



USDTC STAR PUPPY

Lesson 2

Toys

BRING TO NEXT CLASS: Bring in, e-mail or discuss in class your Exercise Plan, your grooming brush, Clean- up bags.

Dogs are not mind readers. They need to be told what to do. Use their NAME to get their attention and a COMMAND tells them what to do. Dogs also read body language. If you use the same body language week after week you are helping your dog understand what you want. This is why we start heeling with our left foot and move away on a stay with your right foot.

Corrections should be given instantly or not at all. Dogs have short memories and won't remember why they are being corrected.

Don't forget to PRAISE and PLAY with your dog after each training session. Always end your training session on a successful completed command.

HEELING: Heel is a position. It's when your dog is lined up with his shoulder blades in line with the outside seam of your pants. He is to stay with your left leg while walking, running and when you stop. He will be taught to automatically sit when you stop.

To positively accomplish heeling, you must try to keep the attention of your puppy, the best you can. Talk to him in recognized words like "Good Boy" adding the new word "Good Heel" using your high voice to keep the attention of your puppy while dangling the bait in front of him saying "HEEL". Give the treat to him after successfully taking a few steps without him tugging or lagging behind. Command, steps, praise, treat. Repeat taking more steps than you did the last time. Command, steps, praise, treat. Have a party congratulating your puppy for a job well done at the end of your training session.

ABOUT TURNS: An About turn is turning away from your dog and going in the opposite direction. Remember your dog needs to know you are turning. Get your dog's attention first, then put a word to your action such as "turn". A good way to learn the footwork for this is to practice without your dog by turning on a paper plate or a piece of paper. Put a plate on the ground, then walk at a brisk pace to the plate and turn carefully around on the plate. Keep your feet on the plate and resume walking in the opposite direction. Give your dog time to get around. Do not whip them around. Your dog needs to know you are turning. Say his/her name to get their attention first, followed by the command HEEL to help them get back in position.

Responds to Name: Your puppy should be looking at you when you say his name. This week when you say his name, establish eye contact and talk to him with praise. This helps to establish you as the leader and to let him know that eye contact is positive. Some puppies are uncomfortable with eye contact in the beginning. To help him learn, start off by getting down on his level and take his face in your hands. Make eye contact, talk to him, mark, reward and praise him. This helps him learn eye contact.

Take Away (Give): Before planning to take something out of your puppy's mouth, you must be prepared to give him something for his trouble. Offer your puppy something much better than what he has in his mouth. A better toy, a better treat, anything that looks better in your puppy's eyes. Place one hand under your puppy's mouth and the other hand holding the better item. Ask your puppy to "DROP IT" or "GIVE". Entice him. If your puppy does not drop the item immediately, you may want to reevaluate your choice of "Better". Be patient. Wait for your puppy to think about his choices. Don't grab at your puppy or the item in his mouth. Treat immediately, praise highly.

SIT: Your dog should have some understanding of what sit means at this point. You should start standing up straight when giving your Sit command. If your puppy doesn't sit, command again but this time place your bait slightly above and behind his eyes, and tuck the bottom under him. PRAISE and give treat when he is successful. Repeat several times for success.

DOWN: While your dog is sitting, tell your dog "Down". Place the bait down in between his nose and feet and slightly forward. If your puppy doesn't go down, command again. However, this time, gently place the front legs, one at a time, out and down. Hold the puppy down with the leash under your foot for a second then Treat, Release and Praise.

When your puppy is lying down or sitting during the day, take the opportunity to praise them for their sit or down using the command words. As he is doing the command, Treat and Praise are your actions toward your puppy at the time. You can reinforce with a game or treat.

STAY: Stay means your puppy is not to move for the duration of the exercise. To successfully teach this word, you will do two things. First, add a hand signal to the word. With the puppy on your heel side, show your puppy the palm of your hand in front of their eyes saying STAY. (Say it like you mean it.) Stand up straight next to them and count 3 seconds. Reward, release and praise. If you believe your puppy will move in 2 seconds, only require your puppy to stay for 1 second. Release them before they move. Repeat several times successfully. Your goal is to have them succeed every time to learn the word and hand signal. Reward with voice and treat. End by loving and fussing over your puppy.

Wait: Wait means something will happen after the command. Use this command when you are doing recalls or walking out any door. The hand signal is the palm of your hand going across your puppy's eyes in a swinging fashion while you say WAIT. Practice this before allowing your puppy to go out a door. Ask them to wait while you go through the doorway first. Say and use the Wait signal before you open your car door or even before you feed them. If he ignores your signal and command, take away his opportunity to eat, advance out the door, etc.. Repeat until you get the right response. Even a wait for a few seconds counts. The reward is for your puppy to proceed.

DOORWAYS

Once your dog has been taught the command Wait, you need to start to teach it to wait at doorways and when getting in and out of the car. This is an important tool not only in establishing dominance (the leader always goes first) but also in helping to keep your dog from bolting out the door and getting hurt. You will need to start off slowly. The following steps should help you get started. Break up the steps, don't try to do them all in one day, practice each step for a few days, and make sure your dog is steady on each step before going on to the next. Be patient and consistent, and use these methods every time you go in or out a door with your dog.

