



PUPPY MANNERS

WEEK 1

ETHEL MERCER

OVERVIEW & HOMEWORK

CONTACT INFO

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CLASS CANCELLATION POLICY

Participants will be notified of class cancellations no later than 2 hours prior to class starting time.

CLASS ETIQUETTE

Keep your puppy focused on you, not playing with other puppies, until 2nd half of class.

Take potty breaks outside the training area before entering and during class.

Bring and use a variety of semi-soft small treats to keep reinforcement interesting.

HOMEWORK

1. Read Puppy **WEEK 1** handouts at: <http://www.lomitadogtraining.org/resources/>
2. Use a "MARKER" or bridge word.
This is a word or sound that means "I like that! You're right" Whenever your dog does what you want, say, "YES". Follow immediately with food or praise.
2. Practice getting and reinforcing your puppy's ATTENTION.
Say "YES" and follow immediately with food or praise whenever your puppy looks at your face or looks at you when you call his name.
3. Teach HAND TOUCH
Teaching your puppy to target your hand (HAND TOUCH) is a useful training tool. It can help your puppy walk next to you, help you teach a cute trick to your puppy or provide a distraction during stressful moments.
4. Start teaching SIT
Lure a sit and immediately say "YES" and follow with food or praise. Quickly release your puppy from the sit by saying "FREE" or "OKAY".
5. Practice SIT for greetings
Say "YES" and follow immediately with food or praise whenever your puppy keeps all four feet on the floor when greeting. Ignore your puppy (remove all attention) by turning your back if he jumps on you. Immediately say "YES" when he stops and returns all four feet to the floor. Follow with food or praise.
6. Practice RECALL games with your puppy
7. TOUCH your puppy all over
This will get your puppy accustomed to being handled. Focus on paws, mouth ears and tail. Keep sessions short and fun.



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LINKS

ADDITIONAL RESOURCES

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

1. Puppy Recall - Victoria Stilwell: <https://positively.com/dog-behavior/basic-cues/recall-come/>
(alternative - Perfect Paws: <http://www.perfectpaws.com/recall.html#.WIKZc7GZORt>)
2. How and Why to Teach Hand Targeting - Laurie Luck: <https://smartdoguniversity.com/how-and-why-to-teach-your-dog-hand-targeting-video/>
3. Teaching Your Dog to Target - Hollywood Feed: <https://www.youtube.com/watch?v=aHlaPazDkNY>
4. Advance Nose Touch - Laurie Luck: <https://smartdoguniversity.com/advanced-nose-targeting-video/>
5. Training Treats - APDT: <https://apdt.com/pet-owners/choosing-a-trainer/food/>
(alternative - Pet Expertise: <http://www.petexpertise.com/best-dog-treats-for-training.html>)
6. Choosing Dry Dog Food, 10 Dry Dog Food Shopping Tip - Whole Dog Journal: http://www.whole-dog-journal.com/issues/20_2/features/Dry-Dog-Food-Tips_21598-1.html
7. Karen Pryor
Reinforcement - What Makes Rewards Rewarding: <http://www.clickertraining.com/node/1642>
Reinforcement - How to Use Play as a Reward: <http://www.clickertraining.com/node/3375>
Socialization - How to Socialize Your Puppy: <http://www.clickertraining.com/node/2184>
House training - Where's the Potty?: <http://www.clickertraining.com/node/3892>
House training - Ringing a Bell to go Potty: <http://www.clickertraining.com/node/1171>
Teething - How to Survive Teething and Nipping: <http://www.clickertraining.com/how-to-survive-puppy-teething-and-nipping>
Jumping - Teaching Puppy Not to Jump: <http://www.clickertraining.com/how-to-teach-your-puppy-not-to-jump>



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MARKER

What is marker training?

Marker training means using a sound (a click, a word) to communicate with your dog. Markers have been in use for more than forty years. The method is best known from the world of marine animal training where people need a way to communicate with animals like dolphins and orcas that can't be controlled physically.

How does it work?

It is fabulously simple. First we teach the dog that the mark/"YES" means he has won a treat. Then we use the mark to tell the dog when he has done something we like.

Essentially: When your dog does what you want him to do—like a sit or a down—you mark and give him a treat. This gives your dog *instant, specific* feedback.

You can tell a child you will take him out for ice cream tomorrow because he earned good grades today. A dog, on the other hand, needs immediate pointers to help him understand what behavior he is being rewarded for.

Charging the marker or teaching that "YES" means a treat.

Grab a handful of really yummy treats cut into small pieces.

Every time you mark/"YES", give your dog a treat.

