Use both hands as targets. One hand starts with dog in front of your body and target to the backside of your body. Bring the other hand target out to target dog around to the side of your body and have them boop your hand target with their nose at the heel side.
- Repeat and practice a few times.
- Next add the word Around or Clock or Clockwise as targeting around and repeat.
- Next add the word of choice before the hand target.
- If your dog needs a little encouragement, have a treat in both your target hands to help jumpstart his movement.

Peek-a-Boo Video

- With your dog standing, place a familiar target in front of him to encourage a nose touch. As your dog moves towards the target to touch with his nose, gently pull the target toward your legs so he needs to take a step toward to touch it. Mark and drop the treat between your legs or under so your dog needs to run under your legs to retrieve the treat.
- Note: Some dogs are nervous of moving under your legs so go slowly.

- Repeat the process several times so your dog is comfortable going under your legs forwards and backwards.
- Begin using your hand target so your dog follows from your front side to around your backside.
- Use both hands as targets with treats in the front target hand.
- As your dog is following one hand target behind you, reach between your legs and have your dog follow your treat hand target through your legs.
- Repeat and practice a few times.
- Next, instead of your dog following through your legs from behind, lure your dog's nose up toward your belly button as their head comes through your legs. Treat Treat Treat to keep in place.
- Repeat!
- Next add the word Peek-a-Boo as targeting around and repeat.
- Next add Peek-a-Boo before the hand target.
- If your dog needs a little encouragement, have a treat in both your target hands to help jumpstart his movement.

Extra at Home: Chaining Behaviors Together Chain of Behaviors Video

The following list is an example of a chain of behaviors. Make your own list and have fun with your dog. It is a great way to practice already learned behaviors. It allows the dog to perform multiple behaviors and not have to do the same behavior over and over. When practicing with your dog, changing up from working on only one behavior to working on many known behaviors helps solidify the behaviors. It is also a great way to help reduce frustration by your dog when learning new behaviors.

Once your dog has learned a new behavior and you are practicing the new behavior, adding in requests to do other already know behaviors keeps the dog thinking, from getting bored and technically uses the known highly reinforced behaviors as a reward for doing the new behavior.

Clever Paws LLC ©

Good Puppy Week 5 Exercises

Dogs create their own chained behaviors all the time. How can you change a unwanted behavior into a chain of behaviors your dog likes doing?

Mark Treat - MT

Example: 10 treats in hand

- Sit-Release MT
- Sit-Release MT
- Down-Release MT
- Sit-Touch Nose to Hand Target MT
- Sit-Down-Sit-Touch MT
- Place-Touch MT
- Place-Add Distraction-Touch MT
- Leave-It-Drop Treat MT
- Leave-it-Drop Treat-Touch MT
- Place MT

Chain of Behaviors Video

Clever Paws LLC ©