

POSITIVE PUPPY KINDERGARTEN

The new dog owner's guide to

POSITIVE REINFORCEMENT PUPPY TRAINING



Includes
Complete
Six-Week
Class
&
Workbook

SUZANNE L. HARRIS, BSc, CPDT

www.dogdaysUSA.com

The new dog owner's guide to

POSITIVE

REINFORCEMENT

PUPPY

TRAINING

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DOG DAYS, INC.

www.dogdaysUSA.com

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For Daisy

Table of Contents

<i>Introduction</i>	11
How to use this workbook	11
Equipment Checklist	12
Puppy-Proofing Checklist	13
<i>Part 1: Let's Get Started</i>	15
Chapter 1: Un-Learning Ineffective Methods	17
Positive Reinforcement versus Traditional	
Training.....	17
Dominant Behavior.....	19
Chapter 2: Using Positive Reinforcement to your	
advantage	21
The Profit Motive.....	22
How to use Food Effectively.....	22
Food and Treat Calculator.....	23
<i>Part 2: The 3 Most Important Things</i>	25
Chapter 1: Exercise & Socialization	27
Why exercise is crucial.....	27
Why socialization is urgent.....	29
How to socialize your pup to humans.....	30
Canine Socialization: Playing with your	
neighbor's dog is not enough.....	31
Chapter 2: Mouth Training	33
The Importance of Mouth Training.....	34
Play Biting.....	34
Natural Bite Inhibition.....	34
Bite Inhibition with Canines.....	35

Positive Reinforcement Puppy Training

Bite Inhibition with Humans.....	36
Bite Inhibition Step 1.....	36
Bite Inhibition Step 2.....	37
Chew Training.....	38
Why puppies chew.....	38
Using the crate.....	39
Taste Deterrents.....	39
What's an "appropriate chewable"?.....	40
Limit access to inappropriate chewables....	40
Exercise, exercise, exercise!.....	41
Praise appropriate chewing.....	41
Entrapment.....	41
Low-key entries and exits.....	42
Destructive chewing is not Separation Anxiety.....	42
Chapter 3: House Training.....	43
How to housetrain your puppy in 3 Steps.....	44
Frequently Asked Questions.....	47
The Crate Controversy.....	51
Crate Dos and Don'ts.....	52
Submissive Urination.....	54

*Part 3: Puppy Obedience in 6 Weeks.....*57

Chapter 4: Puppy Obedience Week One.....	59
The Power of Reinforcement.....	59
Reinforcement Worksheet.....	60
Your Daily Training Schedule.....	62
Why use food?.....	62
Teaching your puppy English.....	63
Off and Take It - Introduction.....	64
Come (Recall) - Introduction.....	66
Important Recall Tips.....	69
Jumping Up.....	70

Table of Contents

Chapter 5: Puppy Obedience Week Two.....	73
Never hit your puppy!.....	73
Handling exercises.....	74
Your Release Word.....	75
Sit - Introduction.....	76
Heel - Introduction.....	77
Possessiveness Prevention - Introduction.....	78
Come - Review & Progress.....	79
Off and Take It - Review & Progress.....	80
Chapter 6: Puppy Obedience Week Three.....	83
Sit - Review & Progress.....	84
Come - Review & Progress.....	85
Heel - Review & Progress.....	86
Possessiveness - Review & Progress.....	87
Off and Take it - Review & Progress.....	87
Stay - Introduction.....	88
Chapter 7: Puppy Obedience Week Four.....	91
Sit - Review & Progress.....	92
Down (Lie Down) - Introduction.....	92
Come - Review & Progress.....	94
Heel - Review & Progress.....	95
Stay - Review & Progress.....	96
Off and Take It - Review & Progress.....	97
Barking	98
Chapter 8: Puppy Obedience Week Five.....	101
Separation Anxiety Prevention.....	102
Sit - Review & Progress.....	103
Down - Review & Progress.....	104
Come - Review & Progress.....	104
Off and Take it - Review & Progress.....	105
Heel - Review & Progress.....	105
Drop It.....	106
Stay - Review & Progress.....	107
Stay Troubleshooting.....	108

Positive Reinforcement Puppy Training

Chapter 9: Puppy Obedience Week Six.....109

Digging.....	110
Stealing.....	110
The Test.....	111
Food Phase-Out.....	113

Part 4: Obedience Progress Worksheets.....117

Week 1 Obedience Progress Worksheet.....	118
Week 2 Obedience Progress Worksheet.....	120
Week 3 Obedience Progress Worksheet.....	122
Week 4 Obedience Progress Worksheet.....	124
Week 5 Obedience Progress Worksheet.....	126
Week 6 Obedience Test.....	128

Introduction

The purpose of this book is to teach you, the new dog owner, how to become the best puppy trainer you can be. In just six weeks you can learn and master all the tried-and-true “insider” techniques of an experienced dog trainer. Better yet, your puppy will learn quickly and benefit from the humane positive reinforcement methods which promote and enhance a long, enjoyable dog-owner relationship.



All dogs are trainable. Some are easier than others. Your own puppy's success depends on your ability to communicate effectively with him, and your willingness to do the drills on a daily basis. This book gives you all the tools you need to start making big progress today and throughout his first year.

This class is intended for owners of pups age six weeks to six months of age. It can be used alone or as a companion to our two-hour DVD, “Positive Puppy Kindergarten”, available at the Dog Days Behavior Center online at www.dogdaysUSA.com.

How to use this workbook

Approach this book as if it is the new puppy obedience class teacher you have to face every week. Read each section thoroughly before progressing to the next level, and practice all the exercises daily, particularly the Three Most Important Things in Part 2. Your puppy cannot fail if you understand the material and do the drills diligently every day.

It's also helpful to get reliable information about your particular

Positive Reinforcement Puppy Training

puppy's breed or mix. Over the centuries, dogs have been bred for particular behaviors and skills. Knowing these when you start will help you to understand what makes your dog tick and will be helpful when you're trying to motivate him to success.

Go through the equipment and puppy-proofing checklists which follow in this section before you start. You'll prevent problems and avoid aggravation if you're properly prepared.

This week, your assignment is to read Part 2, which includes basic positive reinforcement technique, plus the Three Most Important Things you need to understand right now and practice well into your pup's first year.

Next week, your assignment is to start Part 3, the weekly positive reinforcement obedience class. You'll also start making daily entries in your pup's Obedience Progress Worksheets in the back of this book.

Each subsequent week, you'll read and practice the next weekly class, drilling daily and charting your progress on the Obedience Progress Worksheets until you've completed the six-week course. Don't skip ahead even if you feel your pup is ready. Positive reinforcement training works best when it is based on a solid core of successful "tiny steps" and repeated practice in a wide variety of environments.

Equipment Checklist

- Dog or puppy food
- Training food (see "How to use food effectively" on page 22)
- 6-foot leash
- 30-foot leash or clothesline for distance training and recall (come) training.
- Collar: Buckle style (not choke or prong-style)

Introduction

- 1-2 Crates: See Housetraining chapter in Part 2 for specific size and usage.
- 5-10 Chew training toys: Tough rubber toys with hollow middles for stuffing with food are best. Get them bigger than your puppy's open mouth. Ask your local pet supply retailer to recommend specific brands.
- Taste deterrent: See Chew Training chapter in Part 2 for specific usage methods.

Puppy-Proofing Checklist

Even if you've owned dogs before, it's easy to forget how mischievous a new puppy can be. Use the following checklist to make your home safe and problem-free.

- Clear the surfaces: Keep papers, books, magazines, knick-knacks, remote controls, and everything else off your coffee table, counters and other tables for the next 2-3 months. If your pup grows up believing that there's never anything interesting on these surfaces, he's much less likely to search there for fun in the future.
- Food, food containers, plates, candy wrappers and other food-related items should be thrown out or put away as soon as you're finished with them. Never leave food on tables or on the counter or you'll be training him to "surf" these areas for reinforcement.
- If you don't want your pup in the bathroom garbage, shut the bathroom door.
- Secure your kitchen garbage out of your puppy's reach, locked under the sink or behind a shut door.
- Spray all baseboards, furniture legs and lower portions of walls with a taste deterrent before your

Positive Reinforcement Puppy Training

pup discovers the joys of wood and drywall.

- Secure electrical cords to baseboards or better yet, make them inaccessible. Apply a taste deterrent to these cords as well.
- Keep holiday ornaments out of pup's reach.
- Never burn candles where your pup can reach them by jumping.
- Don't leave cigarette butts in ashtrays where your puppy can get to them.
- Keep medication bottles out of your pup's way. Childproof containers are not puppy-proof.
- Keep the toilet lid down if you use toilet bowl cleaners.
- Wipe up all antifreeze drippings in garage or driveway. Antifreeze tastes sweet to your puppy but is highly toxic.
- If you're using antifreeze in the toilet to stop pipes from freezing, tape the lid shut and label "Toxic to dogs!"
- Keep cellar doors and upper story windows closed, just as you would for a young child.
- Dispose of cooked poultry bones carefully; these can be life-threatening if ingested by your pup.
- Put away needles and pins.
- Use pesticides and rodent poisons with great caution, making sure your pup has no contact with them. Store all poisons out of puppy's reach.
- Many lawn treatments and weed killers are also toxic. Consider other methods such as organic gardening.
- Toxic plants to avoid include rhododendron, Japanese yew, Lilly of the Valley.
- Watch out for peach and cherry pits.

Part 1

Let's Get Started



Part 1: Let's Get Started

Chapter 1

Un-learning Ineffective Methods

In This Chapter

- Positive Reinforcement versus Traditional Training
- Dominant Behavior

To do this right, you may have to un-learn some ideas that are based in traditional dog training, things you've heard from other people, from traditional dog training or breed books.

Positive Reinforcement versus Traditional Training

Traditional dog training is probably what you (or your parents) used with your last dog. It generally involves the use of a leash "jerk" on the collar to correct a dog's non-desired behavior (such as pulling on the leash on a walk). Sometime choker-chain or prong-style collars are used to intensify the effect of this method.

Part 1: Let's Get Started

This type of training can be highly effective when the “jerk” or “choke” is administered at the instant of the infraction/undesired behavior, and the “jerk” is strong enough to act as an effective deterrent.

However, if your timing is not perfect or your strength is not sufficient, the dog could be feeling the punishment of the jerk too late or not strongly enough. Rather than a learning experience, this simply becomes a painful and confusing experience. Over

time, continued “jerk” or “choke” training teaches your dog that walking on a leash hurts, and that his owner is untrustworthy and unpredictable.



Furthermore, a choke or prong collar can injure the neck of a puppy under six months of age. This is why traditional training normally can't be started until the dog is 6 months of age or older; his neck must be strong enough to withstand the jerks.

Positive reinforcement training, on the other hand, can be started the day you bring your puppy home. Any pup can handle eating and getting praised (no need to wait until his neck is strong enough to endure traditional jerk-and-pull training). Positive reinforcement training requires only trust and fun. Positive reinforcement training enhances and improves the dog-owner relationship for a lifetime. Feeding or praising your pup at the wrong instant deteriorates nothing, so your timing need not be perfect. Finally, anyone can train a puppy using positive reinforcement — you, your toddler, the elderly and handicapped can all be good trainers from Day One.

Chapter 1: Un-learning Ineffective Methods

Dominant Behavior

Alpha Dominance. Pack Hierarchy. Top Dog. These words are fun to say. However, they have nothing to do with puppy obedience or domestic dog behavior.

Dominance is often used as the reason (or diagnosis) for every kind of behavior problem, including house-soiling, playbiting, aggression, possessiveness, jumping, chewing destructively, not coming when called, not sitting when commanded, not heeling, not staying, sleeping on your couch, entering doorways before you do, sleeping on your bed, etc.

Dominance is also often used as the solution to these problems when dog owners try to overpower their dogs with “alpha rolls”, scruff shakes, and other physical means. But what toddler, elderly or handicapped person can flip a dog on his back and hold him there? And what able-bodied adult can do so without fear of losing the battle or gaining a bite wound?

Show me a dog who exhibits any of the so-called “dominant” behaviors listed above, and I’ll show you an owner who doesn’t understand that dogs work solely on a for-profit basis (unless there is a history of physical abuse or neglect).

Dominant dogs do exist. But dominance plays no part in the puppy training game. Dominant dogs obey their owners, the children in the household, the elderly and anyone else — as long as they perceive a profit for a requested behavior.

Now, throw a dominant dog into a group of dogs who are challenging his position and yes, you may see a scuffle. But tell me which dog in that group is offering Mr. Dominant a cookie in exchange for good behavior?

Part 1: Let's Get Started

Chapter 2

Using Positive Reinforcement to your advantage

In This Chapter

- The Profit Motive
- How to use food
- Food and Treat Calculator

Part 1: Let's Get Started

The Profit Motive

Give your dog a reason to obey, and he will. The reason (or profit) is almost always food, but it could also be a particular toy or just praise, petting and attention. When you create an association between the desired behavior, the profit, and a command word and/or hand signal, you are training your dog using positive reinforcement.

Eventually your dog will be habitually executing the desired behavior on your command whether or not you deliver the profit.

How to use food effectively

Food, treats, or “lures” all mean basically the same thing: Tiny (pea-sized) pieces of whatever your puppy will pay attention to in a given environment.

