

WEEK 1

WEEK 1 ASSIGNMENTS

Practice 10-15 minutes, 2x a day

(breakdowns of each section attached)

- ☐ ☐ Sit - can use this as a replacement behavior to jumping. If your dog is sitting, they can't be jumping.
- ☐ ☐ Hand targeting (Touch) - use this as a replacement behavior to biting, barking, and even use it as a recall sometimes because it gives the dog a "job" to come and touch your hand.
- ☐ ☐ Eye contact (Watch Me) - this will teach your dog to focus on you, and also that no matter what distractions are in her environment, if she focuses on you it pays off!
- ☐ ☐ SMART X 50 - every time you catch your dog doing something you like, reward them for it! Behavior that you reward and reinforce is more likely to continue so we always want to catch our dogs doing things we like.
- ☐ ☐ Name Game - this teaches your dog that responding to their name makes good things happen!
- ☐ ☐ Enrichment - try to do some sort of "brain" activity or enrichment every day, such as nose work, the "go hunt" game, etc. The snuffle mat is perfect for this!
- ☐ ☐ Socialization and Handling - Start to socialize your dog to sounds, different surfaces, well-behaved dogs, people, etc. Also start to handle her feet, toes, nails, teeth, ears, tail, etc. This will really help with vet visits and grooming!



SIT

TEACHING SIT

- With your dog in front of you, have a treat in your fingers and raise it directly up over your dog's nose and over the top of their head. This causes your dog to naturally go into a sit.
- The instant your dog's butt hits the ground, **click/treat**. Timing is very important.
- Don't add a word to it yet.
- Do this several times: dog standing in front of you, have a treat in your fingers and raise it up over the dog's nose and head. As his head goes up and backwards, they should automatically go into a sit.
- **Click and treat.**

ADDING IN THE WORD 'SIT'

- After your dog begins to offer the behavior 5 times in a row or 8 out of 10 times you can add the word **SIT**.
- As you lure the treat over your dog's head, say **SIT** as your dog is going into the sit position. It is important to use the cue when the behavior occurs, not before. Dogs need to be shown what action the word stands for, or they might make the wrong association. If you say **SIT** while your dog is looking at you, the word Sit could mean "standing up," "wagging my tail," "looking at my owner," etc.
- Eventually you can leave out the treat and use that same motion with your hand as a hand signal. You should only give the cue **SIT** one time.
- Don't get in the habit of saying it over and over again or your dog will wait until you say it several times before giving you a sit.
- If your dog ignores you the first time you say **SIT**, you should use your No Reward Marker like **"sorry"** or **"try again"** and do not give the dog a treat. You can also remove your attention. Your dog will learn that if they don't do what you expect the first time, they will lose out on a treat or your attention.
- Once your timing gets good at clicking and delivering the treat when your dog goes into a sit, then you can start saying the verbal cue **SIT** first, Click when the bottom hits the floor, and then give the treat.

ADDING IN THE HAND SIGNAL

- Teach the verbal cue first, and when your dog can consistently sit after you give the verbal cue, then you can start using the hand signal.
- Don't try to teach the verbal cue and the hand signal at the same time or your dog will end up responding to one and not the other.
- Teach your dog that it is rewarding if they pay attention the FIRST time they hear the cue.
- If they ignore you, use your NRM and ignore your dog for 20 seconds. Life should be very boring if your dog chooses to not listen.



TOUCH

TEACHING TOUCH

- Place a treat in your closed hand and hold it in front of your dog so they can smell it.
- As soon as your dog's nose touches your fist, click, open your hand, and give the treat.
- Do this several times.
- Now try offering your closed fist without a treat in it. If your dog moves towards your hand and touches it with his nose, then **click/treat**.

ADDING IN THE WORD 'TOUCH'

- Now you are ready to add the word **"TOUCH."** If your dog doesn't move to your hand, then continue to lure them by putting a treat in your hand that they can see and smell.
- Once your dog has this down, vary the placement of your hand, up higher, down, to your side.
- When first offering a new hand position, put the treat in your hand, place your hand in various positions, say **TOUCH**, and as soon as your dog touches your hand, click and give the treat.

TEACHING TOUCH WITH AN OPEN HAND

- Once your dog has learned this you can start teaching **TOUCH** with an open hand.
- Put your hand out, say **TOUCH**, and when your dog touches your hand with his nose, click/treat.
- When your dog gets good at this it can become a game: teach your dog to touch your hand, your elbow, your shoe, etc.

WATCH ME

TEACHING WATCH ME

- Have your dog standing or sitting in front of you.
- Take a treat, show it to your dog, and bring the treat up right between your eyes.
- As your dog follows the treat and looks at you, click and treat.
- Do this several times.
- Make sure your dog is making eye contact with you before you click and treat.
- Don't add a word to it yet.
- Your dog does not have to be in the sit position for this exercise. The dog can be standing, laying down, just as long as eye contact is made - that is what we are trying to teach.
- Now move the treat up high over your head or stretched out to your side. Your dog will obviously be focused on the treat. Have patience!
- The second your dog looks at you, **click/treat**.
- Vary the position you place the treats so your dog has to look in different directions, but they must look at you before you click and treat.
- Timing is very important on this one. You have to be ready to **click/treat** the second your dog looks at you. This also teaches your dog that no matter what distractions are going on in their environment, if they look at you and give you attention then they get rewarded.

