



Adult Dog (Part 1) - Week 3

Welcome Back

Revision

Remember use your dog's dry food for training at home. Only use treats for high distractions and for classes.

- Fade the Lure for:
 - Attention- hold 3-6 seconds duration with your dog looking at you. Mark and reward.
 - Sit- add 3-6 seconds duration, standing up straight with hand back to your side, Mark and reward.
- Food Lure for:
 - Drop- add in the word (saying it only once) as the dog is half way through the action. Mark and pay after holding 3-6 seconds duration

Fade the Lure

You have already begun to fade the Lure with Sit and Attention. We will start to fade the lure for the Drop this week. To refresh your memory of why we do so:

Food helps the dog follow your hand and payment works well to help the dog do the exercises with great success.

It is important that you start to fade the lure once your dog understands what is required. This is a real turning point in any exercise. Once we no longer need to 'show them the money' and they can perform the task in response to a hand signal and the behaviour is then 'On Cue'. Food then becomes a REWARD rather than a LURE.

How to make the transition from 'lure' to cue'

1. When you are convinced that your dog will perform a new behaviour in response to a 'lure' 95% of the time ONLY THEN is it time to begin to 'Fade the Lure'. Therefore, if your dog is not ready, we can wait another week or two. There is no rush.
2. We are going to go to a flat palm. This is because a flat palm is highly visible and helps provide a clear signal for our dogs.

Drop

1. Have a few treats in one hand, and no treats in the other. Start the dog in a sit position
2. Slowly bring your hand flat palm down from the dog's nose to the ground. As your dog lowers itself to the ground, use your drop cue word (say "Drop"), Mark and Pay with the other hand.

Handling

It is critical that your dog is handled every day. Make sure you take the time out to brush your dog using the zoom groom we discussed in class on a daily basis.

Check for ticks every day, running your hand against the grain of the coat, feeling the dog all over. Make sure you are checking between the toes, under the armpits, around the anus area, in the mouth, under the collar and around the lip area.

Make this a quiet time when your dog is tired so that there is not too much energy floating around. When watching your dog work and play check out their body language. Are they happy or are they exhibiting signals that are telling you all is not well?

Recall



Imagine calling your dog to 'Come' and having them respond first time, no matter where they are or what they are doing! It CAN happen, using positive reinforcement methods.

Why your dog may not 'Come'

- History of negative experiences when coming (e.g. Calling your dog to 'Come' to End Fun, Clip Nails,
- Administer Medication, Take a bath etc)
- You didn't have their attention and they weren't looking at you when you called
- Competing motivations (distraction) (e.g. the butterfly fluttering past distracts dog)
- You appear frustrated or angry and they are worried about the consequences of coming to you

When NOT to call your dog to 'Come'

As training progresses your dog will begin to come to you regardless of distractions.

During the **initial** stages of training it is important to set them up for success, help them to make the right decision! Never call your dog to come in the following circumstances:

- When they are not looking at you
- To signal the end of fun
- To have nails clipped, take medicine or anything else your dog perceives as negative
- When you're not sure whether they'll come or not

Emergency Recalls

In an emergency if you need your dog, and remember you should not have to do this if you have exercised the correct control, you may like to try one of the following techniques:

- Run away from your dog. Dog's don't like you to be too far away and will run after you. NEVER NEVER chase your dog to catch it as it will learn to run every time.
- Lie on the ground and flap about while making inviting noises, (like a turtle on your back). Few dogs can resist this! Not very dignified, but neither is chasing your dog all around the neighbourhood!
- Pretend there is something SOOOO GOOOD on the ground that it has taken your attention. Get your nose on one spot and pretend to be sniffing. They will come up to investigate what is on the ground with you.

Remember not to rely on these tips as your recall, use them ONLY in emergencies. Dogs are not stupid and will learn you are having them on!

Exercises

For the next two weeks call your dog to 'Come' only when you are 100% certain that they will come to you. To build a successful recall it is critical that your dog comes each time you call and begins to build a history of positive experiences associated with coming to you.

Be sure to practice initially in a quiet environment when your dog has nothing better to do than come to you. Mark and REWARD HEAVILY. Act like they have just done something MIRACULOUS. Make coming to you the best thing in the world.

Teaching "Come"

1. Start with your dog nice and close (sitting/ standing by your feet)
2. With their food in one hand, start with your hand at your shoulder, making a big "arc" from shoulder down to your dog's nose
3. Call your dog's name in a light, upbeat tone whilst taking one/three steps backward, luring your dog
4. Bring your treat hand to your leg, and as soon as the dog's nose touches your hand, Mark "yes" and reward.



5. When the dog is doing steps 1-4 consistently, we want to teach our dogs to default sit at the end of every recall. To do this, do steps 1-3, then bring the treat hand (and essentially your dog) to your leg and raise your hand up and back over your dog's head until their bottom touches the floor. "Mark" YES! And reward.
6. Repeat this until your dog is following and "coming" towards you 80-90% of the time. Only then can you add in the word
7. Add in the word as the dog is "en-route" so they may associate the word "come" with the action of running. Say the word "come" in a light upbeat voice after calling their name, completing the exercise then "Mark" and "pay".
8. Start to increase the distance of which you are calling your dog, ensuring you have set them up to succeed (with low distractions and a hungry tummy).

