



BEGINNING OBEDIENCE

WEEK 3

ETHEL MERCER

HOMework

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1. Read *Beginning - Wednesday AM Class* **WEEK 3** handouts at:

<http://www.lomitadogtraining.org/resources/>

2. Practice having your dog give you undivided ATTENTION. *(from Week 1)*
Reinforce your dog's eye contact. With a treat in both hands, extend your arms (at eye level) away from your body. Say your dog's name. Mark and treat when your dog makes eye contact with you.
3. Practice SIT. *(from Week 1)*
If your dog sits every time you ask, you can start adding non-food reinforcers. Still mark "YES" every time your dog sits, but occasionally reward by tossing a toy or scratching behind his ears.
4. Practice WAIT *(from Week 2)*
Continue having your dog wait for its food dish.
5. Practice your dog's distracted RECALL *(from Week 1)*
With your dog distracted (not focused on you), say your dog's name and start backing away. Mark "Yes", and stop moving once your dog focuses on you. Touch his collar and treat once he reaches you.
6. Review and practice NOTHING FOR FREE *(from Week 2)*
Remember to ask for a behavior/trick as payment for things your dog wants.
7. Start working on LOOSE LEASH movement
Start by marking "YES" and treating when your dog stands calmly next to you. If your dog pulls away, stand still, wait quietly until he returns to you and then mark/treat. Next, say his name and take one step. Mark and treat when he moves with you. Repeat, taking only one step at a time.
8. Start teaching LEAVE IT
Hold a treat in your closed hand. Wait until your dog pulls away/loses interest and mark, "Yes". Then treat from your other hand. Use a treat better than the one you asked your dog to leave alone.

"He is your dog. He is your friend, your partner and faithful defender. You are his life, his love and leader. He will be yours, faithful and true to the last beat of his heart. You owe it to him to be worthy of such devotion."



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LINKS

ADDITIONAL RESOURCES

Here are some links for additional information on topics we covered in class. Some also contain "how to" videos.

1. Teach Your Dog to Pay Attention - Smart Dog University: <https://www.youtube.com/watch?v=7AAk3NGVWMQ>
2. Teach Your Dog to Pay Attention, Part 2 - Smart Dog University: <https://smartdoguniversity.com/get-dog-pay-attention-part-2/>
3. Loose Leash with Repeat Sits - Dr. Sophia Yin: https://www.youtube.com/watch?v=C43h_1cT4EE
4. Loose Leash Walking, Part 1 - Smart Dog University: https://www.youtube.com/watch?annotation_id=annotation_3245817779&feature=iv&list=UUznpbjpxLOgKKFz8Ly-tD1Q&src_vid=TmvEHFt8RhM&v=HCOHMX4qjVQ
5. Leave It - Kikopup: <https://www.youtube.com/watch?v=zNAOe1djDyc>
6. Teaching Puppy Self Control Around Food/Leave It - Smart Dog University: <https://smartdoguniversity.com/puppy-training-teach-self-control-around-food/>
7. Stay, Duration and Distance- Domesticated Manners: <https://www.youtube.com/watch?v=ImSobs9v4hM>
8. Spaying/Neutering, A History Lesson & Risks/Benefits, Whole Dog Journal: http://www.whole-dog-journal.com/issues/16_2/features/spaying-or-neutering_20685-1.html
9. Spaying/Neutering, When is a Good Time? - Whole Dog Journal: http://www.whole-dog-journal.com/issues/3_6/features/5106-1.html
10. General Pet Care - American Veterinary Medical Association: <https://www.avma.org/public/PetCare/Pages/default.aspx>
11. General Dog Care - ASPCA: <http://www.asPCA.org/pet-care/dog-care/general-dog-care>
12. Desensitizing Your Dog to Topical Treatments - Eileen and Dogs: <http://eileenanddogs.com/2014/08/04/applying-flea-treatment/>



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LEAVE IT

Why teach your dog leave it?

The leave-it command is great for calling your dog away from things not intended for him, like appetizers set out on your coffee table or things that are downright dangerous, like chicken bones left on the street.

How to train it.

Warm-up.

Step 1. Place a treat in your hand. When your dog shows interest in your hand, hold it still and say, "Leave it." If necessary, close your hand to keep your dog from getting the treat, but don't move your hand away.

Step 2. As soon as your dog pulls away or loses interest, mark and then treat from your other hand. Use a treat as good as or better than the one you asked your dog to leave alone.

Table exercise.

Step 1. Place treats on a dining table, coffee table, or counter. Stay within arm's length so you can cover up the treats if needed. You can place them on a plate to imitate real life.

Step 2. When your dog shows interest tell him, "Leave it." If he looks away or hesitates, mark and reward him with a separate treat. If he goes for the food, say, "Ah-ah" (a No Reward Mark) and cover up the food. When he stops trying to get at it, mark and reward.

The reward treat should not come from the pile on the table, and should either be the same type of treat or something better.

