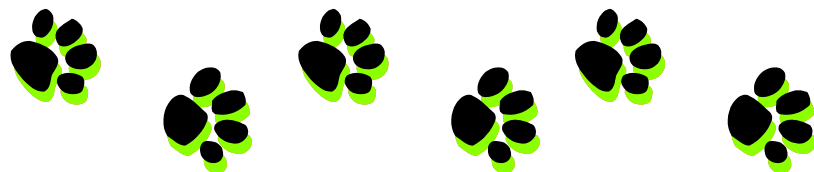




# DOG BASICS AND TRAINING



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## Picking the Perfect Pooch



### Introduction

First thing's first: despite the title of this report, **there is no such thing as a perfect pooch** (just as there is no such thing as a perfect human). The closest you can come to picking the perfect pooch is to pick one that's *best for you and your family*.

You know what's weird? Dog owners all believe their dog's personality is distinct and unique. Even if they own two dogs of the same breed, perhaps even from the same litter, they'll say each dog has a personality all his own. And they'll be right. And yet many of those same people believe that dog personalities are determined by breed. They'll say things like "Golden Retrievers don't bite," or "Pit Bulls are vicious." And they'll be wrong. A dog's personality, like that of a child, is determined more by "nurture" than "nature." Depending on how he's raised, a Golden Retriever will bite and be vicious; a Pit Bull will be a gentle coward.

It is true that dogs of a certain breed may share some behavioral characteristics (e.g., most Labrador Retrievers enjoy swimming and are crazy about fetching a ball). There are exceptions to every rule, but knowing behavioral (as well as physical) characteristics will help you to decide on a dog that will likely be a good fit for you and your lifestyle. We'll cover that later in this report.

But looking beyond the breed characteristics and picking a dog based on his individual personality is a very important—yet often overlooked—step in finding a dog that's best for you and your family.

Keep an open mind about what type of pooch to pick until after you've done your homework. You and your soon-to-be best friend will be much happier with the results.

**First step: Keep reading!**

### **Puppy or Adult?**



Should you get a puppy or an adult dog? This is the first decision you need to make before picking a pooch. Please give this some serious thought. If you do, your final decision may surprise you.

Most people don't even think about the adult dog option—they just go out and get a puppy. They're so cute! Adorable! Fun! Just the word "puppy" makes most people feel all warm and fuzzy inside.

But perhaps you should at least consider the benefits of an adult dog before making your decision:

- The habits, manners, and temperament of an adult dog (at least two years old) are already established and easy for you to evaluate. Most dog rescue groups, shelters, adoption services, etc., will allow you to take a dog on a trial basis. You can take him home for a few days to see if his personality is compatible with you, your family, your other pets—in other words, you can find out if the dog fits what you're looking for in a new furry companion. If not, you can usually take him back. With a puppy, on the other hand, you won't necessarily know what kind of dog he will turn out to be, because this will depend very much on you and the time you spend with him.
- Adult dogs typically require less care, attention and training than puppies. An adult dog doesn't need to go to the bathroom as often as a puppy. They are usually housetrained, and often know the difference between a chew toy and a your favorite pair of shoes. An adopted adult dog may be an ideal "out of the box" companion that is so well trained, affectionate and "perfect" that you'll wonder how anyone could give him up. But there is the possibility of the other extreme, as well. Each dog is unique. (Hence the importance of the trial adoption period.)
- Adult dogs are less likely to be adopted from shelters than puppies. If you want to rescue a dog, picking an older one is more likely to save a life.

The key to finding a good adult dog is to take plenty of time to evaluate his habits, behavior, and personality. Proper training can correct many bad habits and teach good ones (yes, you certainly can teach an old dog new tricks!); but not all behavioral problems can be overcome.

A puppy, on the other hand, is like a lump of clay waiting to be molded by you. You can raise him to be your ideal companion. This, of course, presumes you know how to train a dog properly and have the time—and the desire—to do so. But because you're reading this report and have subscribed to the Happy Mutt Training System, we know you're one of those rare humans who realize what's involved and is willing to go through it anyway—and that whatever pooch you bring home is going to be one lucky, well-trained, well-adjusted dog!

Keep this in mind: An adorable puppy will become an adolescent dog with a few months; that adolescent will quickly become an adult dog that can live from 10 to 20 years. So when considering a puppy, put a lot of thought into the grown dog it will become, and the long-term commitment you will make.

**All adult dogs were once adorable puppies, and all adorable puppies will grow into adult dogs.**



## What Kind of Dog?

### Mixed-Breed or Pure-Breed?

After deciding to get a puppy or adult dog, the next question is: What kind of dog is best—mixed-breed (mutt) or pure-breed? There are fans on both sides of this question who would never consider owning the “other” choice. Then there are people who just want a great companion and don’t care whether he’s a mutt or an AKC champion.

[Note: We use the term “mutt” with affection. We have a warm spot in our heart for mutts. But we love all kinds of dogs!]

As with the puppy or adult dog decision, there are pros and cons to both mutt and pure-breed options.

Pure-breed puppies are more predictable in terms of behavioral and physical characteristics. In many cases before picking a pure-breed puppy, you can check out the appearance, friendliness, basic manners, and general health of his parents. Sometimes too much breeding/inbreeding, or breeding to achieve a desirable physical characteristic (such as the flattened nose of a Pug), can create health problems. Pure-breed dogs can be expensive. Depending on the breed, a pure-breed puppy will typically cost several hundred dollars.

A mutt, on the other hand, is pretty much a one-of-a-kind dog. If you’re adopting a mutt puppy from a friend, you might see what the mother is like, but the father is often a total mystery. If you adopt from a shelter, you can only guess about both parents. Mutts generally have fewer health problems and tend to live longer than pure-breed dogs. And mutt puppies are much cheaper (often free).

You cannot simply select the “perfect” breed or the “perfect” individual puppy and have him automatically grow up to be a “perfect” adult dog.

**Any puppy (mutt or pure-breed) can become a wonderful companion if properly raised and trained. Conversely, any puppy can become a canine nightmare if not properly raised and trained.**

Regardless of pedigree (or lack thereof), you should pick a pooch that is best suited to you and your lifestyle.



### **Big or Small?**

Whether you want a mutt or pure-breed, the next thing you should think about is the size of the dog.

If you live in an apartment, you may think it's best to limit your pooch possibilities to small dogs. But you don't have to. Large dogs can make wonderful apartment companions as long as they receive regular exercise during walks or dog park visits. Large dogs are often calmer and quieter than small dogs (less barking for neighbors to complain about). Dogs of any size will make great apartment pets as long as they are properly trained.

If you have small children, would a small dog be better? Not necessarily. Any dog, regardless of size or breed, may be frightened and irritated by children. A dog that feels threatened is more likely to bite. Of course, the bite of a Chihuahua will be less severe than that of a Rottweiler. Dogs of any size can make good companions for children if they are properly trained and socialized around children (but also make sure your children are taught how to act around dogs).

Small dogs eat less (so are cheaper to feed); and you'll have smaller piles of poop to clean up, of course. They can be easier to control (they are not physically able to drag you down the street during your walk). But again, proper training will enable you to control any dog of any size.

### **Do Breed Research**

If you've decided on a pure-breed dog of a particular size, it's time to do specific research and consider behavioral traits as well as physical ones. If you pick a pure-breed pooch without doing your homework, you may be in for some surprises.

For example, Border Collies are very smart dogs, so you might think this would be a great choice. But super-smart dogs actually require more attention and care than average-intelligence dogs. They need mental exercise as well as physical exercise. Like bright students, they tend to get bored easily—and a bored dog is not a good thing.

If you find a particular breed of dog appealing, get information about it from appropriate resources:

- Ask a veterinarian if the breed is prone to any health issues.
- Get “reviews” from people who actually own the breed. Go online. The Internet makes research easy. Just do a search for the breed and you'll find several web sites. Don't limit your reading to just one site; pay particular attention to comments made in online discussion forums (by owners and trainers as well as breeders). Look for tendencies and traits that you do not want, such as aggressiveness toward other dogs. Get several opinions. People who complain

about behavioral problems—such as a Schnauzer that barks too much or a Chihuahua that still pees in the house at two years old—may not have trained them properly.

Even after compiling the results of your research, remember that every dog is different. His behavior will mostly be the result of genetics and how he's raised. And don't forget personality. Two sibling pure-breed pups raised in the same way by the same person may have totally different personalities.

Even the best breeder cannot accurately predict how a puppy will turn out.

But there are things you can do to increase your odds of finding a great dog.

## Picking a Pooch



Most people pick dogs based on physical characteristics. A particular color, length of hair, type of ears, etc. But just as with people, you should look beyond the “pretty face.” The plain black pooch that others ignore might be the best choice.

You want to a dog that likes you, is friendly (not shy or scared), and doesn’t mind being handled.

Don’t pick a puppy that is less than eight weeks old. Some breeders will want you to reserve a puppy at a younger age. That benefits them, not you (and not the puppy). A very young puppy hasn’t yet developed a personality. You’ll have no way of knowing whether such a young puppy will be timid or friendly, for instance. And this is definitely

something you'll want to know, especially if you're paying big bucks for a pup that you'll be sharing your life with for several years!

If you're getting a puppy from a breeder, be sure to "meet" the pup's parents. Pay close attention to their behavior. Their behavior may give you a clue to the eventual disposition of the puppy. Don't get a puppy from parent dogs who aren't friendly.

Look for puppies raised indoors around people instead of in an outdoor kennel. You want a puppy to share your home; so look for a puppy that has been raised in a home.

If you're getting an adult dog and can talk to the person giving him up, ask specific questions about its behavior. Avoid vague questions like: Is he friendly? Ask these instead: Does he like to be groomed and handled? Can you trim his nails? What happens if you take away his favorite toy? Is he good around other dogs (familiar and unfamiliar ones)? How does he react to strangers? Does he bark a lot at visitors? Has he ever growled, shown his teeth, or bitten anyone?

## The Basis of Pet Success



Regardless of the many reasons for picking a particular pooch—whether pedigree, size, cuteness, or other traits you find appealing—the success of the relationship between you and your new friend will ultimately depend on how you raise and train him.

## Pre-Training Basics



If you have a young puppy, we recommend that you wait until he's at least 8 weeks old to begin formal training.

Before you begin the formal training lessons with a dog of any age, please plan to follow these keys to success:

1. **Be patient.** Each dog is unique, and can only learn at his own pace. Some dogs learn quickly; others take more time. Patience is indeed a virtue when it comes to effective dog training!
2. **Be kind.** This goes hand-in-paw with "Be patient." Don't lose your temper if your dog doesn't "get it" right away, or appears to be ignoring you. Please do not punish your dog for not learning quickly enough. As a matter of fact, don't punish

your dog at all. (We'll be teaching you effective ways to stop or prevent inappropriate behavior—without punishment.)

