



Homeward Bound
ANIMAL BEHAVIOR & TRAINING

New Adult Dog Booklet

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Who We Are & What We Do

At Homeward Bound Animal Behavior & Training, LLC it's all about turning puppies and kittens into perfect dogs and cats. Looking forward to a well-socialized dog you can easily and proudly take anywhere? One that meets and greets dogs and humans politely? Sleeps on his or her bed while you cook and enjoy dinner with friends? Take our private lessons or let us do the training for you, and that's what you'll get!

Our Specialty

Simply put: Puppies, adult dogs, kittens, and cats. We train them! We get you through the adjustment into a new home. Solve problems. Explain behavioral mysteries. Set you up for success!

Qualifications & Associations

- International Association of Animal Behavior Consultants (IAABC) Associate Certified in the Canine Division and Feline Division
- Certified Professional Dog Trainer (CPDT), Knowledge Assessed
- Certified Separation Anxiety Trainer
- Pet Professional Guild Members
- Force Free Trainers of Wisconsin Members
- Combined 25+ years canine and feline behavior modification and training experience

Meet The Trainers



Emily Blythe and Jolene Harmer love puppies and kittens. But even more they love a well-behaved adult dog or cat that knows how to be part of the family. They have dedicated their training careers to helping their clients achieve just that. Both women are avid readers and seminar attendees, constantly honing their knowledge and skill sets to bring the latest scientific understanding of dog and cat behavior and training to their work. They use only positive, effective methods to work with dogs and cats, setting them up for a lifetime of good behavior for their people.



Emily and Jolene run a FREE behavior and training Facebook group called Cookies & Catnip. This group is open to the public and includes multiple topics videos (for many different species)! More information can be found here:

<https://www.facebook.com/groups/CookiePushers/>

Contact Us

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Shopping List

☐ **Plush puzzle toys**

- Hide-A-Squirrel
- Hide-A-Bee
- Intellibone



☐ **Fill with kibble & work to eat!**

- Tricky Treat Ball
- Twist 'n Treat by Premier
- Kong



☐ **Chews that take a long time!**

- Yak Cheese
- Bully sticks



☐ **Treats**

- Natural Balance
- Freeze Dried Salmon
- Freeze Dried Liver



☐ **Gates, X-Pens, Crates**



☐ **A cozy place for the pooch in each room**

- Dog bed
- Snuggle Ball



☐ **Training accessories**

- Treat Pouch



STARTING OUT RIGHT

Before bringing home your dog.

Must-have supplies/shopping list.

Food: Everyday meals. Chews.

Equipment: Long and short leash. A flat collar for home, head halter or anti-pull harness for walking. ID tags.

In-home management: Crate. X-pen or baby gate. Kong and treat ball.

Toys: A variety—rope, plush toys, soft and hard rubber toys.

Dog care tools: Canine toothbrush, rinse, and toothpaste. Nail clippers. Dog shampoo. Brush.

Training equipment: Clicker and treat bag. Training treats (Natural Balance, dried liver, baby food).

Transport: Dog gate or crate for the car, or a doggie seatbelt.

Home setup.

Before bringing your dog home, set up a confinement area. This is a place for your dog to stay when you can't provide 100% supervision. For example, when you are out or busy around the house and can't keep your eyes on him the entire time. It prevents chewing accidents, potty accidents, and teaches your dog to be alone.

'Confinement' may sound harsh but having a confinement area is the best possible start for your dog in your household. People often give a new dog the run of the house right away. Then, when he has an accident on the carpet or chews on the couch cushions, they confine him, and confinement becomes a punishment.

Instead, give your dog a safe place from the beginning, and let him make a gradual and successful transition to his new home. He will be much happier, and your furniture will remain intact.

Where? The ideal confinement area is easy to clean and easy to close off with a door or baby gate. It should be mostly free of furniture and non-dog related objects. The best places for a confinement area are the kitchen, laundry room, bathroom, or an empty spare room.

What? Furnish the confinement area with a bed or a crate with something soft to sleep on, a water bowl, and several toys, including a chew toy or a Kong stuffed with part of your dog's meal.

The first day with your dog.

Home introduction.

Step 1. When you arrive home, take your dog out for a walk or bathroom break.

Step 2. Introduce him to his new home on leash, including the confinement area.

Step 3. Take off his leash, give him a chew or a stuffed Kong, and leave him alone in the confinement area for approximately 5 minutes.