For example, you may have great success with plain dry dog food in every situation. However, if your puppy needs a little more motivation when you start working in more distracting places, mix in tiny pieces of treats at a ratio of about 4:1 food:treats. I recommend that you make this mix in large batches and keep it in an airtight container in the fridge.

Effective training treats have a few things in common:

- They're soft
- They're stinky (in a good dog way, of course)
- They're easily cut, broken or crumbled into tiny pieces
- They're different from week to week (or day to day if necessary). Variety is the spice of life for dogs too.

The most effective kind of treats to mix into your dog's food/treat batches are usually cold cuts or hot dogs (yes, human food!), chicken, turkey, tuna, or most softer dog treats like fake

Chapter 2: Using Positive Reinforcement To Your Advantage

bacon, fake meat, fake jerky, or any soft dog treat. Freeze-dried liver also works well because it's easy to cut with scissors into dry dog food, it gets powdery and coats each piece of kibble (so your dog thinks it's all liver), and it's dry (not wet & mushy) in your hand or pocket. You can buy freeze-dried liver at your local pet store.

Food and Treat Calculator

Your puppy need not get fat learning via positive reinforcement. Use the following formula to calculate how much food to use for what purpose:

$$\text{Amount puppy ingests daily} \div 2 = X$$

X = Total amount to mix with tiny treats and keep in your pocket for reinforcement

X = Total amount to feed to your puppy as meals daily

Example: 3 cups daily \div 2 = 1.5 cups

1.5 cups = Total amount to mix with tiny treats and keep in your pocket for reinforcement

1.5 cups = Total amount to feed to your puppy as meals daily

This formula assumes that your puppy currently ingests a few treats during the day. These treats will now get mixed in with his daily reinforcement batch, so don't add even more treats to this daily regimen.

Note: If you are currently house training your puppy, it'll help to train around meal times so that you can still predict his bowel movements.

Part 1: Let's Get Started

Part 2

The Three Most Important Things

A matter of life and death

Here's the bad news: Most untrained, aggressive, and/or destructive dogs returned to the shelter start out just as sweet, cute and cuddly as the pup you recently brought home.

The good news is this: All of the nasty attributes above can be prevented with thorough, early, proactive **Socialization, Mouth Training, and House Training**.

These three activities are therefore far more important — and urgent — than any classic obedience training. Think about it. Are you going to bring your dog to the shelter because he can't hold a 2 minute Stay? Probably not. But what if he bites the neighbor's toddler, or continually destroys your home?

I strongly recommend that you work only on this part for a week before you start Part 2, and then continue this work well into your dog's first year. It is a matter of life and death for your dog.

Part 2: The Three Most Important Things

Chapter 1

Exercise & Socialization

In This Chapter

- Why exercise is crucial
- Why socialization is urgent
- How to socialize a pup to humans
- Canine Socialization: Playing with your neighbor's dog is not enough

Why exercise is crucial

All dogs need vigorous daily exercise after 4-5 months of age. They need a lot of it, and they need it daily. Most breeds do pretty well with 2 full hours of running daily but many breeds require 4 hours or more, especially as they enter adolescence (6-18 months old).

If you currently take 2-3 daily runs or long brisk walks, this won't be a problem for you. But if your life is more sedentary, or you're a "weekend warrior", be advised that you must either change your lifestyle or be prepared for your pup to develop serious behavioral problems within a few months.

Putting your pup outside to run in a fenced yard is NOT an adequate substitute, for two main reasons. First, your pup will

Part 2: The Three Most Important Things

not exercise adequately in a fenced yard. He will more likely run for 5 minutes and then burn off his remaining energy practicing one of the following increasingly problematic habits:

- Sitting by the door barking to be let back in
- Pacing the fence
- Barking or aggressing at passing cars and pedestrians.
- Eating rocks
- Chewing trees
- Digging holes in the ground

Even worse, if you don't exercise him adequately, your pup will find a way to burn off his energy inside your house one or more of the following ways:

- Chewing your furniture, drapes, rugs, etc.
- Barking at the window (some dogs will injure themselves jumping right through the glass)
- Stealing inappropriate items to get a "chase game" with you
- Destroying doors by pawing at them continually
- Barking at you incessantly
- Becoming aggressive with visitors

If you don't have the time to get your pup out for 2-3 brisk long walks every day, hire a pet sitter to do so for you. Or better yet, look for a reputable dog daycare in your area where he'll get vigorous exercise as well as supervised dog socialization.

The owner of a hound mix in one of my obedience classes once lamented to me that she felt as if she was "cheating" by tiring

Chapter 1: Exercise and Socialization

her dog out in dog daycare before class. I assured her, and I assure you, that exercising your dog is not cheating. Exercising your dog gives him his ultimate happiness and allows him to learn and behave like the dog you want him to be. NOT exercising your dog is cheating him out of the life he was meant to have. NOT exercising your dog forces him to find another (usually unacceptable) energy outlet. NOT exercising your dog means obedience training will be an almost impossible task for him, and for you.

Exercise your dog. Vigorously. Daily. And forever.

Why socialization is urgent

Properly socializing your pup is the most important thing you can do during the first few months of his life. Why?

Reason #1: A well-socialized dog can pay attention to you when you give him a command in the presence of other people or dogs; an under-socialized one is too distracted by (or fearful of) the people and dogs to even hear you. Regular socialization is therefore the most effective long-term obedience training tool, more so than any class, video, or book — even this one!



Reason #2 Early socialization significantly reduces the possibility of a dog bite lawsuit in your future. It's hard to imagine that the cute little puppy you just brought home could cause that kind of a problem, but it is normal for 1-2 year old dogs to become suspicious and even fearful of things they have not experienced regularly and positively throughout their puppyhood. Most dog bites are due to fear. Although there may be some clues to the future personality of your dog in adulthood, you simply cannot predict it based on his trusting,

Part 2: The Three Most Important Things

happy-go-lucky nature in puppyhood.

Your pup needs to experience many new situations, people and other pups while he is very young. Don't force him into a situation he's shy about; let him approach people, children, and other dogs at his own pace. Ignore (don't coddle) shy responses; encourage (praise) curiosity and confident behavior.

Your pup's most impressionable period is from 3 weeks to 20 weeks of age but socialization should continue throughout his adolescent months and adult years as well.

How to socialize your pup to humans

Just because your puppy loves people now doesn't mean he always will. It is natural and normal for trusting puppies to grow up into skeptical (or even suspicious and fearful) adult dogs. Your job is to counter this natural evolution by creating happy associations with humans, in your puppy's mind.

Even before his vaccines are completed, you can easily invite friends and relatives, particularly young children, to your house often. Keep a bowl of puppy food by the door so your visitors can treat him when they arrive. Stand at a mall entrance holding your pup in your arms while you let passers-by say hello and give him a treat.



Once your veterinarian says it's OK, take your puppy to places where there are lots of people and children — schools, shopping centers, nursing homes — and take walks with him at least twice daily in varying neighborhoods or parks. Keep in mind that a pup well-socialized to 6 year olds is not necessarily well-socialized to

Chapter 1: Exercise and Socialization

2-year olds; make an effort to have him meet a very wide variety of children and adults.

NOTE: Never leave a baby or toddler alone with a puppy or dog. However, your pup should meet many babies and toddlers, so an adult should treat/praise the pup when holding or standing next to a small child. Supervise older children who may not understand the need for keeping fingers out of puppies' eyes or refraining from pulling painfully on their tails.

Canine Socialization: Playing with your neighbor's dog is not enough

If you intend for your puppy to play well with other dogs during his adulthood, he must play with other healthy friendly puppies NOW. Many puppy owners believe that their pup's happy-go-lucky attitude with other dogs will continue indefinitely. Don't be fooled. As under-socialized puppies reach the 1- and 2-year old mark, their youthful trust often changes to fear or suspicion of other dogs. The only way to prevent problems with other canines in the future is to proactively socialize your pup during his puppyhood.

Playing with your neighbor's dog (or other dogs in your own household) is not enough. Your puppy should meet and play off-leash with many different puppies and friendly adult dogs for true socialization to occur.

So, even before his vaccines are complete, have a "puppy party" at your home with other puppies who are current on their vaccines, particularly Distemper/Parvo. (Current means a pup under 5 months has received a Distemper/Parvo vaccine in the last 4 weeks).

Once your veterinarian gives the OK, make a real effort to get your pup out and about as frequently as possible. Bring him to the local park. Sign up for a puppy kindergarten class and/or

Part 2: The Three Most Important Things

socialization group. Bring him to your local pet store. And look for a reputable dog daycare for fun, intensive, supervised dog socialization and vigorous exercise.

Chapter 2

Mouth Training

In This Chapter

- The Importance of Mouth Training
- Play Biting
 - Natural Bite Inhibition
 - Bite Inhibition with Canines
 - Bite Inhibition with Humans
 - Bite Inhibition: Step 1
 - Bite Inhibition: Step 2
- Chew Training
 - Why puppies chew
 - Using the crate
 - Taste Deterrents
 - What's an "appropriate chewable"?
 - Limit access to inappropriate chewables
 - Exercise, exercise, exercise!
 - Praise appropriate chewing
 - Entrapment
 - Low-key entries and exits
 - Destructive Chewing is not Separation Anxiety

Part 2: The Three Most Important Things

The Importance of Mouth Training

Play biting and chewing are annoying—although healthy and necessary—puppy behaviors which can be modified with the following exercises, but they are so much more than that: They are predictors of your dog's future.

How your dog uses his mouth in the future will determine his life expectancy. It is imperative that you use this early mouthy time to teach him:

- How to bite without breaking skin (Bite Inhibition).
- What's OK to chew and what's not OK to chew (Chew Training).

Play Biting

When you watch a litter of young puppies playing, you'll notice that they spend much of their time biting and mouthing each other. You are probably already (and painfully) aware that your own puppy tends to play this mouthing game with you too!

Natural Bite Inhibition

Because a puppy has very sharp teeth, his harder bites hurt (but don't cause major injury to) his littermates. When he bites too hard, his littermates yelp and stop playing with him. Soon the pup learns that his pals won't play with him when he bites too hard, so he chooses to use a softer mouth on them. This is called Bite Inhibition and is an important lesson for the pup, one that often gets cut short when he is taken away from his litter at 8 weeks of age to go home with his new owner (you).

An adult dog has duller teeth than a pup, but very powerful jaws which can cause serious injury if he has not learned to use a soft

Chapter 2: Mouth Training

mouth on other dogs or people. An adult dog with Bite Inhibition may bite, but he won't cause injury and get you sued. The purpose of Step 1 in the Bite Inhibition exercises below is to teach your puppy never to use full mouth pressure if he ever has any reason to bite a human in the future.

Bite Inhibition with Canines

Most dogs love to mouth each other in play and often do so without causing any pain or injury whatsoever. But when a dog for some reason doesn't like another dog, he may snap in order to communicate this dislike. Some adult dogs cause pain but no injury when they snap. These dogs most likely played a lot with other pups when they were young and thereby developed natural Bite Inhibition.

Other dogs break skin when they snap. These dogs do not have Bite Inhibition and put their owner into the position of either avoiding all future interactions with other dogs, or getting rid of them altogether. This is why it is imperative that you socialize your puppy early and often with a wide variety of other pups. Frequent and early puppy playtimes simulate normal early litter playbiting development and teach him how to properly mouth other dogs without injuring any of them.



Part 2: The Three Most Important Things

Bite Inhibition with Humans

To teach your pup Bite Inhibition with people, you and your children should mimic puppy play behavior in daily life as instructed below. Step 1 teaches your dog how to have a soft mouth with people even if he wants to bite them in the future, so it is crucial that you complete Step 1 before moving to Step 2.

Bite Inhibition: Step 1

This step teaches your puppy not to break skin on a human if he is compelled to bite one any time in the future.

Practice several times daily for four weeks. It is important for children to participate, but with adult supervision.

Allow your pup to mouth/playbite your hand or arm, or initiate a mouthing session by putting your hand in his mouth and shaking it a bit to get him to play bite. He will have varying pressures on your hand. Allow very soft mouthing as long as it goes on. When he exerts slightly more pressure, say "Ouch!" loud enough that he stops in surprise, and immediately stop playing/ignore him for 5-10 seconds. Repeat 5 times per session, 3-5 sessions daily.



Important note: If your pup is not responding to the "Ouch!", or gets more riled up by it, skip the "ouch" and just stop playing and/or get up and move away for a minute. Then start again. The end of interaction with you is what makes him choose to mouth softer in the future, because he wants the interaction. The point is to teach your pup that interaction with humans ends when he mouths too hard.

Chapter 2: Mouth Training

Bite Inhibition: Step 2

This step teaches your puppy that using his mouth on humans is unacceptable behavior. (Do not start this step until your puppy has completed four full weeks of Step 1.)

Each and every time his teeth make contact with human skin, immediately stop interacting with the pup. Get up and leave, and/or ignore him for a minute or two. This applies even if you are playing with him and his teeth “happen” to touch you. Puppies know where their teeth are and by now should be actively avoiding any contact with human skin, no matter what.

Your pup should now start to believe that humans are very sensitive and cannot stand the incredible pain of any tooth contact to their skin.

Part 2: The Three Most Important Things

Cheat Training

Cheat training in this book refers to inappropriate chewing of furniture and other household items and fixtures. Like playbiting, chewing is a normal and natural activity for young puppies. When a pup lives with a human, however, it is the human's job to teach him what's OK to chew and what's not OK to chew.

