

# COVID-19

# DOG HANDBOOK

[A guide to help you during a stressful time](#)

Congratulations on deciding to get your dog trained! The following packet will contain relevant information that is beneficial for everyone ranging from new puppy owners to people bringing home a rescue dog.

In my years of training dogs, I believe this information to be critical in forming a foundation for long-term success and fulfillment between your dog and your family.

I do not own or claim to have invented anything in this packet. I am simply a filter and messenger of information to the community. May this benefit you and your dog's - George

Cell – (714) 728-6210

Instagram – GeorgeTheDogTrainer

Email – [Boss@GeorgetheDogTrainer.com](mailto:Boss@GeorgetheDogTrainer.com)

Website – [www.GeorgeTheDogTrainer.com](http://www.GeorgeTheDogTrainer.com)

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# **Lifestyle, Training, Socialization**

## **Lifestyle**

First and foremost, your dog is an animal and has 3 primary drives. Mental, physical and social and each have a scale of 0 to 100 in each category. Imagine a pug has 20 out of 100 in the physical, mental and social capacities. As such, it's a bit easier to fulfill all these categories when compared to a Husky. A husky may have 90s across the board which is why we see a higher rate of destructiveness and frustration from the result of excess energy. Biological fulfillment is key in training. Take a moment and evaluate where your dog lies on those three drives.

## **Training**

Training is building an effective language between you and your dog. This language can span whatever words you want to include sounds and even gestures. Later, in this document, we will go over the keys to setting up an effective language through +1 0 -1. For now, just understand that the basis of language comes from an effective yes, and an effective no.

## **Socialization**

Once you can communicate with your dog, Socialization taking them into the world and using that language to explain how you want them to behave and respond. Socialization is not just limited to the other dogs or humans, but rather the noises, sounds, exposures and experiences that come with the endless array of phenomena that humans surround themselves in. Lifestyle training and socialization begin as soon as you meet the dog and every moment after.

# Leadership Program

## Leadership is about controlling resources

Here is a new word that will help you become a Leader, one who your dog not only loves but also respects. The word is NILIF. It stands for:

Nothing

In

Life

Is

Free

Nothing is life is free? That's right. Nothing. Everything is the opposite of Nothing. For a period, we will control Everything. So, what will we control for our dog? Resources! Before we define the term, remember that we control resources every day for our children. We do this as a gift, for their physical and psychological wellbeing. We can and must do the same for our dogs, at least those who exhibit symptoms of poor psychological adjustment.

Resources are:

- Food
- Water
- Toys
- Time
- Space
- Smells on the walk
- Affection



By Marc Goldberg, CDT [www.ChicagoDogTrainer.com](http://www.ChicagoDogTrainer.com)

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## Building A Language: +1, 0, -1

Training your dog is like speaking a language that you understand but your dog does not. Yes, we know, there already is a language like that. Your dog does not understand English. However, this language is going to be something that you must teach your dog through actions rather than actual words.

- When the dog is doing something we like, we are going to Reinforce (+1) the behavior.
- When the dog is doing something, we are unhappy with, we are going to make in as ineffective as possible (0)

If the communication is not effective and the dog is still negligent or disobedient, we can introduce a negative

### **(+1) POSITIVE MOTIVATION CONTROL**

We must have control over (+1) this can be food, affection, freedom or fun.

- Success marker. I use the word "Yes" This marker indicates the dog has succeeded in something and has earned a reward.
- In the beginning we want to offer a lot of rewards for even small effort. As we move along, rewards become harder to earn and further apart.
  - Example – The dog looks at you without being asked in a crowded area. You are going to treat a lot in the beginning to make sure that they continue to do this action.
- We must keep the dog enthusiastic and make the early training process primarily positive so that training is mutually enjoyable for both dog and human.
  - When you are learning, you would prefer that the people that you are learning from have a positive attitude. There is nothing worse than learning from someone who doesn't want to be there with you.

### **How to**

- Start by teaching the dog that "Yes" means "reward". To do this calmly say "Yes" and after a full second give the dog a piece of food. Repeat this many, many times and the dog will associate the word "GOOD" with food.

- Now whenever the dog does as you ask of him or is being obedient or just generally pleasant, clearly say "GOOD" and give him a food reward.

## **(0) Failure/Non-effect**

Make undesired behaviors ineffective.

### **DONT LET IT WORK.**

This is most easily done with the LEASH. This is how we stop the dog from doing what we don't like. Just interrupt and give them something better to do.

90% of Problem behaviors in dogs under 9 months could be resolved by consistently using a crate or leash to make undesired behaviors ineffective.

