



## Beginning Homework • Week 3

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### Sit & Down – Adding Duration

Begin building up the amount of time your dog can remain in a “sit” or “down.” Ask for a “sit” say “good dog” and “very nice” then say “yes” and treat followed by a release word like “okay” or “break.” The release word is an important cue to your dog to let them know the activity is over. Build up more time by adding in multiple “yes” and treats as they hold position, always ending with the release word. If your dog breaks position before you give the release word, say “uh oh” put them back in the same spot and make the duration shorter. This week, work on building up to a 60-second duration. You can (and should!) treat during this time.

### Leave It

Hold a treat in your closed fist. Brace your fist against your leg and allow your dog to sniff it. Wait until they take their nose off of your fist, the second they do say “yes” and give them the treat. At first don’t say anything to your dog, simply wait them out. Once you have had success with your dog removing contact from your treat hand you can begin to say “leave it” as you present your fist. Only say “leave it” one time! Wait for your dog to disengage from your fist, say “yes” and give them the treat.

### Loose-Leash Walking

This week work on adding in a change of direction cue to your walks. This is helpful for if you see a dog/person/item that you don’t want your dog to interact with. As you’re walking put a treat near your dogs nose say “this way” or “over here” as you use the treat to turn your dog in the direction you want to go say “yes” and treat as they turn with you.

### Off (not Jumping Up)

Jumping up is a self-rewarding behavior. Even if you push your dog off and say “no” they still got to touch you! To prevent your dog from jumping up you can step on their leash. This is a management tool for when you don’t have time to work on the training (e.g. when a group of people ask to pet your dog). The training part of helping our dogs to not jump up is to ignore the behavior. Turn away or even walk out of the room if your dog jumps on you.

If your dog mainly jumps on other people practice by having someone approach your dog while they are on a short length of leash. If they jump up the person should immediately turn and walk a few steps away. Then try again. This is a simple “Red Light Green Light” game. If you don’t have a partner to practice with you can use a baby gate or exercise pen. Same rules apply, if your dog jumps on the gate or pen you will turn and walk away.

### Come

Start adding in your recall practice to your walks. Say your dog’s name as soon as they look at you say “come” and back away quickly. When they get to you say “yes” and treat. Begin in low distraction environments and have fun! Recall should be exciting and enjoyable.