Do not skip this section, even if your puppy hasn't yet started this destructive behavior. Many pups don't chew inappropriately until they are in adolescence or adulthood. If you can train him now that some chewables are profitable and others are not, you'll have a lot less aggravation in future months.



Why puppies chew

If your puppy chews up your coffee table, it's because:

- Puppies like to chew things.
- He has nothing else to do.
- You left him access to the coffee table.
- You didn't give him something that he likes to chew.
- You didn't teach him what was not OK to chew.

Don't scold him "after the fact" (5 seconds or more after he stopped chewing). He will not make the connection between your displeasure and the chewed table. All he'll learn is "when my owner comes home, I get punished." This can increase his anxiety during the day, and he may actually start to chew even more due to anxiety over your impending arrival!

If you catch him "in the act" of chewing, a quick shout is

Chapter 2: Mouth Training

usually enough: Say “Max, OFF! Find your chew toy!” Then go get a chew toy for him, praise him when he shows even the slightest interest, and follow the instructions below.

Using the crate

Effectively chew training a puppy usually takes 1-3 months, and there may be times you can't actively supervise his activities. Crating your puppy for short periods is a good temporary solution because it stops him from discovering the joys of wooden baseboards and chair legs. If, however, you find after three months that you are still crating him to avoid destructive chewing, your puppy is not fully chew trained. Re-read this section in full and start again, making an active effort to teach him what's OK to chew and what's not OK to chew.

Taste Deterrents

How do you get your pup to feel that baseboards and chair legs are not OK to chew? Make sure that they taste awful the first time he licks them! Spray a taste deterrent (available at most pet supply stores) on anything potentially chewable: All furniture legs, baseboards, wall corners, trim work, stairs, etc.

Some dogs actually like some brands of taste deterrent, so try a few until you find one that works. Hot pepper sauce often works nicely for dark woods.

Dry pepper (white, green, red, or black, depending on your home's décor) can deter chewing on rugs, upholstery, pillows, etc. Remember, it doesn't matter if he's never touched those things before. One day he will, and on that day he'll decide never to touch them again!

Part 2: The Three Most Important Things

What's an "appropriate chewable"?

An appropriate chewable is a dog toy that holds your puppy's undivided attention for 20+ minutes and doesn't disintegrate in under six months.

Appropriate chew toys are:

- Durable hollow rubber toys specifically made for dogs. Smear the inside with a thin layer of peanut butter or honey, then cram them with part or all of his daily ration of puppy food plus a small treat or two. I recommend at least 5 of these toys per puppy.
- Raw marrow bones which you can stuff as instructed above when the marrow is gone. (Please note: Cooked or smoked bones can splinter and become dangerous to your puppy. Use raw bones!)
- Twisted ropes. Soak in chicken or beef broth, then dry. Throw out immediately if you start to see any shredding.

Any and every time you are not watching him, provide your pup with many (4+) appropriate chewables stuffed as instructed above. Keep another 5+ appropriate chewables in the cupboard or fridge until he's bored with the ones he has. Then take up the old chewables (for use later) and give him the new ones, one at a time with much fanfare.

Think of it this way: 10 appropriate chewables will cost \$50-\$100 ... a lot less than a new coffee table.

Limit access to inappropriate chewables

Until he truly understands the chewing rules, never leave him

Chapter 2: Mouth Training

alone with access to inappropriate chewables unless they're coated with a proven effective, working taste deterrent. Yes, he can sometimes be in the living room — as long as you're there with him.

Exercise, exercise, exercise!

Tiring out your puppy is an effective chew training strategy. He needs several good long walks every day so that he's not a ball of energy searching for an outlet when you leave him alone. Under 5 months, pups tire out pretty easily. But after he's 6 months old, he'll need a lot more exercise.

Several good runs daily will be necessary for most breeds.



Praise appropriate chewing

Praise, praise, praise each time your pup chews something right. Never take this action for granted. Make each toy particularly attractive by stuffing it as instructed above, rubbing some kind of meat on it, or holding it in front of his nose as if it was the most wonderful thing in the world. As soon as your pup shows any interest in the toy, praise him generously. You can even use a stuffed chewable as the lure and reinforcement in obedience training; it will make the toy even more desirable to him.

Entrapment

Occasionally practice "entrainment": Bring your pup to something you do not want him to chew, like a plant or a chair. If he sniffs or mouths it, correct him with a quick verbal "Off!" or "No". Repeat a few times until he actively is avoiding the object.

Part 2: The Three Most Important Things

A few minutes later, give him a good stuffed chew toy and praise him when he takes it.

Low-key entries & exits

Keep your hellos and goodbyes very low-key and casual. Never make a fuss when you come home or leave; this increases your pup's anxiety while you're gone, and anxiety can increase destructive behavior. Ignore him for the last 5 minutes before you leave. When you get home, calmly take him outside and do not greet him until he has peed. Even then, wait five minutes before showing any real emotional display.

Destructive Chewing is not Separation Anxiety

Don't confuse destructive chewing with Separation Anxiety, particularly if your puppy is under 6 months of age. True separation anxiety normally sets in after months or years of solitary existence combined with overly emotional human departures and returns. For more on separation anxiety, see page 102.

Chapter 3

House Training

In This Chapter

- How to housetrain your puppy in 3 Steps
- Frequently Asked Questions
- The Crate Controversy
- Crate Dos and Don'ts
- Submissive Urination

Housetraining your puppy could save his life. Many dogs are surrendered at shelters primarily because they are not properly housetrained. Don't be fooled if your puppy gets it right for the first few weeks. Puppies often regress after an initial early success period, so start these steps now as a preventative measure, even if your pup seems to "get it".

The two essential components to successful housetraining are:

1. Never allow your puppy to eliminate inside.
2. Teach him it's profitable to eliminate outside.

Easier said than done, right? Don't worry. Just follow the steps below for the specifics.

Part 2: The Three Most Important Things



How to housetrain your puppy in 3 steps

The time frames below can apply only when there are no medical issues (such as a urinary tract infection), and you are able to follow the instructions exactly. Add days if you are not able to do so, and don't proceed to the next level until you are having consistent success.

Step 1 - Three days

For three days, take your puppy outside on leash once hourly and after each meal, preferably to the same spot. Wait for him to relieve himself. Be boring and don't move around. Don't walk him. Just allow him the length of his 6 foot leash. Ignore his antics but command "Hurry up" or "Go piddle" when you're pretty sure he will. (He'll start to associate your command phrase with his action, and eventually he'll eliminate on command.)

If you wait for more than 20 minutes and he still has not relieved himself, he goes directly into the crate for 20 minutes. This is not a punishment; simply a way of training him to "hold it" rather than letting loose in the house. After his 20 minutes in the crate, bring him straight outside again, on leash as before, and again wait for him to eliminate as instructed above.

Chapter 3: House Training

As soon as he eliminates, praise, praise, praise while you give him a few pieces of his puppy food and pet him, hug him, kiss him, and award him with the “prize” of a 15 minute outdoor play session (off leash if possible) or a walk around the block. If he eliminates more during this time, praise and treat again.

After his playtime/walk, he gets supervised “free run” of the house for 20 minutes (this is a great time to practice obedience training). Then he goes into the crate for 35 minutes.

Make sure he goes out just before your bedtime, and do the same routine once or twice during the night (without the playtime/walk or “free run” time). Yes, this will rob you of sleep. It will also save you many more hours of sleep in coming months, and entire days of aggravation in the coming years.

Why you must use a short leash for all outdoor potty runs:

1. To teach you to be aware of what is coming out of your pup and when.
2. To eliminate the possibility of your pup forgetting to pee outside because it's more fun to run around.
3. To allow you to command, praise and reinforce at the effective instant.
4. To teach your pup that all the fun starts after he eliminates so that he is motivated to eliminate quickly when you get outside.

Step 2 - Seven days

On the first day of Step 2, take your pup out as instructed in Step 1 after meals plus every 90 minutes during the day and once in the middle of the night. After each daytime piddle, he gets supervised free run/play/train time for 30 minutes, and then 30 minutes in the crate. If he doesn't piddle outside within 10

Part 2: The Three Most Important Things

minutes, he goes back into the crate for 20 minutes until you take him out to try again.

Each day, as long as he's had no accidents in the house, add 15 minutes to each segment; in other words, he gradually gets more indoor "free run" and more crate time. His 15 minute post-elimination playtime/walk remains the same.

If he has an accident, simply backtrack for a day by subtracting 15-30 minutes from each segment until he has mastered that length of time in free fun and crate time. The purpose of the crate time is to teach him to "hold it" even when he feels a slight urge to eliminate. We are not trying to get him used to long crate time; rather we're using the crate to teach him to use his muscles wisely.

Your mission at this stage of the game is to never give him an opportunity to fail, so always supervise all of his indoor activities. It is imperative that you watch him like a hawk during his free run time, so that you can catch him in the act if he has a bit more to eliminate.

Whenever you can't watch him like a hawk, put him on leash and tie it to your wrist or belt loop so that you'll be sure to catch him in the act no matter what you are doing. Better yet, he might learn to somehow let you know he's got to go. Tying him to you also teaches him to "hold it" in previously off-limit areas like the living room or bedrooms.

Remember: Every time your pup leaves his crate, immediately take him outside very quickly, before he has time to go inside. Don't give him the opportunity to fail, and he won't - and soon you won't have to worry about it at all!

Step 3 - The Home Stretch

By now, your puppy should understand pretty well that it's profitable to eliminate outside and that eliminating inside is

Chapter 3: House Training

simply not an option. It's very important to continue to gradually add time to his supervised free run and crate time until he's successfully holding it for 3 hours during free run time, and 4 daytime hours in the crate.

When you catch him sniffing around suspiciously and squatting in the act, shout "Outside! Outside! Outside!" while you rush him out, and praise and treat him outside as he finishes up. Grab his leash on your way out even for these "emergency" outside runs.

Step 3 should last 3-4 weeks, depending on your pup's age. Most pups housetrained in this manner are trustworthy at 5-6 months of age.

Frequently Asked Questions

Q. I work all day. How can I let my puppy out every hour or two for a week?

A. Start on a weekend. That'll give you 2 good days to get a head start. Then seriously consider taking a vacation day or more for housetraining. The more frequently you can reinforce outside elimination, the sooner your pup will be housetrained. So even if you have 5 days off in a row, you still need to figure out a way to get him outside every 2-3 hours for a few weeks after that. Even then you'll still have to get home at least every 4 hours during the day, and/or have a reliable friend or petsitter drop by to bring him out.

Even when your pup is fully housetrained, leaving him home alone more than 6 hours is not only inhumane but it's asking for trouble in the form of behavior problems. It's even worse if he's in the crate for that long. Consider a permanent arrangement with a reputable petsitter and/or dog daycare. Never crate your pup longer than you've trained him to in Steps 1-3 above, and never crate him for longer than 4 hours without a break and a good walk around the block.

Until he is ready to hold it for those 4 hours, however, leave

Part 2: The Three Most Important Things

him in a puppy-proofed kitchen. Make sure there's nothing he can reach or get into. Line the floor with newspaper for easy cleanup, leave the crate door open and line the crate with a blanket that smells like you. Leave the radio on with calm music or a talk show, and give him plenty of durable stuffed chew toys to occupy his time (see Chew Training on page 38). During your off-hours and weekends, housetrain him with the crate as directed in the Steps above. It will take longer, but you still have to teach him how to hold his bladder and bowel.

Q. I'm away from home 9 hours a day. I can't take time off. I can't afford dog daycare or a petsitter, and none of my friends or family can help me out. Now what?

A. Very frankly, you are asking for big trouble in the form of an unhappy puppy with serious behavioral problems. You should seriously consider whether a puppy can really fit into your lifestyle and financial means. If however this is a very short-term and temporary situation, and you can vigorously exercise and socialize your pup DAILY during your off-hours, here is your answer:

Although difficult on you and your puppy, your mission is not impossible. Bear in mind that housetraining in this way will take longer, and your puppy will probably have more accidents. Never leave a puppy in the crate for more than 4 hours - he will soil it. Instead, put him in a puppy-proofed kitchen as described in the previous question and housetrain him with the crate during your off-hours and weekends as described in the Steps above.

Q. Why is it important to housetrain my puppy quickly?

A. Each and every time your puppy eliminates inside your

Chapter 3: House Training

house, his lesson is that “this floor is just as good a place to go as any,” and the chances of him eliminating there again increase. The fewer total accidents he has, the easier housetraining is. The longer you put housetraining off, the harder it is on you and your dog. Don’t you want him out of the crate ASAP?

Q. What should I do if my puppy has an accident?

- A. Close supervision is key during his free run time, so watch for signs that he has to go (sniffing, panting, circling, staring at you or the door, whining). If you don’t catch him “in the act”, just clean it up with a non-ammonia cleanser and chalk it up to not supervising him well enough. Scolding or otherwise punishing him is ineffective. Your pup won’t know what he did wrong and will become even more confused since your punishment will occur when he’s not doing anything wrong.

Punishing a pup for an accident also teaches him to sneak off from you when he has to go - he might even become too afraid of you to eliminate in front of you, even when you take him outside! If you do happen to catch him “in the act”, shout “Outside! Outside! Outside!” take him outside immediately, and praise and treat him right there as he finishes up. Showing him that it’s fun and profitable to “hold it” until he gets outside is a far more effective training tool than punishment (which can also decrease confidence — see Submissive Urination on page 54).

