

WEEK 3

WEEK 3 ASSIGNMENTS

Practice 10-15 minutes, 2x a day

- Wait - Wait teaches patience for desired objects and impulse control and also that everything good comes from you but that your dog has to earn it
- Come When Called - remember that dogs learn by association, so the next time you call your dog to come they may remember that "last time I came I got a bath so this time I'm not going to come," or "last time I came I got leashed up and had to leave the dog park where I was having so much fun." If you have to do something unpleasant that your dog doesn't like, it is better to just go get them so that they don't associate the word Come with something they don't like.
- Desensitization to Noisy Sounds/Objects - continue practicing this week after week to get your dog desensitized to as many household objects, sounds, etc.



WAIT

TEACHING WAIT

- Start with a treat in your hand
- Show the dog the treat and keep it in front of them
- Say the word "**Wait**" firmly one time only
- Your dog will most likely go for the treat in your hand
- Keep the treat in your hand so that your dog can't get it
- The dog will sniff it, nibble at it, try to get it out of your hand
- Don't say anything, just wait for your dog to back away. It may be just a second of stepping back or looking at you like, "Why aren't you giving it to me?" Right at the second that the dog backs away or looks away, you can Click and give the dog the treat
- Do this several times until the dog gets faster at stepping back when you say Wait
- The next step is to ask your dog to Sit, show them the treat, put the treat on your knee, on the floor, on a chair, etc. Say **Wait** one time. If your dog doesn't move towards the treat, Click and then release your dog to get the treat
- You can say Get It or whatever you want your cue to be
- If your dog does go for the treat, cover it with your hand. Your dog may sniff, lick your hand, try to get at the treat. Again, wait for that second that they back off, look away, do anything but go for the treat
- That is when you Click/Treat
- You want to do this several times until you can place a treat on the floor, say Wait one time, and your dog sits and looks at the treat but doesn't move towards it until you say Get It
- You can eventually move the treat closer and closer and, if you want to turn it into a trick, place the treat on your dog's paw and say Wait
- The dog should not get the treat off its paw until you release them to get it. It is important to not keep repeating the **Wait** command. This takes patience on your part. If you feel like your dog is distracted and has forgotten what he is supposed to be focused on, then ignore your dog for about 15 seconds and then try the exercise again
- The third step is to have your dog's food bowl with some treats inside
- Ask your dog to Sit
- Say the word **Wait** one time
- Lower the food bowl. If your dog moves towards the bowl, stand back up and bring the food bowl back up with you
- Put your dog back into a Sit and start to lower the food bowl again
- As long as they remain sitting, you can keep lowering the bowl
- If they move towards the bowl, pick it back up



WAIT

- Try not to keep repeating the word Wait. However, you can use 1 finger as a hand signal to remind the dog to “wait one second.”
- As soon as you can lower the bowl all the way to the ground with your dog remaining in a Sit, then you can release your dog to get the food from the bowl
- Your dog will learn that if they move before you release them, the food bowl comes up out of reach
- If they stay in a Sit position and wait for you to put the bowl on the ground, then they will get the treats in the bowl
- After your dog has learned **Wait**, you can leave the food bowl on the ground for a longer period of time, asking your dog to Wait until you release them to get the food
- You should practice this every morning and evening when you feed your dog
- Ask for a Sit, Wait (I use 1 finger as a reminder to wait until I release the dog), then lower the bowl to the ground
- As long as the dog sits and waits, then you can say, Ok, Get it. The dog can then go towards the bowl and eat