Be careful not to mark and treat at the same time; the treat must follow the mark/"YES", not precede or coincide with it.

Do this standing up, sitting down, while moving about, indoors, outdoors. Basically, make sure your dog understands that the mark means treat in all situations.

Do the exercise a few times a day for a few minutes at a time until, when you mark, you notice that your dog is eagerly anticipating the treat.

Don't give away that a treat is coming except with the mark. For example, be careful not to reach for a treat or reach toward him with the treat before you mark. Train yourself to insert a count or a word before you hand over the treat: "YES". One one thousand. Treat.

Marker rules.

Mark only once.

If you mark you *must* treat.



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WHAT'S THE BIG DEAL ABOUT ATTENTION?

Attention is the key that makes training possible. Your puppy watches you and your family all the time. He is constantly learning from observation. Now we want him to learn that watching you is fun and rewarding, too!

INSTRUCTIONS

1. Observe your puppy this week. Mark (say "YES") and reinforce whenever you notice him giving you *quiet* attention, in other words watching you. Reinforce calmly with your own attention, a smile, a touch or a piece of his food. Immediately ignore any unwanted, rude or pushy behaviors.
2. Say his name at a time or place when your puppy is usually already interested in you **one time only**. Immediately mark and reward when your puppy looks at you. Reward with anything your puppy finds interesting: a treat, a toy or scratching a favorite spot. Repeat frequently.
3. Lose interest immediately if your puppy jumps on you. Turn your back, look at the ceiling or even leave the room. Immediately mark and reinforce when all four feet are on the ground.
4. Lure your puppy's attention in the beginning if necessary. Touch the treat to his nose and then bring it up to your face. Mark (say "YES") when he makes eye contact with you. Immediately give him the treat. Repeat about 4 times. Next, touch the treat to his nose and then move your arm out to your side at shoulder height. Wait for him to look away from the treat and into your eyes. Mark and immediately give him the treat. This second part teaches the puppy that looking in your eyes is what gets the treat.
5. Hide the reward/reinforcer once your puppy starts to catch on. Don't have the food or toys visible when you speak to him. Produce the reward as soon as your puppy comes and looks at you as a fun surprise. Start varying the rewards as much as possible. Sometimes food or toys or games or rubs, etc.
6. Try hiding or playing with his toys by yourself or pretend to eat his treat if your puppy doesn't come when you say his name. Ignore him if he tries to join in. Make it well worth his effort to look at you.
7. Train in an area where your puppy already pays attention to you, like the kitchen. Gradually move to other areas and introduce distractions. Use "higher value" rewards when moving to a new area or adding a new distraction.
8. Keep a log or diary so you are aware of changes in behavior. Changes can be small and take time. It is easy to overlook success if you aren't paying attention!

Troubleshooting: No change? Make sure you aren't using his name to scold or nag. Only say it once.



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WATCH

Why teach watch?

Because getting your dog's focus with a single word is very useful. You can distract him from trash in the street or keep his eyes on you when walking past another dog. Plus, dogs that are rewarded for paying attention do it more. And attentive dogs are easier to train.

How to teach it.

Step 1. Grab a bunch of small, delicious treats and face your dog—he can be sitting or standing.

Step 2. At first, mark and treat your dog for looking at your feet or for turning in your direction. Next, wait for something a little better, maybe your knees. Once you have something better, don't mark for anything below that point.

The progression might look like this:

Dog looks at your feet. Mark and treat.

Dog looks at your waist. Mark and treat.

Dog looks at your face. Mark and reward with a big jackpot of many treats.

Progress can be fast or slow, depending on the day. Your dog doesn't know what you want until he has been rewarded for it many times, so keep practicing.

Step 3. When your dog figures out that looking at your face earns him a treat (when he gets his treat and immediately looks at you again), begin to train a longer watch. Do this by pausing a second after your dog looks at you before you mark and treat. Next, pause for two seconds before the mark, and so on. When your dog can hold eye contact for 3 seconds, he is ready for the verbal cue.

Step 4. First mark and treat your dog for looking you in the eye to get him interested in the training. Then, a second before he looks at you (you have to anticipate the moment), say, "Watch." When he looks up, immediately mark and treat. Repeat many times.

After a few practice sessions, try telling your dog, "Watch" at a time when he is not expecting it. If he immediately looks you in the eye, you have successfully trained watch. Otherwise, keep at it.

Training Tip: Place your treats somewhere behind you or out of your dog's view, so he doesn't look at the treats instead of you. If he continues to look at the hand you are treating from, just wait. He will stop trying that eventually and look back up at you.

