



Beginning Homework • Week 1

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Training Sessions at Home

Keep your home training sessions short! This helps our dogs to stay motivated and retain information. Instead of one long training session, break the training down into several short sessions. (For example, try two daily 10-minute sessions, or four 5-minute sessions). Dogs can easily sense our frustration, so take a break when you need to. Each time you interact with your dog is a great opportunity to do training (meal time, walks, playtime, putting the leash on, going outside, etc). As a result, your dog will learn how to behave appropriately in many situations. Always end your sessions on a successful note. Your dog will progress at a quicker rate.

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

Teach your dog to take food gently from your hand

Teaching your dog to take food/treats gently makes training more pleasant for everyone and is a good impulse control exercise.

- Hold food/treat in your closed fist, present it to your dog and say “easy”. Wait until your dog licks your knuckles or gently noses your fist with gentle pressure. Say “yes” and treat.
- If they are not gentle or bite your fingers, keep your fist closed, remove your hand and say “ouch” or “uh oh,” and wait a few seconds before trying again for a gentle mouth.
- Once they have mastered this, try holding the treat between your fingers, the same rules apply. Chomping fingers does not get you a treat! Practice with everything from kibble to hot dog.

Tip for Easy: If the behavior continues, try using a spoon for the delivery of treats

Name Game

Teach your dog to check in with you when you say his name

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 (sit, come) and distracting situations.

- Say your dog’s name when they are not looking at you.
- If your dog turns his head toward you within 1-2 seconds, immediately “yes” and treat.
- If you have to say your dog’s name again, wait a few seconds and try moving closer to your dog or further away from the distraction.

- When it seems your dog is starting to pay close attention when you say his name, try building a little distance incrementally. Say your dog's name from a foot away, say "yes" and treat.
- With every increase in distraction be ready with a treat to help your dog get it right.

Tips for Using the Name:

- Focus on success, start with easy scenarios (stay close to dog, inside home on leash, in yard).
- Only say the name once! Make a sound (pat your lap, whistle, etc.) instead of repeating their name.

Sit

Lure dog into sitting position

- Hold the treat up to the dog's nose.
- Slowly move the treat over the dog's head aiming between their ears and lure them into position.
- Once the dog leans back into a sit position (bottom hits the ground), immediately "yes" and treat.
- Once you can lure your dog into a sit position every time, say "sit" slightly before you 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.

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

Teach your dog to pay attention to you

- Hold a treat in front of your dog's nose.
- Say "Watch" and lure the treat to your eye level.
- As soon as your dog looks 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.

Tips for Watch:

- 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.
- Use your facial expression and voice tone to communicate when your dog is successful.

Recall (come)

Teach your dog to quickly come to you and stop.

- Show them you have a treat, back up or dash away a short distance saying "come" in an exciting tone.
- When they arrive in front of you, "yes" and treat.
- Slowly increase the distance you move away from your dog.

Tips for Recall:

- Always call your dog for something positive (treats, toys, games).
- Avoid calling your dog for negative things (go in crate, bath, leave the park etc.) Instead retrieve them.
- Make it fun- be exciting, make it a game!
- At first, only call your dog when you can guarantee it will happen (on leash/inside the house).

Collar Work

Every dog should have the basic skill of allowing a person to handle their collar

- For safety, it is important for your dog to be comfortable with someone grabbing their collar.
- Allow your dog to lick or nibble on a treat as you sneak your other hand down their chin to their collar.
- If they 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. This will teach your dog to move with you when you take them by the collar rather than putting on the brakes.

Tip for collar work- Periodically throughout the day grab their collar and give them a treat so they begin to form a positive association.

***Please make sure you review the rules and what to bring next week from the Orientation Outline.
See you next week!***