3. **Be flexible.** If your dog is struggling to learn, be willing to change your training routine. The location may be too distracting. The time of day may be too close (or far from) feeding time. The length of your training session may be too long (or too short). The training exercises may need to be broken down into smaller, simpler steps. Remember, each dog is unique. Be flexible and willing to do whatever you can to help your dog succeed.
4. **Be generous.** Be generous with your rewards and your time. Always reward your dog's correct responses generously. Don't be stingy with the treats—he's worked hard and deserves a generous reward! And commit ample time to your training lessons. We're all busy these days, but this is "quality time" for you and your dog. You'll both enjoy and benefit from the lessons, so make sure your schedule is adjusted accordingly!

## Rewards

One of the biggest keys to success with positive reinforcement training is rewarding your dog properly. This means giving him something he loves at exactly the right moment.

Your first task is to figure out what kind of reward will best motivate your dog.

### Food Treats

All dogs are unique individuals. Most dogs are motivated by food that tastes and smells good to them. Food treats can be very small, which is handy for keeping them in your pocket or a pouch to use during training—and important to maintaining your dog's caloric intake to healthy levels. So that's the form of reward we'll be using throughout this training.

Be sure what you're giving your dog is good for him. But don't rely on the packing of store-bought treats to tell you "Your dog will love it!" Strong-smelling meat and cheese treats are usually winners, but many store-bought treats are made primarily of other ingredients. Your dog may not appreciate artificial colors, tastes or smells.

Small morsels of cooked chicken are a popular home-made treat. But keep in mind that what motivates other dogs may not motivate yours. Experiment and find out what he loves to eat.

### **Non-Edible Rewards**

What if your dog isn't motivated by food (rare, but a possibility)? You'll have to find something else that motivates him. You may think a couple of pats on the head are a great reward, but your dog may not. He might not even like it (most dogs don't)! Try scratching his belly or some other form of petting. Again, experiment to find out what your dog loves.

Another form of reward to consider is play. Tossing a ball, playing tug-of-war, or playfully chasing your dog for a few minutes may be his idea of heaven.

### **The Best Reward**

**Let your dog show you what he truly loves.** He'll do this with his reaction to the reward you offer. You just need to pay attention to how he responds. Just because he accepts a piece of kibble doesn't necessarily mean he loves it. Watch him carefully when you're giving him a treat, petting, or playing with him. If he looks away or walks away, he probably isn't all that thrilled about what you're offering. But if he gets excited, stays close and begs for more, he's showing you that he loves it and will be willing to work for that reward in the future.

For initial training, we highly recommend using a food treat as the reward. It's the easiest to work with and gets the fastest results...just make sure your dog really likes it!



Photo Credit: <http://www.flickr.com/photos/suzanneandsimon/>

## Timing

After you figure out the form of reward, the second key to positive reinforcement is timing. This is critical during early training: you must give the reward immediately after your dog performs the correct action. This means within half-a-second! Your response to his correct action must be clear and it must be instant. If you pause in stunned amazement that he actually did something right, then snap out of it and give him a treat several seconds later, you've blown it. You must train yourself to deliver instant gratification to your dog. Do this consistently, and you'll be amazed at how quickly your dog learns.

Here's another important tip about timing: don't make your training lessons too long. Like humans, dogs can become bored by repetition. Bored students don't learn very well. So to keep the training sessions effective, don't make them outlast your dog's attention span. Each dog is different, so you'll need to be alert and notice when his attention starts wandering. Try for a 10-minute session and see how that goes. Shorten

it if necessary. Don't lengthen it to more than 15 minutes. Repeating a short session two or three times a day will be much more effective than having one long session each day.

## **Primary and Secondary Reinforcements**

The instant reward you and your dog choose will be your **primary reinforcer**. A primary reinforcer is something your dog inherently loves. In other words, he was born loving it (treats, tummy rubs).

Another form of reward is known as a **secondary reinforcer**. A secondary reinforcer is something your dog must learn to love and be motivated by. Praise is an excellent example. Puppies are not born loving a phrase such as "Good girl!" After all, it's just noise to them. They must learn to associate that noise with love.

A popular form of secondary reinforcement is clicker training. A clicker is a handheld device that makes a distinctive clicking sound. That sound is basically a substitute for verbal praise. When used properly, your dog will learn to associate the clicking sound with love. We prefer using verbal praise versus a clicker, simply because your voice is something you'll always have with you. If you prefer to use a clicker, just remember to mentally substitute "click" when the lessons say verbal praise or "Good!"

## **Consistency is Key**

Regardless of whether you use your voice or a clicker, the most effective way to train your dog is to use a combination of primary and secondary reinforcers that are consistent.

If you'll use your voice instead of a clicker, choose a phrase and use it exactly and consistently. Dogs are not people, remember? Words are just noise to them. They have no idea that "Good girl," "Great job," "Way to go Molly" or other phrases all mean they did the right thing. Pick your praise phrase, and make sure you (and others in your family) use that exact phrase or word every single time.

Then, several times a day, say your praise word or phrase and immediately give your dog the primary reinforcer (such as the treat you know he loves).

Do about five repetitions, two or three times a day, for two days. You can also use your praise word or phrase when rubbing her belly, when she's eating his dinner, or any other time you're sure she's enjoying something she loves. Within a few days, she'll learn to love the secondary reinforcer (the praise phrase or word) and will be eager to hear you say it.

(Throughout the training course we'll use the example of "Good," but substitute your own choice of secondary reinforcer. Remember to use it—and only it—consistently.)

During early training, the combination of the primary and secondary reinforcers will be extremely powerful and effective... more so than using either form of motivation alone.

### **Treats Won't be Needed Forever**

Don't worry that you'll have to carry treats around in your pocket all the time to get your dog to behave. As your dog learns, her obedience will eventually become habitual. You won't need to consistently use treats or other primary reinforcers for those behaviors beyond that point. (You'll need to use them consistently whenever teaching something new, though.) It will always be a good idea to continue using the secondary reinforcer ("Good!" or whatever). You're basically thanking your dog for doing what you asked... simple common courtesy is always a good thing!

We'll tell you when you can start decreasing the use of treats or other primary reinforcers. But for now, and whenever you're teaching your dog something new, be sure to use both forms of positive reinforcements as instructed.

OK, now that you know the basics of rewards and timing, you're ready to begin training your best friend!

## Housebreaking Breakthroughs



Successful housebreaking is, by far, the most important element of a loving, lifelong relationship between you and your dog.

**If you don't teach your new best friend not to pee and poop in your house, he won't be your friend for long!**

Fortunately, housebreaking a puppy (or adult dog) isn't complicated. All you have to do is prevent peeing and pooping in the house, and reward peeing and pooping outside. While putting this simple concept into practice isn't difficult, it does require your diligence, dedication, and patience. But the rewards are definitely worth the effort!

In this report, we'll provide some general information about dogs on which our housebreaking techniques are based, explain the benefits of crate training, and then give you the step-by-step process for housebreaking your dog.

## Five Facts

Here are five facts that will guide your housebreaking training:

### **Fact 1: Adult dogs can be housebroken the same as puppies.**

If you adopt an adult dog, you may not have to worry about housebreaking if he has already been properly trained. Dogs—even the smartest ones—do not naturally know it's wrong to go potty indoors. They must be trained, and most adult dogs are. But you can't assume this is the case. If he was always kept outdoors, raised in a cage at a puppy mill, or improperly trained by a previous owner, you will need to start fresh and housebreak him using the same basic techniques as you would for a puppy. Adult dogs don't have to go as often as puppies, though, which will make the training much easier for you. (On the other hand, adult accidents will create bigger messes!)

### **Fact 2: Puppies have limited bladder & bowel control.**



A puppy younger than 20 weeks old will need to go potty once every hour when awake. A very young puppy (under 12 weeks old) will need to go more often—every 30 minutes or even more frequently.

For an older puppy, a general rule for determining the number of hours he can go without going potty is to take his age in months and add one. So a four-month-old could hold it for about five hours. Small breeds can't hold it as long; large breeds can hold it a bit longer. Remember, this is a general rule; your puppy's control may vary.

When sleeping, puppies can wait longer. But don't think a puppy who can hold it for 6 hours while sleeping can hold it that long while awake. He can't.

**Fact 3: Dogs like to sleep in a clean area.**

If given a choice, dogs, like people, will never sleep in an area that is soiled with pee or poop. In the wild, "dogs" (wolves, coyotes, foxes, etc.) sleep in a den and go outside to relieve themselves. Their pups learn to do the same.

Because dogs will try their best not to soil their sleeping area, your puppy is less likely to pee or poop in a small "den." Confining him to that "den" whenever you can't watch him will guarantee he doesn't get a chance to begin the bad habit of going anywhere else in your house.

**Fact 4: Dogs do best when kept to a routine schedule.**

Feeding your dog on a set schedule will help him to go potty on a regular schedule. If you let your dog eat and drink whenever he wants, you'll be less able to predict when he'll need to go out. Take him out on a regular schedule, too!

**Fact 5: Punishing a dog after he has an accident in the house is pointless, and may do more harm than good.**

Your dog will not understand that you are upset about something that happened in the past—even if it was just a minute or two ago. He will think he's in trouble for what he's doing at the instant you discover the mess and go ballistic... whether he's happily

coming up to greet you or sitting quietly. This, obviously, is the wrong message to give your dog.

## Common Scents



Photo Credit: <http://www.flickr.com/photos/flattop341>

A dog relies on his nose and scent to find “the bathroom.” If a dog has gone potty in your house before, this will leave behind a chemical scent that says “this is the potty place!” This scent will be hard for your dog to resist. That’s why you should make sure there is no odor of urine or feces in the house before beginning to housebreak a new dog or puppy.

Do not use a cleaning solution that contains vinegar or ammonia (the scent is too close to urine scent). You can use baking soda or club soda... or purchase special odor-eliminating cleaners at a pet supply store.

Equally important to cleaning up the scent of past mistakes is marking rooms with the scent of your happy “pack.” A dog will be reluctant to go potty where he and his pack (you and your family) live. That’s why an unhousebroken dog who can’t get outside will often run to a rarely used area of the house, such as a guest room, to go potty.

Once you have removed the scent of urine or feces, spend time in each room with your dog (especially the rooms you rarely use). Sit on the floor and play with your dog in each room for several minutes each day. Soon the room will be marked with a scent that says to your dog, “this is a no-potty zone!”