STARTING OUT RIGHT (CONTINUED)

If your dog howls, whines, or barks, wait until he has been quiet for at least ten seconds before interacting with him. Otherwise, he learns that whining or barking makes you appear or gets him out of the confinement area, and he will bark or cry for longer periods of time.

Start alone-time training now. Begin getting your dog used to short absences within the first few hours of his arrival. You will want to spend every minute with your dog when he first comes home, but it is better to prepare him for a normal routine right away. He must learn to be relaxed, calm, and settled when alone—and this doesn't come naturally to dogs, social animals that they are.

How? Leave your dog alone in his confinement area while you go out or spend time in another part of the house. Vary the length of your absences, from 30 seconds to 20 minutes, and repeat them throughout the day. If your dog seems comfortable, you can increase the amount of time he is left alone.

Remember, it may take several days or weeks for your dog to make the transition to his new home.

House-training 101.

Potty accidents can happen even with adult, previously house-trained dogs. It is not at all obvious to dogs that the bathroom rules in one place apply everywhere else.

Teach your new family member to distinguish between indoors and outdoors by getting him to go in a designated area and then rewarding him with treats and praise. With a little patience and supervision, your dog will soon be fully versed in toilet etiquette.

Prevent Accidents. Supervise your dog in the house. Use a crate when you are not sure if your dog is empty.

Reward your dog for going outside. Praise at the right moment, i.e. the second he starts 'going.' Reward with a treat after he is finished.

- Until your dog is perfectly house-trained, don't leave him alone except in his confinement area.
- If you see your dog sniffing and circling in the house, take him out immediately.
- Praise and reward your dog with a treat when he relieves himself outdoors.
- Never yell or punish your dog for a potty accident, otherwise he may become afraid to relieve himself in front of you.

Crate training.

Another good habit to start right away. A crate is a terrific training and management tool, useful for house-training, brief alone-time, settling, and any form of travel. Most importantly, a crate teaches your dog to hold it when he has to go to the bathroom. A crate helps your dogs in many ways—and saves your carpets.

STARTING OUT RIGHT (CONTINUED)

Get started. Throw small tasty treats into the crate one at a time. Praise your dog when he goes in to get the treat. When your dog is comfortable going into the crate, practice closing the door for 1-2 seconds, then treat him through the door. Let him back out. Repeat this step several times, gradually building to 10 seconds.

Next stuff a Kong with something very yummy or use a special chew that will take a lot of time to get through. Put the treats in the crate. Shut the door. Move about the house normally. Let your dog back out after 5 minutes or while he is still working on his treat. Don't make a fuss over him. Repeat this step several times as you practice your short absences, varying the length from 1 to 20 minutes.

Bedtime routine.

Dogs prefer to sleep indoors where it is quiet and warm. At night, put a chew toy in your dog's crate or sleeping area and leave the dog. He may have trouble settling in at first, but should eventually relax and go to sleep. It is important not to let your dog out of his confinement area if he cries or barks.

The bottom line is, if you give him attention for making noise, he will keep it up longer next time. Steel yourself and wait it out. (It's normal for your dog to cry a little for the first few nights, but he will quiet down quicker each night.)

4 keys to long-term happiness with your dog.

1. Exercise.

Give your dog plenty of exercise, and you get a happier, healthier, better-behaved dog. Well-exercised dogs bark less, chew less, sleep more, and rest easier if left home alone. They are also much less likely to rummage through the trash or attack the couch cushions.

Leash walks are great, but your dog needs to run, swim, or do something else that gets his heart pumping for at least 30 minutes every day. For example: Chasing a ball or Frisbee. Swimming. Playing tug. Active play with other dogs. Off-leash romps or hikes.

Remember: A tired dog is a well-behaved dog.

2. Mental stimulation.

Toys galore. Toys are a great way to engage your dog's brain. Dogs have distinctly individual toy preferences, depending on the day, time, and situation. Do some detective work and find out what truly tickles your dog.

Work to eat. Biologically speaking, your dog is not supposed to have a bowl of kibble plunked down in front of him. He is a hunter by nature, meant to work for his keep. Mimic this by serving your dog's food in a Kong or treat ball. Your dog will spend the first part of the day figuring out how to get at his food and the rest of it recovering from the mental effort. Perfect!

STARTING OUT RIGHT (CONTINUED)

Kong stuffing for pros. Don't just throw in a few cookies—take your Kong stuffing prowess to the next level. But start with easier Kongs and then make them tougher, so your dog succeeds while developing perseverance.

Easy stuffing = Loosely packed food and pieces small enough to fall out.