ADDING THE WORD LOOK OR WATCH ME

- As soon as your dog seems to "get it" and quickly looks at you rather than the treat, you can then add the verbal cue **LOOK** or **WATCH ME**.
- Let your dog see the treat and then move it somewhere away from your face.
- Say **LOOK** or **WATCH ME**.
- The second your dog looks at you, **click/treat**.

ADDING IN THE HAND SIGNAL

- After your dog will consistently look at you when you give the verbal cue, you can then add the hand signal.
- Take two fingers and place them in front of your dog's nose.
- Move your fingers up to your temple, right next to your eye.

SMART X50

STEP 1:



Get 50 low calorie treats ready.
Place treats in a bowl in a
central location in your home.

STEP 2:



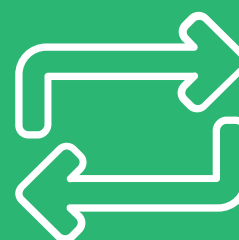
See positive behaviors. Actively
look for instances your dog does
things you want them to do
without asking.

STEP 3:



Mark and reward. When you
see your dog do one of these
positive behaviors, mark and
reward.

STEP 4:



Repeat 50 Xs. Repeat steps two
and three 50 times a day.



THE NAME GAME

“The Name Game” teaches your dog attention and focus upon hearing their name. It couldn’t be simpler, as long as you know what your dog loves.

HOW TO PLAY

- Say your dog’s name
- When your dog turns their head to look at you, **click!** and give them a small, high-value treat from your hand
- As they start to look at you, smile, and give them a treat each time. They don’t have to sit or continue looking at you.
- Do this 5 to 10 times in a row
- Then smile and “release” them by praising them

ADDING IN DISTRACTIONS

- As your dog quickly learns that their name equals treats and attention, practice this in varying environments and with varying distractions: at home, at a bus stop, at a park etc., and at longer distances.



NOSE WORK AND SCENT TRAINING

FIND IT

- Set aside some of your dog's kibble or take some treats with you. Every so often, stop and say **"find it!"** and toss a few pieces of food into the grass (or other substrate). Once your dog has found and eaten all the pieces, continue on your walk.

SNUFFLE MAT

- Instead of feeding your dog from a food bowl, sprinkle some or all of the food in the snuffle mat.
- Make sure to leave some pieces of food on the top of that mat that your dog can see
- Give your dog the mat and let them go to work!

NOSE WORK

- Place 6-8 boxes around the room. Place a piece of chicken, hot dog, cheese or something that has a lot of scent in one of the boxes. Don't let your dog see which box has the item.
- Bring your dog into the room and use a verbal cue such as "search" or "find it." Encourage your dog as s/he starts to sniff the boxes until finding the box with the food in it.
- If your dog doesn't seem to know what to do, you can help by tapping on a box and saying "check it out" and going from box to box until your dog finds the box with the food in it. When s/he does, praise your dog and open the box so that your dog can get the treat.
- Do this for 10-15 minutes, each time putting the food in a different box or mixing up the boxes.

FLIRT POLE

- Start with the flirt pole upright, holding the toy on the end so it doesn't move.
- Ask your dog to sit or lie down.
- Say "go!" and release the toy. Run with the pole in one direction or stand still and swing the pole around in a circle. Only run in one direction per round of play or swing the pole either clockwise or counterclockwise. If you switch directions back and forth, it is very hard on your dog's joints and could cause injury to their hips or knees.
- When the dog catches the toy say "take it" and play tug with the toy for 30 to 60 seconds.
- Next, stop engaging in the tug game. Place the top end of the flirt pole on the ground and step on the rope near where the toy is attached so that even if your dog continues to try to tug the toy, it will move at the bare minimum.
- Soon your dog will figure out that the toy isn't fun anymore and will let go. As soon as they let go say "drop it." If the dog doesn't let go, then put a treat in front of them and say "drop it." As soon as the dog lets go of the toy to get the treat, then Mark/Treat or give a lot of verbal praise. Then pick up the toy and get into the start position again.



PEOPLE

Introduce your dog to babies, children, adults, and elderly persons. Introduce them to screaming children, men with facial hair, people wearing a hood or helmet. People on a bike, skateboard, or scooter. People with a cane or in a wheelchair. Introduce them to people with high voices, low voices, people running, etc.

ANIMALS

Introduce your dog to friendly dogs of all sizes, as well as cats, birds, livestock, horses and any other kind of animal your dog will be around.

PLACES

While your dog is leashed take your dog to your local park, forest, woods, beach, Veterinarian's office, outdoor cafe, friend's house, daycare, etc. Think about your life and where you frequently go. While your dog is in their prime socialization period (12-16 weeks) take them as many places as you can (if social distancing is possible).

EVENTS/HANDLING

Take your dog to trips in the car, give them baths, the veterinary exam table. Cut your dog's nails, pick them up, hand them to another person, examine their toes, teeth, ears, etc. Get them used to physical touch.

SOUNDS/OBJECTS

Introduce your dog to the vacuum cleaner, mop, broom, noisy appliances, stairs and steps, the TV, police, ambulance, or fire sirens, bicycles, roller skates, elevators, wind and rain, puddles, leaves, grass, motorcycles, baby strollers, umbrellas, ladders, or a rolling garbage bin.