Step 3. When you get a 100% success rate with 10 trials (your dog never tries to go for the treats on the table), add distance between yourself and the table. Ask someone to help protect the food if needed or have your dog on a leash to stop him from getting at the food if he tries.

Floor or ground exercise.

Step 1. Repeat the above exercise, but with the food on the ground. You can also use trash with a food smell or something else you want your dog to be able to leave alone.

Step 2. Next, put food or trash on the ground and practice leave it while you and your dog walk by. Begin by passing at a good-sized distance and work your way closer and closer to the enticing object as your dog gets better at the exercise.

You can do this with anything you see on the ground. When your dog notices the object, tell him, "Leave it" and reward any response of looking toward you. Just be sure to stay far enough away for your dog to be unable to reach the object.

Training Tip: The sooner you give the command, the better. If your dog is already intrigued by an object, it is much harder for him to leave it alone.



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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?

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.
- Mark and treat when your dog is standing calmly next to you.
- If your dog pulls away from you, turn into a statue. Don't yank the leash and don't reel him back in. Stand still and wait quietly, for as long as it takes, until he returns to you. Reinforce if he looks at you.
- Mark and treat when he comes back to you. Praise him enthusiastically.

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."
- Mark and treat after the first step, as long as your dog doesn't dash forward.
- Keep walking and mark/treat every other step.
- Gradually increase the number of steps in between marking/treating.
- If your dog moves away from you or starts pulling, stop and stand still. Wait until he returns to your side. Then take a step with him and reward him quickly for walking near you.
- Continue this procedure for the remainder of your walk. Make no forward progress if there is a tight leash.
- 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.

Training Tip: Try training this in a less distracting area, such as in the house or backyard, first. Gradually add distractions after you have achieved success inside. Start with Step 1 each time you walk in a new area or add distractions.



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STAND

Why train stand?

Stand is a helpful command during vet examinations. Also, learning this command will compel your dog to distinguish between sit and down, as in, learn the words. Adding another command into the mix forces dogs to pay better attention and stop guessing. Most never do—they offer one or the other willy-nilly, to the eternal frustration of their owner.

How to train it.

Step 1. *Say it.* Start with your dog in a sit or down. Then tell your dog, “Stand” in a cheerful tone of voice.

Step 2. *Show it.* Pause a second (one-one thousand), then lure your dog into a stand by putting the treat up to his nose and slowly moving the treat toward yourself, keeping it level with your dog’s nose. Keep the treat lure close to your dog’s nose—if you move your hand too quickly or too far away from his mouth, he may give up and lose interest.

Step 3. *Pay it.* As soon as your dog’s hindquarters are parallel to the ground, mark “Yes” and treat. Repeat as many times as you can, so long as you and your dog are still enjoying yourselves. Mark and treat every stand.

Step 4. *Repeat it.* Repeat the exercise several times over a few days. When your dog reliably gets into the stand position, it is time to take the treat out of your hand and just use the verbal cue. If your dog makes a mistake, first try luring without the treat. Only put the treat back in your hand if all else fails.

Training Tip: Only say the command once. Say it, pause, then lure.

Troubleshooting: You may find stand harder to train than sit or down. This is because, unlike a sit or down, your dog is never rewarded for just standing around. If you have trouble, try marking and treating a little earlier—as soon as your dog begins to stand up. Then work from there, asking a little more each time.

When to practice.

- When you need to wipe your dog’s paws.
- When brushing your dog.
- When putting on a harness.
- When your dog needs to stand still on the vet’s scales.



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STAY 2: DISTANCE

The distance exercise.

Step 1. Stand in front of your dog. Tell your dog, “Stay” in a cheerful tone of voice, pause for a second, then give the stay hand signal: Hand out in front of you, palm facing dog. Mark and treat. Repeat this a couple of times to get your dog into the game.

Step 2. Tell your dog to stay, pause for a second, give the stay hand signal, and take one small step back with one foot. Immediately, bring your foot back to its original position. Mark and treat. Repeat several times.

Step 3. Tell your dog to stay, pause for a second, give the stay hand signal, and step back with both feet. Immediately return to your original position. Mark and treat. Repeat several times.

(Note that we don’t ask the dog to hold her position for any duration of time. This exercise is for learning distance, and we start at kindergarten level to make it easy and fun for your dog.)

Step 4. Slowly increase the number of steps you take back, each time stepping right back in front of your dog. Remember to mark and treat every time once you return to your original position.

Step 5. Eventually, you will be able to back up to a considerable distance. When you can walk out 10 or 15 feet and walk right back without your dog getting up, it is time to work on the third component of stay—distraction.

Training Tip: Vary your distance from the dog: At times go out 10 feet, at other times 3 feet.

Troubleshooting: If your dog gets up, say, “Too bad” in the same tone of voice you would say, “Bummer” and try again. If your dog breaks the stay when you move your feet, begin by only moving a shoulder.

Troubleshooting: If your dog is making more than the occasional mistake, you are going too fast. Go back to something easier and work your way up from there. Remember, the secret to teaching stay is to start easy and go slowly.