



## Action & Distraction • Week 1

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### Settle/Relax

Looking for your dog's body to be still and in a Sit or Down of his own choice. This is not a formal position or stay, but getting your dog to realize its possible to stay in his own skin, relax and be calm. Look, stroke slowly, smile and speak soothingly. "Good settle." You can also "yes" and treat this.

It also helps to have a chewy or a toy for your dog to amuse himself with during these times you want him to relax.

### Name Recognition – One Time, One Second

Practice that your dog will look at you within one second of your saying his name one time. This will help you get a quicker response when you pair it with Leave It and your Recall.

### Leave It

Warm up with a temptation from your hand first. Next drop one on the floor out of leash range. Prevent him from getting it by holding steady on the leash. Say "Leave it." "Yes" and treat when the leash is loose and he turns his head away from the article. Later practice leaving toys, slippers, open garbage cans, sandwiches, or cat litter boxes, cats and dogs. Drop a pocketful of biscuits on the floor and practice walking through the "mine field."

Now practice while out on a walk. First practice when distractions are low. As your dog is doing well, start to practice when you see him get a bit distracted (he notices a dog in the distance, he is sniffing grass, he notices a pedestrian, etc.)

### Sit and Down Stays with Body Distractions

You should be able to build fairly quickly. If the behavior starts falling apart its because you asked for a little too much and now he isn't sure what you want. Its always good training to back up and review. Start at a spot that you're sure will be easy for him and build from there. Use your release word at the end of each of these small stays, encourage him onto his feet and play a little with him.

During this practice, keep your leash a little short so if he does break position the leash will stop him before he gets too far from the proper behavior.

### Wild Dog/Sit & Down

Teach your dog to have self control and respond to cues under exciting/ distracting circumstances.

- Get your dog wound up with a favorite toy or game.
- Now calmly give your dog a cue to sit or down.
- If your dog is successful, reward your dog with more of the play time.

Once your dog is consistently getting it right, increase the difficulty by making the game a little more exciting (ie more. running around, more noise, a different toy, etc).

## Recall (“Come”)

To front. Nice and close to you. Lure him in and lean back. You can say "Fred, come!" if you are sure you're going to make it happen. Run backwards several steps, have him sit and watch, then hold his collar gently and pet him a couple times. Have him watch again, then break and play with him. Always have a little celebration with your dog when he comes to you. That way he'll come and hang out better.

Reinforce your dog any way possible. "yes" and treat, play with toy, or pet and praise. Run around and hoot like a loony. What makes your dog happy?

**Play Catch Me if You Can** with your dog to increase the speed of your dog's recall! Dash away from your dog. Say "come!" As soon as your dog reaches you, say "sit" then reward with a favorite toy or treat. Now dash off in a different direction and repeat.

**Reminder:** Never call your dog for anything negative – not to be put in the puppy pen, not for a bath, not because of the hole he dug, not to end a romp in the park, not to come away from the dead squirrel he's rolling in, nothing. If you need him, go get him.

Do call him for supper, to show him something he likes, to give him a treat or a chewy. See if several friends or family members can call him back and forth.

## Close Tag

(Stand and move within a certain distance of you.) Have a handful of small tidbits or have a toy. When your dog is hanging out near you, "yes" and reinforce. Walk a step or two. When he moves within range, "yes" and treat again. Move again in another direction and continue reinforcing only when he is close enough. When you think he's getting the idea in this environment, say "Close" before you move. Later add your leash and make the close distance nearer than the end of your leash.

If he runs to the end of the leash, Stop! He has to get back to paying attention to you on the slack leash and mostly in position to get you to start again. Play with him, petting and talking nice for a couple seconds before starting again. Then go back to saying "Yes" and treating for each step.

## Get Rid of That Leash Game

Teach your dog to engage with you when taken off the leash instead of dashing away and ignoring you. In a safely enclosed, low distraction area, take the leash off your dog, say "yes" and reward. Cue your dog to sit/ sown/ do a trick, say "yes" and reward. If your dog loves toys, after you take off the leash, whip out a toy and play with your dog. When you are finished working/playing with your dog, calmly use your release word and allow your dog to explore the environment. You can use some of your Life Reward words like Go Sniff, Check It Out, etc. Any time your dog checks back with you, reward with treats and/or a game and then use your release word.