



## Action & Distraction • Week 2

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### Leash Walking Grab Bag

Break up your pattern of loose leash walking with sits, downs, heeling, calling your dog to come, running short distances, and stopping to play. How many steps you can go before you need to change directions to keep him on his toes? Five? Eight? Remember that number and next time try for one more. You need to release him and play often. Every new place you practice will require starting back almost to the beginning before it gets better.

### Passing Another Dog

Be on the look out for dogs so you can be proactive with your plans. You want to have your dog keep his attention on you and look to you for information on how to handle situations. When you see a dog, say something like "Oh, there's a dog, heel, right here, watch, good job." While you are showing your dog how to do all this, keep moving either away or parallel so you don't get any closer and make it harder for yourself and your dog.

Your goal is to not have your dog overreact. Given that, how much room do you need to have to be successful? Should you just move out of the way to the side? Think about what you may need to do while walking and pretend there's a dog even when there isn't and practice your scenarios.

### Sit for Guests

This is one you can call "Go say hi," or "visit." This is to help teach your dog which people to be friendly with and what the proper etiquette is.

Practice both with you and your dog approaching someone and while your dog holds a sit stay while someone approaches you. Ignore some people.

Someone is trying to entice your dog to come to them when you know it isn't appropriate. You can use your leave it or you can practice marking and rewarding our dog for checking in with you.

### Sits & Downs – All Around/Random

Continue working to increase your dog's ability to readily respond to a sit/down command regardless of his excitement level.

Be sure to use a release word like "break" to let your dog know he can get up.

Start practicing so your dog can sit or down anywhere around you and out at the end of the leash. Try for position changes too. Step into your dog so he doesn't scoot toward you.

### Recalls

Continue calling your dog to come at random intervals during a leashed walk. Allow your dog to get closer to distractions before you call him. If appropriate, use access to the distractions (ie: other dogs, people, telephone pole, river, toy... ) as rewards.

Begin to practice some recalls with your dog off-leash in safely fenced areas. Wait for a moment when your dog is NOT distracted, go right up to him so he notices you, now quickly back away as you say "come". When he arrives in front of you, tell him to sit, and grasp his collar as you feed him the treat. Now use your release word and allow him some freedom again. Your dog will learn that his freedom/playtime isn't over every time he's called. He also learns to enjoy a hand on the collar. You will be able to catch him if necessary. As he proves successful at this stage, try incorporating some distance. Stand a few feet away from your dog. Now quickly back away and say "come" . When he arrives, say "yes" and treat. Build distance incrementally.

## No Lure Visible

For behaviors your dog has done a lot and usually knows, start giving your signal without having the food or toy already in your hand.

Warm your dog up with one of his cues he knows well. Do a few repetitions. Then put your lure away into your pouch and do the same motion as when you had the lure. Your dog should do the behavior because all else is still the same. When he does, "Yes" and get the treat out for him. This will be how you continue for the next couple of sessions. Next, take off your pouch. Put it nearby or just have a cup of treats. Do the same routine as above and get him a treat out when he does the behavior correctly.

Then continue to the next step. Hide your reinforcers around the area your training in so he gets used to you pulling stuff out of thin air. You shouldn't have to "Show him the money" before he decides if he's working for you or not.

## *Review: Remember to Use Life Rewards!*

One way of randomizing your reinforcements is by changing to a variety of rewards.

There's more to life and training than Cookies! Life rewards are other than treats. They include petting, attention, games, doors opening, objects, animals and activities your dog is interested in. What are his daily highlights? Exciting games with you, access through doors, attention, toys, privileges. Make sure you are doing your voice and hand signals without a cookie visible. Sometimes the reward might be a cookie, but it might be showing the keys for a car ride, pulling a tug toy out of your back pocket, a nice chest scratchy for the dog, or a dance around the back yard.

Make him work for his toys! Why shouldn't you leave all his toys out? Why work for something you can play with anytime you want for free? If most are put away, when they come out again they are new and special. They help make you more important and interesting. Don't be taken for granted!