Difficult stuffing = Tighter packed food, with some big pieces that take effort on your part to get into the Kong.

Stuffing tips:

- Use a matrix (peanut butter, cream cheese, baby food) to hold in smaller bits
- Stuff with meat and mashed potatoes and freeze
- Stuff with cheese cubes and then microwave briefly to nicely coat the inside
- Plug the small hole with peanut butter, then fill the cavity with broth and freeze to make a 'Kongsicle' (can be messy, so give it to your dog outside)

A sample recipe for an advanced Kong (courtesy of Jean Donaldson):

Layer 1 (deepest): Roasted, unsalted cashews, blueberries, freeze dried liver bits

Layer 2: Kibble, cookies or liver biscotti, cheerios, sugar-free/salt-free peanut butter, dried banana chips

Layer 3: Baby carrot stick(s), turkey and/or leftover ravioli or tortellini, dried apples, dried apricots

Pack the layers as tightly as possible. The last item in should be a dried apricot or piece of ravioli, presenting a smooth finish under the main hole.

If your dog has lots of energy, give him all his food this way. And remember to clean your Kongs regularly with a bottle brush and/or in the dishwasher.

(For more recipes, see www.kongcompany.com)

3. Preventing mistakes.

Chewing. Chewing is normal and healthy canine behavior, but it can still be a problem—for you and your furniture. You need to teach your dog what is and isn't okay to chew. In other words, give him plenty of appropriate things to chew right away to get him hooked on those instead of your shoes.

Prevent chewing mistakes. When you can't supervise, put your dog in his confinement area with a sanctioned chewie.

Interrupt chewing mistakes. If your dog tries to chew the wrong thing, interrupt and trade him for something he can chew on. Praise liberally when he does.

Barking. Generally falls into five categories:

Boredom barking. Happens when a dog is left alone often and doesn't get enough exercise or mental stimulation.

Barrier frustration barking. Mostly happens on leash, in cars, or in backyards.

STARTING OUT RIGHT (CONTINUED)

Demand barking. Dogs that bark to get something, e.g. to have balls thrown, doors opened, or for attention.

Watchdog barking. Triggered by passersby, slamming car doors, a cat on the lawn, etc.

Separation anxiety barking. A symptom of underlying anxiety about being alone.

To cut down on any kind of barking, give your dog plenty of exercise and arrange for mental stimulation when he is left alone. Feed him using puzzle toys or stuffed Kongs. If any type of barking is becoming a problem, give us a call.

Jumping. Dogs jump up to say hello, quite simply. They don't know how humans prefer to be greeted, and it never occurs to them that they might knock us over or ruin our clothes. Thankfully, consistent anti-jump training can quickly solve the problem for good.

Anti-jump training. Whenever your dog greets you by jumping up, gasp as though he were radioactive, say "Too bad" and turn away. When he stops jumping, turn around to face him. If he jumps, turn away again. When he stops jumping, pet and praise him.

Arriving home. Open the door a bit. If your dog jumps up, close the door. Repeat until you can step through the door without your dog jumping up. Once inside, if your dog jumps on you, turn away. If he keeps jumping, go back outside. When he stops jumping, re-enter and pet and praise him.

Outside the home. If your dog jumps up on someone approaching you on the street, tell him "Too bad" and walk a few feet away. When your dog settles, try again—if the person is willing.

4. Preventing aggression.

The majority of canine aggression can be blamed on poor breeding, medical issues, or a lack of socialization. All require professional help, so call us for advice if you think that's your dog. But aggression is a normal response to stress even in well-adjusted dogs, which is why avoiding stressful situations is crucial in the first few weeks and months. Some pointers:

Don't overwhelm your dog. Give him time to settle in. He doesn't have to meet the extended family, all your friends, and the neighbors on day one.

Provide enough downtime. Give your dog plenty of quiet time, especially in the beginning. It will help him adjust to his new environment. Yes, take him out on a nice walk, but give the block party a miss.

Monitor interactions. In the beginning (and always with kids), don't leave your dog alone with new people or dogs. Be there to supervise and step in to end the interaction if your dog appears uncomfortable (tail tucked, ears flat, crouching, backing away/avoiding contact).

Use treats liberally. Sweeten all introductions, scary noises, and new sights with a tasty treat. That will help your dog form positive associations with these things.

STARTING OUT RIGHT (CONTINUED)

Never force the issue. If your dog shows fear or reluctance in any situation, don't force him. For example, don't make him submit to being petted or to being jumped on by another dog. Allow him to withdraw and try another day.