Q. What if my puppy always soils in the crate?

- A. Are you sure he wasn’t in there for more than an hour or two? If not, he may have been kept too long in a crate by a breeder or pet shop. If this is the case, the crate is useless. Do everything as instructed above, but instead of putting him in the crate, keep him on his leash which is tied to your

Part 2: The Three Most Important Things

belt loop (as in Step 2, page 46). When you have to leave the house, put him in your puppy-proofed kitchen, expect a puddle or a pile when you return home, and DON'T punish him for it!

Q. My puppy can't hold it all night. What do I do?

- A. If your puppy can't make it through the night at first, set your alarm earlier and get up more frequently during the night. This will not go on forever, and you'll be glad you did. After a couple nights of success, set your alarm a little later (15-30 minute increments work) each night until you are back to getting up when you normally do. Depending on your dog's age, this process should take about 1-2 weeks.

Q. My puppy often has an accident 10-15 minutes after I bring him outside. What am I doing wrong?

- A. Most likely it's because you didn't go outside with him, and/or you didn't keep him on leash outside until he had emptied himself out. This scenario usually happens because the puppy is too distracted playing outside and forgets to do all of his business. The owner, who didn't put him on a leash, is only able to assume his puppy eliminated while he was romping (but can't be sure).

The other reason this could be happening is because you aren't watching your pup closely enough during this "free run" time after his potty break. Some pups actually will eliminate outside but don't completely empty themselves until they're back inside, when no one's paying attention. Be vigilant about watching him like a hawk during all of his 'free run' time inside, and leash him to yourself as described in Step 2 (page 46) if you can't watch him very closely.

Chapter 3: House Training

The Crate Controversy

Dog crates have earned a bad reputation because they are sometimes over-used or mis-used. Many dogs like them but many dogs don't. However, when used properly and gradually, crate-training can be a very quick and humane way to teach a puppy to "hold it" because it utilizes his instinct never to soil his sleeping area or "den". After just two months of successful housetraining and Chew Training, (page 38) you really don't need the crate anymore unless your pup likes it.

The crate you buy should be only big enough for him to stand, turn around and lie down for the next 2 months of his life. Since today he's smaller than he'll be next week, block off the space he doesn't need right now with boxes covered by a blanket. Many crates are sold with an adjustable panel specifically for this purpose. It is against his instinct to soil this small area. If he has any more room, he may soil his crate.

Your puppy's crate should be kept in your bedroom at night (where he can "tell" you he's got to go), and in a well-trafficked area like the kitchen during the day. To avoid lugging the crate around every day, some people opt for two crates. Either way, you'll only need this setup for a few months.

Do not leave a puppy under 12 weeks of age in a crate for over 4 hours and expect him to come out "housetrained". Start at a half hour and work up to 4 hours maximum with a young pup. Otherwise you are setting him up for failure.

There are several reasons you may not be able to use a crate. Your pup may have been raised by a breeder, puppy mill or pet store where he had no where else to eliminate. Or, he may become extremely stressed (drooling, injuring self trying to get out). Or you just don't believe in crates. Whatever your reason, if you cannot use a crate, follow along with our Housetraining Steps 1-3, and substitute the crate with tying your pup to you with his leash whenever you can't watch him like a hawk. When you have to leave him at home alone, keep him in a puppy-

Part 2: The Three Most Important Things

proofed kitchen where his accidents won't be as upsetting to you and your family, don't punish him for his messes when you get home, and be aware that housetraining him will take longer than with the crate.

Crate Do's and Don'ts

DO purchase a crate which is only large enough for your pup to stand up, turn around and lie down in. He'll be housetrained and Chew Trained soon, so you won't need an adult dog-sized crate.

DO introduce your puppy to his crate gradually, with praise, toys and treats.

DO feed your pup at set intervals during the day (rather than "free-feeding") and take away the food bowl after 5 minutes if he doesn't finish it all. He'll need to go outside about 20 minutes after eating.

DO remove his water bowl about 2 hours before you retire each evening, unless the weather is unusually warm. This will help him get through the night.

DO put in a blanket or dog bedding.

DO put in a good chew toy or two (so he doesn't eat the blanket).

DO feed your puppy in his kitchen crate. This creates a happy association.

DO keep in mind: A new puppy needs to relieve himself several times during the day. In spite of his instinct not to soil his cozy crate, he will be forced by nature to do so if you leave him in it for too long, until he gradually learns how to "hold it".

DO leave the crate door open when he's out; he may go in voluntarily.

Chapter 3: House Training

- DO praise your puppy when he enters his crate.
- DO “ignore” your puppy when he leaves his crate.
- DO bring him outside immediately when he leaves his crate.
- DO praise/treat your pup every time he urinates or defecates outside.
- DO give your crate to another new puppy owner when you are done with it.
- DON’T leave him in his crate for longer than you know he can hold it.
- DON’T put your puppy into his crate in anger, or as punishment.
- DON’T give him attention for crying when he goes into his crate. Rather, give him a chew toy before he starts crying.
- DON’T open the crate door while he is vocalizing. Wait until he has been quiet for a few seconds, then let him out very unemotionally.
- DON’T leave house-training or crate training duties to children. Rather, involve them in the process by letting them help you.
- DON’T use ammonia or any cleanser with ammonia in its ingredients to clean up a pet accident. Ammonia smells like urine to your pup and he’ll be likely to go there again.

Part 2: The Three Most Important Things

Submissive Urination

It is not uncommon for puppies to urinate a small amount when greeting visitors or even their own owners. This type of urination can occur at different times of the day, different places, and in the presence of different people or other dogs. The classic situations usually involve humans who show a lot of excitement when greeting their puppy, or humans who regularly hit or otherwise physically overwhelm their puppies. These puppies also often urinate submissively when being scolded.



Since submissive urination means that the pup is showing submission to someone, it cannot be solved with regular housetraining. Rather, your puppy's confidence must be increased in conjunction with housetraining.

If you feel your puppy may be urinating submissively, moderate your tone during housetraining, even when you catch him in the act, and follow these guidelines to increase his confidence over time:

- Don't scold your puppy for submissive urination.
- Don't hit your dog for any reason whatsoever.
- Keep all greetings extremely low-key, or simply ignore him until he has calmed down.
- Use a calm, moderate tone when speaking to your pup. No baby-talk or very high or very low tones.
- Get down to your puppy's level for greetings, rather than leaning over him.
- Socialize your pup by letting him play with other

Chapter 3: House Training

puppies and having him meet people and children who are neither harsh nor over-enthusiastic.

- Use positive reinforcement obedience training to improve your communication. This will increase his confidence.
- Use calm praise throughout the day, and pet him calmly, firmly and slowly.
- Reduce the likelihood that you'll get frustrated with your puppy. Puppy-proof your home with gates, locked cabinets, securely closed garbage, and no access to inappropriate chewables. See our Puppy-Proofing Checklist on page 13.
- Avoid staring at your puppy and ask others to reduce eye contact.
- Take him for a walk and reduce his water consumption before you have guests.

Part 2: The Three Most Important Things

Part 3

**Puppy
Obedience in
Six Weeks**



Part 3: Puppy Obedience in Six Weeks

Chapter 4

Puppy Obedience Week One

In This Chapter

- The Power of Reinforcement
- Reinforcement Worksheet
- Your Daily Training Schedule
- Why use food?
- Teaching your puppy English
- Off and Take it - Introduction
- Come (Recall) - Introduction
- Important Recall Tips
- Jumping Up

The Power of Reinforcement

You have the power to shape your puppy's entire future by choosing which of his behaviors to reinforce or not. Simply reinforce the behaviors you'd like to see increase in frequency. Withhold reinforcement from the behaviors you'd like to see decrease.

Beware of reinforcing undesired behaviors inadvertently. Reinforcement includes any form of attention, positive or negative, including looking at your pup, speaking to, shouting at,

Part 3: Puppy Obedience in Six Weeks

touching, praising, feeding, treating, reprimanding, hitting, etc. For example, reprimanding your pup for jumping up at you is reinforcing jumping and will actually increase its frequency. It's much more effective to simply ignore the jumping and give him attention any time he's on all fours (see page 70 for more on jumping).

So as you go through your day, remember to reinforce anything you like, and to ignore anything you don't.

Reinforcement Worksheet

What behaviors do you plan to reinforce? (ex. Sitting, lying down voluntarily, not jumping on visitors, walking nicely on leash, eliminating outside, coming when called, chewing his toy.)

Behaviors I will reinforce with attention and praise:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Chapter 4: Puppy Obedience Week 1

9. _____

10. _____

What behaviors do you plan to ignore/not reinforce? (ex. Jumping, barking, pulling, eliminating inside, stealing.)

Behaviors I will ignore and NOT reinforce:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Part 3: Puppy Obedience in Six Weeks

Your Daily Training Schedule

To get a dog who is obedient throughout the day, you should either reinforce or ignore each of his behaviors throughout the day. Keep a handful of his food in your pocket at all times so you can reinforce behaviors you like at a moment's notice (see pages 22-23).

Each time you reinforce or ignore a behavior counts as a "mini training session". A mini training session should last 5-10 seconds. It can be initiated by you giving 1-3 obedience commands, or it can be initiated by your puppy when he volunteers a behavior which you then reinforce or ignore. For example, if your puppy jumps up, you can turn away and ignore the jumping behavior, and then give him praise as soon as he is back on all fours. This counts as a mini training session.



Plan on about 50 mini training sessions per day. This totals only 8.33 minutes per day, but averages one mini training session every 18 minutes. Since most people's schedules don't allow them to be with their pups at every 18 minute interval, it's fine to practice a little more frequently when you're available. Just don't expect your puppy to be able to pay attention for longer than 15 minutes at a stretch. A good rule of thumb is to use your commands and reinforcement as often as you can and in as many different situations as you can throughout each day.

Why use food?

Finding food is generally the main purpose in the lives of all animals, wild and domestic. For example, we humans perform some sort of work on a daily basis with food acquisition as the goal. The work we perform becomes our daily routine: Our job.

Chapter 4: Puppy Obedience Week 1

Wild dogs, wolves, and domestic puppies work the same way.

When you give your puppy food at the instant he is performing a behavior you desire, not only are you reinforcing that behavior; you are teaching him what his job is.

Unlike humans however, when a puppy's stomach is full he is unlikely to perform additional work in order to acquire a TV set. You can't expect him to work right after he just ate a full bowl of food; he'll have little motivation to perform his job, or even to learn what his job is. Therefore, it's a good idea to use part or all of his daily ration of food to motivate and reward him for his work.

Food serves two important functions in positive reinforcement training:

1. Food intensifies the positive verbal reinforcement you give for the behaviors you like.
2. Food can be used as a lure to get your puppy into the position or movement you want to reinforce.

See pages 22-23 for specifics on food preparation and usage.

Teaching your puppy English

Knowing his job is one thing. But we puppy owners also want our pups to understand certain words, or commands, so that we can request particular behaviors on cue. To teach your puppy English (or any language you choose) you must associate a word with the reinforcement while he is performing the desired behavior.

For example, whenever your pup lies down, it's effective to say "Good down good down good down" while you give him some food. Your pup learns that lying down is profitable work, and he learns precisely what the word "Down" means.

Part 3: Puppy Obedience in Six Weeks

Off and Take It - Introduction

This command is important and lots of fun. Eventually “Off” will mean “Do not touch that thing you’re thinking about touching” to your puppy. “Take it” means “Now you can touch it”.

Put about 10 little pieces of food in your hand. Crouch down to pup level, or just sit on the floor. Hold your pup with your non-food hand, and hold your food hand out 1 foot in front of his face at his nose level. Say “Off” as you open your food hand and let go of pup.



If your pup lunges for it (and he probably will), simply close your hand. Do not say a word, and do not move your hand around. Your pup may chew on this hand for a few minutes.



Just wait silently until he gets distracted, looks away, moves away, or just stops touching your hand for an instant.



As soon as this happens, quickly say “Take it” and deliver one piece of food to his mouth.



Repeat this exercise 10 times until your hand is empty. Do not command “Sit” before the “Off” command. Your pup will chew and paw at your hand for shorter periods each time before he moves away. Some pups will start to sit when you say “off”. This is OK for the first day or two but try to train him out

Chapter 4: Puppy Obedience Class 1

of the sit response by delivering the Take It food just before he sits.

Never give your pup a piece of the food while he is touching your hand; you must deliver the food to his mouth while he is NOT touching your hand and preferably from a distance of 5-6 inches or more.

Over the next week, start to add tiny increments of time (1 second increments are normal at first) while he stays away from your hand before delivering the food, until your pup can hold an Off for 5-10 seconds when commanded. The way you do this is to repeatedly and wordlessly close your hand each time he lunges, opening your hand when he backs off, closing it when he lunges, etc. until he chooses to stay off a little longer than the last trial. Say “Take it” when this happens while you deliver a treat to his mouth.

Off is excellent preparation for “Stay”, which we’ll learn a little later. In a month or so you’ll also be able to use it to reduce jumping, keep him off furniture or away from the random chicken wing on the sidewalk. Try not to use Off for these purposes until a month of daily practice; doing so will dilute its effectiveness later.