It will be difficult to mark every area of your house this way, and even if you could, this is more of a passive deterrent than a foolproof method to prevent your dog from going potty indoors; additional action is needed, especially for a puppy.

### **Crate Training and Housebreaking Go Hand-in-Paw**

If your puppy is free to run all over the house, he’ll go potty whenever he gets the urge instead of learning to hold it. You can’t watch him closely enough all the time to prevent this. So set him up for success instead of failure.

Remember **Fact 3: Dogs Like to Sleep in a Clean Area.** By confining your puppy (or dog) to a “den,” you will inhibit him from peeing or pooping (teach him to hold it), since he won’t want to soil his sleeping area. You’ll also be able to accurately predict when he needs to go potty: immediately after being released from confinement.

**We recommend you create a cozy den for your puppy out of a dog crate.**



Photo Credit: <http://www.flickr.com/photos/cogdog>

Make sure the crate is big enough for your puppy or dog to be able to stand up, turn around, and lie on his side—but not so big that it gives him room to pee or poop in there without lying in it.

Line the crate with a towel you've used or a t-shirt you've worn (so your scent is on it). Make the crate comfortable for your puppy.

Place the crate in a quiet area, away from distractions (not too close to a window or in a high traffic area of your house), but not away from his “pack” (you and your family).

Some people choose to put the crate in their bedroom, but this may interrupt your sleep as the puppy will likely whine (and/or bark) the first few nights.

Before confining your puppy to his crate, you first need to teach him to enjoy being in it. Say “crate” and toss a few treats into the crate and see if he goes in to get them. Praise

him if he goes inside. If he doesn't go inside, put the treats on the lip/entrance of the crate, instead.

Gradually move treats farther into the crate until he goes all the way inside to get them. Do not close the door; let him go in and out as he pleases.

Make it a fun game by tossing treats into the crate a few times in a row, off and on throughout the day. Say "crate" whenever you want him to go in, and praise him when he does.

After he appears comfortable with the crate and eagerly runs in to get the treats, shut the door for a second after he goes in... then open it and let him out. Do that a few times. Then try shutting the door and leaving it shut as you feed him a few treats through the door. Then let him out.

The next step is to stuff a hollow chew toy (such as a Kong®) with something delicious. Let your puppy sniff the stuffed chew toy and then place it in the crate. Shut the door with your puppy on the outside. Usually it takes just a few seconds for your puppy to beg you to open the door and let him inside. Say "crate," let him into the crate, praise him for going inside, and shut the door. Once he's busy licking the treat out of the chew toy, walk away. Return before he finishes licking all the goodies out of the toy, and open the door. Don't let him take the chew toy out of the crate; take it from him.

Next, tie the freshly stuffed chew toy to the inside of the crate and leave the door open. Your puppy can then choose whether he wants to remain outside or go into his crate and start licking the treat from his chew toy. Most puppies choose to rest happily inside the crate and work on the stuffed chew toy. He may even fall asleep in there when he's done. Close the door.

Speaking of sleeping, you'll also want to put your puppy in the crate when he's sleepy. Encourage him to get into his crate with treats and by saying "crate" when you notice he's about to fall asleep. Close the door after he goes in. If you find him already asleep, pick him up and put him inside, as gently as you can. Close the door.

With several instances of this pre-conditioning, some puppies will quickly accept being confined in their crate at night; others will whine or bark like mad to be let out. Sometimes putting a cover over the crate will help your puppy to settle down and go to sleep.

Ignore a puppy's immediate whining and barking to be let out, otherwise you'll teach him that whining and barking is the key to getting what he wants (very bad idea). Most puppies will settle down after a few minutes and go to sleep.

If he starts whining after being quiet for a while, he may need to go potty. You should take him outside, but don't let him out of the crate as he's whining. Wait a moment to see if his whining pauses, and then quickly open the door and take him outside. If he doesn't pause on his own, make some sort of noise that will cause him to stop whining and listen. Then get him out right away before he starts whining again.

Use the crate at night and during the day whenever you're unable to watch your puppy or have him outside.

Do not use the crate as "punishment." If you scold your puppy and then lock him in the crate, he'll associate the crate with being punished. You want him to think of his crate as his comfortable den—not a jail cell.

Follow these steps, and after just a few days your puppy will consider the crate to be his safe, cozy den and will happily rest inside.

### **It's All in the Timing**

Successful housebreaking is all about timing. Your goal is to have your puppy in the right place (outside) at the right time (when he needs to go); and avoid having him in the wrong place (inside) at the wrong time (when he needs to go).

This will be much easier when you're able to predict when your puppy needs to go.

Keep **Fact 2: Puppies Have Limited Bladder & Bowel Control**, in mind.

Usually, puppies need to pee right after waking up from a nap, and poop within a couple of minutes of that. If you don't want to wait around for your puppy to wake up and do his business, you can wake him up when you are ready and the time is right.

Another critical element of timing is that you immediately reward your puppy for doing the right thing (we covered this in our **Pre-Training Basics** report). When your puppy goes potty when and where you want, your immediate and lavish rewards (praise and yummy treats) will teach him to repeat this correct behavior.



## Step-By-Step Housebreaking Process



A new puppy (or dog) that is not housebroken should be restricted to one of these three situations at all times:

1. Inside under your constant and attentive supervision.
2. Outside with you.
3. Confined to his crate/den.

Situation 3 is where your puppy should spend most of his time during the house-breaking process.

Did you notice that we did NOT include a situation where you leave your dog outside all the time? Many people mistakenly think that puppies kept outside will be less trouble—after all, they won't be peeing and pooping in your house, and they won't need your constant supervision, right? But here is the reality: **puppies left outdoors and unsupervised for long periods of time seldom become housebroken**. They tend to bark, chew, dig, and escape from your yard. Outdoor puppies also become so excited on the rare occasions when they are allowed indoors (excited puppies tend to pee without warning), that eventually they are no longer allowed inside at all. We don't want that. You shouldn't want that.

### **Here's how to housebreak your four-legged friend:**

1. **Determine where you want your dog to go potty.** It's best to pick a doggy toilet area that's relatively close to the door, so you and your dog don't have too far to go when he's gotta go. Give the location some thought, because after he's trained, your dog will continue to use this place as his toilet. This is convenient for clean-up time, especially if you have a large yard—and your family won't have to be wary of little “landmines” when playing outside in the non-doggy-toilet areas.
2. **Know when your puppy needs to go.** Until your puppy is trained to tell you when he needs to go outside (don't worry, that will eventually happen), you have to be an expert at deducing this. Sometimes a puppy will need to go within 5 minutes of going! Don't assume you don't have to watch him just because he's just gone potty.

Here's when you should take a puppy out to go:

- Immediately after he wakes up.
- Immediately after letting him out of his crate/den.
- Every 30 to 60 minutes while he's awake, based on his age (see Fact 2).
- After he eats or drinks.

- When he's been doing something for a while (like chewing on a toy), and then gets up and starts looking around.
- When he starts sniffing the floor.
- When he goes to an area where he's gone potty before.
- When he's running around and excited more than usual.
- When he's look at or wandering near the door.
- When he's pacing, whining, or starts to squat (*duh!*). Note: Male puppies squat to pee just like female puppies (versus lifting a leg) until they are 4-9 months old.

**3. Keep your puppy under your constant and attentive supervision, or confined to his crate, when indoors.** It only takes a couple of seconds for a puppy to squat and pee, so you must watch him very closely. Don't stare at him (it'll make him nervous), but keep an eye on him at all times when he's out of his crate. This will be easier if you limit his movements, either by keeping him on a leash or by restricting him to one or two rooms.

Don't think you can watch TV, wash the dishes, or do something else and still watch your puppy. If you become distracted or preoccupied, accidents will happen and this will make housebreaking your puppy a longer, more difficult task. It's your responsibility to take him outside when he needs to go. Accidents will be your fault, not your dog's.

**4. Take your dog to his designated toilet area every hour or whenever he needs to go (see Step 2), whichever is less, and teach him to go on command.**

- Every hour, fill your pocket with treats, release your pup from his crate and quickly take him outside to the designated toilet area. Encourage him to go quickly by enthusiastically calling "Outside, outside, outside!" (If you take your time, he may pee or poop en route. Also, hurrying him along tends to jiggle his bowels and bladder so that he really wants to go the moment you let him stand still and sniff his toilet area.)

Take your dog out every hour even if he's old enough to hold it for longer than that. This practice is as much to train your dog—in the shortest time possible—to use the designated toilet area and go on command as it is for getting him outside in time to pee or poop!

- Use a leash (even if you have a fenced yard) to lead him to the correct place. This will also get him used to going potty while on the leash.
- Stand quietly (don't stare at him) and wait until he begins to go. (If he stares at you instead of doing his business because he smells treats in your pocket, just look away and pretend to ignore him; eventually he'll start sniffing and preparing to go.) When he does start to go, quietly (so you don't startle him) say "go potty." (You can choose another cue. Make it something you wouldn't mind saying in public. Once you decide, be sure that you and your family use only this word/phrase, and use it every time he goes.)
- After your dog is finished, immediately give him a generous amount of tasty treats and lots of enthusiastic praise. Lavish rewards mean quicker results!

These steps are essential. If you just open the door and let your dog run out by himself to go potty, then give him a treat when he comes back to the house, his housebreaking will take longer and be less successful. Your dog will think he's getting the reward for coming back to the house (versus going potty), and you'll miss the opportunity to train him to go on command.



**5. Spend time playing with or training your puppy, or take him for a nice walk** (if he's old enough). If you take him outside to go, and then quickly bring him back in and ignore him after he does so, he'll learn that "after I go, my fun ends!" Consequently, he may become reluctant to go potty when he's outside (and end up going inside when he can no longer hold it).

It is much better to praise your puppy for going potty and then take him for a walk as an extra reward for a "job well done." This extra reward will also encourage him to go potty more quickly.

## **What if he doesn't go potty when you take him outside?**



Photo Credit: <http://www.flickr.com/photos/79286287@N00>

If your puppy enjoys the great outdoors but doesn't go potty within a few minutes, take him back inside, put him in his crate, and try again in 10 minutes or so. Repeat the process until he does go. Your puppy will learn that if he doesn't go potty when you take him outside to do so, he'll be confined to his crate again (no go, no freedom). Eventually he will go in the appropriate place at the appropriate time, and you will be able to give him appropriate rewards!

## **What about putting down newspapers?**

Allowing a puppy to go potty on newspapers or some other kind of potty pad/material is a mistake. He will learn that he can go potty indoors, whenever he wants, as long as it's on the paper. He will never learn to hold it; he may never be truly housebroken.