### **How to**

With the dog on the leash, walk him around until he strays and begins to lean into the leash. Here, I will stop all movement. I will freeze. Be a tree.

I will let the dog know "this behavior will not get you what you want" by calmly saying "Uhuh"

When THE DOG RELEASES the stalemate. I mark "Yes" and (if I did my homework) the dog will come running back to get a treat and praise. If the dog does not offer the behavior automatically call them after 3 to 5 seconds

Practice this in easy environments and make it progressively harder.

## **(-1) Negative One**

If you understand the underlying principals, correction can be used for anything

Dog training is like a game of hot or cold, but without corrections its "hot or hot"

Corrections have 4 key elements to understand: Intensity, Coherence (Body Language), Consistency, and Emotional Management

### **1) Intensity.**

- a. A mastiff needs different intensity than a toy poodle. It is not solely dependent on size. The dogs grit plays the largest role
- b. We are looking for "contraction" in dog. The right intensity correction will make your dog have the slightest flinch response.

### **2) Coherence: body language**

- a. Your body language must send the same message as your words.
- b. A happy, smiling correction / "no" is confusing to the dog.
- c. "Jelly goods & steel no's"

3) Consistency

- a. Let them fail. Let the dog make a mistake so you can correct it. Don't necessarily set your dog up for failure but be willing to let them make a mistake.
- b. The key is to be one step ahead of your dog. Anticipate mistakes so you can respond in an educational and appropriate way.

4) Emotional Management

- a. Corrections are the icing on the cake, not the main dish.
- b. You use a 70/30 ratio of rewards to corrections.
- c. If you correct your dog, you should follow that up with easy wins or positive emotions for successful behaviors in order to keep the dog enthusiastic about training.

### How to

We want to associate the inherent unpleasant consequence of a correction to a word so we can communicate more clearly with our dogs.

- Much as with the "Yes" – treat, we will have a "No"-correction. Remember 1.8 second pause!
- When the dog does an inappropriate or incorrect behavior calmly say "no" and present an unpleasant stimulus. This can be a loud noise, squirt bottle, can of pennies, air can, leash yank, spank, or other physical contact.
- For our purposes a leash yank will be the most fair, reliable, and readily available tool in our box
- Proper leash yank correction technique will be taught in class.
- After correction provide several positive/winning repetitions to keep enthusiasm up

Training is always going to be a lifelong means of communication between you and your dog. No matter the age, it is going to be how your dog understands your wants and in turn, their responses will be indicative of how they understand you. As such, always pay attention to what you are communicating and how you could communicate better if possible.

## **Must-have supplies/shopping list**

### ☐ **Grain Free Commercial Kibble**

- ☐ Fromm (A)
- ☐ Orijen (A)
- ☐ Merrick (A)

### ☐ **Per-made Raw Diet**

- ☐ Stella and Chewys (A)
- ☐ Primal (A)
- ☐ K9 Naturals (A)

### ☐ **Consumables**

- ☐ Teething rings (A)
- ☐ Whimzees (A)

### ☐ **Equipment**

- ☐ Long 10ft leash (A)
- ☐ Short 4-6ft leash (A)
- ☐ Slip lead (A)
- ☐ Treat bag (A)
- ☐ Training treats (A)
- ☐ Prong collar (A)
- ☐ ID tags
- ☐ Place board
- ☐ Water buffalo horns
- ☐ Carabiners
- ☐ Dog wood stick

### ☐ **In-home Management**

- ☐ Crate (A)
- ☐ X-pen (A)
- ☐ Kong (A)
- ☐ Treat ball (A)
- ☐ Squirt Bottle (A)
- ☐ Pet Convincer (A)

### ☐ **Toys**

- ☐ Rope (A)
- ☐ Plush toys (A)
- ☐ Soft and hard rubber toys (A)
- ☐ Chuck it balls (A)
- ☐ Skinees (A)
- ☐ Flirt pole (A)

### ☐ **Transport**

- ☐ Dog car seat (A)

### ☐ **Vet recommendations**

- ☐ Chips
- ☐ Cap star
- ☐ Typical vaccination schedule
- ☐ Spade/Nuder 9-18 months based on size, temperament, and based on size. Consult a professional trainer for further evaluation
- ☐ Canned pumpkin for upset stomachs (organic one ingredient A)
- ☐ Probiotics (A)

**(\*Items with an (A) besides it are items available on amazon. For links to the individual items or a link to an Amazon list containing these items, please email us via [Boss@GeorgetheDogTrainer.com](mailto:Boss@GeorgetheDogTrainer.com))**



# Confinement Training & Potty Training

## Confinement area

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.