Let eating dogs be. Possessiveness of food bowls, bones, toys, garbage, sleeping locations, etc. is natural dog behavior. To us humans it seems less than polite if our dog snarls when we reach for his food bowl, but it makes perfect sense to the dog.

To avoid problems, don't approach your dog when he is eating or chewing on something particularly good. If you need to take something away from him, offer something better. Toss a couple of tasty treats on the floor away from the contested object and remove it while he eats the treats. Remember you are new to the dog and he may not be willing to share until he knows you better. (If the behavior worsens or there are children in the household, call us.)

Hold the hugs—for now. Allow time for you and your dog to get to know each other before you try to handle him completely. Dogs can be just as particular as humans about being touched by strangers and as long as your relationship is brand new, proceed with respect. You wouldn't ask for more than a kiss on a first date, right?

To make it a pleasant experience for your dog to be touched, offer a treat every time you touch him in a new area. Any kind of grooming or holding should be minimal at first and always combined with lots of delectable treats. If your dog is on medication of some kind, be extra gentle and careful. A good rule of thumb is to let the dog initiate petting sessions until you know each other well.

THE TWO WAYS DOGS LEARN

1. Dogs learn by association (by emotional response).

Human example: We humans learn by association, too. When you meet someone for the first time you come away with an association—positive, negative, or neutral. If you really enjoyed the interaction, you are likely to be happy to see that person again. If you found the person difficult or argumentative, you might get that little pit of dread in your belly when you see him or her again—you have formed a negative association with that person.

Human–dog comparison: Dogs experience the world this way, too, perhaps more strongly than we humans because dogs lack the filter of rational thought. They are constantly forming emotional associations—safe, dangerous, neutral or good for me, bad for me, neutral. These associations inform the decisions dogs make and the reactions they have to various situations and things in their environment.

Dog example: A common example of associative learning in dogs is their reaction to the sight of a food bowl. Pull out the right bowl and the average dog will jump into fits of joy. This is because dogs have come to learn that this particular bowl *always* predicts mealtime. Food is tasty so they love food bowls! In other words, dogs associate bowls with eating.

The amazing thing is that we can manipulate dogs' associations to things. For example, new puppies generally find leashes inconsequential; when first shown a 6-foot length of nylon with a clip at the end they have a neutral association to it. But find a way to make a dog associate anything with something he loves, and you can teach him to love that too. How? Clip on the leash and give him treats or take him for a walk. Every time you leash him, either take him for a walk or give him treats until you take the leash back off. Pretty soon the puppy figures out that the leash means fun and bingo! You have a dog that loves leashes.

The frightening thing is that learning by association also works in reverse. You can teach a dog to hate or fear leashes by repeatedly using them to give corrections or tie him up outside on his own.

What does this mean to us?

The implications are huge. Everything you do around your dog influences the associations he makes.

Here is an important example: Say I am walking my dog and I don't like the way he reacts to seeing another dog. Maybe he just barks in excitement, but I don't like it. I shout, "No!" and jerk his leash. This happens every time we see a dog. Pretty soon, my dog's reaction to other dogs is terrible—he barks and

THE TWO WAYS DOGS LEARN (CONTINUED)

growls and lunges and snaps because I have built a negative association in him: Dogs equal pain. In other words, I have taught my dog to dislike or fear other dogs.

This is the main drawback of using punishment—it has unintended side effects. For example, it builds a negative association with the punisher, affecting the bond between person and dog. It is not that punishment doesn't work—it is that learning by association or emotion always comes along for the ride.

What might I do instead if my dog growls and lunges when he sees another dog? Reverse his negative association with other dogs. Treats are a good way to do this, but my dog might be too upset to take the treats. Put a spider right in front of an arachnophobe, and she will have a hard time listening to instructions to sit down and stop screaming. But keep the spider twenty feet away, only show it for short periods of time, and distract the phobic person with conversation or chocolate, and things will probably have a better outcome.

The process is the same for dogs who are scared of or upset by something. It is called *desensitization* and involves the 3 Ds: distance, duration, and distraction. We move the dog farther away from the upsetting object, try to keep the situation brief, and distract with cheerful voices and treats.

Remember, we are not rewarding the dog for his ugly display; he is too upset to control his behavior. We are trying to affect his emotional state so he feels no need to act that way and we can then ask for a different behavior.

2. Dogs learn by consequence (by doing).

Human example: I can tell a school-age child that I will take him out for ice cream when I see him next week to celebrate his good report card. When he eats the ice cream, he understands he is being rewarded for grades he got a week ago, and he got those grades for work he did over several months.

