

NOTES FOR 2ND NIGHT

When you come into the room, please spread out. No saying hi to other puppies on leash right now! Saying hi on leash is not socialization!

Be ready to reward calm behavior as soon as you come into class. Bring little treats--and please have some in your hand ready to use. The rest should be easy-to-reach and in something that doesn't make noise. If you forgot treats, ask Molly or Marina for some--we always have plenty!

Stand on the leash and reward calm behavior! We say this every class—it's one of the most important things you will learn.

STANDING ON THE LEASH—gives your dog a clear boundary. **This also becomes the cue to just chill.**

DO NOT GIVE YOUR DOG ANY VERBAL COMMANDS—don't nag your dog! **Standing on the leash will become the cue for calm behavior.**

DO NOT GIVE YOUR DOG ANY HAND SIGNALS—stand calmly and wait for your dog to calm down.

REWARD YOUR DOG THE INSTANT YOU GET CALM BEHAVIOR—any calm behavior earns a FOOD reward (standing, sitting, or lying down). Do not pet or rub your dog--this often winds him back up instead of calming him down.

IF YOUR DOG WILL NOT SETTLE—pretend that you are clumsy and drop tiny bits of treats on the floor around your dog. DO NOT look at your dog while you are doing this. When your dog is quiet for an instant, DELIVER a food treat right to her mouth. **However, you should not let this become your default behavior!!! The goal is to reward the correct behavior not constantly distract your misbehaving pup.**

TIMING and DELIVERY are key in making this work.

TIMING—you must deliver the treat to your dog's mouth the **instant** you see good behavior. (Have treats ready!!!!)

DELIVERY—you must **deliver** the treat to your dog's mouth o **reward** your pup.

You shouldn't have to distract often—your goal is to distract and then manage the behavior with proper timing and delivery of rewards!

And, finally, please use FOOD to reward your dog during this part of class--don't verbally praise her or pat her head or give her a body rub.

- When the "teacher is talking"--we need both the dog and you to be quiet.
- You are trying to help your dog calm down, patting on the head or rubbing vigorously can wind your pup right back up again.

If your pup is barking in class:

- Try to get a little more distance between your pup and what your pup is barking at.
- Make sure the leash isn't too long. Even if you think the length is ok, try shortening it just a few inches. Make it a little looser when your dog is quiet and calm.
- Ignore your pup!!!! Do not tell her to shush or be quiet or to sit or to do anything. Don't bat your hands at your pup. Instead, fold your arms and look up and away!

Raising the bar: A challenge in training in knowing when to raise the bar and by what degree. Do it slowly and in smaller increments than you think necessary.

Anytime you have your puppy on the leash and you stop to answer a text or talk to someone, stand on the leash.

If you need more detail, there was a longer explanation in the Week 1 notes.

TRAINING TIPS

MARKER WORDS & GOOD ASSOCIATIONS

Training Terms --In training it is not always possible to reward within a 1/2 second. In fact no matter how hard you try you cannot consistently reward a dog within 1/2 second. To get around this we bridge (or connect) the time frame between the behavior and the consequence that follows. This bridge allows us to extend the 1/2 second rule of consequences. That bridge is **a word - we will call it a Marker** (I like to use the word YES, other people use other words). Many people use the sound from a clicker. The fact is you can use any word or sound you are comfortable with as long as you are consistent.

A simple way to look at the mark as a bridge is that it is like telling your dog "Hold on a second - I like what you just did and I am going to get to you and give you a high value reward."--from Leerburg website

In summary--a marker word is a bridge between a behavior and a reward. **When you use a marker word, you must say it right as the dog performs the correct behavior AND you must always follow it with a reward.**

You can also train your dog to have a **positive association to praise**. When you are going to give your dog a treat (as a reward or just because)--first say "Good dog" or "Good girl" or "Perfect Puppy" and then give your dog the treat. Soon, your dog will be happy hearing the praise even if he doesn't always get a treat.

Last week I said that Manners for your dog is about learning to offer good behavior at the right time instead of always being cued on what to do. Door Manners is one of those times! An open door stops being an invitation to run out but a cue to wait calmly until released.

DOOR MANNERS

Go with your dog to a door that leads to the outside. If the door leads to an unfenced area--put your pup on a leash. **DO NOT TRY THIS WHEN YOU ARE IN A HURRY!!!! SET SOME TIME ASIDE TO WORK ON THIS--it's worth it!**

- Put your hand on the door like you are going to open it.
- When your dog steps forward (and, most likely, presses his nose against the door)--you take your hand off the door and take a step or two back.
- Wait until your dog steps back as well (or sits)
- Now, put your hand on the door again like you are going to open it.
- When your dog steps forward--take your hand off and step back
- Repeat until your dog stays away from the door when your hand is on the knob.
- Now, open the door just a crack. If your dog pops up--close the door and step back. Repeat this procedure until you can open the door a little and your dog stays put!!!!
- Keep working in the same way until you can hold the door all the way open.
- When your dog will stay with the door open--add a release word to tell him it's ok to go out.

NOTE--there have been NO COMMANDS or CUES in this exercise until the release word--it's all been body language. If you say "off" or "wait" or "stay" and someone else doesn't use the right word--your dog may go racing out the door. This way your pup has learned that there's no going out an open door until told it's OK.

When your dog gets good at this, you can add a person coming in the door. Your dog must stay in his place or the person does not enter.