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.

## Do's of the Crate

- Make it a safe comfortable place for your dog to truly rest and get down time
- Adjust where the crate is depending on the dog. Some dogs prefer social areas like the living room, and some prefer the bedroom
- Always be calm when putting the dog in or taking the dog out.
- Make sure the dog is calm before allowing the dog out
- Allow the dog access to the crate like you would kids to their room
- Utilize the crate when you are gone until you trust the dog to be ok outside of the crate. This time period is different from dog to dog
- Leave toys and chew items in the crate to relieve stress

## **Don'ts of the Crate**

- Never use it as a form of punishment
- Do not leave food or water in the crate
- Don't leave bedding if the dog is a destructive chewer
- Do not leave the dog for long periods without a structured activity before hand
- Do not use potty pads or newspapers in the crate
- Do not leave the dog during the day for longer than the golden rule
  - o For every month old = 1 hour + 1 hour (Example a 3-month puppy can do for 4 hours, a 6 month can hold it for 7 hours)

## **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.

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## Basic Behaviors

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### Chewing

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.

### Barking

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.

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.

### Jumping

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.

Dogs jump, well, because it works! They get attention or what they want. The best way to fix it is to take away that which they want such as not giving them attention or letting them have affection for the wrong behaviors. However, it isn't just one person's job but EVERYONE'S job in the house in order to make it stick

Anti-jump training. Whenever your dog greets you by jumping up, gasp as though he were radioactive, say "uh-uh" 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. Add a negative one if necessary but stepping forward or using a knee to take back space in order to communicate it is not acceptable.

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. (He should be in a crate anyway)

## Layered Stress and Maslow Hierarchy

### Layered Stress Model

Don't fret! The layered stress model is not as scary as it sounds but it will help you to learn all about your dog and their mental state in any given situation!

The layered stress model is a device to describe the different layers of stress that your dog is dealing with. Once understood, we can use these models to avoid reactivity and help to diminish it!

The layers are (in order of most important to least important):

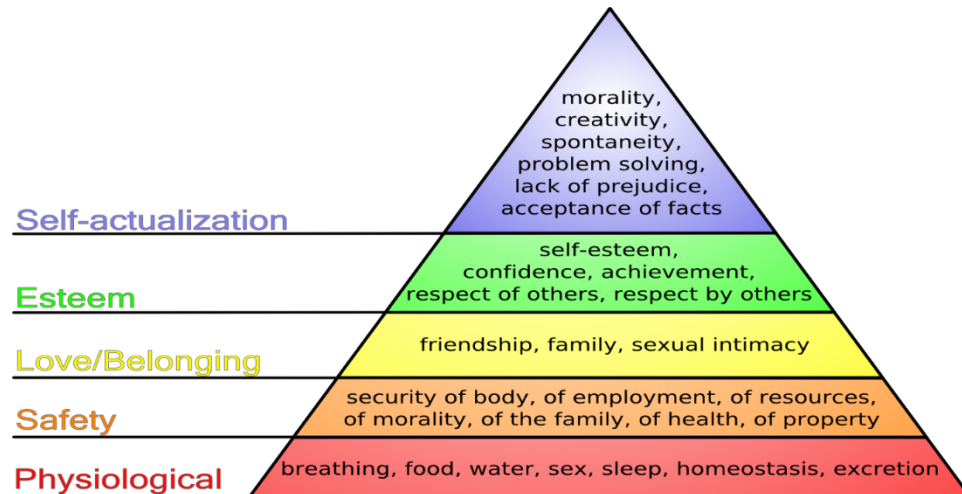
- Health
- Lifestyle
- Clarity
- Leash
- Triggers