Human-dog comparison: A dog could never understand this—it is way beyond his ability to connect events. Dogs learn by consequence like we do, but for dogs the consequence has to be immediate.

Dog example: Say I lure a dog into a sit with my hand. Then I rummage around for the treat. By the time I deliver the treat five seconds later, the impact is lost because in those five seconds, the dog sneezed, sniffed the ground, and looked left. All of a sudden a treat appeared. As far as the dog is concerned, he got it for looking left. You will eventually teach that dog to sit, but it will take a while. Or you might end up with a dog that sits and looks left as a matter of course.



THE TWO WAYS DOGS LEARN (CONTINUED)

What does this mean to us?

That we need precision and immediacy to train dogs. Give your dog immediate feedback—let him know right away when he has done something you like. You can use praise, treats, or other dog rewards such as throwing a ball, opening a door, or letting your dog off leash to romp.

A dog's view of the world.

So, dogs learn in two ways—by association/emotion and by consequence/doing. And because of these two ways of learning, dogs see the world in two ways: What is safe/good for me vs. what is dangerous/bad *and* what works vs. what doesn't.

Safe vs. dangerous. This outlook on life comes from learning by association. When dogs get punished for peeing on the carpet in front of you, they don't learn inside/outside—they learn that it is not safe to pee in front of you, but it is safe to pee when you are not there.

Works vs. doesn't work. This outlook on life comes from learning by consequence. All dogs try staring at the refrigerator as a strategy to get it to open. After a time they give up because it doesn't work; the fridge never opens. They also try staring at their people at the dinner table. Every once in a while, someone gives in and shares a bite. Staring at people while they eat often works, so dogs continue to do it.

What does this mean to us?

Dogs don't do things we dislike to get back at us or be stubborn or naughty. This is a myth. To dogs the world is either safe or dangerous and things either work or they don't. Right or wrong never enters into it, because *dogs do not have the capacity for abstract thought*.

Dogs do what is safe and what works. That's all.

If a dog barks at you to throw the ball and you throw it, rest assured he will do that again. If you ignore the barking, he will eventually give up and try something else. He is not trying to be obnoxious; he is just doing what works. If you ask a dog to sit and he doesn't, he is not being stubborn; you just haven't trained him well enough yet.

In other words, dogs are dogs, not people. Be patient with your dog and careful about what you pay attention to and what you ignore, and you will soon have a relaxed, content, and well-trained four-legged friend.

DEBUNKING DOMINANCE

It's not based on science. Really.

The notion of dominance in dogs stems from a misunderstanding of wolf pack research that was then applied to pet dogs. Unfortunately, the notion stuck. It was always likely to stick, because we humans organize ourselves in hierarchies, so the idea seems utterly plausible to us. But even if the dominance principle applied to wolves—research now definitively shows it doesn't—pet dogs are no more wolves than we are chimpanzees.

It's not helpful.

The term *dominance* is a label, not a solution. What's more, it sets up a conflict. If I believe my dog to be dominant it follows that I must make him submit to me. This often results in an ongoing battle of will that is unpleasant for both of us.

A much more useful approach is to leave out labels altogether and simply describe what your dog is doing, decide what you want him to do instead, and then make a plan to help him change his behavior.

It's a non-issue.

What is important is the good relationship between you and your dog and getting training results that allow you to live harmoniously together. Good training sets the human and the dog up to both get what they want so everyone is happy. For example:

- Reward behaviors you like. That will make them happen more often.
- Ignore behaviors you don't like. That will make them happen less often.
- Practice *nothing for free*. Ask your dog to sit for doors to be opened, balls to be thrown, leashes to come off at the park, etc. This makes asking politely your dog's main strategy for getting what he wants, instead of using pushy, obnoxious behavior.

With methods like these, everyone wins. You get a happy, well-behaved dog and your dog gets to chase balls, sniff other dogs, and eat treats, all of which are high on his list of priorities.

The American Veterinary Society of Animal Behavior (AVSAB) recommends that veterinarians not refer clients to trainers or behavior consultants who subscribe to dominance theories and confrontational training, but instead refer clients only to trainers who follow the scientifically based guidelines of positive reinforcement, classical and operant conditioning, desensitization, and counter-conditioning.