Part 3: Puppy Obedience in Six Weeks

Come (Recall) - Introduction

Many of us are guilty of saying “Come” to our puppy when he is NOT in the process of coming. What this does, unfortunately, is teach him to ignore the word “Come”. Here is what typically happens and what your puppy learns:

<u>What usually happens</u>	<u>What your puppy learns</u>
You let your pup out to pee. From the back door, you say “Come” while he is busy investigating the latest squirrel activities. Pup does not come.	Pup learns that you like to say things to him when he is busy.
You say “Come” again. Pup starts to head toward you but gets distracted by someone walking by.	Pup learns that “Come” is something he hears a lot when he is playing outside.
You say “Come” again. Pup completely ignores you, barking at the passerby.	Pup learns that “Come” is ambient noise, part of the aural scenery, as common as the sound of a chirping bird or a passing car.
You say “Come” again. Pup gets close to the door but runs away when you reach for his collar to get him inside.	Pup learns that “Come” sometimes means a fun game of keep-away with you.
You say “Come” again, now in an annoyed or angry tone.	Pup learns that “Come” means you are mad at him.
Your tone changes back to happy, and you say “Want a cookie?” or “Get your biscuit”. Puppy comes and you give him a biscuit.	Pup learns that it is profitable to come to you when he hears the word “Biscuit”.

Chapter 4: Puppy Obedience Week 1

What does the table above teach us? First, that repeating a word over and over while your puppy is distracted becomes very powerless, very quickly. Next, that puppies respond nicely to biscuits. Last but not least: The word **that announces the act of biscuit-giving** becomes very powerful, very quickly.

How to teach “Come” effectively:

1. For the next 6 weeks, say “Come” only when you are absolutely certain that he will come. The only ways to know for sure that your puppy will come are:
 - When he knows you have food in your hand and you are very close to him (1st week 3-5 ft., 2nd week 5-7 ft., etc.), or
 - When he is on leash and you can reel him in if necessary, or
 - When he just happens to be approaching you.
2. While he is heading toward you, reinforce him very enthusiastically by repeating “Good come Rover good come Rover good come!” This may seem silly when he’s coming from a distance of 3 feet, but do it anyway.
3. When he gets to you, take hold of his collar while giving him lots of praise and food.

Positive reinforcement training can only be successful when you do whatever is necessary for your dog to successfully comply with your command, associate a command with the behavior and reinforce while he is exhibiting the behavior. So during training these next six weeks, you’ve got to make it easy enough for him to succeed. You’ll add difficulty (distance, time, and distraction) gradually, week by week

What do you do in the meantime when he’s in the yard and won’t come? Put on your shoes and go get him. If you still have to lure him in with a treat, fine. Just don’t use the word “Come”

Part 3: Puppy Obedience in Six Weeks

unless he is in the act of approaching you. (A fenced yard can be a real handicap while you're trying to teach "Come" because it makes you lazy. The safest way to avoid diluting the power of the word "Come" is to simply put him on leash and go outside with him. That way he'll never hear the word "Come" when he's distracted.)

Here are some exercises to practice this week inside your house and/or in a non-distracting fenced area, gradually increasing distance and distraction as your pup masters each level:

Off-Leash Food Lure Recall: Let your dog sniff food in your hand. Move away from him a short distance (3-5 feet) and quickly, enthusiastically command "Rover, Come!" Praise "good come good come" while he approaches, and when he gets to you, hold onto his collar while you feed and praise.

Variation 1: Back away. Keep backing away from him as he approaches, continually praising "good come good come". Hold collar, praise & feed to complete the exercise.

Variation 2: Mealtimes. Fill bowl in front of pup. Command "Rover, Come!" and back away from him around the kitchen for a while, praising "good come good come" as he follows you. Hold collar as you praise and put the food bowl down for him to eat.

Pickle in the Middle Recall: Someone holds pup 5-7 feet away from you. You call pup's name happily and praise "good come good come" the entire time he approaches you. (If he doesn't come immediately, reduce your distance and get more enthusiastic.) When he gets to you gently hold on to his collar while you feed and praise. Now you hold the pup and the other person repeats the exercise. Gradually increase distance.



Variation: On-leash Pickle. You can practice this safely outdoors at the park or anywhere you expect to desire a reliable

Chapter 4: Puppy Obedience Week 1

recall in the future. Your leash can be long but must have a weight (such as a heavy rubber bone) tied into the hand-end. The person calling the pup has the weighted end and holds the leash while pup approaches. Repeat by holding the pup by his collar and tossing the weighted hand-end of the leash to the other person who can then repeat the exercise.

Hide & Seek Recall: When your pup isn't looking, quickly hide in a nearby room equipped with food in your pocket. Call him enthusiastically, praise "good come good come" as he approaches, hold collar, treat & praise when he arrives.

On-Leash Recall: Attach your dog to a leash or longer line. Wait until he's not paying attention to you. Enthusiastically call "Rover, Come!" and praise as he comes. If you have to reel him in with the line, reel him in but continue to praise "good come good come" - he is still in the act of coming, even if you're reeling him in. When he gets to you, hold onto his collar while you praise and feed.

Just Happened To Recall: Any time he just happens to be on his way to you, praise "good come" enthusiastically, hold collar, praise and feed when he gets to you.

Important Recall Tips

- Your enthusiasm level and yes, your volume, need to make you the most exciting thing around. Get happy!
- Increase distance and distractions very gradually over the next six weeks (ie., don't yell "come" the first time he goes to the off-leash park). Start in your livingroom, then practice in other rooms in the house, then to the yard or on walks (always on leash when not fenced in). Then add distractions to yard/street (someone walking by, another dog, etc.) The key is to make it easy for the dog so that you always have something to praise/treat.

Part 3: Puppy Obedience in Six Weeks

- Don't expect your dog to come for the same distance that he did in the quiet yard now that you are in the street with dogs walking by. Decrease distance when you add distractions; decrease distractions when you increase distance; gradually add to distractions and distance as your dog succeeds.
- During the first few weeks, don't request a Sit at the end of a Come, especially when you are increasing distance or distraction level. Your pup needs to know you are praising and rewarding the Come (not the Sit). And if for some reason he doesn't sit, you've just lost an opportunity to reinforce a good Come.
- Daily walks, regular socialization and exposure to a wide variety of sights, sounds, humans, dogs and other distractions will greatly improve your pup's overall ability to pay better attention to you and respond to "Come" (and all other) commands.
- Never let your dog off leash in an unfenced area until his Recall is extremely reliable at long distances and in high distraction.

Jumping Up

If your puppy is under 6 months old, the best way to stop him from jumping is to simply ignore him when he does. Turn away, fold your arms and stand still until he is back on all fours. Then quickly get down to his level and give him attention until he jumps up again. When he does, stand up again and turn away until he stops jumping, and repeat. You are reinforcing the desired behavior and ignoring the undesired behavior.

Tell your children to "be a tree" and show them this method. It's also helpful if the child can face a wall while he's "being a tree" for stability and to stop the pup from jumping into his face.

The following jumping cessation exercises are also very effective:

Chapter 4: Puppy Obedience Week 1



Put your puppy on a 4-6 foot leash, and tie the end securely to a doorknob. Get some food in your pocket and move about 15 feet away from the pup. Walk toward the puppy enthusiastically as if to greet him enthusiastically. As soon as he jumps up, stop and take a step backwards away from the pup. When pup stops jumping, move toward him again in the same manner and move backwards a step the instant he starts to jump. Continue this method of approach until you can touch the pup without him jumping up. Praise and feed from that position, moving back again if he jumps up in excitement.

Variation: Substitute yourself for the doorknob and have someone else approach in the manner described above. When the approaching person gets all the way to your pup, you praise and feed him. This teaches him how to nicely greet people on walks, and to pay attention to you rather than them.



Note: Although many pups will voluntarily sit as they learn this, you should not give the Sit command in these exercises, nor should you require it for praise and food. If he sits, fine, go ahead and reinforce. But if he simply stays on all fours, reinforce that. The point is to teach him to not jump. Sit will come later, and you could easily dilute the power of the word Sit by repeating it ineffectively in a jumping scenario.

Part 3: Puppy Obedience in Six Weeks

Chapter 5

Puppy Obedience Week Two

In This Chapter

- Handling Exercises
- Your Release Word
- Sit - Introduction
- Heel - Introduction
- Possessiveness Prevention
- Off/Take it - Review & Progress
- Come - Review & Progress

Never hit your puppy!

Make sure your children aren't either. Hitting a pup creates distrust, and everyone knows a dog won't come to you when he's afraid of you. Hitting can also cause him to become "hand-shy" which could lead to a bite when someone innocently tries to pet him on the head. A puppy is easy to train when you remember to continually reinforce any and all of his positive behaviors with praise and treats and either prevent him from getting into trouble or simply ignoring bad behaviors. The lack of your attention is perfectly adequate punishment for a puppy.

Part 3: Puppy Obedience in Six Weeks

Handling Exercises

Your pup might not mind getting handled right now, but it's normal for dogs to gradually develop an aversion to being handled as they get older. Many adult dogs need to be taken to the veterinarian and drugged or even anesthetized for a simple nail trim. Some dogs won't let you clean their ears, look at an injury, check their teeth or even brush them.

Create a happy association with being handled now to secure a stress-free handling future for your dog.



Allow your puppy to eat a handful of food and praise him continually while you gently massage his paws and nails, collar, tail, lips, and ears with your non-food hand. Baths, brushing, clipping nails, cleaning ears, examining and brushing teeth should become a regular and pleasant part of your pup's life. Include many tiny treats.

Your goal is to have him look forward to being handled by you and the kids. Praise and treat throughout, and gradually increase the roughness with which you handle different areas as long as pup is not reacting with fear or using his mouth to stop you.

You can also prepare your pup for basic grooming in the following ways:

Brushing Teeth: Once daily, lift your pup's lip for a quick instant and immediately praise and treat. Each day you'll be able to hold his lip up a bit longer. Now move to the other lip until he's OK with that too. Over the next few weeks work gradually toward getting him to happily allow you to open his mouth for 10 seconds or more. You can also gradually get him used to your finger rubbing his outer gums and teeth. Once he's OK with that, incorporate some canine toothpaste (not human

Chapter 5: Puppy Obedience Week 2

toothpaste) into daily 2 minute teeth-brushing sessions.

Collar Sensitivity: Start with a quick touch at the collar and treat/praise. Each day you'll be able to touch this area longer, as long as you treat/praise each time and never move too fast. As long as he's comfortable with the level you're at, gradually increase the roughness you use for grabbing his collar.

Nail Trims: Start by simply touching one toe or gently holding a paw for 1 second, then quickly praise/treat. Gradually introduce the nail clipper; clip one nail one day (only the very tip), praise and treat. Add one nail each day, praise and treat, until you can clip 3-5 nails per treat.

Your Release Word

When you give your puppy a command like "Sit", who decides when he can stop sitting? You or the puppy?

If you don't release him from the command, your puppy will release himself from it whenever he wants to. A Release Word is important in obedience training because it teaches your dog to wait for your permission to stop doing what you just asked him to do. It gives you the power to determine when your pup can get up from a Stay, or when he can walk freely after he's been commanded to Heel.

I use "OK" as my Release word, but I've known different people to use other words or phrases like "free puppy", "at ease", "you're through", "go play" or "batman". The only word you may **not** use as a Release word is "good", because you'll be praising "good come" or "good heel" or "good sit" repeatedly while he's doing those things.

You'll use your Release word to end most commands in this book (except "Come" which ends nonverbally when you are holding his collar, and "Off" which ends when you say "Take It.")

Part 3: Puppy Obedience in Six Weeks

Sit - Introduction

Hold several pieces of food in one hand. Position this hand very close to your pup's nose and very slowly move your hand back over his head so that he has to sit to continue smelling food.



(This hand movement will evolve into your sit hand signal.)

When your pup's rump hits floor, say "Good Sit! Good Sit!" while feeding. Release ("OK") before he gets up. Note that you are not giving any verbal command this week; you are simply luring him into position with the food, and verbally reinforcing the behavior only while he is actually sitting. Immediately stop feeding and praising if he gets up, and reduce the time on the next trial so that you can release him before he gets up.



If he is jumping up instead of sitting, you are holding the food too high. It should be on his nose or very close.

Over the next week, practice this in different rooms in your home, with different people in the room, outside in the yard and/or outside at the end of his walks. Gradually increase the duration of each Sit in each different location until he can hold a 10 second Sit. Remember, you should be feeding and praising "good sit good sit" throughout the Sit, until you release him.

A quick Sit should precede all meals, toys, treats, outings.

Chapter 5: Puppy Obedience Week 2

Heel - Introduction

Heel means “walk nicely by my side”. Heel will eventually signal to your dog that pulling on the leash is not an option at this time. But like everything else, your puppy can only accomplish this amazing feat if you teach him gradually over the next six weeks, from your no-distraction indoor dining room to the high-distraction walk on a busy street.

You are only allowed to practice “Heel” inside your home this week. Do not command “Heel” during your daily walks yet - doing so will dilute the power of the command “Heel”.

Do not leash your pup. Put several pieces of food in your hand. Let your puppy sniff the food. Now say “Rover, Heel” and start walking, luring him along your food-hand side as you praise “good heel Rover good heel Rover” very happily. The tone of your voice is very important - get happy! Feed him pieces while you walk about 3-4 steps and then release him verbally (“OK”).