- **Health** – Health refers to the actual physical things a dog is feeling such as a hurt paw, a chronic pain, a strong itch from a rash or even a slight discomfort. This has the biggest impact on a dog as these physical discomforts cause a lot of the dog's ability to deal with stress to diminish. The more physical pain or discomfort the dog is in, the more likely that it will react to trigger. (Example – You are more likely to snap or yell at the cashier who messed up your purchase if you were dealing with a broken arm then if they messed up when you were feeling completely fine)
- **Lifestyle** – Lifestyle is all about how the dog is living on a day to day basis. A dog who is over exercised will not have the capacity to deal with stress well whereas a dog who is not exercised enough will have way too much pent-up energy to calmly deal with the triggers. Finding a healthy balance for the dog to burn energy mentally and physically will help to make sure the dog reacts calmly to a trigger due to having the right amount of energy in the tank (Example – You are not going to deal with that cashier who messed up your order calmly if you are on 2 hours of sleep or just had the Starbucks 8 gallon jug of triple espresso.)
- **Clarity** – Clarity is all about how well the dog understands what you are asking for. Though the dog may not understand human words, they do understand what you have taught them or worked with them. If you are communicating what you want poorly or the dog is frustrated and has no idea what to do, then that frustration will turn to reacting poorly at the trigger. (Imagine if the cashier was trying to convey something to you in a completely different language and was making vague movements. You will react more poorly than if they were speaking in your native tongue)
- **Leash** – Leash refers to how the leash is used to communicate between you and the dog. Tension leads to more tension. A leash is not meant to be solely a restraint device but a means to communicate between you and the dog. If you use it to just apply constant tension or do nothing at all with it, the dog will get frustrated and strain against it in hopes of getting free. This leads to higher a reaction which in turns leads to a dog that will react more readily to triggers. (Example – Imagine if that cashier will just not let go of that order and just is having you go around in circles to get it. You will most likely not be the most pleasant person in the world at that moment)
- **Triggers** – Finally, the trigger refers to the actions or objects that cause your dog to go into a frenzy. These can be small such as a bark and a jump to something more severe such as attacking with intent to hurt. Triggers can be literally anything and depend on the individual dog. They can be as simple as a squirrel across the way to more intense such as another dog in your dog's face. (Example – THE CASHIER WHO JUST CANNOT GET YOUR ORDER RIGHT)

## Maslow's Hierarchy

The next thing to look at is Maslow's Hierarchy of needs which help to give insight into what a dog (and human) needs



- Physiological – All dogs need the necessities of living such as food, water, breathing, etc. Supplying these needs as well as opportunities to fulfill these needs will make sure that the dog is more trusting and less stressed.
- Safety – Dogs will always strive to make sure that the security of their lifestyle and those of their families are intact. If they feel threatened or if they feel that their families are threatened, they will feel the need to defend it accordingly. Making them feel safe and secure (Crates are a great tool for this) will make them more comfortable and open to positive experiences.
- Love/Belonging – Dogs always look to their owners and families for affection, and a level of respect in the group. Giving them love for the correct actions and including them in activities makes them feel much more at home and part of the group which in turn makes them more attentive and eager to learn.
- Esteem – Dogs, like humans, do have varying levels of confidence. Giving dogs confidence boosters such as positive reinforcement for correct actions as well as not forcing them into situations that make them nervous will help to increase their self-esteem and make them more friendly and respectful to both dogs and humans.
- Self-Actualization – Finally, every dog (again much like humans) understands that they exist and there is a right and wrong to their actions although it may not be as deep as we understand it. Those who feel the need to destroy or get out of control are not doing so out of spite but rather due to a lack of energy outlet or boredom and move to burn that energy as they see fit. They understand that your socks and shoes will get them more attention than their toys as they notice the initial reactions. Your dog is a separate being and their feelings should be considered to make sure they understand the facts as they are presented.

# Dog Body Language

Although dogs may not be able to express what they want through written language, they do speak a language that we can understand! Body Language! When communicating with your dog or watching your dog it is important to watch your dog's body language to understand how your dog feels in any given situation.

When looking at a dog, don't focus so much on the tail. Focus on the **Mouth, Ears, Eyes** and **Body Posture**.

## DOGGIE LANGUAGE

starring Boogie the Boston Terrier



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## Preventing aggression

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Most of the canine aggression can be blamed on poor breeding, medical issues, or a lack of socialization. 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.

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.

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. 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.



## **Dog Training Documents**

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## **Puppy Schedule**

### **6-8AM - Time to wake up!**

Once you wake up, you should immediately take your puppy outside and have your puppy use the restroom. Once the puppy is empty, come back inside, play, train and wake the little one up a bit. After a bit, eat breakfast and wait about 15 minutes before taking them back outside. After round 2 of bathroom adventures, you now have time to play, socialize a bit more or get ready for the day!

### **8-12 – Mid Morning Play and Nap**

Midmornings are a time of play, chewing and interacting. However, puppies sleep 16-18 hours during the day so a 2-hour nap in this time window is needed! After they wake up, take them out one more time and either practice some training tricks, or some light playtime is always good!

### **12-6 – Lunch and Nap-a-palooza**

Once it hits noon, it's a good time for lunch as puppies need to eat three times a day since they are not great at slowly digesting food and tend to burn through breakfast quick until they are around 4-6 months old. After Lunch, Take the puppy outside for another potty break and you have the afternoon and early evenings to both nap and play. Remember, puppies nap quite a bit so 2 scheduled 2-hour naps are great for them but do it on your schedule. Playtime, light training and socializations are great for this time. Don't forget a potty break or two in there!

