



## 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.” Choose a release word i.e. “break” or “okay” to let them know they are finished working. This teaches our dogs to hold the position and not to release themselves. This week, work on building up to a 30-second duration for both “sit” and “down.”

- Say “Sit” (lure if you have to) “yes” and treat for staying in position for one second, followed by a release word like “okay” or “break.”
- Next, build a two-second sit and so on, always followed by “yes”, treat and the release word.
- Continue to gradually increase the amount of time they remain in position by adding in multiple “yes” and treats as they hold position- don’t forget that release word!
- If your dog breaks position before you give the release word, say “uh oh”, re-set and put them back in position for a shorter amount of time.
- Repeat the same steps for “down”
- If your dog immediately pops up when you stand up and breaks position (before being released), start slow. First, lure them into a down position, “yes” and treat. Next, slowly begin standing up as you continue to “yes” and treat as they remain in a down. Remember to release them before they release themselves. Reset and try again until your dog can remain down while you stand all the way up.

#### **Tips:**

- Be exciting! If needed, toss a treat while saying your release word to encourage your dog to break the position if they remain in a sit or down after you say their release word
- Practice both remaining in a sit and down inside and outside

### Leave It – Step One

- Hold a treat in your closed fist, braced against your leg and allow them to sniff your fist
- Wait until your dog stops pawing or nosing at your fist, “yes” and treat
- Once your dog is able to consistently back away from your fist, you can add the verbal “leave it.” Remember to say “leave it” one time and wait for your dog to disengage, “yes” and treat.

### Loose Leash Walking

This week work on adding in a change of direction, or a “U-turn” when walking on leash. Occasionally change the speed and direction during your walks. Being unpredictable with your steps can help your dog’s focus and teaches them to check in with you. This is helpful for if you see a dog/person that you don’t want your dog to interact with. Remember to stop or change direction if your dog pulls.

- As you’re walking, put a treat near your dog's nose and say “this way” or “over here” as you use the treat to turn your dog in the direction you want to go, “yes” and treat as they turn.

**Tips:**

- Try exercising your dog at home before going on the walk.
- Practice 180 degree turns in a non-distracting environment first before moving outdoors.
- If your dog continues to pull, consider a no-pull harness or a Gentle Leader

## Jumping Up on Handler

Consistency! Make sure you supervise your dog with every greeting. Inform anyone that wants to pet your dog that they are in training! If your dog jumps up on you, ignore the behavior by turning away or walking out of the room. If they jump on others, practice the following:

- Have someone approach your dog while on a short leash length
- If they jump, the person should immediately turn and walk a few steps away
- Have the person re-approach and give attention when all four paws are on the ground

**Tips:**

- Use the management tool of stepping on your dog's leash to prevent them from jumping- they should have just enough slack to comfortably stand or sit.
- If you don't have a partner to practice with, use a baby gate or exercise pen. Same rules apply, if your dog jumps on the gate or pen, turn and walk away, reproach and give attention when all four paws are on the ground.

## Come

Start adding in your recall practice to your walks – both with and without distractions.

- Say your dog's name as soon as they look at you, say "come" and back or run away quickly. When they get to you say "yes" and treat. Grab their collars, if they're comfortable.
- Begin in low distraction environments, gradually add more distance and have fun!
- Recalls should be exciting and enjoyable. Release your dog to play or allow for a short playtime session after successful recall. This teaches our dogs that the fun doesn't always stop when we call them.