



## Beginning Homework • Week 1

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### Name

Look at me for more information. Say his name once only. Wait for him to look at you, or use your lure if you have to. As soon as his head turns your way, "yes" and treat. One time, one second.

### Watch

Lure dog's eyes to yours. Say "Yes!" and treat.

Stand upright. "Yes" only when his feet are on the floor. The first watch is only one second. "Yes" and treat. Build it a second at time. Work up to 10 seconds by next class. Talk to your dog, but don't name the behavior until you are sure he will do it. When you're sure he will do it when you lure him, say "watch" only once. "Yes", treat, release ("Break!") and play.

### Come

Keep your hands together and low. Keep your shoulders over your hips. Lure your dog two steps. "yes," "good" and treat. Give your dog the treat with your wrist against your legs. Do several repetitions, building as you did with the watch. Don't have your dog sit at this point. Use a toy, lure him to you while running back a couple steps. "yes," "good," and play.

### Sit

Lure your dog into a sit as demonstrated in class. "Yes" and reinforce when his rear end and front feet are on the floor. As he gets the idea, begin bringing the lure straight up with an open palm as a hand signal.

### Settle

Put your dog on leash. Get some treats and go sit in a chair. Stand on your dog's leash where it hits the ground with him standing comfortably. Ignore him. Wait for him relax and/or lie down. "Yes" and drop him a treat. If he continues to lie down, "yes" and drop another. Wait a few seconds. Continue your pattern.

### Release Word

Pick a word to mean all done for now. This is to release him from stays, waiting at doors, etc. Choose from: Break, Free, Cut, Recess, Party, All Done, or That's All. Or make up your own. "Okay" is not always the best choice as it comes up too much in conversation.

### Bring to class next week:

- One dog. Hungry (no dinner before class), recently pottied, exercised and brushed (clean).
- Buckle collar and 4' to 6' leash. Head collar is okay too.
- Three types of soft food lures. Chunks and bits. Include some regular kibble.
- Carrying pouch and/or container.
- Two current favorite toys.
- Release word (Break, Free, All Done, etc.).
- Stuffed Kong toy or chewy.
- Water and dish for your dog

## Wait

Practice at doors with body block (stepping in the dog's way) and with the door (closing it if dog tries to go through). Ask him to pause for two seconds before releasing him ("Break!").

## Easy

Dogs need to use their tongue - not teeth to take food or toys from you. Cover the food with your hand. Put some food grease on your knuckles. Don't open your hand until he licks. First he must lick once, later twice. Also practice putting the food inside your dog's mouth on his tongue. Don't let him bite off pieces because he'll get greedy and take a little of you with the food.

## Play

You can use a toy as a lure then play. You can "yes" and treat and play. Play-training keeps the fun in your relationship. Your dog should know how to play with you and other people and not just other dogs.

## Massage/Touch=Trust

Start when your dog is tired. Be relaxed yourself. Go over his neck, back and shoulders and behind his ears and down his chest. Slowly add in his muzzle, lips, teeth, ears, belly, feet, and groin over several days. If you get to a sensitive or upsetting area, take your time approaching it. Make sure you are breathing. Perhaps distract him with a toy or bit of food to take his mind off the places he's less comfortable having touched. You're working on building trust so go slowly. This is a truly important part of your relationship.

## How Long to Practice?

Practice with your dog about fifteen minutes per day. This could be three 5-minute sessions, five 3-minute sessions, fifteen 1-minute sessions. Fit it into your everyday life. ("Come" to dinner, "watch" before the door is opened, "come, sit and watch" to play ball, etc.)

## Go Visiting

Take your puppy/dog to at least two new places this week and meet six new people. Try to set it up to be not very scary or surprising- just a simple, easy going visit. When you meet people, especially children, go over with them how you want them to be. (Standing, sitting, kneeling, let the dog come to them, where to pet, when to treat etc.) Pet and smile at your dog while the other people are touching him so he has familiar sensation as well as new.

Try to meet a variety of people.