Practice in home only, but vary rooms and directions. Add some distractions like people in the room as the week progresses. Go around coffee tables, between chairs, etc. Add one step to each trial in each room as long as your pup has mastered the current distance in that room.

It is your job to make it easy enough for pup to succeed at each trial. If your puppy is not heeling right next to you until you release, use the following troubleshooting list:

- Am I luring him along on my food-hand side?
- Am I praising “Good Heel Rover” continually?
- Is my voice very enthusiastic, very happy?
- Am I holding the food close enough to my puppy’s nose?
- Are there too many distractions in this room?
- Am I heading toward a distraction and not away from it?
- Am I requesting a longer heel than he can

Part 3: Puppy Obedience in Six Weeks

- accomplish at this point?
- Is the food interesting enough to keep his attention, or should I add more (or different) treats to this mix?

By the end of this week, your puppy should be able to heel with you off leash in your home for a distance of at least 15 feet before you release him.

Possessiveness Prevention - Introduction

It is natural for dogs to gradually become possessive over food, toys and other objects as they move into adulthood. You probably are **not** seeing this behavior yet, but don't wait for the day he growls or snaps at someone to start these exercises. Make your puppy actually look forward to being approached while he is chewing on a toy, bone or meal by having adults and children (and anyone else you know) do the following daily exercise:

Important: This exercise is only for pups under 6 months of age! For dogs over 6 months of age who are showing signs of possessiveness, adults only please approach with much more distance and caution, using the modification which follows.

Hold a great treat (ex. pepperoni, liver treat, baloney, chicken) in front of your puppy's nose when he is chewing on a toy or eating his dinner. When he takes the offered treat, pick up the toy/bowl, praise and immediately give back the item that you took away, even if he's still chewing on the treat. Walk away. No talking required!



Modification for older or growly pups: If your puppy growls or seems to tense up when he is approached in this situation, don't

Chapter 5: Puppy Obedience Week 2

pick up the possessed item; instead simply toss the better treat near the puppy as you casually walk by from a distance with which he is comfortable. Decrease this distance gradually over several weeks as long as he is comfortable until you can progress to the original exercise.

Never threaten your pup or take away his toy, bone or meal without making it profitable for him in this way. Teaching him to enjoy being bothered while he's eating requires you to offer a great profit in exchange!

Come - Review & Progress

Use the following as distance guidelines for your pup's progress this week, starting with the lower distance and adding 1 foot increments as long as your puppy can succeed in all the different rooms in your home.

For the On-leash Pickle and On-leash Recall exercises you'll need a 30 foot tracking leash (available at pet stores) this week. Mark off each foot with a sharpie marker or masking tape and start to use it in your exercises to make sure you're at your pup's current accomplishment level.

You should also start to add mild distractions to the indoor work this week, such as another person in the room calmly tossing one of his toys in the air near you.

Off-Leash Food Lure Recall: 6-12 feet.

Variation 1: Back away. You should be able to continue to back away 10-15 feet while he continues to follow you.

Variation 2: Mealtimes. 10-15 feet as above.

Pickle in the Middle Recall: 10-20 feet.

Variation: On-leash Pickle. 10-20 feet.

Hide & Seek Recall: 15-25 feet.

Part 3: Puppy Obedience in Six Weeks

On-Leash Recall: 5-15 feet.

Just Happened To Recall: Whatever distance he's coming from.

We are still in the learning part of your puppy's "semester". Don't say "Come" unless you have food, you are certain your dog will come, and you enthusiastically praise "Good Come!" repeatedly the entire time your pup is approaching you.

If your dog isn't coming at short (5 feet or less) distances, you're not making it easy enough for him to succeed. Get better food, get more enthusiastic or find a slightly less distracting environment. Never scold or punish pup after you've called him to come, no matter what he just did!

Always gently hold your pup's collar as you praise & treat when he gets to you (this is to stop him from playing "keep-away"). Finally, remember to always praise "Good come good come good come" the entire time your pup is approaching you.



Off and Take It - Review & Progress

Practice more as in Week One, and start to hold off on his "Take it" reward until he has voluntarily (or inadvertently) moved away from your hand at least one foot.



Open/Close Hand: By now your pup is moving back when you say Off, but will he stay back if you open your hand at that distance? Try it, and close your hand wordlessly if he moves forward.



Chapter 5: Puppy Obedience Week 2

Wait for him to back off again. Say nothing. Just open your hand again and keep it open for a second unless he moves forward again (close it if he does). Go back and forth like this until he holds his position for 3 seconds while your food hand is open.



Quickly say "Take it" and deliver a piece of food to him. Repeat. Work up to an open handed, 8-10 second Off this week.



Your hand should be at his nose level, not higher. Remember, never treat when he is touching your hand.

By the end of this week pup should be moving away from any offered item when you say Off.

Part 3: Puppy Obedience in Six Weeks

Chapter 6

Puppy Obedience Week Three

In This Chapter

- Sit - Review & Progress
- Come - Review & Progress
- Heel - Review & Progress
- Possessiveness - Review & Progress
- Off and Take it - Review & Progress
- Stay - Introduction

Gettin' Busy

This week we'll be very busy learning Stay and adding difficulty to all of the commands we've already started.

Remember, it's your job to make each trial easy enough for your dog to succeed by reducing distraction and increasing enthusiasm and quality of reinforcement if necessary. Then and only then do you add distance, time and distraction, gradually and separately.

Part 3: Puppy Obedience in Six Weeks

Sit - Review & Progress

By now your pup should be reliably plopping into a sit position when lured with food. You therefore now have permission to command “Rover, Sit” while luring him into position. Say it only once and wait for the Sit. Repeating a command before pup is in position dilutes the power of the command word.

Continue to praise and feed while he is sitting “Good sit good sit good sit”. Then release him verbally at the end of every sit, before his butt comes up (whether it was his idea or yours!)

By now you should also know how long he can hold a sit while you’re praising and feeding. If your pup can hold a sit in a variety of locations in the house with mild distractions, do the following exercises this week (if not, keep practicing until he can):

Distance Sit: Give Sit command 1 inch further away from him than you normally do; he probably won’t notice the difference. Feed and praise through the sit as usual. Add another inch if successful. Add another, etc. Many pups will act like they don’t know what Sit means when you get about 1 foot away from them, so you have to add distance in tiny increments this way. Work up to at least 3 feet this week - you can still feed/praise from a distance by walking back and forth between him and your distance position to feed him, verbally praising all the time. Decrease time and distraction when you’re adding distance, and integrate each back in when each new distance is solid in a variety of locations. Release him verbally before he gets up; no treats if he beats you to it, no matter why!

Visitor Sit: Keep a bowl of food by the door; all guests should command a Sit with food before greeting your pup.

Around the Block Sit: Get a few friends to walk around the block in the opposite direction that you and your pup are walking. Some friends should hold up a treat and request a sit when they “run into” you. Other friends should just “run into” you while you hold the treat and request the sit, then treat,

Chapter 6: Puppy Obedience Week 3

praise, and release.

Walk Sit: Integrate 5-6 sits into your daily walks outside. You'll probably have to mix more treats in for these outside sits than you are using inside. Find the least distracting moments to



present your food for a sit. It's nice to get sits at all the curbs, but get lots of others as well. These will come in handy later when you need control for passers-by.

Come (Recall) - Review & Progress

Repeat all of last week's exercises daily, adding distance using the guidelines below. You'll also add increasing distractions. Inside distractions should involve several people milling about nearby and maybe even a calm, friendly dog or two if you can find any to come over to your home.

If the distraction level is too high, reduce distance to a level your dog can accomplish and then work back up to this week's distances.

Your puppy's response to the command "Come" is directly related to your enthusiasm level and the wonderfulness of the reward. So get really happy, really excited each and every time he comes. And get some really super delicious soft and stinky treats, and surprise your pup with them at the end of some of these recalls, please! It'll do wonders, you'll see.

Off-Leash Food Lure Recall: 12-20 feet.

Variation 1: Back away. You should be able to continue to back away 15-25 feet while he continues to follow you.

Variation 2: Mealtimes. 15-25 feet as above.

Part 3: Puppy Obedience in Six Weeks

Pickle in the Middle Recall: 20-30 feet.

Variation: On-leash Pickle. 20-30 feet, low distraction. Start to do 10-20 foot on-leash Pickles in the presence of other dogs who are 30+ feet away.

Hide & Seek Recall: 25-35 feet.

On-Leash Recall: 15-25 feet. Start to do 10-20 foot on-leash recalls in the presence of other dogs who are 30+ feet away.

Just Happened To Recall: Whatever distance he's coming from.

Heel - Review & Progress

This week we're facing forward and adding a hand signal and a leash. The whole thing is going to feel awkward at first, but keep the faith; it will turn into a good-looking dog and owner walking down the street.

Facing forward: Face your body in the direction that you are heading, command "Heel" and praise "good heel good heel" while luring your pup alongside you with your food hand. Don't worry if he's jumping up the whole way. He'll grow out of it. Remember to release at the end of each Heel.

The "Heel" hand signal: The benefit of hand signals is that one day you'll be able to command behaviors without words. Dogs tend to understand hand signals better than words anyway. In the case of Heel, the hand signal is your hand slapping your leg at the dog's nose level. It's a crucial hand signal because one day we're going to phase out all this food and he's going to need a good attention-holder where the food used to be.

Using your food hand, slap (or "punch") your leg throughout the entire heel while luring the pup at the same time. Your pup should remain on the same side as your food hand. Praise, slap & lure continually. If you drop food, just verbally release and let

Chapter 6: Puppy Obedience Week 3

him eat what you dropped. Then start again.

Add the leash: Put your puppy on a 4-6 foot leash and hold the end in your non-food hand so that it hangs loosely across your front. Extendable leash owners should determine the right leash length (3-4 feet) and lock it there. Since you're still working inside only this week, practice half of your heels on-leash and half off-leash.



The point of practicing off leash inside your house is to force you to practice your enthusiasm, your hand signal and food lure technique to control your pup's position.

The point of practicing on leash inside your house is to teach you how to do everything at the same time so that you can handle it later when you're heeling outside.

Practice heeling short distances in straight lines and around tables in your home. The main idea this week is to get you more comfortable with puppy positioning, hand signal and leash usage. Add distance only when you're comfortable and your puppy is reliably heeling along your side.

Possessiveness - Review & Progress

Repeat last week's possessiveness exercises daily. Please don't skip these. They are very important.

Off and Take It - Review & Progress

By now your pup should be very clear on what "Off" and "Take it" mean. This week we are adding difficulty by moving your

Part 3: Puppy Obedience in Six Weeks

hand closer to the floor to simulate the old “chicken wing on the sidewalk.”

Closer to floor: Each day this week, hold your hand 1”-2” closer to the floor than the day before, as long as he’s successful at the last hand level. By the end of this week your pup should be able to perform an Off when your open food hand is on the floor.

Keep in mind how this works and how your puppy learns it: His movement away from the food hand is rewarded. His movement toward the food is not (your hand closes).

Stay - Introduction

You may have already started doing something like this with your puppy: At every puppy meal, hold his bowl of food as you command your pup to Sit, holding your free hand in a “stop” (stay) hand signal in front of his face. Praise “good sit stay good sit stay good sit stay” as he holds the sit and you slowly lower the food bowl down toward the floor. If he gets up from the Sit/Stay, bring the food bowl back up to where you started holding it. Start again. Repeat. Each time you repeat the process, you’ll probably be able to bring the food bowl a little closer to the ground than the previous time. Repeat until you have gotten the bowl all the way to the floor. It is important at this point that you verbally release the puppy (“OK”) before he gets up, so that he doesn’t start to equate the food with the Release.

Be patient! Your pup may break out of the Sit/Stay 5-10 times before you are able to bring the food bowl all the way down to the ground and release him.

If you’re having success with this method, disregard the pointer below. But if your puppy breaks out of his Sit/Stay over 10 times before you can release him, try the following modification:

Chapter 6: Puppy Obedience Week 3

It can help if you take a piece of kibble out of the bowl while he's sitting there and feed him one at a time, alternately giving the stay hand signal, and feeding a kibble while you slowly move the food bowl toward the floor. This teaches him that staying is profitable work and motivates him to continue to stay. This is not cheating; it just works better with some squirmier pups.

Part 3: Puppy Obedience in Six Weeks

Chapter 7

Puppy Obedience Week Four

In This Chapter

- Sit - Review & Progress
- Down (Lie Down) - Introduction
- Come - Review & Progress
- Heel - Review & Progress
- Stay - Review & Progress
- Off and Take it - Review & Progress
- Barking - Introduction

Before we continue...

You won't get rid of the food until you have successfully associated the command word and hand signal with your puppy's successful compliance with the behavior. Don't just lure him around. Repeat your praise, commands, and hand signals continually while your pup is doing the right thing.

Part 3: Puppy Obedience in Six Weeks

Sit - Review & Progress

Hand Signal: The luring motion of your food hand starts to evolve into a hand signal this week. Rather than crouching over the puppy, start to stand up straighter. Your food hand also starts to stay closer to your body (instead of on your pup's head) so that by the end of this week your food hand starts down at your side, arms straight, and moves quickly up to your shoulder by bending your elbow.