Successful Removal of Pet Odors and Stains

Pets are drawn to eliminate in areas where they have done so before. If your pet has had an accident in the house, it is important that we clean the area appropriately to stop the pet from returning there. Follow the steps below to clean soiled areas:

- If the item is machine washable like bedding, wash as usual. You may want to add baking soda to the laundry detergent. Let the items air dry.
- If you can still see or smell the urine, rewash using an enzymatic cleaner. Follow the directions on the cleaner.
- If the accident occurred on carpet or upholstery, soak up as much of the urine as possible with newspaper or paper towel. The more you soak up the easier it will be to clean the area.
- Pick up any feces. Place the urine-soaked towels and/or feces in the designated area in the yard.
- Rinse the area with clear cool water. Remove as much of the water as possible by blotting or use a wet vac.
- If you have previously used any cleaners on the area, the enzymatic cleaners will break down the old cleaners, but not the urine. It is important to rinse as much of the old cleaner out of the carpet as possible. A wet vac may work very well to remove the old cleaners. Don't use any chemicals with the wet vac. They work better with plain water.
- Next apply a high-quality enzymatic pet odor cleaner. Follow the directions on the label.
- If the urine has soaked to the padding, you will need to replace that part of the carpet and padding.
- To clean floors and walls, you will need to remove and replace the layer of varnish or paint if the wood has been discolored.
- Some washable wallpapers and enamel paints may respond well to the enzymatic cleaners but be sure to test a hidden area first for staining.

NOTE: Enzymatic cleaners can interfere with the effectiveness of pheromone therapy (i.e., Feliway and Adaptil). After using an enzymatic cleaner on the affected area, wait for it to dry completely before using Feliway or Adaptil spray. This rule does not apply toward Feliway or Adaptil diffusers.

To find all soiled areas, use your eyes and nose. A black light can also be helpful in locating urine stains. Use a piece of chalk to draw around the fluoresced areas

What NOT to do:

- Do not use ammonia or vinegar based cleaners. To your pet this may encourage them to eliminate there.
- Do NOT use a steam cleaner for carpet or upholstery. The heat will permanently set the stain and odor by binding the protein to the carpet fibers.

THE CONFINEMENT AREA: YOUR DOG'S PLAYPEN

What is it?

A place for your dog to stay when you can't provide 100% supervision. In other words, when you are out, or busy around the house, and can't keep your eyes on him the entire time. It prevents chewing accidents, potty accidents, and teaches your dog to be alone.

THE CONFINEMENT AREA (CONTINUED)

Why do I need one?

1. For successful house- and alone training.
2. To keep your dog out of trouble when you can't monitor him, and to give yourself a break.

Confinement? Surely that's too strict?

Not at all. It is the best possible start for your dog in your household. People often give a new dog complete freedom right away. Then, when he has an accident on the carpet or chews on the legs of the coffee table, they confine him, and confinement becomes a punishment.

Instead, give your dog a safe place from the beginning, and let him make a gradual and successful transition to his new home. He will be much happier and your furniture will remain intact.

Setting up the confinement area.

The ideal confinement area is easy to clean and easy to close off with a door or baby gate. It should be mostly free of furniture and non-dog related objects. The best places for a confinement area are the kitchen, laundry room, bathroom, or an empty spare room.

Furnish the confinement area with a bed or a crate with something soft to sleep on, a water bowl, and several toys, including a favorite bone, chew toy, or a Kong stuffed with part of your dog's meal. Make the confinement area the only place your dog gets to have this particular toy.

Getting your dog used to his confinement area:

Step 1. Take your dog out for a walk or bathroom break.

Step 2. Give him a chew bone or a stuffed Kong. Leave him alone in the confinement area while you go about your business in the house.

Step 3. After 5 minutes or before he finishes his chew, let him out but don't make a big deal about it or make a fuss over him.

Repeat steps 1-3, gradually increasing the time you leave your dog in his confinement area without leaving the house. Vary the length of your absences, from 30 seconds to 20 minutes, and repeat them throughout the day.

Leave your dog in his confinement area (or crate) at night. It is normal for him to try a little crying as a strategy to get out, so brace yourself for that. He has to get used to alone-time.

Step 4. Within the first day or two, start leaving the house for really short intervals like going to the mailbox or taking the trash out. Gradually work up to longer absences, like running errands.

Training Tip: Be patient. It may take several days or weeks for your dog to get used to his confinement area.

Troubleshooting: If your dog begins to howl, whine, or bark, wait until he has been quiet for at least ten seconds before you respond. Otherwise, he will learn that whining or barking makes you appear or gets him out of the confinement area, and he will bark or cry longer in the future.