### **6-8 - Dinner and Zoomies!**

Once it hits evening, it's dinner time! After dinner, and an after dinner potty break, we hit the big energy burst of the day. This is the time to break out the big toys and exciting chewing options and have a solid hour of play and exercise as they try to burn off enough energy for bed. Training should be done a bit later into the play session, so they are not as hyper while trying to learn.

### **8-10 Bedtime**

Now is the time to wind down. One last potty trip outside and up to the crate or bed we go before getting ready ourselves for bed. They should go to bed with you so that way they aren't alone. You don't have to go to bed at 8 but when you do decide to go to bed, that will be the puppy's bedtime too.

# The Name Game

## Why teach your dog to respond to their name?

Because getting your dog's focus with a single word is very useful. You can distract him from enticing trash in the street, for example, 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. Face your dog—he can be sitting, lying down, or standing. In a strong, but happy voice calls your dog's name one time. If he does not look add in kissy noises, clapping hands, or other non-word auditory stimuli until he does. If need be going over to your dog and touch them to get their attention.

Step 2. At first, praise 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 reward for anything below that point. The progression might look like this:

Dog looks at your feet. Praise and treat.

Dog looks at your knees. Praise and treat.

Dog looks at your waist. Praise and treat.

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

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 little attentiveness. Do this by pausing a second after your dog looks at you before you praise and treat. Next, pause for two seconds before you praise and treat, and so on.

After a few practice sessions, try calling your dog at a time when he is not expecting it. If he immediately looks you in the eye, you have successfully trained this behavior. 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 praise and treat more often. Getting something right and being rewarded is fun for your dog and keeps him interested in the training.

# Puppy Push-Ups

## What are Puppy Pushups?

Puppy Pushups are a routine to help practice sit and down while distinguishing between the two. Using cueing and luring, you will have the puppy go into a sit, to a down, back to a sit, back to a down, etc. until we break the habit. By doing this combo, you teach your puppy what specifically you are asking for during a Sit, and what you are specifically asking for by asking for a Down. This way, you are differentiating between the two while also cementing your cueing and luring skills!

## What is Cueing and Luring?

Due to the differences in languages, most puppies don't completely understand what a Sit or a Down is. So how do you teach these commands? By "Cueing" them with a command and using a motivator like food to have "lure" them into the right position. By these two methods, you teach the puppy what the commands mean by means of positive reinforcement!

### Luring

Luring is using food to move your dog into a desired position (sit, down, roll over, etc)

To do this, imagine the food is one magnet, and your dog's nose is another. Tap the "magnets" together to create a bond. Your dog should now follow the food.

If your dog doesn't follow the food, get better food, get the dog hungrier, or get to a less distracting environment. It is important to match your treat value to the environment. I recommend kibble at home, jerky/meaty treats in public, and string cheese for your dog's biggest challenges.

Slowly move the treat. If your dog follows it, mark with "Yes" and reward with the treat. Repeat, progressively getting more and more movement out of your dog.

### Cueing

Once your dog is effectively and easily being lured into position, this is when you want to name said positions. To do so, get your dog's attention, pause. Give the command "Fido SIT." Pause, then lure the dog into the position. Mark with "Yes" and reward.

**It is very important to CUE the command first, pause and then follow it up with the lure if needed.**

## **How to train Sit.**

Step 1. Cue - Hold a treat in your hand. Tell your dog, “Sit” in a cheerful tone of voice.

Step 2. Lure - Pause a second (one-one thousand), then lure your dog into a sit by putting the treat up to his nose and slowly moving the treat sit above his head and behind (almost as if you were following his spine). Keep the treat close to your dog’s nose—if you move your hand sit too quickly and too far away from his mouth he may give up and lose interest. As soon as your dog’s butt hits the ground, praise and treat. Keep treating him to thank him for staying in the sit. After a few seconds tell him, “Okay!” and encourage him to get up. If he gets up before you release him, say, “Ah-ah” and ask him to sit back. Release him more quickly this time, then keep practicing working up to longer sits.

Step 3. Repeat it. Repeat steps 1-4 many times. When your dog gets into the sit 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

## **How to train Down.**

Step 1. Cue - Hold a treat in your hand. Tell your dog, “Down” in a cheerful tone of voice.

Step 2. Lure - 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 and too far away from his mouth he may give up and lose interest. As soon as your dog’s knees and elbows hit the ground, praise and treat. Keep treating him to thank him for staying in the down. After a few seconds tell him, “Okay!” 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 working up to longer downs.