Continue daily practice on your Distance Sits, Walk Sits, Around the Block Sits, and Visitor Sits using the following time guidelines. Add a little distraction like someone standing nearby casually tossing a ball in the air or just walking around and/or talking near you and the pup. Remember to feed your puppy while he is sitting and you are praising "good sit, good sit", and then release.

Distance Sit: Start at 3 feet, work up to 8 feet. Add 1-2 seconds before you release at each distance increment. Decrease distraction when you're adding distance and time, and integrate each back in when each new distance is solid in a variety of locations.

Walk Sit: Add 1-2 seconds of time and work up to a 10-15 second Sit on walks. Find the least distracting moments to increase time, then increase distraction gradually.

Around the Block Sit: Add 1-2 seconds of time and work up to a 10-15 second Sit in front of your human approachers.

Visitor Sit: Add 1-2 seconds of time and work up to a 10-15 second Sit in front of your human visitors.

Down (Lie Down) - Introduction

Down in this class means Lie Down (we'll be using "Off" for

Chapter 7: Puppy Obedience Week 4

getting off furniture and jumping up).

Command “Sit” as usual with food and hand signal, but don’t feed and don’t release. Now with your food hand in front of his nose, lure your puppy down by slowly moving your food hand to the floor in between his front paws. This motion will evolve into your Down hand signal.



Hold your food hand with palm facing the floor so that he cannot eat it. Silently wait until he lies down. This can take several minutes, so be patient and don’t say anything. Don’t move the treat around; just let him try to get at it until he lies down. (Some pups are so reluctant to lie down that it helps to open your food hand just enough to let them lick at the food in your hand when they simply crouch part of the way down. It’s pretty slimy but it encourages them to go all the way down.)

The instant he lies down, release the food while you say “Good down good down!” and then verbally release him before he gets up. Add 1-2 seconds of time to the Down as you get successes. Practice 5x/day.



Please note that you are not giving any verbal command for Down this week, although you are praising “good down good down” continually while he is lying down.

If your puppy absolutely won’t lie down no matter how you try, do your best to praise and feed “good down good down” any time he happens to lie down in your presence. It takes longer but it’ll click in his head one day.

Part 3: Puppy Obedience in Six Weeks

Come - Review & Progress

By now your puppy should be coming reliably to you when you call him off-leash from a distance of 20 feet in your home with medium-level distraction. Is he? If not, go back to Week 3 and practice until he can. It's absolutely necessary to master this before he can accomplish a high-distraction off-leash recall. And remember it's counter-productive to say "Come" when your puppy isn't going to come.

An off-leash high distraction recall requires the following preparatory steps in the presence of several other puppies in the room. Do not move to the next step if your pup cannot complete the previous step.

1. **Praise Practice:** Get down to your pup's level and feed him great stuff while you tell him enthusiastically how wonderful he is, for a full 15 seconds.
2. **On-leash Recall:** Put your pup on leash, allow him 6 feet of distance, wait for him to get a little distracted and then very enthusiastically call him "Rover Come!", praising all the way, holding his collar and rewarding very generously.
3. **Off-leash Pickle:** Someone holds your pup and you move 15 feet away and call him. Praise "good come" the whole time he is moving toward you, hold collar and praise enthusiastically while feeding super wonderful stuff when he gets to you.
4. **The Off-leash High-Distraction Recall:** All pups off leash and playing. When your puppy is not tangled up with another pup and about 5-6 feet from you, call him "Rover COME!" very happily and loud enough that he can hear you! Praise "good come" the whole time he is moving toward you, hold collar and praise very enthusiastically while feeding the best stuff you can get your hands on. Immediately get up,

Chapter 7: Puppy Obedience Week 4

say “go play” and let him go play.

The key to success in this exercise is finding the moment your puppy is momentarily NOT engaged in vigorous play to call him. Additionally, when you do call him, he’ll look at you for a very quick second while he considers his options; this is your opportunity to “catch” him with your happy, enthusiastic “Good Come Rover!” Don’t miss your chance here to jolly him in with this “bridge” to a successful off-leash Recall.

In addition to the Off-Leash Preparatory steps given above, your homework is to repeat all Week 3 recall exercises, increasing distraction gradually.

Heel - Review & Progress

On both of the following, practice making left and right turns and even a few Figure 8s.

Indoor Heel: Continue practicing Week 3 on and off-leash exercises inside at home, adding distance and distraction (in the form of someone in the room walking around briskly, talking to you or the pup, tossing a toy in the air). Remember to slap your leg as you praise “Good Heel Rover!” and lure along on your food hand side, and to release at the end of all heels.

Outdoor Heel: On your daily walks, let your pup pull/sniff/do what he usually does. When you’re heading home, about 10 feet from your house, happily pull out your food, lure him into position and command “Rover, Heel”, slapping/luring/feeding/praising for 3-5 feet, then verbally release. Go home. As the week progresses, start to integrate several short successful heels like this into all of your daily walks when there is little or no distraction.

Part 3: Puppy Obedience in Six Weeks

Stay - Review & Progress

Different dogs often need different methods to learn Stay. If you're having more success by giving your pup a few pieces of food while he holds his Stay (before the Release), use the "Treat the Stay" method below. But if he's holding his Stay with "no treat until the end", use the "Treat the Release" Stay method.

"Treat the Stay" Method:

Sit your pup but don't release or treat him. Now command "Stay" while your non-food hand gives the "stop" hand signal right in front of his face and your food hand is held out about two feet in front of his nose (at nose level). Calmly praise "good stay good stay" while feeding a piece or two, then release him before he stands up. Repeat, adding a second of time to each successful stay.



It helps to think of "Stay" as an extension of "Off", and you can even use "Off" to help your puppy understand "Stay" if he's having trouble, by holding your food hand open at nose level the way you do when training "Off". (Use your non-food hand to take bits to deliver to pup.) The difference is that with "Treat the Stay" you can feed him during his Stay and then release.

("Treat the Stay" is my preferred method of teaching a young puppy to Stay. Why? Because it makes the act of staying — not moving — the profitable behavior. You're eventually going to request very long Stays, so many pups do better when you make the Staying part more fun than the Release part by feeding and praising during the Stay and NOT at the Release.)

Chapter 7: Puppy Obedience Week 4

Treat the Release Method:

Sit your pup but don't release or treat him. Now command "Stay" while your non-food hand gives the "stop" hand signal right in front of his face and your food hand is held out about two feet in front of his nose (at nose level). Praise "good stay" and quickly release, delivering a piece of food as reward. Repeat, gradually adding tiny increments of time. Never reward your pup if he breaks out of the Stay before you release him, whether or not it's your fault for holding him there too long.

This method is improved when you let him fail about once out of every 10 trials. This means 10 successes per 1 failure. Failure = Pup lunges for the food before you release. When this happens, simply stand up, say "Too bad!" as if he ruined the game, walk away and do something else for a few seconds (look at a book or a picture on the wall, or better yet, act like you're eating the treat yourself). Now try again and be sure to make the next 9 trials easy enough for him to succeed, by reducing time, distance and/or distractions. If he fails too often, he will give up and not learn a thing.

Gradually work up to 10 feet of distance this week, using either method of Stay.

Off and Take it - Review & Progress

Keep practicing this week until your pup will stay away when you actually put the food on the floor after saying "Off". Once you can do this, add distance and time as pup succeeds in a wide variety of locations, including lower-distraction places on your walks. If your puppy goes for the food on the floor, hurl your entire body on top of the food to beat him to it. Just kidding. But really, don't let him get that food until you say Take It - add time and distance very gradually.

Part 3: Puppy Obedience in Six Weeks

Barking

Like any behavior, barking increases with reinforcement and decreases without reinforcement. Don't wait until your pup has grown into a year-old barker; practice all the pointers below now to prevent any increase in barking. For even more effective barking prevention, or remedial barking work, use the "Speak & Quiet" Training Exercise which follows the pointers.



- Giving attention for barking is a main cause for barking. Even if you simply look at him, you are reinforcing his barking. Ignore all barking, and praise him whenever he is quiet ("good quiet, good quiet").
- A lonely pup can be a barking pup. Don't leave him alone for long periods of time, especially not in a fenced yard where a passerby can set him off.
- Your puppy will bark to burn off energy if you aren't exercising him enough. Exercise your pup vigorously (Minimum daily exercise for pups over 5 months: 4 brisk 20+ minute walks or 2 30+ minute fenced off-leash playtime runs preferably with other pups).
- Proactive socialization can reduce barking at other dogs and people. Get your pup out of the house and meeting others as much as possible.

"Speak & Quiet" Training Exercise: You can gain a great deal of control over your dog's barking when you train him to "Speak" and "Quiet" on command. Barking at the front door is common, and you can use it to train your pup not only to "Speak" on cue but to "Quiet" on cue as well. It's a little easier if you can find a helper for these functions, but do it by yourself if you have to.

Put some food in your pocket. Have your helper go outside the

Chapter 7: Puppy Obedience Week 4

front door. Bring your pup to the door and say “Speak” just before your helper knocks or rings the doorbell. Your pup will probably start barking. Take some food out of your pocket, hold it right in front of pup’s nose and command “Quiet”. He can’t bark while he’s eating so praise “Good quiet, good quiet” while he eats a bit. Repeat several times daily for a few weeks until he is barking and quieting on cue. After a few weeks you should be able to command “Quiet” without the food, but practice more if necessary.

Part 3: Puppy Obedience in Six Weeks

Chapter 8

Puppy Obedience Week Five

In This Chapter

- Separation Anxiety Prevention
- Sit - Review & Progress
- Down - Review & Progress
- Come - Review & Progress
- Heel - Review & Progress
- Off and Take it - Review & Progress
- Stay - Review & Progress
- Stay Troubleshooting
- Drop It

Part 3: Puppy Obedience in Six Weeks

Separation Anxiety Prevention

Separation Anxiety is often diagnosed when a puppy chews destructively. But most of the time this type of chewing is due to an inadequate supply of interesting, appropriate chew toys combined with premature unsupervised access to inappropriate chewables such as wooden furniture and upholstery. Long periods of solitary confinement also increase the problem of destructive chewing. See Chew Training on page 38 before you conclude that your puppy has Separation Anxiety. If you have truly Chew Trained your pup as instructed and you're still worried about Separation Anxiety, talk to your veterinarian or a reputable behaviorist for an effective behavior modification protocol.



Even though your puppy probably doesn't have Separation Anxiety, it's very important to prevent it from developing. Any pup can be inadvertently "trained" to become anxious about his owner's comings and goings. Your level of emotion is mirrored by your pup. If you get emotional when you come home, your puppy will too. Over time, his anticipation of your arrival will become anxiety, which can cause him to chew inappropriately or attempt escape in order to relieve this anxiety.

First of all, make sure your pup is not alone for more than 4 hours at a time when he's under 6 months of age.

Even more important, keep all of your greetings and departures very low-key. Just walk in quietly and give him no greeting at all until he has peed outside. Even then be very calm and casual. Save your lovin' for at least 10-15 minutes after you've settled in at home.

Chapter 8: Puppy Obedience Week 5

Sit - Review & Progress

Hand Signal: Try to get all of your Sits this week using your lure-based hand signal only, with no verbal command. You should continue to praise “good sit” while pup is sitting but it’s time to start reducing the number of times you say it during a longer Sit.

Continue to gradually increase distraction levels on your Distance Sits, Walk Sits, Around the Block Sits, and Visitor Sits using the following time guidelines. By now your pup should be able to hold a Sit while someone walks very closely past him or around him, as long as you continue to reinforce. Other distractions to practice should include other pups in the vicinity or passing by him on a walk. Remember to feed and praise throughout, and to release him (“OK”) before he gets up.

Distance Sit: Start at 8 feet. Work up to 12 feet or more. Add 1-2 seconds before you release at each distance increment until he can hold a 12 foot Sit for 20 seconds or more. Remember to walk back to him to feed and praise throughout the Sit before you release.



Walk Sit: Add 1-2 seconds of time and work up to a 30 second sit on walks.

Around the Block Sit: Add 1-2 seconds of time and work up to a 30 second sit in front of your human approachers.

Visitor Sit: Add 1-2 seconds of time and work up to a 30 second sit in front of your human visitors.

Part 3: Puppy Obedience in Six Weeks

Down - Review & Progress

By now your pup should be lying down when you lure him non-verbally into position. Now you can start to give the command “Rover, Down” from a Sit position, luring as before. Say it only once and wait for the behavior. (Repeating a command before pup is in position dilutes the power of the command word.)

Add 1-2 seconds of time, working up to 20 seconds indoors. Introduce Down to your pup outside on walks in low distraction.

You may also start to evolve your hand signal by moving your food hand to 1-2" off the floor (instead of on the floor as before). Every day move your food hand 1-2" higher off the floor for each “Down” command, as long as your pup continues to Down reliably. You can even start to stand up straighter as you progress.

Ultimately (in a few weeks) your Down hand signal will allow you to stand up straight while your food hand mimics the original luring motion but ends up with your arm straight and above most dogs’ nose level. This week your hand is holding food in a fist, but in a few more weeks your hand will be held flat, palm facing the floor, thumb holding 1-2 pieces of food.

Come - Review & Progress

By now you can use your long tracking leash or a clothesline for on-leash recalls and Pickle outside. You should be practicing these in slightly more distracting areas as well, including parks and other busier places. Reinforcement must be top-notch to be successful in these environments! Be creative and don’t be stingy. Use the following as a guideline for distance goals, starting at the low distance and working this week toward the higher distance.