CRATE TRAINING (ADULT DOGS)

Why crate train your dog?

Because a crate is a terrific training and management tool. It is useful for house-training, brief alone-time, settling, and any form of travel. Most importantly, a crate teaches your dog to hold it when he has to go to the bathroom. A crate helps your dogs in many ways—and saves your carpets.

Is using a crate cruel?

Absolutely not. A crate can be your dog's favorite place in the world. Use treats, praise, and toys to make your dog love his crate.

Just remember never to use the crate for more than 3-4 hours at a time, except for bedtime.

Getting your dog used to the crate.

Step 1. Begin crate training right away—preferably the first day your dog is in your home.

Step 2. Throw small tasty treats into the crate one at a time. Praise your dog when he goes in to get the treat.

Step 3. When your dog is comfortable going into the crate, practice closing the door for 1-2 seconds, then treat him through the door. Let him back out. Repeat this step many times, gradually building to 10 seconds.

Step 4. Stuff a Kong with something very yummy or use a special bone that will take a lot of time to chew. Put the treats in the crate. Shut the door. Move about the house normally. Let your dog back out after 5 minutes or when he finishes his treat. Don't make a fuss over him. Repeat this step several times, varying the length of your absences from 1 to 20 minutes.

Step 5. Next, leave your dog in the crate with something delicious while you leave the house for short errands, like getting the mail or watering the garden. Gradually build your absences.

Training Tip: When you plan to crate your dog for longer than an hour, make sure he is well exercised and ready for a nap.

Troubleshooting: If your dog is going to the bathroom in his crate, remove any bedding and make sure he has been pottied before you put him in the crate, and that he is not being left for too long. Make sure you are following the rules for good potty training. If all else fails, call us.



PHYSICAL & MENTAL EXERCISE

Mom, I'm bored.

Dogs are a lot like children. If you don't give them something fun to do, they will make their own fun—and often not in ways you approve of.

Give your dog plenty of physical and mental exercise, and you get a happier, healthier, better-behaved dog. Well-exercised dogs bark less, chew less, sleep more, and rest easier if left home alone. They are also much less likely to rummage through the trash or attack the couch cushions.

What about leash walks?

Leash walks are great brainteasers because of all the sensory information dogs get from them, but they don't count as aerobic exercise. Your dog needs to run, swim, or do something else that gets his heart pumping for at least 30 minutes every day.

Workouts for the body.

Chasing a ball or Frisbee. Swimming. Playing tug. Active play with other dogs. Off-leash romps or hikes.

Workouts for the brain.

Work to eat. Biologically speaking, your dog is not supposed to have a bowl of kibble plunked down in front of him. He is a hunter by nature, meant to work for his keep. Mimic this by serving your dog's food in a Kong or treat ball. Your dog will spend the first part of the day figuring out how to get at his food and the rest of it recovering from the mental effort. Perfect!

Toys galore. Toys are a great way to engage your dog's brain. Dogs have distinctly individual toy preferences, depending on the day, time, and situation. Do some detective work and find out what truly tickles your dog.

The best toys have a purpose. They deliver food, present a challenge, squeak, or make themselves interesting in some other way. Some classics to consider: Rope toys, plush toys (with or without squeakers), Hide-A-Bee (Squirrel, Bird), tricky treat balls, soft rubber toys (vinyl), and hard rubber toys like Kongs.

Once you have a good selection, develop a toy strategy. Designate a popular toy for use only during alone time, like when you need to leave your dog in his crate, confinement area, or a spare room. Then, rotate the other toys daily to keep the novelty factor high.

SAY PLEASE

What is it?

A training strategy that uses everyday situations to reward good manners and practice obedience without setting aside hours of special practice time.

Applying the principle of Say Please is simple. Whatever your dog wants, he has to work for. From now on, doors are not opened willy-nilly; balls are not simply thrown. For those, and countless other privileges, ask your dog to say please by sitting, doing a down, spinning or performing whatever trick he knows.

With this strategy, you and your dog both win. You get a well-trained, polite dog and he gets what he wants (his belly rubbed, his leash taken off at the park). What's more, you have laid the foundation for an enjoyable relationship for a lifetime.

How to use it.

Step 1. Make a list of all the things your dog wants and enjoys.

Step 2. Vow to yourself never to give those things away for free again. See them all as training opportunities and ask your dog for an obedience behavior or trick you want strengthened.

Step 3. Give him what he wants as a reward for that behavior.

Step 4. Repeat, every day, everywhere.