**Control what goes in so you can predict when it will come out.**



What goes into a puppy will come out with predictable timing (depending on the age and size of your dog). Feeding your dog on a set schedule will help him to go potty on a regular schedule. Generally, a puppy will need to go potty about 15 minutes after eating or drinking. If you let your dog eat and drink whenever he wants, you'll be less able to predict when he'll need to go out.

Feed your puppy at the same time each day. Leave the food there for ten minutes or so, then pick it up and put it away if he hasn't finished it. A puppy younger than three months should be fed three times a day; older puppies and dogs should be fed twice a day.

Do not leave water out all day and night; put it down at regular intervals and pay attention to how much he drinks. Don't let him drink water after 7 p.m.

Feeding dry food is better than canned food which contains more liquid.

## Handling Inevitable Accidents

If you follow the steps in this report, you'll have fewer accidents—but they will happen. Expect them. Don't get upset at your dog when an accident happens. Instead, try to determine why it happened. Did you get distracted when you should've been watching him? Did you forget to take him out at the right time? Figure out what you did wrong, so it doesn't happen again.

Despite what many people believe, dogs do not intentionally pee or poop in your house because they are angry, lonely, or want to “get back at you” for something. Dogs don't think of pee or poop as something “nasty” to be used out of spite. And the so-called look of “guilt” or cowering in “shame” when you scold him is actually your dog's way of showing appeasement and submitting to your obvious anger.

**If you do not actually catch your puppy in the act, do nothing (except clean it up).**

Do not—repeat—do not rub his nose in it, hit him, yell at him, shake him, or punish him in any way. Dogs don't think about time the way humans do. Your dog will not understand that you are upset about something that happened in the past—even if it was just a minute or two ago. He will think he's in trouble for whatever he's doing at the instant you discover the mess and go ballistic... whether he's happily coming up to greet you or sitting quietly.

**What if you do catch him in the act?**

If you catch your dog squatting and about to go potty inside the house, make a sudden, surprising sound—such as slapping the wall—not to scare him, but to get his attention so that he momentarily stops what he's doing. Then urgently encourage your puppy to run outside with you. “Outside, outside, outside!” And finally, reward your puppy lavishly for going potty in the right place.

In any case, be sure to clean up all accidents quickly and thoroughly. You must eliminate any lingering scent so it doesn't invite your puppy back for a repeat performance.

## **How Long Before He's Housebroken?**

When can you safely start leaving your puppy or dog alone in the house for a while? It depends on many things, including his age, size and—most importantly—your diligence in training him!

In general, if you follow these housebreaking guidelines, your dog should be making good progress within two months.

But some dogs learn quickly while others take more time. Gradually increase the amount of time you allow your puppy to be indoors, out of the crate, and monitor his progress.

Adult dogs generally need to go out at least once every four hours—first thing in the morning, around midday, late in the afternoon, and before going to sleep for the night.

**If you can't get be home to let your puppy or dog out often enough, consider hiring a pet sitter.**

Expect accidents and set backs; they're normal. Continue following the above steps and be patient.

## **Be Alert for Special Circumstances**

There are a few reasons why it might be particularly difficult to housebreak a dog.

Dogs who were raised in puppy mills or pet stores, or who were regularly confined without the opportunity to go potty away from their sleeping area, will take longer to housebreak and require more patience and understanding from you.

Sudden changes in dog food brands or overindulgence in treats or table scraps can cause diarrhea.

There may be physical reasons, such as a urinary infection. Be sure to get your dog checked thoroughly by your vet.

### **In Summary**

If you're housebreaking a puppy, remember he doesn't know anything yet. If you're housebreaking an adult dog, there may be some old habits he has to "unlearn" first. Be patient, be consistent, be encouraging. A few weeks of dedicated effort on your part will result in a lifetime of clean floors and a beautiful relationship with your dog!



Photo Credit: <http://www.flickr.com/photos/basykes/>

## Lesson 1: Teaching Your Dog His Name



Photo Credit: <http://www.flickr.com/photos/silance/>

Even if your dog already knows his name, please don't skip this lesson. We promise you'll learn something!

The first thing we all teach our dogs, even before we realize we're doing any training, is that when we make a certain specific sound, we want their attention. This "sound" is their name.

That's all it is, and that's all it should be used for.

Many dog owners tend to think of their dog's name as more than that. They use it as a "catch-all" command with multiple definitions that vary depending on what they want their dog to do at the moment: "Max!" (Meaning "Come here!"); "Max!" (Meaning "Stop that!"); "Max!" (Meaning "Get down!"); "Max!" (Meaning "Stop barking!"); "Max!" (Meaning "Don't eat that cat poop!"). You get the idea.

Your dog may be the smartest dog in the world, but he is not a mind reader.

You shouldn't use your dog's name any differently than a child's name. For example, if you call a child's name, he may acknowledge that he hears you (if you're lucky), but his likely response will be to call back, "What?" He probably won't even look up from the video game or whatever else he was doing when you called his name. You'll need to follow up with an instruction; tell him what you want: "Bobby! Stop playing that game and do your homework!" (Then he may or may not do as you ask, depending on how well he's been trained.) ☺

The point is, plan to use your dog's name in the same way—to get his attention. Period. Then use other sounds (commands) and actions to tell or show him what you want him to do.

**Important:** Even after your dog learns his name, he may continue doing whatever he was doing when he hears you use it (just like Bobby). Don't get upset or impatient. And don't repeat his name: "Max... Max!... MAX!!!" Doing this will only teach your dog to ignore you until he hears his name over and over. We'll give you better solutions.

So let's get on with the lesson.

## **Lesson 1: Teaching Your Dog His Name**

Read this lesson first, and then practice it with your dog.

1. First, load up your pocket (or a bag or pouch) with 20 or so treats.
2. Take your dog to an area where there won't be a lot of distractions.
3. Wait for your dog to look at something other than you, then say his name (once!).
4. When he looks at you, immediately give him a treat and say "Good!" (*Or whatever you've chosen as the primary reinforcer, phrase or clicker. We're going to just use "Good!" in our training examples.*)
5. Now move a few steps to another location and again wait for your dog to be looking away from you.
6. Say your dog's name again and immediately reward him again with the treat and praise when he looks at you.
7. Repeat this process five times. If your dog was particularly distracted before responding to his name, give him extra praise and treats.

## **If your dog doesn't do what you want**

If you say his name and he doesn't look at you, he may be too distracted. Move him a few paces to a different location and try again.

Say his name. Use an enthusiastic tone of voice. Give immediate rewards if he looks at you.

If he still doesn't respond to his name, clap your hands, whistle or make some other attention-getting sound. When he looks, say his name again and immediately give the rewards. Do this as a last resort. You want him to learn to respond to his name, not the other sounds.

**[Note:** If your dog does not show any response to those attention-getting sounds, please have his hearing checked. Seriously. Some breeds, such as Dalmatians, are prone to hearing problems. A dog owner who thinks the dog is too dumb to learn is sometimes surprised to learn the dog is actually deaf!]

Another tactic: put the treat in your hand and let your dog sniff your closed fist so he'll know it's there. Pull your hand away and wait until your dog looks away from you. Say his name and immediately reward his response.

If your dog continues to ignore his name after several attempts, try moving to a less distracting location. (Distractions include smells, not just sights and sounds.)

Keep trying, be patient, and remember not to repeat his name. Give immediate rewards when he responds.

## **This Week's Homework**

Practice this lesson.

During this week, you'll be training yourself as well as your dog. The important lesson for you: **Learn to say your dog's name only once.** This is difficult for most people. We rely on verbal communication. Dogs don't. So you'll have to train yourself not to do what may come naturally: repeating yourself until you get a response.

Practice this lesson several times each day during the week. Vary the time of day and location (both inside and outside). Do not, however, move to areas with greater distractions to challenge your dog with higher degrees of difficulty, even if he is a fast learner. The Happy Mutt Training System works best when you build on a strong foundation of success and progress slowly, one step at a time.

Do five repetitions during each lesson.

Concentrate on saying your dog's name only once.

Remember: do not use your dog's name as a "catch-all" command with multiple definitions. As our training progresses, you'll learn that each desired action will have its own separate command (and it won't be your dog's name).

### **In Addition to Practicing This Lesson...**

- **Learn the type of reward that is the best motivator for your dog.** Food treats, such as small pieces of cooked chicken, can be kept fresh by placing them in sealable plastic bags and storing them in the refrigerator.
- **Focus on positive reinforcement.** You'll be teaching your dog that listening to you and learning are fun. Your goal is to have a happy student, eager for each lesson. Use treats your dog loves most, and give them immediately as instant reinforcers.
- Remember to use a combination of primary (treats) and secondary (praise or clicker) reinforcers together. When your dog responds correctly, immediately give the treat and say "Good!" Always use the same praise word/phrase.
- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## Lesson 2: Teaching Your Dog to Sit



Photo Credit: <http://www.flickr.com/photos/exfordy/>

Even if your dog already knows how to sit on verbal command, please don't skip this lesson. We promise she'll begin to learn something new!

The method you'll use to teach your dog to sit is known as the "lure and reward" method. You'll lure your dog into a sitting position, then immediately reward her. It's a popular method because it's effective, easy for you to do, and easy for your dog to learn.

A great "side-effect" of this method is that it allows a natural motion to become a visual cue... a form of sign language for your dog. This is so cool! Dogs are very visual and they often respond to body motions better than they do to sounds. (You'll need to keep this in mind as sometimes it can work against you: to your dog, your voice may be saying one thing while your body language is saying the opposite. In dog communication, body language trumps verbal language every time. We'll cover this in more detail later.) Imagine being able to use hand signals as commands for your dog

when you're on the phone, or too far away for your dog to hear you. It's definitely something worth pursuing.

So let's get on with the lesson.

## **Lesson 2: Teaching Your Dog to Sit**

Read this lesson first, and then practice it with your dog.

1. Load up your pocket (or a bag or pouch) with treats.
2. Take your dog to an area where there won't be a lot of distractions.
3. While your dog is standing, put a treat in your hand, and move your hand to within an inch or so of your dog's nose. Make sure she smells the treat hidden in your hand and is focusing her attention on it.
4. Move your hand slowly backward, about an inch over her head, between her ears, toward her tail. Keep your hand low over her head so she doesn't try to leap up to get the treat.
5. As your dog watches your hand with the treat move just above her head, she will raise her chin up—and her butt will plop down into a sitting position. When that happens, immediately give her the treat and say "Good!"
6. Now move a few steps away. Get your dog to stand and follow you.
7. Repeat Steps 3, 4 and 5.
8. Did you notice you haven't told her to "Sit" yet? Don't say that until you can get her to sit consistently by moving your treat-filled hand over her head, toward her tail. Once you're sure she's going to do this properly the next time you do that, say "Sit" a split second before you start moving your hand. When she sits, immediately reward her with the treat and "Good!"
9. Repeat this process five times, saying "Sit" just before she does so.

