



## Beginning Homework • Week 1

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### Charging the “Yes”

Your dog needs to know immediately when they have done something right. We want “yes” to be an exciting word that means they have done something right and as a result something awesome is coming their way. To do this simply say “yes” and give your dog a treat. Do this for 30 seconds at the beginning of training sessions this week.

### Easy

Teaching your dog to take treats gently makes training more pleasant for everyone and is a good impulse control exercise. Hold a treat in your closed fist, present it to your dog and say “easy”. Wait until your dog licks your knuckles or gently noses them. Say “yes” and treat. If they bite your fingers remove your hand and say “ouch” or “uh oh,” and try again for a gentle mouth.

Once they have mastered this try holding the treat in your fingers, same rules apply. Chomping fingers does not get you a treat! Practice with everything from kibble to hot dog.

### Name

Starting inside the house, on a leash, wait for your dog to get distracted. Say their name one time, if they turn and look at you say “yes” and treat. If they don’t look at you within 1-2 seconds be ready to put a treat on their nose, use it to turn their head towards you. Say “yes” and treat. Practice in every room in the house. If that goes well try it on a leash out in the yard. With every increase in distraction be ready with a treat to help your dog get it right.

### Sit

Hold a treat in front of your dog’s nose. Slowly move the treat above their head aiming between their ears. When their bottom hits the ground immediately say “yes” and treat. Once you can lure your dog into a sit position easily 6 times you can start saying the command. Say “sit” (only once!) and then immediately use your food lure to get them in position, then say “yes” and treat.

Work on getting the treat out of your hands as quickly as possible. To do this, hold your hand as if you have a treat and use that to lure your dog and reward them from your treat pouch.

### Watch

Hold a treat in front of your dogs nose. Raise your hand to your face and point at your eyes. The second they look up towards you say “yes” and treat. Remember to stand up straight and smile at your dog.

As they get better increase the time between your hand lure and the “yes” and treat. You can bridge this time by saying “good dog” “very nice” and then “yes” and treat.

## Come

Start standing near your dog. Show them you have a treat and then back up or dash away a short distance saying “come.” As they move with you say “yes” and treat. Give them a 3-5 treats one at a time so they want to hang out with you. Slowly increase the distance you move away from your dog. Make sure to never call your dog to anything negative, and save the command for when you know it will work.

## Collar Work

It is important to be able to handle your dog’s collar. This is a safety measure. Allow your dog to lick or nibble on a yummy treat as you sneak your other hand down their chin to their collar. If this makes them disengage from the treat remove your sneak hand and try again more slowly once they are back eating the treat. As they get more comfortable with this you can use your treat hand to lure them for a few steps while holding their collar.