



Beginning Puppy • Week 4

Becky Harris, CPDT-KA

The 4 D Rule

It is important to recognize the 4 D's of training:

Duration - How long your puppy remains in position

Distance - How far away you are

Distraction - The amount of distractions in play

Delivery - Frequency of rewards

We want to set our puppies up for success by gradually integrating the 4 D's together. Begin recognizing when it is appropriate to introduce a new "D" and when to make necessary adjustments for your puppy's progress. For an example, your puppy may have solid loose leash without using treats but when another dog comes into sight polite walking is not your puppy's top priority! There are a couple things you can do in this situation. Your DELIVERY of rewards (treats) will need to increase when there is a high level DISTRACTION. You can also increase the DISTANCE from the trigger therefore decreasing your level of DISTRACTION. Recognizing the balance will help for your puppy's overall training success!

Name Game

Increase distractions when using the name. Try using their name when you are out for a walk. If they do not respond, remember to put a treat in front of their nose to help redirect their attention. If that doesn't work, your distraction level may be too high.

Playful Puppy

Puppies are naturally playful. Teach your puppy great impulse control by utilizing playtime as a natural reward. Get your puppy excited and wound up then ask for a cue such as a sit or down. If you have success, "Yes" and treat, then resume playtime. You can begin eliminating the treats as soon as your puppy begins pairing playtime with the reward.

Polite Greetings – Sit for Attention

Practice polite approaches by cueing your dog to sit as a person approaches. When you can, utilize another person for this activity.

- Have a buddy approach your dog with treats in their hand.
- When your dog sits, have your buddy "Yes" and treat
- If your dog does not sit, have your buddy turn around and walk away. Wait a few seconds and try approaching again.

Tips for greetings:

- Consistency is key; make sure to supervise all meetings and introductions with your dog
- Inform greeters that your dog is in training and needs to sit before they provide attention. Before your dog is fully trained, use the step on the leash technique.
- Keep a leash near by the front door to help manage your dog from a distance.

- If needed, it is okay to add a “Off/”ah-ah” command, be extremely careful not to inadvertently reward the behavior. Yelling can actually make the problem worse!
- Teach your dog a “go to your place” command to help when visitors come to the front door. We learn this in the Puppy Intermediate class!

Recall Practice

Try adding minimal distractions to your recall. During class, your biggest distraction may be the other dogs. At home, you can utilize another family member as a distraction. Create an obstacle or minimal distraction in your puppy’s path before you call them to you. If they reach you with success make sure to let them play with the item they avoided!

To encourage your puppy to check in with you, play a game by hiding from your dog. Puppies get worried when you go out of their sight; this teaches them to check in periodically. Depending on your puppy, you may need to help them out by whistling!

Scavenger Hunt

Find and introduce your puppy to five different surface/texture changes this week. If you have success, try asking for a basic command such as “sit” on the surface. Write down your five surfaces and receive five lucky bones if you bring it to class with you next week!

1. _____
2. _____
3. _____
4. _____
5. _____