### **If your dog doesn't do what you want**

If your dog backs up instead of sitting down as you move your treat-filled hand over her head and toward her tail, position her so that she's facing out of a corner and cannot back up without hitting the wall.

## This Week's Homework

Practice this lesson two or three times each day during the week. Vary the time of day and location.

Do no more than five repetitions during each lesson. Reduce the number of repetitions as your dog learns... eventually asking her to sit just once, two or three times a day. Dogs tend to learn to sit quickly, and repeating the lesson too often will only make them bored (remember, we don't want bored students).

After a few of days of successful "Sit" practice, start to focus a bit on your hand movement. As you move your treat-filled hand over your dog's head and toward her tail, begin to emphasize an upward sweep of your hand... less over her head, more in an upward curve toward your body. (Don't go too far with this just yet; we'll continue working on it in next week's lesson.)

### In Addition to Practicing This Lesson...

- **Reinforce Lesson 1, Teaching Your Dog Her Name:** Continue teaching your dog her name (as you learned last week) at various times throughout the week. Use a training area that is slightly more distracting than last week. Remember to say your dog's name only once, and wait for her to respond before giving the rewards.
- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## Lesson 3: Teaching Your Dog to Come When Called



Photo Credit: <http://www.flickr.com/photos/brianteutsch/>

Teaching your dog to come when called is one of the most valuable lessons in this training course.

### **It can literally save your dog's life.**

A dog that comes when called can be kept away from traffic or other dangers. You can let him run at the dog park, in the woods or along the beach knowing that when you call him back, he'll come. This training therefore gives you both more freedom.

But teaching your dog to come when called is also one of the most difficult lessons—for you, not your dog. You'll need to control your normal human tendencies and pay close attention to your body language. What you'll be learning to do is counter-intuitive to humans, but very effective. The end result—a dog that comes when you call him, every single time—will be well worth the effort.

Before we begin, you need to decide what command you'll use. Give this some thought, because you'll need to use it each and every time, without change. Consistency is key with verbal commands. You can't expect your dog to learn that "Come," "Come here," "Get over here," "Hey, come on," and "Max, get your butt over here right now!" all mean the same thing. The simplest, of course, is "Come!"

Three things during this training are going to be different from other lessons.

First, your **tone of voice**. It should be upbeat and enthusiastic. Think of yourself as an excited coach yelling encouragements to a player running down the field, versus calmly telling the player what to do.

Second, **repetition of the verbal command** is good for this particular training, because a series of short, enthusiastic sounds works best when getting your dog to move quickly. Imagine a coach yelling "Go! Go! Go!" Also, clapping while giving the command is extremely effective.

Third, you'll need to **use your entire body** (not just your voice) to get your dog to do what you want. Most people tend to stand facing their dog, or even step towards him, when they want him to come. That's the opposite of what you should do. To get your dog to come, you'll need to **turn and move away** from him as you call him. This will be the hardest trick for you to learn, but you'll be amazed at how well it works!

Think of yourself as "pulling" your dog toward you. When pulling something heavy on the end of a rope, you can stand facing it and pull it towards you with just your arms... or you can do it the easy and much more effective way—by turning, putting the rope over your shoulder, and walking away from the object, pulling it behind you.

Here's another tip: most dogs want to go where their owners go. They figure out where we're about to go by looking at our feet. That's why you'll be turning and moving away from your dog to get him to come to you.

One more thing before we begin. It is very important during this initial training that your dog learns to **love** coming to you. As mentioned earlier in this course, your primary reinforcer (such as the treat) must be something your dog **loves**—not just accepts, but really loves.

Your tone of voice when giving praise must be encouraging and happy, too. Have you ever seen someone yelling at their dog that got loose? Typically they lose patience quickly and switch from a cajoling voice to a stern, angry yell if the dog doesn't come immediately. Think about that. Would you want to run towards anger? Of course not! Remember, your goal is to make your dog very happy to run to you when you call. So be very careful not to lose patience during this lesson, keep your voice happy and enthusiastic, and give tons of praise when your dog does the right thing.

Now (finally), let's get on with the lesson!

### Lesson 3: Teaching Your Dog to Come when Called

Read this lesson first, and then practice it with your dog.

1. Load up your pocket (or a bag or pouch) with treats. You'll need more than usual for this lesson.
2. Take your dog to an area where there won't be a lot of distractions.
3. Move about 10 feet away from your dog as he's not paying attention to you.
4. Enthusiastically call out your dog's name, followed by the come command: "Come! Come! Come!" Do this while turning sideways (don't turn your back, you need to watch him closely), and start clapping as you begin to run away from your dog.
4. As soon as he moves in your direction, call out your praise ("Good!") and keep going.
5. Slow down and let your dog catch up to you; then stop and immediately give him a handful of treats and lots of enthusiastic praise—like coming to you was the best thing in the world!

**Important:** This method reinforces your dog's actions twice—first for diverting his attention from whatever he's doing (Step 4), and second when he reaches you (Step 5). Step 4 is just as important as Step 5. Be very good and consistent about praising your dog the instant he turns his attention to you. Considering how many smelly distractions there are in your dog's world, getting him to stop whatever he's doing and look at you really is quite amazing, and you need to show your appreciation. Give your praise ("Good!") immediately when he looks at you and starts to move in your direction. And be sure that with Step 5, you give the treat immediately when he reaches you. Do NOT wait because he may sit down. If you give him the treat after he sits, he'll think sitting was the action that's being rewarded, not coming to you.

6. Walk about ten steps away from your dog and wait for him to look away from you.
7. Repeat Steps 3, 4 and 5.
8. Repeat this process three times.

#### If your dog doesn't do what you want

If your dog doesn't come, he's probably too distracted. That's OK. Remember, he hasn't yet learned that coming to you will make him happier than anything else he's doing.

So here's what you do: go to him. (This is difficult for some people to do as they feel it is "giving in" to their dog. But please trust us... this is the right thing to do at this point of training your dog.) Let your dog know you have a treat in your hand, and use it to lure

him as you walk away, giving your come (“Come! Come! Come!”) command. Stop after a few steps and give him the treat.

If the treat lure doesn’t work, put a leash on him and gently pull him along as you give your come command. Stop after a few steps and give him the treat.

Remember to keep your tone of voice upbeat, enthusiastic and happy.

### **This Week’s Homework**

Practice this lesson several times a day. Vary the time of day and location. Think of the training as a fun game for you and your dog.

Remember to use the same come command every time, turn away from your dog, and clap while running away. Give instant praise when he turns his attention to you, and instant treats when he reaches you.

Be aware of what your dog is doing when you call him to come to you. You want him to learn quickly and easily, so don’t call him when he’s focused on something else. Keep the degree of difficulty for this exercise as low as possible at this point.

Use the command also when you know you’re dog will be coming to you automatically, such as when you put his food bowl down.

Also remember the key to this lesson is to teach your dog that coming to you is a wonderful thing. So for now, do NOT use the come command to call him to you if the end result is something he won’t like, such as having his toenails trimmed. Instead, go to him, put on the leash, and lead him to where you need him to go. Keep your tone of voice upbeat, friendly, and encouraging, but be sure to avoid using the come command when your dog won’t like what happens afterwards.

### **In Addition to Practicing This Lesson...**

- **Reinforce Lesson 2, Teaching Your Dog to Sit.** Continue teaching your dog to sit (as you learned last week) at various times throughout the week. Remember not to change your verbal command. If you started with “Sit,” do not say “Sit down” or anything else.

After a few successful sessions with the basic lesson, during your next session, put your treat in your other hand (not the one that is moving over his head toward his tail). This will teach your dog that he’ll get a reward for doing the right thing (sitting) even when he can’t sniff the food.

Remember to say “Sit” before moving your arm.

After a few successful sessions, during your next session, try saying the word alone, without moving your arm (or anything else). It may take him a few seconds longer to sit on just the verbal command, so wait until he does so before giving lots of praise and several treats. If your dog doesn't sit on just the verbal command, resist the temptation to repeat the command. Instead, go back to using the arm motion with the verbal command. Don't worry if he won't respond to the verbal command without the arm motion at this point.

When you feel your dog is ready to move on, during your next session, try teaching him to respond to the arm motion alone. Modify the arm movement somewhat, so it's more of an upward motion out and back towards your chest than a movement over your dog's head toward his tail. Use just the arm movement alone, without the verbal command. Give extra praise and treats to reward him if he sits.

After he learns to respond to just the verbal command, and to just the visual command, alternate them (but not during the same session). Sometimes ask him to "Sit" verbally. Other times just use the arm movement. Give lots of praise for doing the right thing.

Be patient; this alternating of verbal and visual commands is a bit complicated for your dog. Don't switch commands during the same session. Go back to using the verbal command and arm motion together if he doesn't respond to either alone. All dogs learn at different paces. Just keep working at it. Make sure there aren't too many distractions. Give lots of praise for doing the right thing.

Keep your practice sessions to no more than five repetitions per session.

- **Reinforce Lesson 1, Teaching Your Dog His Name:** Continue teaching your dog his name at various times throughout the week, allowing the level of distraction to increase during your practice sessions. Remember to say your dog's name only once, wait for him to look at you, then immediately give praise.

### **Intermittent Reinforcement Begins**

When you're confident your dog will respond to his name each time, you can begin "intermittent reinforcement." Continue giving verbal praise, but back off on giving treats every time your dog responds correctly. Give treat rewards intermittently, at random. **This gradual withdrawal of treats is an important step, so don't skip it.** (You can delay it another week, though, if your dog doesn't yet respond consistently to his name.)

Start using petting (make sure it's the kind your dog likes—most dogs do NOT like pats on the head, for instance) and play as other forms of reward.

- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## Lesson 4: Teaching Your Dog to Stay



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It's not easy for a dog who loves being with you to stay where she is while you walk away. But teaching your dog to stay has many benefits. For example, a dog that stays on command can be kept out of harm's way when you need to run across the street. The stay command will also help your dog to learn patience and impulse control.

A visual command to stay can help you keep your dog safe when you're too far away for your voice to be heard, so we'll incorporate a hand signal into this lesson.

You'll use two verbal commands for this lesson: a word to tell your dog to stay, and a different word to let her know it's OK now to move (release her from the stay).

