



## Puppy Homework • Week 1

Becky Harris, CPDT-KA

### Training Sessions at Home

When you are working on training at home, please remember to keep these sessions short! We want our dogs to stay motivated and interested in training. Instead of one long training session a day, break the training down into several short sessions. (For example, try two daily 10-minute sessions, or even four daily 5-minute sessions). You don't necessarily need to set a specific time aside for training – there are many opportunities for you to fit sessions in within your daily regiment (during a walk, feeding, playtime, etc.) Dogs can easily sense our frustration please take a break when you need to, and always remember to end every session on a positive note with a fun or easy command!

Don't forget to “Charge the Yes” at the beginning of each session until your dog has a handle on “Yes” training. (You should only need to do this for the first week).

### Name Game

Your dog's name is the absolute most important command in training! When your dog knows their name it makes for an easier transition for other training commands and distracting situations.

- Say your dog's name when they are not looking at you.
- If your dog turns his head toward you, immediately “yes” and treat.
- If you have to say your dog's name again, make sure you wait at least 15 seconds and try something different than the previous attempt. Try moving closer to your dog or moving further away from the distraction.

#### ***Tips for Using the Name:***

- Remember to focus on success, start with easy scenarios first
- Only say the name once! Make a sound (pat your lap, whistle, etc.,) before you have to say the name again.
- Nickname: If you are an owner that tends to talk to your dog (nothing wrong with that! 😊) and may possibly use his/her name in casual conversation, try thinking of a nickname vs training name for your dog! You must be prepared at all times to reward your dog for a correct response.

### Easy

Begin teaching your dog to take food gently from your hand.

- Hold a treat in a closed fist, say the “Easy” and hold your fist in front of your dog's nose.
- If he uses little or no pressure on your fist, immediately “YES” and open your fist for the correct response.
- If your dog is not gentle, try saying “OUCH” in a high pitched tone. (Keep your fist closed, do not give up the reward). Wait for a few seconds before you try asking for the behavior again.

#### ***Tip for Easy:***

- If the behavior continues, try using a spoon for the delivery of treats (use your thumb to dispense treats).

## Sit

To teach this command you will need to lure them into position.

- To do this, hold the treat up to the dog's nose.
- Slowly move the treat over the dog's head and lure them into position.
- Once the dog leans back into a sit position immediately "yes" and treat. If needed, "yes" and treat for every correct response toward the final position.

### ***Tips for Sit:***

- If they do not follow your movement you may be moving too quickly.
- If your dog tends to walk backward while following the lure, try teaching the command in front of a wall or barrier to help them lean into position.

## Watch/Watch Me

This is a great command to teach your dog how to focus on you.

- Show your dog you have the treat
- Say "Watch" and lure the treat to eye level.
- As soon as your dog provides you with eye contact "yes" and treat.

Be careful on the placement of your treat. If your dog is tempted to lunge toward the treat make sure you are holding it away from your face. (Try standing when asking for the command)

## Come/Recall

We will teach our dogs to come to us using excitement and your dog's natural instincts.

- Say "come" in an exciting tone.
- Take multiple quick steps back
- Keep the treats and your dog's eye level and lure them to you.

### ***Tips for Recall:***

- Set your dog up for success! Never use the name or ask your dog to come when you know it won't work! The name and recall must be solid with minimal distractions first.
- Remember to always stay positive! Reward and praise as if it saved their lives!
- Never associate any form of punishment when you call your dog to you. There is a lower probability your dog will come to you the next time.
- Be exciting! Make it a game!

## Collar Work

It is important for your dog to gain familiarity with someone grabbing onto their collar. Desensitize them to collar grabs by carefully holding onto the dog's collar while dispensing a treat. Continue to do this periodically throughout the day so they begin to form a positive association. When your dog is comfortable enough with grasping the collar, try holding onto the collar while luring your dog around.