Step 3. Repeat it. Repeat steps 1-4 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

# Wait

## Why wait?

Door-dashing is a favorite sport of most dogs. It is just so exciting to get to the other side. But in addition to being irritating to us, it can also be dangerous. Sometimes what is on the other side is a busy street. The wait cue teaches your dog to pause or stop at the doorway until you give the all clear.

## How to teach it.

- At the door, tell your dog, “Wait” in a cheerful tone of voice.
- Begin to open the door. If your dog starts to move to go out, close the door. Without repeating the cue, begin to open the door again. If your dog starts to move to go out, close the door again. Repeat this action, without repeating the cue, until your dog hesitates even briefly as the door is being opened. When your dog hesitates, give her a cheerful “Okay” and let her go out.
- At first, remember to only open the door a few inches so your dog can’t rush out. As your dog gets better, you can then open the door a little more.
- For this method to really take effect you need to be consistent. Ask your dog to wait at every door, every time.
- As you improve, give your dog more freedoms like attaching them to a 10-foot leash before opening the door. It mimics more freedom which relinquishing control.

## Where else can I use wait?

All doors (even ones that lead into safe places like your backyard).

Sidewalk curbs.

Getting in and out of cars.

**Training Tip:** Only give the cue once.

## Loose Leash Walking

There're a few critical elements for good leash walking.

We start with a foundation skill called the No Reward Marker; this allows us to communicate with the dog that their current action will not be successful at getting them what they want. > Pulling on the leash is not how you get to go sniff, say hi to the person/dog, or go do anything. If the dog is successful at pulling, they learn that is how they get what they want. You must be able to anchor your dog.

### **Practice:**

- With the dog on the leash, walk him towards a distraction. When the dog starts to consider leaving your side to go for the distraction, plant your feet firmly, prepare to stop the dog's forward motion and quietly say "Uh-uh". If the dog pulls, keep your feet planted and apply just enough back pressure to keep the dog from getting to the distraction.
  - Every muscle in a dog's body is designed to move forward or backwards. You have a mechanical advantage over dog if you can maintain leash pressure low (close to dog's head level) and at the dogs 3 O'clock or (9 O'clock)
- The moment he looks back at us, we say "Good" and offer something of value in return. This means food, affection, freedom, or fun. Generally, when walking your dog, you can use freedom as the primary reward.
- If the leash is tight, there is no movement. As soon as it's loose, we can continue our way.

Practice this in easy environments first and get progressively harder. Start in the living room, the garage, backyard, front yard, and down the street.

This is not a drill. This is the new standard for leash walking with your dog. Your message to them with this is. "We're in this together and it's going to be pleasant or not at all"

When our dogs are pulling, we have 3 options; pop, stop, or change directions. For now, at this early stage of leash walking, we will be primarily stopping and changing direction. Pops will come later if necessary.

# Jumping Cheat Sheet

## Why do dogs jump?

Simple. To get our attention! When dogs jump, it is most of the time to get our attention or some other form of valuable resource. When you come home, they want you to pet them above all else and the easiest way to do so is to jump up. You either pet or push them away but it still counts as physical contact. For example, think of arguing with a toddler. They aren't looking for rationale or logic, just attention back! Puppies and dogs are the same! They jump to get you to touch them or to get items out of your hands!

So how do we fix it? Again, simple. We do not give them that attention!

## How to stop It

When a dog jumps up on you, the first thing to do is to simply ignore them. That means be dramatic! The moment the paws touch you versus the ground, turn away and act disgusted. Put your hands up in the air and look away from the dog. Do not give them a moment of attention until all four paws are either on the ground or in a position of your choosing such as sit or down. Once they are on the ground, pet them and give them affection!

It isn't enough to simply say "No" and show them what you do not want, you also have to show them what the correct behavior is to get your attention such as sitting down or greeting you in a specific place like a mat or on the couch. For Instance, turn around and act disgusted like above. Once all 4 paws are on the ground, have the dog go back to their bed If nearby (or the couch If they are allowed up) and ONLY pet them there. This way you show them one way doesn't work BUT this other way does!

When arriving home, open the door a bit. If your puppy jumps up, close the door. Repeat until you can step through the door without your puppy jumping up. Once inside, if your puppy jumps on you, turn away. If he keeps jumping, go back outside. When he stops jumping, re-enter and pet and praise him. (He should be in a crate anyway)

Always be consistent! Enforce It every time, even If It Isn't convenient and the behavior will Improve.