As with all training, pick specific verbal commands and use them consistently. The obvious word for the stay command is "Stay." (Don't be tempted to lengthen that sometimes into "Stay there.") The release command can be something like "Release" or

“Free” or “Okay.” Make sure it’s not a word you might use for another meaning in other circumstances (such as “Release” when you want your dog to let go of a toy). It’s probably best to use “Free,” as you’re not likely to use that for anything else. That’s the word we’ll use for this lesson.

Teaching your dog to stay involves working with three elements:

1. **Distance.** Distance refers to how far you move away from your dog.
2. **Time.** Time refers to how long you want your dog to stay.
3. **Distraction.** Distraction refers to everything going on around your dog that is tempting her to get up.

It’s best to begin with easy challenges for your dog in all three elements: short distance, short time, fewest distractions. Eventually we’ll work on each element separately, gradually increasing the degree of difficulty.

Let’s get on with the lesson.

#### **Lesson 4: Teaching Your Dog to Stay**

Read this lesson first, and then practice it with your dog.

1. First, load up your pocket (or a bag or pouch) with treats.
2. Take your dog to an area where there won’t be a lot of distractions.
3. If you’re right-handed, put a treat in your left hand (vice versa if you’re left-handed; you want the treat in the hand you won’t be using for your hand signal).
4. Place yourself about two feet away from your dog.
5. Ask your dog to sit. As soon as she does, say “Stay” in a low, quiet voice and raise your hand, palm open and facing her, in the universal “Stop” hand signal. Look directly at your dog. Try not to move any other part of your body.
6. After a very brief pause of just 1 or 2 seconds, say “Good,” lean forward and give your dog the treat from your other hand. **Important:** Make sure to quickly move the treat all the way to her mouth so she’s not tempted to get up and move toward it.
7. While your dog is still eating her treat, release her by saying “Free” in a low, quiet voice, and lean back away from her.

8. **Important:** Let your dog get up or do whatever she wants, but do NOT praise or reward her for getting up. You want her to learn that the Stay action is the one that will reap the rewards.

9. Repeat Steps 4-8. Be sure you don't allow more than a couple of seconds to go by before rewarding after giving the Stay command.

10. Repeat this process five times.

### **If your dog doesn't do what you want**

If your dog doesn't stay still for a couple of seconds, she's probably too distracted. Try moving to a different location, or waiting until she has less energy.

Make sure she knows you have a treat in your hand.

Keep your tone of voice low and quiet, letting it drop in pitch (versus going up, as if you're asking a question).

Make sure your hand motion is distinct and does not look like the arm motion you use during the Sit training.

### **This Week's Homework**

Practice this lesson several times a day, with fewer repetitions. Vary the time of day and location. Make sure there are as few distractions as possible.

Remember to use the same commands ("Stay," "Free") every time, using a low, quiet tone of voice.

Give instant praise and reward after just a couple of seconds by bringing the treat all the way to her mouth so she doesn't move to get it.

Do not be tempted to see if she'll stay longer. Right now it's very important to lay a solid foundation.

Practice your "Stop sign" hand signal and make sure it's different from your "Sit" motion.

### **In Addition to Practicing This Lesson...**

- **Reinforce Lesson 3, Teaching Your Dog to Come when Called.** Continue teaching your dog to come when called. Practice in various locations that are free from distraction, at different times of the day.

Remember the priority is to teach her that coming to you is a wonderful thing that will make her very happy. Don't use the come command when what you'll do when she comes is something she won't like.

Resist the temptation to give the come ("Come! Come! Come!") command more than once if your dog doesn't respond. Instead, go to your dog and show her the treat in your hand. Give the verbal command, turn and move away while clapping. Be sure to praise ("Good!") as soon as she looks at you, and then reinforce generously with treats when she reaches you.

- **Reinforce Lesson 2, Teaching Your Dog to Sit.** Continue teaching your dog to sit at various times throughout the week.

You can use a training area that is slightly more distracting than last week.

After a few successes when using both the verbal command and arm motion together, try them separately. First by saying the word alone, without moving your arm (or anything else). After a few successes with that, try using the arm motion alone, without giving the verbal command, during your next session. Alternate these during practice sessions throughout the week... separately, not during the same session.

Be sure to give lots of praise and several treats to reward the correct action.

### **Intermittent Reinforcement Begins**

When you're confident your dog will respond correctly when asked (verbally and via arm motion) to sit, you can begin "intermittent reinforcement" for this particular command. Continue giving verbal praise, but back off on giving treats every single time your dog sits on command. Give treat rewards intermittently, at random. **This gradual withdrawal of treats is an important step, so don't skip it.** (You can delay it another week and continue with giving treats 100% of the time, though, if your dog doesn't yet sit whenever asked to do so.)

Start using petting (make sure it's the kind your dog likes—most dogs do NOT like pats on the head, for instance) and play as other forms of reward. Always include the verbal praise.

- **Reinforce Lesson 1, Teaching Your Dog Her Name:** By this time your dog should be responding to her name even when the level of distraction is high. If she does so consistently, you can stop practicing this lesson.
- **Give yourself a treat!** At the end of this week you'll have been patiently being an excellent teacher for your dog for a full month! You've had to retrain yourself to focus on communicating in ways your dog understands, which may be contrary to what you're used to. That's hard work! So reward yourself for a job well done.

Go out to dinner, indulge in your favorite food treat, do whatever you consider a great reward. Seriously, please do this. You deserve it... and it will help reinforce your correct behavior! 😊

- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## Lesson 5: Teaching Your Dog to Lie Down



Photo Credit: [http://www.flickr.com/photos/pato\\_garza/](http://www.flickr.com/photos/pato_garza/)

Why is it important to teach your dog to lie down on command? In a word: **control**.

A dog that is lying down is not chasing a cat, barking at other dogs, getting under your feet while you're trying to cook dinner, or otherwise being a pain in the neck when you want peace and quiet. Sometimes a dog, like a five-year-old child on a sugar rush, can get so wound up and full of energy they can get themselves into trouble. They need to calm down. A dog that will happily lie down when you ask him to will calm down, and is less likely to get himself (or his owner) into trouble.

This lesson uses methods similar to the ones you used when teaching your dog to sit. But it may take your dog a bit longer to learn to lie down on command than it did to sit on command. Lying down, after all, takes a bit more effort... and being asked to lie

down when you're not even tired seems kind of silly, even to a dog. So it may take longer, but don't get impatient or discouraged.

As with other lessons, you need to decide what command you'll use. Remember, consistency is key with verbal commands; one word or phrase, one meaning. If you use "Down" for this lesson, you can't use "Down" to also mean "Get off the couch" or "Stop jumping on Aunt Mavis!" Many trainers use "lie down," but that's a bit too close to "get down." To make it easier on your dog, we recommend a totally different-sounding word: "Rest." We'll use that word in our training lessons.

So let's get on with the lesson.

### **Lesson 5: Teaching Your Dog to Lie Down**

Read this lesson first, and then practice it with your dog.

1. Load up your pocket (or a bag or pouch) with treats.
2. Take your dog to an area where there won't be a lot of distractions.
3. Put a treat in your hand and ask your dog to sit.
4. With your dog sitting and you squatting or sitting next to him, hold your hand with the treat about an inch from his nose and slowly move your hand straight down to the ground. **Important:** move your hand straight down, right below your dog's nose, being very careful not to move it away from him as this will cause him to get up and move toward it. We don't want that. (If that happens, just start over.)
5. Your dog should follow the treat down with his nose, and then lie down completely. You may need to hold the treat on the ground for a few seconds before he lies down. It may also help to tap the ground with your other hand. Be patient.
6. As soon as your dog lies down, immediately give the treat and verbal praise ("Good!")
7. Walk a couple of steps away to a new location.
8. Repeat Steps 3 through 7. Practice this a few times.
9. Did you notice you haven't told your dog to "Rest" yet? Just as you learned with the Sit command, do not give the verbal command until you can get him to lie down consistently by moving your treat-filled hand down to the ground. Once you're sure he's going to do this properly the next time you do that, say "Rest" in a calm, low voice a split second before you start moving your hand. When he lies down, immediately reward your dog with the treat and "Good!" praise.

10. Repeat this process five times, saying “Rest” in a calm, low voice just before he does so and rewarding his correct response.

### **If your dog doesn't do what you want**

If your dog backs up instead of lying down, try having him sit with his back to a corner, so he can't back up.

If your dog doesn't lie down all the way, repeat steps 3 through 7 but add this: place your other hand (the one without the treat) on his back, just behind his shoulders, and gently push him slightly sideways and downward as you move the hand with the treat down to the ground.

If your dog still doesn't want to lie down, try moving him to a rug. (Some dogs simply don't like lying on cold, hard surfaces.)

As with other lessons, make sure your dog is not too distracted...or nervous. He'll be more willing to lie down if he's calm and relaxed. If he's nervous or full of energy, postpone your lesson until he's settled down.

Remember to keep your tone of voice calm and low.

Remember, the instant he lies down, give the treat and praise (“Good!”).

### **This Week's Homework**

Practice this lesson several times a day. Vary the time of day and location.

Also watch your dog when you're not practicing the lessons, and when he starts to lie down on his own, say “Rest” as he does so. Then quickly give him a treat and praise.

### **In Addition to Practicing This Lesson...**

- **Reinforce Lesson 4, Teaching Your Dog to Stay.** Vary the time of day and location. Make sure there are few distractions. Remember to use the same commands (“Stay,” “Free”) every time, using a low, quiet tone of voice.

Practice using your “stop” hand signal, making sure it's different from your “Sit” hand motion. Hold the treat in the hand you are NOT using for the “stop” signal.

Give instant praise and reward after just a couple of seconds by bringing the treat all the way to his mouth so he doesn't move to get it.

If that's consistently going well, try extending the amount of time for your dog to stay by a few seconds longer before being released.

**Important:** Don't be tempted to extend the stay any longer than a few seconds before you've built a very strong foundation with this command.

- **Reinforce Lesson 3, Teaching Your Dog to Come when Called.** Continue teaching your dog to come when called at various times throughout the week. Practice in various locations, at different times of the day.

Remember the priority is to teach him that coming to you is a wonderful thing that will make him very happy. Don't use the come command when what you'll do when he comes is something he won't like.

If he's responding well when you're 10 feet away, try moving about 20 feet away from your dog before asking him to come.

Resist the temptation to give the come command ("Come! Come! Come!") more than once if your dog doesn't immediately respond. Instead, go to your dog and show him the treat in your hand. Give the verbal command in an enthusiastic voice, turn and move away while clapping. Be sure to praise ("Good!") as soon as he looks at you, and then reinforce generously with treats when he reaches you.