JUMPING ON PEOPLE (COMING TO YOUR HOME)

1. Keep a leash handy. When the doorbell rings, as quietly as you can, ask the visitor to wait a minute. (If you yell, your dog will get excited and happy that you are barking, too!) Put the leash on your dog.
2. If you just need to answer the door--for a delivery--stand on the leash (giving your dog just enough room to sit down) and open the door. If you have treats, reward your pup when he sits or is calm. Take the delivery; close the door; take your dog off leash!
3. If the bell ringer is coming to visit, open the door and move back where your dog has some room. (You can

also do the following steps when someone wants to say hi to your dog when you are outside and your dog is on a leash.)

- Ask your visitor not to approach your dog until your dog is calm.
- CALM is just all four feet on the floor--although a sit is fine, too.
- If your dog gets excited and NOT CALM (even one foot off the ground is NOT CALM)--ask the visitor to back up.
- When your dog has all four feet on the ground again, the visitor may move forward.
- When your dog is calm enough that the visitor can approach, ask him or her to say hi calmly to your dog and walk on by.
- Please don't give your dogs any commands--although you may give a command to the visitor-- "Wait" or "Say hi!"
- Keep your dog on a leash for a few minutes until the excitement is over, and then she can come and say hi.

JUMPING ON YOU

Don't turn away when your dog jumps up. Your dog can learn to "spin you"! Don't bat at your dog or try to push her down--this is like a game for her. Just **gently walk into your dog** and take back your space. You aren't trying to knee her or step on her toes; you just want to make it clear that jumping up will not get her any interaction. As soon as she has four on the floor, give her the attention she wanted.

If your dog spends time in an xpen, or if you have gates at doorways, do NOT move forward unless your pup has 4 feet on the ground. Your dog needs to learn that four on the floor is the way to make you move forward.

Standing on the leash will help; your dog can't practice jumping. If your dog jumps at you and high, you might need to use a training leash. This is a heavy, double-stitched leash that is about 2 to 3 feet long. Or you can cut down a regular leash, but you want to make sure that it can't catch on anything in your house or yard because your dog will be wearing it most of the time.

Only give your dogs treats when he has four on the floor—or is doing exactly what you asked for. If you ask your dog to sit, and your pup jumps up on his hind feet to get the treat—you have just rewarded jumping—not the sit.

S.P.O.T.

Most dogs don't like being petted on the head. It isn't a reward until you teach them to accept and like it. To see if your dog likes it—stand in front of your pup and put your hand over your pup's head. Does she duck or look away or back up? Then, she's not excited about being touched on the head. If you can touch her head, pet several times between her ears and pull your hand away. Does she reach toward you for more or back up? Here's how to help your dog enjoy being petted.

S.P.O.T—to help dogs appreciate being petted on the head

- **Sit**—ask your dog to sit
- **Pet**—start petting your dog on the head while you hold a treat; dog can nibble the treat while you are petting or you can feed a stream of small treats
- **Offer Treat**—pull away your petting hand and offer your pup the treat for being petted

This also helps your dog settle nicely for greetings.

LOOSE LEASH WALKING (review)

- Leash in your Right Hand
- Multiple treats in your Left Hand (Having treats in your left hand makes it easy to reward your dog when he is where you want him to be. Having treats in your right hand often encourages your dog to cross in

front of you. Dog should be on your Left Side*, and there should be a big smile in the leash (the leash should be loose with slack hanging down!)

- Look to see where you will be walking—make sure there is nothing that will get in your way
- Tease your pup with the treats in your left hand and talk to him: “Are you ready? Are you ready?”
- **Step off with your left foot**, tell your pup something like “Let’s go” AND
- **Put BOTH hands on your belly button!!!!**
- Walk fast like you are late for an appointment but look at your pup (How else will you know when he is being really good?).
- After your pup takes a couple of good steps by your side, drop your left hand and give him a treat
- **Immediately put your left hand back on your belly button**
- Talk to your pup—tell him how good he’s doing
- When you get ready to turn, make sure you let your pup know you are turning

If your dog starts to take the slack out of the leash, make a warning noise before he hits the end of the leash. When he’s at the end, stop your feet and **tap gently** on the leash. Use your left HAND (not the leash) to guide your pup back into the correct heel position. DO NOT reward your pup (and your pup doesn’t have to sit)! Now say “Let’s Go!” Step out with your left foot. Put both hands on your belly button. After 2 or 3 steps by your side you should reward your pup with a food treat.

Remember--the leash is just an emergency brake--it is not a steering or control device.

Keep both hands on your belly button to:

1. Prevent grabbing the slack in the leash with your left hand to jerk or move your dog, and
2. Prevents jerking or moving your pup with the leash by raising your right hand out to the side or over your head!

Your dog will learn more by walking in new neighborhoods; it will be more stimulating. Drive a couple of blocks away and walk there. Walking in downtown Los Altos is great--he will be exposed to lots of people, bikes, scooters, dogs, sounds. Right now you want quality walks--not long ones!

*We like to work with the dog on your left side in our classes. It is traditional for obedience work, and it is also the safest place for your dog to be if you are walking on the street since your dog will be away from traffic as you walk facing the oncoming traffic.

SNIFF

Teach your dog to sniff on command. It gives your pup a break and can help release stress. As you approach a place your dog loves to sniff, walk towards it and tell your pup "Go Sniff" or "Take a Break". Keep the leash slack but go over to the place. Let your dog sniff for about 5 seconds; then, say "Let's go" and walk off. When your dog tries to sniff on his own, just keep walking. If he walks nicely for 10 or 20 steps, then tell him to "Go Sniff". This will make the walk more fair and more fun your dog. You aren't prohibiting sniffing--just putting it under your control.