

Basic Adolescent Homework week 1

Your 1st task this week is to put away the food bowl. We are asking you to commit to ONE week of fowl bowl free training. Meals can be delivered in kong toys (wet+dry mixture), puzzle toys (dry only) or simply feed your dog by hand.

At the very least when in a hurry, you can scatter the kibble on the crate floor so that your dog has to 'hunt' for his meal.

Use your dogs daily kibble (dry dog food) as lures and rewards in your home.

Mix some treats with the kibble and turn your dog into a 'gambler'. He'll work harder, not knowing if he's going to earn a treat or a piece of kibble.

Object Exchanges

Teach your dog to not only be relaxed about having his valuables taken away, but to actively like it! Exchange any object your puppy has with a yummy treat then give back what you took and repeat several times. Practice this exercise several times throughout the day as the opportunity arises and as formal training.

Anti -jump

Dogs generally jump on people as a greeting gesture and /or to get attention from the human. Teach your dog that jumping is NOT the way to get attention. Instead reward an alternative behavior like a sit. If your dog jumps on you, turn and ignore him until he stops- then say 'yes' and reward your pup with a tiny treat and petting.

Exercise to decrease jumping as a strategy

- Hold an object (kong/treat/plush toy) about 1 foot above your dog's head. If he jumps for it, snatch it away and wait till he sits instead. Your goal for next week is to create the dog that will continue to remain seated when someone holds or dangles an object above his head.

Sit/down/stand

Start with treats in both hands. Use treat held in your right hand to lure your dog into the **sit** position, **down** position and **stand**. Mark with the word 'yes' for every correct position change. Don't say "sit", "down" or "stand" yet.

- lure into position with treat from right hand
- dog gives you correct response
- say 'yes'
- immediately, feed your dog the treat held in left hand.
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Practice doing 30 + repetitions daily

Handling & Playing Doctor

Teach your dog to love being handled. Begin by feeding him a portion of his meals or tiny treats while you touch and massage his whole body. Concentrate on the ears, tail, mouth and paws.

Impulse control

This will eventually become your stay.

Practice the IMPULSE CONTROL exercise we demonstrated in class using the following objects.

- stuffed kong
- water bowl
- kibble/treat
- plush toy

Dog should remain seated while you place the item on the floor 2-3 feet from him. DON'T say anything, simply move object upward and downward based on whether the dog's behind stays seated on the floor.

Release him with the words 'okay, get it' **ONLY** when you can get your hand fully off the object.

Hand targeting- see handout

Have your dog hand target (touch the palm of your hand with his nose) to earn the following:-

Kibble, ball toss, treat.

Begin with your dog in a standing/seated position in front of you and hold your left hand parallel to the side of his head. Mark with the word 'yes' when he touches your empty palm.

HAND TARGETING

Hand Targeting is a simple exercise that teaches your dog to touch the palm of your hand when it is presented in front of him. Targeting in general is teaching your dog to touch anything you present or point to when you say "touch". Targeting is simple to teach and has a myriad of uses in everyday interactions with your dog/ Here's just a sampling of what you can use targeting to accomplish with your dog.

- Teaching your dog to approach and interact with friendly strangers, without jumping.
- Obtaining a reliable and fast recall.
- Teaching your dog to "go to" something/someone, or "get" something you've pointed to.
- Teaching your dog that "touching" the hand is a 'button' of sorts to earn the things he wants, like, pets, quick sprints on walks, treats and access to other dogs.

You might wonder WHY hand targeting, why not just teach "come". The answer is that for most people and dogs, targeting is more fun to learn and practice, and therefore a more efficient way to achieve the best results from your pooch.

It's easy to get started. Begin with a handful of treats, and your pup. Present your empty hand [palm facing your dog's head] at your dog's nose level about 1/2 a foot away from the side of his head. The first moment you present your hand your pup will most likely check it out immediately by sniffing it. When his nose touches your palm, excitedly say "yes" and give him a treat from your other hand. Repeat this again and again until your dog is touching your hand rapidly and in succession.

Don't hold your treats so close to your pup's head that he is distracted by them. Refrain from prompting your dog by wiggling fingers or shaking your hand around. Allowing your dog to 'figure it out' uses more brain energy and gets the point across quickly and efficiently.

Progress to being able to hold your hand further from his head, higher and lower, forcing him to stretch toward the hand to touch it. Expect some relapse when the job becomes a little more difficult, just stick with it and let your dog 'do the math' to figure it out.

Practice using your empty hand and the word "touch" to have your dog come to you to touch your hand; in the house, on leash walks, before meals, to gain access to a toy and before you throw toys for him.

Using "Touch/Targeting" in this manner will improve your overall control of your dog at home and in public.