Chapter 8: Puppy Obedience Week 5

In all of these exercises, remember to continually praise “Good Come Rover!” the entire time your pup is heading in your direction.

Off-Leash Food Lure Recall (Indoors): 20-30 feet.

Variation 1: Back away. You should be able to continue to back away 25-40 feet while he continues to follow you.

Variation 2: Mealtimes. 25-40 feet as above. Call him from a different room if you don’t have a 40-foot kitchen!

Off-Leash Pickle in the Middle Recall (Indoors or fenced area): 30-50 feet.

Variation: On-leash Pickle (Outdoors). 30-50 feet, low distraction.

Hide & Seek Recall (Indoors): As far away as you can get from your pup.

On-Leash Recall (Outdoors): 25-50 feet. Try these with other dogs about 15-20 feet away.

Just Happened To Recall: Whatever distance he’s coming from.

Off and Take It - Review & Progress

You should be able to get an Off with food on the floor by now. Your goal this week is to stand up straight while your pup stays Off for 10 seconds. Start with shorter times and work up to 10 seconds. If you can also gradually move from 0-5 feet away from the food, that’s even better, but don’t push your pup more than he can handle.

Heel - Review & Progress

You should be able to heel your pup on-leash nicely for 20 feet in the presence of other dogs by now. Off-leash, you should be able

Part 3: Puppy Obedience in Six Weeks

to heel him around 10 feet with some distraction as well. This week try to find a person or another puppy to practice heeling



around, with Figure 8s, left and right turns, and heels which include Sit, Down, and Stay. Work up to 30+ foot on-leash heels and 20+ foot off-leash heels.

Drop It

“Drop it” means “Spit that thing out of your mouth.” It’s easy to train your pup to Drop it on command, and it’s similar to the Possessiveness Prevention exercises in Weeks Two and Three.

You may only do this “Drop it” exercise when your pup happens to be chewing on an appropriate chew toy. Casually walk up to your puppy with a treat in your hand. Hold the treat on his nose and command “Drop it” just once. Wait until he spits out what was in his mouth so that he can eat the treat. Praise.



Immediately pick up the toy he spat out, give it back to him, and walk away. Repeat several times daily for a few weeks.

After 4 weeks of training “Drop it” you can start to use it in your daily life for stolen items, playing fetch, or other purposes. Every

Chapter 8: Puppy Obedience Week 5

week or so for the next 6-12 months, do a “Drop it” exercise the way you trained him (with his toys and a treat) to keep the reliable response.

One day he'll have something inappropriate in his mouth and you'll be empowered to command “Drop it” and he will (only this time he won't get the treat).

Note: If your puppy steals something life-threatening (a pin, knife, long string), before his 4 weeks of Drop it training are completed, go ahead and exchange it for a treat but do everything possible to remove his access to these things in the future. If he starts to profit from these dangerous items, he'll be more inclined to seek them out in the future.

Alternately, don't give him a treat in exchange for safe but inappropriate chewables such as paper products. Just ignore non-life-threatening stolen items and get better at hiding them from your pup. We don't want to teach him to steal these either (see Stealing on page 110).

Stay - Review & Progress

If you've been making normal progress, your pup should be holding a Stay 5-10 feet from you by now. There are three different ways to end a Stay and each one is important to practice this week:



1. Release from a distance as you have been.
2. Get the Stay, move out 5 feet, slowly walk back to pup, calmly praising “Good Stay, good stay”. Release when you are standing in front of him again.
3. End the Stay from a distance with “Come” instead of your usual Release. Use appropriate praise/reward/collar contact as in regular Recall exercises.

Part 3: Puppy Obedience in Six Weeks

In addition to practicing these 3 different endings to Stay, this week you should also add time in 2-second increments until your pup can solidly hold a 10 second stay 10 feet away from you.

Stay Troubleshooting

If you're pup isn't staying well yet, use your Sit or Off commands to bolster his Stay: Command either "Sit/Stay" or "Off/Stay" instead of just "Stay". If you're using the "Treat the Stay" method, make sure you're reinforcing throughout the Stay. If you're using the "Treat the Release" method, make sure you're making it easy enough to succeed 9 out of 10 times by reducing time, distance, and/or distraction.

Chapter 9

Puppy Obedience Week Six

In This Chapter

- Digging
- Stealing
- The Test
- Food Phase-Out

Play with your puppy every day!

Play is an important and fun daily interaction - even if you only have 10 minutes to spare! Great games are Fetch (train by praise/treat when he returns the ball), Hide & Seek (treat when he finds you), and Tug-o-War (control with frequent "sit" and "down" food breaks throughout). And even if you have a fenced yard, take him around the block for several daily on-leash walks - he needs the mental and physical exercise!

Part 3: Puppy Obedience in Six Weeks

Digging

Digging is a great energy-burner for pups and dogs. If your puppy is a digger, you can actually be thankful that he has found an acceptable way to get his ya-yas out.

Designate a 3 ft. x 3 ft. area in the yard for digging where it won't bother you too much, such as behind a tree or shed. Loosen the ground 2 inches deep. Hide several special treats and toys just under the surface when pup isn't outside.

Now bring your puppy outside and dig a little to show him how profitable digging here is! Praise him when he starts digging here on his own, and encourage him to dig and find everything you hid.

Hide treats daily for a week, and praise all "digging pit" acquisitions. Over the next month, gradually reduce the number of treats hidden and frequency with which you replenish the area. After the first month or two, replenish his "digging pit" 2-3 times monthly so he stays in the habit of digging there.

It's also helpful to booby-trap him around the rest of the yard, using your "Off" command, or just a scolding "No!" when he is around the flower beds. Always praise him when he approaches his digging pit. Hot pepper sauce or nasty taste deterrents sometimes work outdoors for off-limit areas (but can wash away with rain) so check with your local pet store for other safe pet garden repellants. Short garden fences can also assist during the process.

Stealing

Does your puppy grab something and run with it while you chase after him trying to get it back? Don't play the "chase" game any more. It's just reinforcing an undesirable behavior. The more attention you give him for stealing something, the more

Chapter 9: Puppy Obedience Week 6

he'll steal.

Don't worry about chewing paper and cardboard—it's harmless and easy to clean up. If you ignore him when he does, he'll stop pretty soon anyway.



If the stolen item is NOT life-threatening, let him have it and chalk it up to your mistake for leaving it available.

Now, puppy proof your house (see Puppy Proofing on page 13): Make sure he can't get to items which are off-limits. Ex. Keep kitchen table and counters completely free of food and other fun chewables for at least several months until he no longer looks there for fun. Play with your puppy as much as you can, and provide him with plenty of appropriate, effective chewables (see Chew Training on page 38).

The Test

Your puppy should now be able to accomplish the following feats using food and praise. If you're hitting trouble spots, go back to the level your pup's at and start from there before taking the test. Food is allowed and encouraged for this test (see Food Phase-Out after the test for further instruction).

Sit:

- Immediate sit with hand signal only.
- 30 second Sit with some distraction.
- 20 second Sit at distance of 10 feet from owner.

Down:

- Immediate down with standing hand signal and one verbal command; 15 seconds in duration with some distraction

Part 3: Puppy Obedience in Six Weeks

Off/Take it:

- Food on floor, owner standing for 10 seconds with pup holding Off until owner says Take it.
- Extra points for owners standing 2+ feet away from the food.

Stay:

- 10 seconds at 10 feet distance, pup holds Stay while owner returns to him, then Release.

Recall:

- Off-leash from 15 feet in high distraction.

Heel:

- 30 feet on-leash, 20 feet off-leash in distraction, both with left and right turns.

Congratulations!



Chapter 9: Puppy Obedience Week 6

Food Phase-Out

Everyone wants his dog to behave and obey without the use of food, and it is possible - but are you ready?

Ask yourself this: Am I happy with my puppy's level of accomplishment in every situation, environment, and distraction level?

When you can answer yes to that question, it's time. But until that day, keep this in mind: Your puppy's level of accomplishment will not improve when you remove the food and reinforcement. In other words, he will remain at his current level of obedience the day you stop using food.



So be sure you're ready. Most puppy owners are happy with their dogs' level of accomplishment after approximately 6 months of truly dedicated training. Your command words, enthusiasm/praise, and hand signals will be all you have left to keep your dog's attention after you get rid of the food. That's why it's crucial that you associate them all continually during the food (learning) weeks.

Use both methods given below for effective food phase-out.

Food Phase-Out Step One

Start to give commands sometimes with a treat in your hand, sometimes without a treat in your hand (keep treats in your pocket). The first few times your pup obeys a command when you DON'T have a treat in hand, give him several treats, one at a time, with huge amounts of verbal praise and petting. Your pup

Part 3: Puppy Obedience in Six Weeks

will start to think “Wow, it’s even better when she doesn’t have treats in her hand!”

He will also will start to volunteer behaviors whether or not you have treats in your hand. Go overboard once in a while - pop a can of cat food out of your pocket for occasionally wonderful, totally surprising reinforcement!

Then start to fake your puppy out: When a treat is in your hand, he gets nothing. When a treat is not in your hand, one comes out of your pocket and goes into his mouth. Don’t get predictable though; he’ll figure it out. A variable schedule of reinforcement is the most effective. Make sure you are continually using plenty of enthusiasm, verbal praise, hand signals and other ways to keep his attention (eye contact, snapping fingers, calling his name, etc.) during all phaseout training.

Food Phase-Out Step Two

Get more behaviors per treat, and once in a while, when he accomplishes 3-4 or more consecutive behaviors with hand signals only, give a huge food reward & praise. Keep him guessing. Surprise him with food occasionally when he accomplishes several non-treated behaviors in a row. Keep these surprises up for a long time (at least a year).

What will it take to keep him working for you? What can you get away with? Can you get 2 or 3 behaviors (ex. sit, stay, come) for one treat with praise? Is he starting to accept praise as a substitute when it’s intermittently supplemented with a treat? Can you use a toy as a substitute reinforcement once in a while? Jackpot with super food prize when a command is executed in a truly wonderful manner, then follow with no food for the rest of the day. Your voice is very important in food phaseout. Be vocally enthusiastic and don’t worry what the neighbors think (their dogs are all living in the basement because they can’t control them!)

Chapter 9: Puppy Obedience Week 6

Last Word

Every dog is different. Yours will go at his own pace, but he can only improve as long as you do the exercises and progress gradually to more distracting environments. Be confident in your training sessions, because you now have all the knowledge you need to train your pup to be the dog you want him to be!

Part 4

Obedience

Progress

Worksheets

Obedience Progress Worksheet: WEEK ONE

	Socialization		Bite Pressure	Cheat Training	Housetraining
	# of humans & reaction	# of canines & reaction	rate 1-10 soft - hard	Incidents & solution	Time of each accident
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Notes					

Jumping # of incidents	Off & Take it Time & distance	Come (Recall) - record distances in feet			
		Off-leash food lure	Pickle in the middle	On his way to you	Hide & Seek

Obedience Progress Worksheet: WEEK TWO

	Socialization		Bite Pressure	Cheat Training	Housetraining
	# of humans & reaction	# of canines & reaction	rate 1-10 soft - hard	Incidents & solution	Time of each accident
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Notes					

My Release Word/Phrase is: _____

Sit	Off & Take it	Come (Recall) - record distances in feet			Heel
Time in seconds	Time & distance	Off-leash food lure	Pickle in the middle	Hide & Seek	location & distance

Obedience Progress Worksheet: WEEK THREE

	Socialization		Bite Pressure	Cheat Training	Housetraining
	# of humans & reaction	# of canines & reaction	rate 1-10 soft - hard	Incidences & solution	Time of each accident
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Notes					

Sit	Off & Take it	Come (Recall) distance		Stay	Heel
Time in seconds	Time & distance	Off-leash food lure	Pickle in the middle	Time in seconds	location & distance

Obedience Progress Worksheet: WEEK FOUR

	Socialization		Bite Pressure	Cheat Training	Housetraining
	# of humans & reaction	# of canines & reaction	rate 1-10 soft - hard	Incidents & solution	Time of each accident
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Notes					

Sit	Down	Come (Recall) distance		Stay	Heel
Time in seconds	Time in seconds	Off-leash food lure	Pickle in the middle	Time in seconds	location & distance

Obedience Progress Worksheets: WEEK FIVE

	Socialization		Drop It	Distance	Visitor
	# of humans	# of canines	Time in seconds	Sit in feet	Sit in seconds
	& reaction	& reaction			
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Notes					

Heel location & dist.	Down Time in seconds	Come (Recall) distance			Stay Time & Distance
		Off-leash food lure	Pickle in the middle	Outdoors on-leash	

Obedience Progress Worksheets: WEEK SIX THE TEST

	SIT		DOWN	OFF/TAKE IT	
	30 seconds some distr.	20 seconds 10 ft dist.	15 seconds some distr.	10 seconds food on flr.	Owner 2 ft. away
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Notes					

HEEL		COME	STAY		
30 ft	20 ft	15 ft	10 seconds		
on leash	off leash	off leash	10 ft. return		

The new dog owner's guide to

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- Heel
- Come
- Off & Take it
- Play Biting
- Chewing/
Destruction
- Jumping
- Digging
- Stealing
- Separation Anxiety
- House Training

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