# **Incredible Shrinking Leash**

## **Why use this?**

This has infinite uses and is the primary way that I communicate with my dogs over things they want but can't have. Any commands that you have taken the time to explain and the dog has a fair understanding. You can layer and this tool and communication style on top of to reinforce and proof in the face of challenge and distraction

## **How to train it**

### **Set up**

Start with a 10-foot leash attached to the dog on a martingale or a prong collar. Leave his leash on in the home, in the backyard, or around any problem areas. Always be sure to follow through to show the dog you're in control of.

### **Step 1. –**

To begin, when the dog does an undesired behavior walk to the end of the leash and pick it up off the ground. If the behavior needs to stop immediately just drag the dog off the counter, couch, person, etc.

### **Step 2. –**

Circumstances permitting you want to first verbally tell the dog to stop. I just say "Riley no" in a stern tone, but not yelling. If she stops whatever she's doing great, I drop the leash and go back about my day.

### **Step 3. -**

If, however she is committed, I will apply diagonal backward pressure and RESTRAIN her Either backward or up words to prevent her from being successful at whatever behavior she is attempting. I will maintain pressure until SHE Gives up the stalemate and ideally enters a submissive posture or makes eye contact.

### **Rate of escalation**

Your rate of escalation is-

**Verbal > Spatial > Contact.**

First, she will tell them to know then you will move towards them, and if you must, you will touch them., via a leash, Collar, squirt bottle, pet convincer.

I have a three-strike rule, with the dog needs to be restrained three times I will escalate to leash pop corrections. These should be swift, firm, and decisive, but not done out of frustration, anger, or ego. It is important to reward the dog for success, but also be able to correct the dog for insubordination, defiance, or inappropriate behavior

### **Sample Scenarios**

- You always find your dog counter surfing, door dashing and jumping on people.
- The dogs are ignoring the commands to return to the owner.
- The dogs are being destructive and are either digging or chewing on furniture
- The dog is prematurely breaking the “Place” or “Stay command without release.
- The dog is moving into areas of the house that are off limits
- The dog is playing too rough or getting overexcited with small children or other animals

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# Heel

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## **Why teach heel?**

To spare your arms—and your dog's trachea. It is not fun or safe to have your dog take you for a walk and pulling.

Heel is particularly good when you must walk your dog through a crowded area or past distractions.

## **Why do dogs pull?**

To get to whatever is out ahead: Great smells, other dogs, open spaces, fun and adventure.

Pulling gets dogs to what they want faster. As a strategy, it works. Therefore, it is best to teach dogs to walk nicely on leash 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 to heel.

## **How to train it:**

Step 1: - Start with a handful of treats and your dog in a sit by your side. Put a treat in front of your dog's nose and take a step forward, luring him with you by your side. Keep your hand with the treat by your pant seam. Stop. Ask for or lure him into a sit. Give him the treat. Repeat several times.

Step 2: - Repeat the exercise, but this time take 2 steps forward. Then stop and ask for or lure your dog into a sit. Reward him. Repeat several times.

Step 3: - Gradually increase the number of steps you take before you ask for the sit and reward your dog. But keep him guessing. Sometimes stop after 1 step, sometimes after 5.

Step 4: - When you can go 20 yards with your dog in heel position, it is time to fade out the treats. With treats still in your hand, take a step forward but this time without luring with the treat. Stop. Ask your dog for a sit (lure if needed), and then treat him. Repeat several times.

Step 5: - Gradually increase the number of steps you take before you ask for the sit and reward your dog. Again, keep him guessing. Sometimes stop after 2 steps, sometimes after 7. And remember not to bring out the treat until it is time to reward. HEEL (LURED)

Step 6: - Take a step forward. Stop. Ask for a sit. Praise your dog. Take another step forward. Stop. Ask your dog for a sit. Reward with a food treat. Repeat many times, gradually increasing the number of steps and sits in between food rewards.

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## **Advanced Stay**

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### **Putting the 3 Ds together.**

Combine distance, distraction, and duration slowly. For example:

- Choose a quiet area and work on duration Stay.
- Another day choose a quiet area and work on distance Stay.
- Another day, choose a quiet area and work on duration and distance, making both easier than on occasions where you only worked on one or the other.
- Choose a slightly busier location and work on duration Stay.

.... And so on.

Whenever you practice in a new place, adjust the distance or duration of the Place until your dog is successful despite the new place being interesting. Novelty wreaks havoc on canine concentration, so be prepared to compensate.

### **How to practice.**

Step 1. - Stand in front of your dog. Tell your dog, “Place” in a cheerful tone of voice, pause for a second, then give the Place hand signal: Hand out in front of you, palm facing dog. Step back with both feet. Immediately return to your original position. Praise and treat. Repeat several times.