COME WHEN CALLED

COME WHEN CALLED

FOLLOW ME

- This is a precursor to teaching your dog to come
- With your dog on leash (or off leash if you are in a small enough space) tap the side of your hip with your hand and tell your dog, "Let's go this way" or "Follow Me." You can quickly change directions so that it is fun for your dog to follow and chase you wherever you are going. Run backwards, to the side, turn circles, each time tapping your hip and using whatever verbal cue you want to use so that your dog will continue to follow you.
- You can also play hide and seek in your house. Put your dog in a Sit/Stay or have another family member hold onto your dog. Go and hide. Say your dog's name and then, "Come find me." When your dog finds you, you can use praise, treats, throw a ball, something to really reward your dog for coming to you.
- Come When Called
- An important rule to remember is that if you are not 100% sure that your dog will come, don't use the verbal cue
- Every time you say **Come** to your dog and they don't come but continues sniffing, running, doing whatever they are doing, your dog will learn to ignore the word
- If your dog is running towards you because you have a toy, treat, or his food bowl, then it is okay to say Come. Otherwise, this should be practiced on leash
- The key to having a good recall is to make yourself more exciting than anything else in your dog's environment
- When your dog is sniffing or distracted by something else (not paying attention to you), say your dog's name ONE time and the word **Come**
- If your dog turns towards you then you should Click, start running backwards, and praise your dog as he is running towards you
- Dogs like the chase game, so if you run backwards and praise your dog, making coming to you more fun and exciting than anything else in their environment, you will have a good recall
- If you say Come and your dog continues sniffing and doesn't respond, then gently pull on the leash and start walking backwards
- As soon as your dog turns their attention to you, that is when you want to Click
- Continue to walk backwards, reeling your dog into you, and then ask your dog to sit
- Then you can give the treat. Don't click again for the sit. Remember that each Click means one treat
- You are clicking for your dog coming to you, but it's a good idea to have your dog get used to sitting in front of you when you call them



COME WHEN CALLED

- Eventually, your dog will learn that come means to come, face you, and sit
- The more exciting you can sound when you are running backwards, reeling your dog in, the more your dog will want to come to you. It's also a good idea to have yummy, high value rewards to give your dog for coming to you. You should start this exercise at home with no distractions. Then move outside in your yard, where the dog is still familiar but there may be a few more distractions
- Slowly add in more distractions, remembering to use the leash so you can reinforce the come just in case your dog doesn't immediately come to you
- If you have a dog that will come to you but then runs off when you reach towards them to grab their collar, then part of your recall should include asking for a sit and then reaching down and grabbing the collar
- This gets the dog used to you grabbing his collar every time you ask for a come. Eventually you can start practicing with a 15' or longer leash so your dog has more freedom and distance, but you can still reinforce the come with the leash if your dog doesn't respond
- Don't call your dog to come if you are going to do something that your dog doesn't like, such as giving a bath, clipping nails, leashing them up and taking them from the dog park
- When you start working off leash with the come exercise, I would start in a fenced-in yard, a tennis court, or some place that is big enough to work on the behavior but also so your dog can't run away and find something more interesting. If your dog does happen to run off and doesn't respond to the word Come, you can turn around and start running the other way (remember dogs love the chase game)
- Your dog will more than likely start running after you
- If you bend down and pretend to be smelling or looking at something really interesting, your dog will want to see what it is that you are looking at
- Dogs should NEVER be punished for coming to you.
- If your dog decides not to come to you and you spend 45 minutes chasing your dog, if your dog FINALLY comes to you after that you need to reward your dog for coming. Otherwise, your dog will remember that the last time he came to you he got scolded, so next time he won't want to come

DESENSITIZATION

DESENSITIZATION TO GROOMING/NOISY TOOLS

- Show your dog the toothbrush, then give them a treat, then both go behind your back
- So toothbrush predicts treat, and they both disappear
- Do that until they are happy to see the toothbrush
- Gently start to touch them with the toothbrush (with it turned off) and treat them for it
- If you have two people you can even have one person treat while the other touches them
- If they want to back away, that's okay. We don't want to force it
- As soon as they will tolerate it, then I would start to lightly stroke their back with the toothbrush, still turned off and pair that with treats
- Now you can start to add sound
- So turn the toothbrush on/off quickly and drop treats when it is on
- Do that several times
- Then you can turn it on, drop treats, turn it off, and the treats stop
- So the sound=treats
- Start with it far enough away so that they aren't trying to escape from it, and then slowly get closer with it
- Once they can handle the sound of the toothbrush, then you can lightly and quickly touch them with the toothbrush while it is on, treat them, and then remove it and turn it off
- As they tolerate it, then you can increase the duration that you stroke her with it, all the time pairing it with yummy treats so they associate the toothbrush with high value treats
- Remember that we want to go slow, go at their pace, and allow them to back away if they want to