



## Beginning Homework • Week 3

Becky Harris, CPDT-KA

### Name Game

The outdoors can be huge a distraction for most dogs. There are new sights and smells every time you step out the front door. Begin using their name in an outdoor setting with a low trigger item such as their favorite smelly bush. Remember to utilize natural jackpots whenever you can!

### Leave It - Step One

Since we all know our dogs love food (some more than others), first introduce the command by putting a treat in our hand. Similar to the “Easy” command, hold a closed fist containing the treat in front of your dog’s nose. Say the command, “Leave it”. Wait until your dog stops pawing or nosing at your hand, immediately “YES” and treat.

**Tip:** You can occasionally allow your dog to take the Leave it item as a reward. This increases the likelihood of performing the desired behavior again.

### Sit/Down - Duration

Before we teach our dogs to “Stay”, we will begin by adding a short duration for both of our *stationary commands*. Wait to add the verbal command next week when it is perfect and predictable.

- Say “Sit” (lure if you have to) “Yes” and Treat
- Slowly add duration by treating your dog for remaining in the correct position. “Yes” and treat for a two second hold and gradually increase the duration.
- Add a release word to cue our dogs they are done working. This also instructs our dog to hold the position until they are released.
- Repeat the same steps for “Down”
- If your dog immediately breaks their position when you stand up, begin shaping your own movement. “Yes” and treat for one leg up, then crouching, and then eventually being able to stand while your dog remains in the Down position.

**Tip:** Be exciting! If needed, toss a treat while saying “release” to encourage your dog to break the position.

### Take/Drop:

In order to teach a “Drop” command, your dog must enjoy the initial toy we introduce to them. Think of the quality and value of the item. If your dog has no interest, search for a more exciting toy. Or, if your dog is a little too exuberant about the toy slightly decrease the value during the training period.

- Offer a toy to your dog while saying “Take it”. Keep ahold of the toy.
- Say “Give” and offer a higher value item (a tasty treat) in return.
- “Yes” and treat when your dog relinquishes the toy.
- Allow your dog to play with the toy after you practice this activity. This avoids the likelihood of your dog playing “Keep Away” from you!

**Tips:**

- While first introducing this command, use a rope toy or something equivalent in length. This allows for plenty of room for your dog to grab ahold of the toy without accidentally making contact with your hand.
- Until your dog is fully trained, management is necessary!

## Loose Leash Walking

Occasionally change the speed and direction during your walks. Being unpredictable with your steps can help with your dog's focus and teaches them to check in with you. Teach the concept of a "U-Turn" when walking on leash. Practice 180 degree turns in a non-distracting environment first before moving outdoors.

Remember to stay consistent by not allowing our dogs to pull- Think of the "Soda Machine" analogy by Terry Ryan as mentioned in class.

**Tips to avoid pulling:**

- A tired dog makes for an easier training session. Practice loose leash walking after day care, playtime, fetch, or any other stimulating activity. You will get a lot further with these techniques when your dog is more relaxed.
- Run with your dog! By running with your dog you can create slack in the leash avoiding any tension.
- Training Tools when necessary (please ask for a handout on top-rated harnesses)

## Recall & Collar Grabs

Continue to practice recalls in a fun and exciting way to keep your dog motivated. Allow for a short playtime session after a successful recall. We want our dogs to learn that coming to us does not always mean that the fun stops!

- If your dog is comfortable with collar grabs, have your buddy grasp onto their collar. Otherwise continue to have them hold onto the leash.
- Start close up to your dog, gain their attention by showing you have a treat.
- Run away from your dog, after a short distance face your dog and say "come" in an exciting tone.
- Gradually add more distance with your recalls

**Tip:** When you are ready to move outside, Utilize baseball/softball fields and other fenced in areas to help practice the technique