DOORWAYS

- 1) With your dog on leash, lead your dog up to the door and ask it to Sit and Wait. Once your dog has complied, reach out and open the door. If your dog moves, correct it, close the door and start again. Repeat this until you can open the door without your dog breaking position.
- 2) Once your dog is able to Wait while you open the door, praise and release it and walk through the doorway together.
- 3) Now that you are able to open the door, try putting one foot out the door before releasing your dog and walking through. Correct your dog if it breaks, and repeat this step until your dog is steady.
- 4) Next try putting both feet out the door before releasing your dog. Again, correct your dog if it moves before it is released, and continue on this step until the dog is reliable.
- 5) Now slowly increase the distance that you go out the door before releasing your dog. Take only one additional step out at a time, and repeat until your dog is steady at each distance before trying to go further. Aim for eventually reaching the end of the leash before you release the dog.

GETTING IN THE CAR

- 1) Walk your dog up to the car on leash and ask it to Sit and Wait. Once your dog has complied, open the car door. If your dog moves, correct it, close the door and start again. Once you are able to open the car door without your dog moving, release and praise and allow it to get in the car.
- 2) Once your dog is steady on step 1, try to slowly increase the time the dog Waits before you release it into the car. Start off with a count of 1 before you release and slowly work up to a count of 3.

GETTING OUT OF THE CAR

- 1) Open the car door, reach your hand in, grab the dog's collar and block the dog's exit with your body. Ask the dog to Sit and Wait. When it complies, release, praise and let it out of the car. Practice this until the dog is able to Sit and Wait without you holding on to the collar.
- 2) Once your dog is steady on step 1, try to slowly increase the time the dog Waits before you release it and let it out of the car. Again start off with a count of one and slowly increase to a count of 3-4.

Remember to be patient and consistent and to praise the dog each time it is successful. Please contact your instructor with any further questions or problems.

PRACTICAL APPLICATIONS

GETTING IN & OUT THE CAR

HEEL your dog to the car, have him SIT and WAIT while you OF open and close the car door several times. When the dog is settled and under control tell him "OK to get in". Use similar commands to get out of the car.

A TRIP TO THE PARK OR TO A NEIGHBOR'S YARD IS A REQUIRED PART OF THIS WEEK'S HOMEWORK. CHOOSE A LOCATION, HOWEVER, THAT HAS A FEW DISTRACTIONS.

WHEN YOU MAKE THIS EXCURSION:

HEEL your dog to the car

Have him SIT and WAIT while you open the door

Have him SIT while you talk to a friend

If you talk long, put him DOWN to rest

Use SIT FOR PRAISE for someone to pet him

USE YOUR IMAGINATION FOR OTHER WAYS TO USE YOUR TRAINING AT HOME

OFF!

Dogs like to jump up to greet us or to play with us, mostly because they want to reach our faces. While this may seem cute or nice, it can be annoying or even dangerous. A dog can't differentiate between jumping on you and jumping on Grandma, a small child or a guest. So it is important to try to control this behavior, using the following suggestions should help (note: don not use the command Down to correct this behavior, Down should only be used to make the dog lie down):

- 1) When your dog tries to jump on you give a vocal correction such as Off, in a firm, loud voice. Step back from your dog so that its feet don't land on you, but rather on the floor. This keeps the dog from achieving its goal of reaching your face.
- 2) Ask your dog to Sit, then only greet or pet it when it does.
- 3) Bending down to your dog's level may also help keep it from jumping up.
- 4) Keep a leash and some treats by your door. When a guest arrives, put the dog on leash. Use the leash and the vocal correction to keep the dog from jumping on your guest. Ask your dog to sit, and have the guest greet the dog and give it a treat, while it sits. Keep the dog on leash, and repeat this whenever it tries to jump up. If after a few minutes, your dog calms down let go of the leash but don't unhook it, as you may need to correct the dog again.
- 5) If dealing with your dog and guests is too much for you, place the dog in a crate or other confined area.
- 6) Bring treats with you when you walk your dog. If someone wants to greet you or the dog, have the dog sit for a treat. Allow the person to greet your dog only while it is sitting.
- 7) Correct the dog every time it jumps up! Allowing even a few instances to pass uncorrected will lengthen your training time considerably.
- 8) Don't unconsciously reward the dog for jumping. Don't pet the dog when it jumps and don't use your hands to push the dog off. Instead, just back up and let your dog's feet fall to the floor.
- 9) Teach your dog to jump up only on command. Choose a vocal command such as Up, or a hand signal like patting your chest, to signal the dog to jump up. Praise and pet the dog if you have given it the command to jump up, correct the dog any time it jumps and you have not given it the command.
- 10) Be firm. Let others know that it is not okay for your dog to jump on them, even if they say they don't mind. Tell them that your dog is in training and that any laxity in the rules would only confuse the dog and make your training harder.

Eliminating any behavior can take several weeks. Patience and consistency are the key to success.

Please see your instructor for any further questions or problems.