When to use it.

Before throwing a ball, Frisbee, rope-toy, etc.

Before giving him a toy.

Before putting the food bowl down.

Before handing over a treat or chewie.

Before opening a door.

Before putting on a leash to go for a walk.

Before taking off a leash at the park or beach.

Before dishing out a belly rub or good ear scratch.

Before hopping into or out of the car.

Before allowing your dog onto the couch with you.

Training Tip: Be patient. Practicing commands in new situations can be a challenge. For instance, a sit at the door when your dog is eager to get out for a walk is harder than a sit in front of you.

LOOSE-LEASH WALKING

Why train it?

To spare your arms—and your dog's trachea. It is not fun or safe for you to have a dog take you for a walk and pulling while wearing a collar can actually damage your dog's throat.

Since our dogs spend most of their time outside on leash, training them to walk without pulling is better for everyone.

Why do dogs pull?

To get to whatever is in front of them: Great smells, other dogs, open spaces, fun and adventure.

Pulling gets dogs to what they want faster. As a strategy, it works. This is why it is best to teach dogs loose-leash walking as early as possible. Pulling is rewarding to the dog, so the more he does it, the harder it is for him to give it up. If you have an expert puller, however, don't despair. Any dog can be taught loose-leash walking.

How to train it:

- Step 1: Your dog learns to stand calmly next to you without pulling away.
- Load one hand with treats.
- Praise and treat when your dog is calm and/or looking at you.
- If your dog pulls away from you, don't yank the leash and don't reel him back in. Stand still and wait until he returns to you. If he is very distracted, call his name.
- When he comes back to you, praise and treat.

Step 2: Your dog learns to stay close to you while walking.

- With your dog standing calmly next to you, say his name and, "Let's go."
- Praise and treat after the first step, as long as your dog doesn't dash forward.
- Keep walking and praise/treat every other step.
- Gradually increase the number of steps in between rewards.
- If your dog starts pulling, stop and wait until there is some slack in the leash again. Then take a step with him and reward him quickly for walking near you.
- Keep him guessing. Sometimes reward after 1 step, sometimes after 5, then again after 2, then after 7.

Training Tip: Try practicing loose-leash walking after your dog has had some vigorous exercise. He will be much easier to work with then.

Troubleshooting: If your dog pulls and you don't get a chance to treat, apply red light/ green light. As soon as your dog pulls and the leash goes tight, stop. Wait for the leash to loosen even just a little bit and then walk forward. Be prepared to stop again if your dog pulls again so the leash tightens. Your dog needs to learn that a tight leash is a red light that stops the walk. A loose leash is a green light that means more walking.



COME WHEN CALLED (RECALL)

Why train recall?

So your dog will come when it is truly important.

The 5 rules of recall.

1. *Never call your dog for anything unpleasant.* Such as nail clipping, bathing, or having his leash clipped on to go home from the park. In short, anything that might give him pause the next time you call him.
2. *Never call your dog if you are not sure he will come.* All recalls should be successful recalls. Work at your dog's level: If he has a kindergarten-level recall, don't give him a graduate assignment like being called away from a cat in a tree.
3. *If you call your dog and he doesn't come, you must make it happen.* Run over to him and put a treat in front of his nose, backing up as you get his attention so he follows you.
4. *Never repeat the command.* Resist the urge to call over and over and over. It only teaches your dog to tune out the command. Call once and, if necessary, use rule 3. Make the recall happen.
5. *Fabulous rewards get fabulous recalls.* If you want your dog to stop whatever interesting doggie thing he is doing and come running to you, make it worth his while. Use extra yummy treats—no dry biscuits here!—or a well-thrown ball, if that is your dog's fancy.

How to train it.

Step 1: Call your dog. Cheerful tones often produce better results—and make sure you are loud enough to be heard, especially in busy environments. Remember to actually give the command ("Fido, come!"); your dog's name by itself is not a recall.

Step 2: Make yourself interesting. Clap, whistle, squat, throw your arms out, and cheer your dog in: "Great, great, faster, you can do it..." When he arrives, have him sit, then spill the treats or throw the ball. If appropriate, release him to go back to whatever he was up to.

Training Tip: Find an extra yummy treat your dog has never had before but you think he will go crazy for (baby food, Cheez Whiz, liver paste) and hide it around the house. Once or twice a day when your dog is not expecting to be called, call him and reward him with the extra special treat.

Training Tip: When working outside, practice in enclosed spaces or on a 30-foot leash until your dog's recall is reliable.