Note:

When first teaching the recall, only use hand signals taught in class. Do not yell come over and over. Once your dog is reliable to the hand signal, then introduce the word "come" along with the hand signal. Please say 'Come' only ONCE! Do not teach your dog to ignore 'Come' by repeating it mindlessly. If taught correctly, you will be approached each and every time.

Grooming and Desensitising

Getting your dog comfortable with grooming and bathing is extremely important for any dog owner. If they are stressed or just don't like getting these things done then it makes bathing and brushing time so much harder. It is essential that you desensitise them to the procedures slowly so they do not become fearful and they learn that it is a GREAT thing that they are getting bathed. Taking it in small steps is important so we don't overload their stress levels right away:

- Feed your dog their dinner/breakfast in the bathing area (laundry room) with the bathing equipment out (towels, shampoo, brush etc.)
- Feed your dog in the bath tub (or other area where you wet them)
- Have a mat on the bottom of the tub (so they do not slip) and put a small amount of water in the tub. Feed your dog when they display calm behaviour in the bath
- Slightly increase the amount of water in the tub and splash their legs slightly. Mark and reward when they display calm behaviour
- If your dog is comfortable with the above steps, give them a proper bath minus the shampoo (being doubly sure they are comfortable before the real thing is given). Mark and reward when they are displaying calm behaviour
- Give them a proper bath every 3-4 week, rewarding every now and again when they are calm and quiet and allow you to bath them.

The above step should be done on separate days, rewarding with their food (if your dog is already slightly fearful it may be beneficial to ensure they are very hungry before you begin).

The same small steps can be taken when brushing:

- Hold the brush whilst you work your dog (sit, drop, On the Mat etc.)
- Hold the brush against the dog, Mark and reward if they do not bite the brush and show calm behaviour
- Do one stroke with the brush along the dog's body, rewarding when they show calm behaviour
- Slowly work your way up so that they are waiting calmly whilst you brush their body. Remember to mark and reward when they are calm and quiet



It is equally important to have your dog comfortable to being touched. The vet must check the dog everywhere and if your dog is not comfortable, then they are likely to become fearful of the vet and in extreme cases bite them. We want to ensure that our dogs are comfortable in the vet and will allow anyone to touch them and check them for ticks. Daily checking your dog for ticks using food as a distraction will quickly teach your dog to stand still and they will be rewarded.

Stand

Practical Uses

Stand is useful in several situations:

- Your vet will love you if you can get your dog to 'stand' for examination
- Your groomer will love you if you can get your dog to 'stand' for grooming
- Your dog will be easier to brush if they will 'stand' happily
- 'Standing' makes your dog easier to check over for ticks and parasites

Exercise

- Hold some food in your fingers and put the food near your dog's mouth. SLOWLY move your hand forward level with the dog's nose away from the dog.
- Your dog should follow the hand and their body should move into a stand. Mark (say 'Yes!') immediately and reward.
- Allow them to move around and repeat steps 1-4 until they offer a stand in response to your hand movement. (DO NOT use a verbal command to stand until you have the behaviour happening CONSISTENTLY in response to your hand signal.)
- When your dog responds 8 times out of 10 tries to a hand signal THEN you are ready to start naming the 'Stand'. Say 'Stand' as the dog is finishing the action (back is nearly horizontal). Ensure you say the word ONCE only and in a light, upbeat tone. Mark and reward.
- Try using a hand signal (palm facing your dog's nose, slowly move your hand from your dog's face out toward the direction you would like your dog to face when standing)

Troubleshooting

1. Instead of standing in the one spot your dog moves forwards towards you

You are moving your hand too far away from the dog. Stop moving your hand the second your dog is in a standing position. If you need to, move your hand slightly back into the dog to steady them.

Loose Lead Walking Revision

You should now be able to walk your dog a reasonable distance without them pulling. Keep up the rewards and they will soon never pull again.

- Practicing walking in many different environments to ensure that your dog will always walk nicely.
- Practicing on different surfaces (grass, concrete, tiles etc.) will make sure that your dog is never caught off guard and learns to walk no matter what the ground may smell and feel like.
- Asking your dog to sit and drop by your side out on a walk will get them working with distractions and comfortably to do these quickly in emergency situations.
- Pet Cafes are an excellent place to train your dog. You can practice walking and using your drops and stands in a busy shop and it's a great way to socialise your dog.



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Walking Extension – Linking your Steps

Now that your dogs are starting to walk to 6 or 9 steps before you mark and pay we can now start to link these steps together, so we can start walking even longer distances more fluidly – i.e. you don't have to stop each time you reward.

Start walking forward with your dog then when you get to 4 steps reach across your body and pop a treat in their mouth and say "Yes" to mark the nice steps but don't stop walking. Keep moving forward and again after 4 steps repeat. The idea is to reward on the move – don't stop to reward just keep walking.

You can then at the end of your sequence use your about turn technique to turn around and repeat these steps walking back in the opposite direction.

Homework

- Read Leadership & Enrichment Notes
- Condition the Marker Signal "yes"
- Attention and name
- Practice Sit
- Practice basic walking technique
- Remove the food bowl
- Review notes on Adult Dog Behavioural issues