Step 2. - First, add a bit of duration. Tell your dog to Place, pause for a second, give the Place hand signal, and take a small step back with both feet. Pause here for one second (one-one thousand) before you return to your original position. Praise and treat. Repeat several times.

Step 3. - Slowly increase the number of seconds you wait before you return to your original position. Remember to praise and treat each successful try.

Step 4. - When you can stand 2 feet away for 5 seconds without your dog getting up, switch to working on distance (if you are in a place where it is safe to let go of the leash—or work with your dog on a 15-

foot leash.) Tell your dog to Place, pause for a second, give the Place hand signal, and take a couple of steps back, immediately returning to your original position. Praise and treat. Repeat several times.

**Step 5.** - Slowly increase the number of steps you take back, each time stepping right back in front of the dog. Remember to praise and treat every time. Work up to a distance of 5 feet.

**Step 6.** - Now move your practice sessions to a new area with a bit more activity. Each time you change location, go back to the basics, asking only for one-second Places or one foot of distance. Slowly build up.

**Step 7.** - If at any point during the above exercises you encounter a distraction, such as a dog or person walking by, a loud noise, or scurrying critters, praise and treat immediately before your dog breaks her Place. The idea is to reward her before she has a chance to make a mistake.

**Step 8.** - If your dog starts to get off try saying place, but If these choose to come off anyway offer a correction. This is most easily done by saying "no" and adding a leash pop. The pop should be towards the place mat and strong enough to make your dog have a slight contraction. Follow it up by asking for an easier Place and reward her for that. Then work your way back up.

**Training Tip:** Don't be tempted to add both distance and duration at the same time, even if things are going well. Stick with a few seconds and a distance of a few feet until you have practiced in many different locations.

**Training Tip:** When you make one thing harder, always make something else easier. For example, if you add duration to your distance Places, make the distance shorter than before you added the duration

**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 Place is to start easy and go slowly.

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# Leave It

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## **Why teach your dog leave it?**

The leave-it cue is great for calling your dog away from things not intended for him, like appetizers set out on your coffee table or a baby's toys or diaper, or things that are downright dangerous, like chicken bones left on the street or in the trash.

## **How to train it.**

### **Warm-up.**

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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, say yes, 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.**

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Step 1. - Place treats on a slightly elevated platform. 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, say "yesss" 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.

### **Stand ground exercise.**

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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 cue, 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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## Long Leash Recall

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### What is a “Long Leash Recall”

Simply put, it’s the practice of calling your dog to you while attached to a longer leash (15 foot minimum). This gives the dog more freedom without taking control completely away from you. While attached, you will work on the dogs ability to come back on command in busier environments which gradually giving more slack.

You will need: High Value Rewards, A long lead (retractable or nylon), A regular leash (backup), and an open space to train

### How to

Hook your dog up to the long lead once in the open space and start to walk with the dog. Occasionally call the dog back via command. If they respond and come back, mark with a “Yes” and reward. However, if they do not stop and stand completely still. Wait for the dog to release the stalemate and come back to you. Reward, mark and continue after a few moments. Keep the sessions short to not overstimulate the dog (10-30 min) and remember that you decide when and where you go. If the dog is too hyper, either let the dog exercise before training or end the training session and go home.

As you improve, challenge yourself by adding the following SLOWLY;

- Increased distractions
- Decreased physical rewards and more verbal praise
- Longer leads or more slack (do not let your dog off leash)

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## **Closing Thought**

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A colleague of mine located in the Midwest was able to quickly create an outstanding video training series to help with these strange times.

Eric Letendre's Dog Training School  
**Cell: 774-319-6351** | **Website: EricLetendre.com**

A link to his FREE video training course can be found online at **GeorgetheDogTrainer.com**.

I personally reviewed the contents and I'm in alignment with the majority of his philosophies, training approaches, and methods.

If you would like me to personally coach you through this packet, specific documents or have any problem behaviors with your specific dog or situation, coaching calls can be done online for a one session fee of \$100.

I am available at;

**GeorgetheDogTrainer.com**

**Cell: (714) 728-6210**

I hope this information benefits you and your dogs during these strange times. Dog training is not a one-time event, it is truly a lifestyle of communication with a being with whom you share your life. Try to remember that they are doing their best and so are you. It won't always be smooth or picture perfect, but if you take the contents of this packet to heart and utilize the resources available to you, you can come out the other side of this pandemic with better and more fulfilling relationship with your dog.

Myself and thousands of other dog trainers across the nation are ready and able to be of service. To find a trainer local to you, please utilize the International Association of Canine Professionals (<https://www.canineprofessionals.com/find-a-professional>).

Thank you and happy Training

- *George the Dog Trainer*