**Note:** Remaining calm and patient when being ignored is difficult for most people, but please don't get frustrated if your dog doesn't come every time you call him. Some dogs learn more slowly than others. Also, like children, dogs tend to become more willful as they get older, and may occasionally decide that whatever they are doing is more interesting at the moment than coming to you. Sometimes even walking over to him and showing the treat won't work. Don't get angry, don't raise your voice, don't repeat the come command over and over. Instead, gently take him by the collar or snap on the leash and lead him away from whatever he's interested in and to the destination you want—then give him a praise and a wonderful reward.

The worst thing you can do is lose your temper and yell angrily at your dog.

If your dog ignores your come command but eventually does stop whatever he's doing and comes to you on his own, you can say to him whatever you want to vent your frustration—as long as you say it in a loving, happy, singsong voice. "You stubborn little bastard. If you ignore me like that again I'll sell your ass on eBay." ☺ Remember, you're saying this in a loving, happy voice. Pet your dog as you're saying it. Make him happy he came to you. This little mental trick will help you feel better while still reinforcing your dog's correct (though belated) behavior.

- **Reinforce Lesson 2, Teaching Your Dog to Sit.** By this time your dog should be responding to both the verbal and arm motion sit commands even when the level of distraction is fairly high. If your dog does so consistently, you can back off on the formal practicing of this lesson. But do continue the verbal praise

("Good!") when your dog sits on command. Also use petting (make sure it's the kind he likes) and play as rewards instead of treats. (An occasional treat is still a good idea.)

- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## Lesson 6: Teaching Your Dog Not to Jump Up on People



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The importance of this lesson may depend on the size of your dog. A dog the size of a Chihuahua jumping up on you (or visitors as they come through your door) won't create quite the same problem as a 100-pound bear of a dog. But then again, muddy paws are messy, regardless of their size. And some visitors may not enjoy being "greeted" by any jumping dog.

Teaching your dog not to jump up on people will take extra time and patience because dogs naturally greet friends and family by sniffing or licking each other's muzzles. Your "muzzle" is too high, so they try to jump up to reach it. They're not being rude or pushy; they're being sociable! We just need to train them to be sociable in human terms.

You'll need a volunteer to help you with this lesson.

## Lesson 6: Teaching Your Dog Not to Jump Up on People

Read this lesson first, and then practice it with your dog.

### **For Teaching Your Dog Not to Jump on Visitors:**

1. Load up your pocket (or a bag or pouch) with treats.
2. Take your dog near the door where you and your visitors most often come into the house. (You and your dog will be inside the house.)
3. Ask your helper to come through the door and, as soon as your dog gets within a few feet, have your helper ask your dog to **sit** in a low, calm voice.
4. If your dog sits, immediately praise him and give him a treat. (Your helper makes the request, but you provide the reward for correct behavior.)
5. Repeat this exercise five times.

### **If your dog doesn't do what you want**

If your dog doesn't sit when asked to do so by your helper, move in front of your dog (so you're facing him) and ask him to sit yourself. Immediately reward his correct behavior with praise and a treat. Practice this a couple of times: after your helper comes through the door, you step in front of your dog as he approaches the helper, face your dog and ask him to sit, then give the reward. After he sits successfully for you two or three times, ask your helper to ask your dog to sit after coming through the door.

If your dog still won't sit and keeps trying to jump up on your helper, don't raise your voice or show impatience; your dog is probably just a bit too excited about greeting your helper. Instead, when your dog doesn't sit as asked by your helper, instruct your helper to abruptly turn his back on your dog, walk outside and close the door. If your dog then turns to you, do the same—turn your back on your dog. After about 10 seconds, have your helper come back in, approach your dog again and ask him to sit... and again turn his back, walk out and close the door if your dog does not comply. Have your helper keep doing this until your dog sits as requested—then immediately reward your dog with praise and several treats for (finally!) calming down and doing as asked!

**Note:** If you can get more than one person to volunteer to help you with this lesson, individually at various times, your dog will more quickly learn the correct response (sitting, not jumping) for anyone who comes into the house.

### **For Teaching Your Dog Not to Jump on You:**

1. Think of situations in which your dog is likely to jump on you, and be prepared to ask him to sit before he can do so... ideally, when he gets within six feet of you.

2. Practice training sessions where you go out and come back into the house, through various doors. Use the same methods as mentioned above: ask your dog to sit after you come in, and immediately reward the correct response.
3. Plan your practice sessions for when your dog is relatively calm.
4. Use your verbal sit command as well as your hand motion, as learned in Lesson 2. **Important:** Keep your voice low and calm. This may require diligence and practice on your part, especially if you're coming home after being gone all day and are used to greeting your dog with excitement and enthusiasm. Remember: the goal is to control your dog's excitement so that he's less likely to jump up on you. So try not to sound excited to see him. If you're calm, he'll calm down quicker.
5. Give praise and treats when your dog sits as requested. **Tip:** Have a baggy of treats ready outside your door, so you can quickly reward your dog for sitting whenever you come into the house.
6. Don't have your dog sit for long. Ask him to sit, give him the rewards as soon as he does so, and then move away and allow him to follow. Give him a chew toy or do something that takes his focus away from jumping up to greet you.

### **If your dog doesn't do what you want**

If your dog doesn't sit when asked, turn your back on your dog, walk outside and close the door. After about 10 seconds, come back in, approach your dog again and ask him to sit... and again turn your back, walk out and close the door if your dog does not comply. Keep doing this until your dog sits as requested—then immediately reward your dog with praise and several treats for doing as asked.

If you're practicing in other areas and other situations where your dog might jump on you, immediately turn your back on him if he doesn't sit when asked. Don't talk to him. The point is to teach your dog that he'll lose your attention when he jumps up on you or doesn't sit when asked.

**Important:** When your dog jumps up on you, do not attempt to correct this behavior by pushing him away with your hands, or by bringing up your knee to block his jump or force him backwards. This is what many trainers tell people to do, but don't do it. Most dogs will perceive this action as play, and they'll get even more excited and will jump back with greater enthusiasm. This is not the effect you want.

Instead, follow the above instructions for deterring their jumping behavior (turn your back, walk away). Being ignored by you is "punishment" enough for most dogs, and they'll quickly learn to sit as asked, rather than jump up.

## **Bonus Lesson: Getting Your Dog to Go to His Room when Visitors Come**

Sometimes it's easier to avoid a jumping-up situation than try to prevent or correct it. To do this, teach your dog to run to another room when the doorbell rings or someone knocks.

For this lesson you'll need a hollow toy stuffed with peanut butter, cheese or some other food your dog really likes.

1. Pick a designated room where you want your dog to go when the doorbell rings or someone knocks.
2. Have the hollow, food-stuffed toy ready on a shelf or somewhere (other than the floor) in that room so you can quickly grab it.
3. When your dog is in the house and calm, go to the door and ring the bell and/or knock, then run to the designated room, calling your dog and clapping so he'll run after you.
4. As soon as your dog follows you into the room, give him the food-stuffed toy, leave the room and shut the door (with him still in the room, of course).
5. After 10-20 seconds, go into the room, take the toy away and let your dog out.
6. Wait about 10 minutes, and then repeat Steps 3 through 5.
7. Practice this exercise three times, pausing for several minutes between each session.

This will teach your dog that if he runs to the designated room when the doorbell rings or someone knocks, he'll get a delicious reward.

8. For your fourth practice session, change the procedure a bit. While your dog is still inside the closed room busy with the food-stuffed toy, go ring the doorbell or knock and then talk as if you're greeting friends. After a few seconds, go let your dog out of the room.

9. After your dog has learned to run to the designated room when the doorbell rings or someone knocks, advance the training with a real visitor. After the visitor has been inside for a few minutes, go let your dog out of the room. As your dog approaches the visitor, practice the "no jumping" lesson where your visitor asks your dog to sit as he approaches. Immediately reward his correct response.

**Tip:** Give your dog the food-stuffed toy whenever visitors are in the house, so he'll be more interested in that than jumping up on them.

### **This Week's Homework**

Practice these lessons several times a day. Vary the time of day and location.

### **In Addition to Practicing This Lesson...**

- **Reinforce Lesson 5, Teaching Your Dog to Lie Down.** Vary the time of day and location. Make sure there are few distractions.

After getting your dog to sit, move your treat-filled hand directly downward from his nose. Say "Rest" in a calm, low voice a split second before you start moving your hand. Be prepared to hold the treat on the ground for a few seconds, or tap the ground to get his attention. If necessary, press gently on his back.

When he lies down, immediately reward your dog with the treat and "Good!" praise.

Also practice saying "Rest" just before your dog lies down on his own. Reward him as usual.

- **Reinforce Lesson 4, Teaching Your Dog to Stay.** Vary the time of day and location. Make sure there are few distractions. Remember to use the same commands ("Stay," "Free") every time, using a low, quiet tone of voice.

Give instant praise and reward for staying as asked by bringing the treat all the way to his mouth so he doesn't move to get it. If that's consistently going well, try extending the amount of time for your dog to stay by a few seconds longer than last week before being released.

Later this week, when you think your dog is ready, work on the "distance" element of this lesson by backing up just one or two steps after asking your dog to stay.

As you back up, slowly drop your "stop sign" hand signal, so both your arms are loosely by your side. Stop moving after a couple of short steps and stand very still, looking directly at your dog.

After a couple of seconds, move forward and give your dog the treat. As your dog is eating it, rock back a bit, wait a second, and give the release command ("Free"). Remember to keep your voice low and calm when giving the release command and don't praise him for getting up.

If your dog starts to get up before you give the release command, immediately move forward to block his forward motion, raising your hand in the stop signal again.

**Important:** Drop your arm and back off as soon as he stops moving forward. If you wait too long and your dog is already up and moving before you can “block” him, just go up to him and use a treat to again lure him back to where he started... and try again.

Remember to remain calm, and avoid repeating the verbal command to stay.

- **Reinforce Lesson 3, Teaching Your Dog to Come when Called.** Continue teaching your dog to come when called at various times throughout the week. Practice in various locations, at different times of the day.

Remember the priority is to teach him that coming to you is a wonderful thing that will make him very happy. Don't use the come command when what you'll do when he comes is something he won't like.

If he's responding well when you're 20 feet away, try moving about 30 feet away from your dog before asking him to come.

Resist the temptation to give the come command (“Come! Come! Come!”) more than once if your dog doesn't immediately respond. Instead, go to your dog and show him the treat in your hand. Give the verbal command in an enthusiastic voice, turn and move away while clapping. Be sure to praise (“Good!”) as soon as he looks at you, and then reinforce generously with treats when he reaches you.

- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## Lesson 7: Teaching Your Dog to Heel



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If you've ever been taken for a walk by a strong, willful dog, you can't help but gaze in wistful admiration at people whose dogs walk calmly by their sides, even when off a leash.

But there's more to gain from teaching your dog to heel than no longer being dragged down the street. When walking your dog is not a "chore," you'll enjoy it more, you'll do it more, and you and your dog will both benefit from more frequent walks.

Teaching an energetic and always-curious dog to walk slowly by your side and ignore all the fascinating scents and other distractions during your outings will be a major challenge. After all, dogs, unlike people, do not naturally walk side-by-side with their friends and family.

Some dog trainers (amateurs and professionals alike) use various forms of choke collars, brute force, and intimidation to teach dogs to heel. From a dog's point of view, this concept of "heel" must seem more like "hell."

As you know by now, that's not how we operate. Teaching your dog to heel will be easier than you think when you make the lessons an interesting game. But it will take a little time; you may not get to a finished "heel" for a few weeks. That's OK, because the process will be lots of fun for you and your dog.

Follow our training system, and soon you and your dog will be the ones struggling dog walkers gaze at in wistful admiration!

## **Lesson 7: Teaching Your Dog to Heel**

Read this lesson first, and then practice it with your dog.

1. Load up your pocket (or a bag or pouch) with treats.
2. Take your dog to a quiet area where it's safe for her to be off a leash.
3. Decide on which side you'll prefer your dog to heel—your left side or your right. It doesn't matter which side you choose, but once you decide, don't change your mind later and confuse your dog. For the purposes of this lesson, we'll use the left side. If you prefer the right side, just substitute "right" whenever we say "left."
4. Put a few treats in your left hand.
5. Show your dog the treats in your hand and then start walking away.
6. Encourage your dog to stay with you as you walk away. Call her name, slap your left leg, make smoochy noises, etc. Pick up the pace of your walking, almost as if you're trying to get away. As you're doing all this, wave the hand with the treats down low on your left side so your dog knows where they are.
7. If your dog follows you, stop after a few strides and give her the treats and lots of praise. It's great if she's stayed right by your side, but don't worry if she lags a bit behind at this point.
8. Wait a couple of minutes, and then repeat Steps 4 through 7. Vary your walking speed and make sudden changes in direction. The point is to make it interesting and fun for your dog to keep up with you.

### **If your dog doesn't do what you want**

If your dog doesn't follow you, go back to her and put the treats right under her nose before walking away and encouraging her to follow.

If she still isn't interested, the treats are not tempting enough or she's too distracted. Find a treat she likes better, wait until she's hungrier, or move to a less-distracting location.

### **This Week's Homework**

Practice this lesson a couple of times a day, but only for short periods of a minute or less.

Make sure there are few distractions, and your dog is eager to play and get lots of yummy treats.

### **In Addition to Practicing This Lesson...**

- **Reinforce Lesson 6, Teaching Your Dog Not to Jump Up on People.** Vary the time of day and location. Make sure there are few distractions.

You'll need a helper to come in the door and ask your dog to "Sit," while you're ready with a treat and reward if she does so.

After a couple of successes, see if she'll sit automatically when your helper comes in, without giving the "Sit" command. If she does, give her lots of praise (but in a low, calm voice) and extra treats. If she doesn't, go back to practicing with the verbal command a couple of times, then try again without it.

Don't get frustrated if your dog has a hard time controlling her excitement and learning not to jump up on people. Some dogs learn this lesson quickly; others take a long time and a lot of practice.

Make sure you and your helper remain calm with body movements and tone of voice (even when giving praise). Remember, with this lesson it's very important to quell your dog's excitement, not encourage it.

Try to get visitors to ask your dog to sit every time they approach your dog. Be sure to have treats ready (and be sure your dog knows you have them). Don't bother trying this when your dog is overly excited.

Also practice coming in the door yourself. Have a treat ready, ask her to sit as soon as she approaches you, and give the rewards when she does so. Repeat this three or four times.

Practice giving the verbal praise ("Good") in a quiet tone of voice, with long, slow sounds rather than short, high-pitched tones.

Try to do two or three sessions a day, if possible.

- **Reinforce Lesson 5, Teaching Your Dog to Lie Down.** Vary the time of day and location. Make sure there are few distractions.

This week you want to work on getting your dog to lie down without pressing on her back or tapping on the ground as encouragement.

Sit or squat down next to your dog. Ask her to lie down (“Rest”), followed by moving your hand (filled with a treat) down toward the ground. Do not tap the ground; do not press on her back.

If she lies down, immediately reward your dog with the treat and “Good!” praise. If she doesn’t lie down, try again, and make sure she knows about the treat in your hand. Use it as a lure under her nose, going down toward the ground.

After a couple of successes, ask her again to lie down but move your hand only partway to the ground, stopping a few inches above it. Praise and reward her correct response. Continue this for a few sessions, each time stopping your treat-filled hand a bit higher from the ground after giving the verbal command. (Don’t give her the treat until she lies all the way down.)

During sessions later in the week, ask her to lie down (“Rest”) while you are standing up. Make sure she knows the treat is in your hand, and lure her down with it, bending your knees and moving your hand as close to the ground as necessary for her to understand you want her to lie down. **Important:** Do not bend over at the waist toward your dog. This is too much body movement and your dog may think that’s part of the nonverbal command.

Practice asking your dog to lie down (“Rest”) from a standing position, sweeping your hand in a downward motion toward the ground as you bend your knees. During your sessions, gradually bend your knees less and stop your hand motion higher from the ground. Eventually, you’ll want her to respond to the verbal command while you’re standing up straight and just making the arm motion without moving the treat down to the ground.

Also this week, continue saying “Rest” just before your dog lies down on her own. Reward her as usual.

- **Reinforce Lesson 4, Teaching Your Dog to Stay.** Vary the time of day and location. Remember to use the same commands (“Stay,” “Free”) every time, using a low, quiet tone of voice.

Gradually increase the duration, distance and level of distraction as your dog responds well in her practice sessions, but work on only one of the “3 D’s” at a

time.

Remember to emphasize the “Stay” with rewards, not the release (“Free”).

### **Lie Down/Stay**

If your dog is responding well so far, ask your dog to **stay while lying down**. This is useful when you want your dog to stay put for more than a minute.

In a quiet room, when you are about two feet away from your dog, ask your dog to sit, then lie down (“Rest”). You want her lying down comfortably, with her hips flipped over to one side, rather than on her belly with her legs tucked underneath, ready to jump back up. If she doesn’t do so on her own, encourage her to lie with her hips flipped on their side by putting a treat in front of her nose and luring her head back toward her shoulder. This will help cause her to flop over onto her side. Give her the treat and quiet verbal praise; you don’t want her to get excited and get up.

Have another treat ready.

Try to be sure and stay two feet from her, so you’re not looming over her.

Tell her to “Stay” (make sure your tone of voice makes it a command, not a question), and hold your hand in the “stop sign” signal. After a few seconds, rock forward and with an underhanded motion, pop the treat into her mouth.

Be ready to “block” her with your body, as you learned last week, if she starts to get up.

After a couple of seconds, calmly give the release command (“Free”) and walk away. Remember, no praise or rewards after the release.

After a few minutes, repeat the lie down/stay exercise. Try for two or three short sessions a day.

- **Reinforce Lesson 3, Teaching Your Dog to Come when Called.** Continue teaching your dog to come when called at various times throughout the week. Practice in various locations (inside and out), at different times of the day.

Remember the priority is to teach her that coming to you is a wonderful thing that will make her very happy. Don’t use the come command when what you’ll do when she comes is something she won’t like.

If she’s responding well when you’re 30 feet away, try moving about 40 feet away from your dog before asking her to come. Be careful about what’s in the space between you and your dog. You don’t want distractions.

Don't forget that coming when called is a difficult lesson for your dog to learn. Unlike sitting or lying down, it's not based on something she naturally does on her own. Only advance the lessons (increase the distance) as she's ready, remembering that all dogs learn at different paces. If she's not ready for greater distance yet, don't push it. Move closer and try again. Remember the excitement factor.

Resist the temptation to give the come command ("Come! Come! Come!") more than once if your dog doesn't immediately respond. Instead, go to your dog and show her the treat in your hand. Give the verbal command in an enthusiastic voice, turn and move away while clapping. Be sure to praise ("Good!") as soon as she looks at you, and then reinforce generously with treats when she reaches you.

Even if she's responding well, don't start skimping on the treats just yet. Continue giving generous rewards.

- **Have fun playing with your dog!** Don't focus all your time together on training. Spend lots of quality time just enjoying each other's company.

## IN CONCLUSION

### Dog Training Isn't About Your Dog

Despite what other dog training books, videos, and experts may say, dog training isn't about the dog.

**It's about you.**

### The Secret to Dog Training Success

Here's the secret most dog trainers won't tell you (some of them don't even know it themselves): successful dog training is not about getting your dog to understand you—**it's about you understanding your dog.**

Fortunately, you're one smart puppy yourself.

Humans are smarter than dogs. Yep... no offense to dogs, but even the dumbest blonde you know is smarter than the smartest dog you know. That's good news, because if you want your dog to be a good student—to learn to sit, stay, heel, come, fetch; in short, to obey your every command—you have to be a good teacher. To be a good teacher, you have to understand how your student thinks. Because you're smart, this will be a breeze.

All you have to do is follow the step-by-step instructions provided in this popular dog training course. Within a few weeks, your dog will be so well trained you'll be showing him off to all your drooling, envious friends.

But it will require some effort on your part.

### For Dog Lovers Only

Your dog loves to be with you. He loves to please you. That's why he'll be easy to train once you understand him. But if the feeling is not mutual... if the idea of spending time with your dog, training him, playing with him, loving him... does not appeal to you, this is not the course for you.

If a dog is nothing more to you than a security system, fashion statement, or status symbol, you won't like this training course.

We guarantee that the “effort” will be fun; the result will be a well-trained, happy dog. And that’s not all. Our ultimate goal is to help you connect with your best friend in a way that will enrich your relationship for years to come.

Learning is a life-long adventure. While you’ll have the basic training techniques mastered within a few short weeks, you and your dog will never really be “fully trained.” That’s actually a good thing—because you’ll both enjoy the process so much, neither of you will ever want to stop learning!

Further Reading:

[Secrets to Dog Training](#)

[Dove Cresswells Dog Training Online](#)

For more great [free ebooks](#) visit: [The eBook Directory](#)

**Thank you for reading this report!**

**As a special thank you I have put together a list of my favourite sites and most useful resources! Enjoy!**

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