Make "TOUCH" the button that earns your dog everything he wants, and your dog's recall to "touch" the hand will be STELLAR!

TIME OUT!

How do players of organized sports learn to curb misbehavior in the game? Ejection! This principle of removing someone from a pleasurable activity to change future behavior works well in dog training too.

Curbing behavior using timeouts is nothing new. The timeout functions as a penalty marker of sorts for the dog.

Traditionally behaviors you are looking to suppress respond well to timeouts. Things such as: jumping up, begging at tables/plates, nipping at ankles and hands, and "gimme" barking can all be curbed using timeouts.

The following steps should be followed to train with timeouts.

SETUPS

The best way to begin using timeouts is to do them in the context of a setup. For example don't try to train a dog to leave you alone when you are eating by trying to practice it when you are hungry and trying to eat. Instead, produce a situation that looks just like dinner, but in reality is a training scenario where you are not hungry and the goal is not "to eat", but to train the dog.

DEFINE YOUR CRITERIA

This means decide before you begin which behaviors will earn the dog a timeout. For example, if you wish to curb begging at the table, decide WHAT exactly constitutes begging. BE SPECIFIC-some examples would be; paws on human, nose on human, paws or nose on table or within 1 foot of table and barking. Once you have done that, you have given yourself a mental picture of what you are going to be watching for, it will be easier to mark it and give your timeout.

LOCATION LOCATION LOCATION!

How and Where you deliver your timeout is important. Leash your dog before beginning. If your dog is leashed, you won't have to play "greased pig" trying to grab him to move him to the timeout area. Secondly, if he is leashed, you can give a timeout by slipping his leash loop end onto any doorknob in the house. Your timeout area should be sufficiently away from the action, to get the point across, but close enough to facilitate easy execution of the exercise. Don't plan on sending the dog to the yard, or kennel if it takes more than 10 seconds to get there.

"SORRY, TOO BAD, BUH BYE"

You'll need to pick a word or phrase to use to mark the behavior that earns your dog the penalty. Don't use simply "no". Your marker word need not be emotional, the WORD isn't the punishment, the social isolation that follows it is. The word simply says to the dog, "THAT(jumping, nipping, etc)", earned you "this(the timeout)"

Many people use "too bad", or "sorry". I use "Yucky!" or "buh bye", as it helps me relax and not be so serious. The word can be delivered deadpan or with *some* emotion, but shouldn't be scary to the dog, you don't need to shout.

REPETITION

For timeouts to be effectively they need to be of a short duration, one minute is quite effective, and they must be repeated numerous times in succession. Mark the dog's misbehavior with your Timeout Word, deliver the timeout....after one minute release the dog, and return to the setup area to allow your dog to try again, they normally will do the exact behavior again. You then deliver another timeout. It usually takes between 6-12 repetitions before you see the dog self-censor.

Why no food bowl?

A dog with a job is a wonderful thing.

Feeding from chewtoys and puzzle toys is a form of occupational therapy for dogs. It keeps them busy doing the right thing so they are less likely to busy themselves with undesirable behaviors such as being destructive in the house, recreational barking, begging at tables and pestering guests.

Providing them with legal outlets for their energy makes you the good guy too. Everyone wins!

A meal coming from a food bowl might take the dog 2 minutes at the most to consume. This leaves the dog at a loss for what to do with the rest of the day.

In a quest for entertainment the dog might conduct experiments on oriental rugs, expensive couches, plants, remote controls, antique tablesthe list goes on.

On the other hand a dog that is fed from chew toys and/or puzzle toys spends blissful hours chewing on his stuffed bones and kongs and content and busy being rewarded for rolling around food dispensing interactive toys.

What is a chewtoy?

A chewtoy is an object that is edible in part or whole. It is a pacifier of sorts for the dog.

Our favorites are the reuseable types e.g Kongs and hollow sterilized white bones. Kongs come in a variety of sizes.

Both chewtoys are available from nearly every pet store.

Instructions for feeding meals in kongs

We recommend using either medium/ large or extra large kongs when feeding meals from kongs. An extra large kong can hold almost a whole 13oz can of wet dog food.

If are you feeding your dog wet food or a mixture of wet and dry food simply spoon the mixture into a kong or several kongs depending on the size of the meal.

Tip: loosely pack the kongs initially to make it easy for your dog to extract the food and place the kongs in your dog's crate or confinement area to avoid any mess.

Using Kongs as pacifiers

In between meals when you need to provide your dog with a job use the chewtoys as pacifiers.

Smear small amounts (1/2 tsp) of high value foodstuffs on the inside walls of the chewtoy. Peanut butter, liverwurst, american cheese, cream cheese, canned dog food are favorites.

If the puppy finishes these projects in record time, make it last longer by freezing the stuffed chewtoys for a couple of hours.