Troubleshooting: If your dog seems bored or distracted, you may be asking too much too soon. Lower your standards so you can click and treat more often. Getting something right and being rewarded is fun for your dog and keeps him interested in the training.



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HAND TOUCH

What is *touch*?

A command to get your dog to touch his nose to your hand.

Why teach it?

Because it's a useful foundation for many more advanced behaviors and gives you a way to capture your dog's attention and direct his movements. For example, coming toward you to touch your hand is a great start on recall and touching someone's hand is a nice alternative to jumping on them.

How to teach it.

Step 1. Cut up a large number of small treats. Use a clicker or your marker word.

Step 2. Present your hand, palm open, a couple of inches away from your dog's face. Mark and treat for any interest he shows, whether an actual touch of his nose to your hand or just looking at your hand. After the first few times, mark and treat only for a full nose touch.

Step 3. Repeat this until your dog reliably touches your hand.

Step 4. Now add the verbal command. Before presenting your hand, say, "Touch" and then put your hand down. (Be sure to pause for a second between the command and reaching down.)

Step 5. When your dog responds reliably to the verbal command, begin to increase the distance of your dog's head from your hand by a few inches and switch hands.

Step 6. Keep increasing the distance little by little. Also move your hand to different positions, higher, lower, toward the side of your dog's head—and try the exercise in different rooms of the house.

Training Tip: If you mark, you must treat.

Training Tip: If your dog makes several mistakes in a row, go back a step and make the exercise easier. Even if he is doing great, throw in an easy version every now and again for motivation.



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SIT

Why train sit?

Every dog should have one command she can do anywhere, anytime. Sit is a great contender for that job. It gives your dog a way to say, "Please," and can become her default greeting, which stops her from jumping on people.

How to train it.

Step 1. *Say it.* Tell your dog, "Sit" in a cheerful tone of voice.

Step 2. *Show it.* Pause a second (one-one thousand), then lure your dog into a sit by putting the treat up to her nose and slowly moving the treat backwards and up. Keep the treat lure close to your dog's nose—if you move your hand up too quickly or too far away from her mouth, she may give up and lose interest.

Step 3. *Pay it.* As soon as your dog's hindquarters hit the ground mark and treat. Repeat as many times as you can, so long as you and your dog are still enjoying yourselves. Mark and treat every sit.

Step 4. *Repeat it.* Repeat the exercise several times over a few days. When your dog sits reliably, it is time to take the treat out of your hand and use the verbal cue alone. 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: If you have trouble with this exercise, try practicing with your dog standing in front of a wall or fence. This way, when you move her back, she has nowhere to go but into a sit. Then break the exercise into small steps. First mark and treat your dog for putting her nose in the air. Then wait until she lowers her hindquarters and mark and treat for that. Finally mark and treat generously when your dog's bottom touches the ground.

When to practice.

- Before throwing a ball, Frisbee, rope-toy, etc.
- Before giving your dog 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..



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DOWN

Why train down?

Down is a great command for dogs that need to learn to relax in one place for long periods of time. It is also excellent for jumpy dogs because jumping up from a down is harder than from a sit. And lying down can be helpful for big dogs by making them less intimidating when meeting children or people nervous around dogs.

How to train it.

Step 1. *Say it.* Hold a treat in your hand. Tell your dog, “Down” in a cheerful tone of voice.

Step 2. *Show it.* Pause a second (one-one thousand), then lure your dog into a down by putting the treat up to his nose and slowly moving the treat down to the ground. Keep the treat close to your dog’s nose—if you move your hand down 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 knees and elbows hit the ground, mark and treat. Keep treating him to thank him for staying in the down. After a few seconds tell him, “Free!” and encourage him to get up. If he gets up before you release him, say, “Ah-ah” and ask him to lie back down. Release him more quickly this time, then keep practicing to work up to longer downs.

Step 4. *Repeat it.* Repeat steps 1-3 many times. When your dog gets into the down quickly, it is time to take the treat out of your hand and use the verbal cue alone. 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, then pause, then lure.

Troubleshooting: A good rule of thumb is to reward your dog whenever he naturally does something you are working on teaching him. So if you find him lying down, tell him, “Good down” and treat or pet him. That will also make your dog more likely to add lying around quietly to his list of hobbies.

Troubleshooting: If you can’t quite get your dog to lie down, break the exercise into smaller steps. First mark and treat him for following the treat to the ground, then for bending an elbow, then for bending both elbows. Make sure you mark and treat liberally when you get a full down.



DOWN (CONTINUED)

When to practice.

- 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 him onto the couch with you.