

Large Breed Adoption Checklist



I. Size

A. Puppies get bigger!

1. A full size lab/shepherd/pit purebred or mix can weigh from 40 up to 120 pounds. A Dane or Mastiff purebred or mix can weigh up to 200 pounds
2. A large, happy, energetic puppy (or adult) can accidentally knock down children and the elderly. This is why they require training EARLY

B. Tails as weapons

1. Tails on a large breed dog can cause welts on skin, especially on children and can knock EVERYTHING off of coffee tables, etc.... This is NOT a reason to return or “get rid of” your dog

II. Training

A. Crate Training is a necessity (*handout attached*)

1. Crating a dog can relieve them of stress
2. Crating can help potty train
3. Crating can help keep a bored dog from causing destruction

B. Basic Commands to Teach Immediately

1. “Leave It” can be used in a MULTITUDE of situations (*handout attached*)
2. Proper way to greet EVERYONE entering your home (*handout attached*)
3. The “Learn to Earn” Program (*handout attached*)

III. Exercise

A. Large or energetic breeds

1. Need daily exercise. A hike, jog or run is typically enough, or a good long walk or 2 shorter walks each day
2. Teaching your dog agility, flyball or frisbee is a wonderful way to exercise your dog

B. “Scent Hound” breeds

1. Brain can process smells for hours after a walk, if you let them sniff. Later, as the brain processes the smells, it actually wears the dog out. Please let your “scent hound” SNIFF!

IV. Living Arrangements

1. P.A.W.S. dogs are adopted as “indoor” dogs, regardless of the size they eventually grow to be. We expect them to be family members for the rest of their lives. If your current house or apartment cannot contain the size your dog may grow to be, please adopt a smaller breed dog.

This checklist is incorporated as an Addendum to the Adoption Contract on _____ by _____ I agree to enroll my dog in a training class or seek **qualified** training/behavioral help PRIOR to returning my dog to P.A.W.S., re-homing the dog, or surrendering the dog to any other agency.

Adopter initials _____

P.A.W.S. Counselor initials _____

Crate Training Your Puppy

Most people have heard of crate training but may not know what it really is or why it works. The following is a brief discussion about crate training, how to use it with your puppy, and some common mistakes made. Crate training takes time, effort, and a lot of patience, but when used properly, it can be a positive experience for both you and your dog.

Why should I crate train my puppy?

Crate training is a great way to limit your puppy's access to your house while he learns appropriate behavior. It will cut down on the number of "accidents" while your puppy is learning to be housetrained, and will reduce destroying and chewing of furniture or other household items. It will give you more peace of mind and freedom to be away from home during your puppy's growing up period. If your puppy is used to being crated it will also be easier and less stressful for him to travel, to be in a cage at the veterinarian, or to be confined for any other reason in the future. You may choose to continue to use the crate into your dog's adulthood as his very own comfortable "room".

Why does it work?

In the wild, dogs naturally seek out dens for sleeping quarters. Presumably this is because they are closed with only one entrance, giving the dog a sense of security. Dogs instinctively do not like to soil in their dens and will go outside to eliminate. Crating your dog is simply using his instinct not to soil in his den, and so therefore allowing you to gradually teach him that your whole house is his "den" and to only eliminate outside. Some people feel apprehensive about crating their dog, thinking that it is mean and that their dog won't like it. However, since dogs seek out dens on their own, a crate is both natural and comforting to a puppy.

How do I choose a crate?

Both wire and plastic crates are available. Both work well, so it really depends on your personal preference. Keep in mind that plastic crates can be used for airline travel while wire crates may be collapsible, thus easier for storage. Getting the right size is very important. Your dog should be able to stand up and turn around freely in his crate, but it should not be big enough for him to have a separate toilet area. If your puppy is going to grow a lot more, get a crate that will be big enough for him as an adult, but block the back area so it is not big enough for him to have a separate toilet area now.

How do I crate train my puppy?

First, make sure the crate is comfortable by placing a towel or bed inside. Place the crate in a common area and put toys and treats inside for your puppy to discover. Don't ever force your puppy into the crate, as going in should always be a positive experience. Praise him every time that he goes into the kennel. After he is comfortable going inside his crate for treats, beginning feeding his meals inside the crate. Start closing door while he is eating, but open it before he is done. Next, leave the door closed for longer increments of time, building slowly. Never open door when he is whining or scratching, but only open it when he is quiet. If he is consistently whining, he is being closed in for too long, so go back to an amount of time he tolerates well and increase more slowly. After that, start crating him at other times besides his meals. Always give him an incentive to go into the crate (treats, food-filled toys, such as a Kong®, toy etc.). First stay in the room with him and then

start leaving the room for short increments of time, building very slowly. Once he handles this well you can start leaving the house for short periods of time, again slowly increasing length of time. The length of time it takes for a puppy to learn varies from dog to dog, so remember that patience is key for your puppy's success!

Problems and common mistakes:

- **Crate too small or too big:** If your puppy's crate is too small, he will not be comfortable inside, and therefore crating will not be a pleasant experience for him. However, if it is too big, he can have a separate toilet area. If you purchase a kennel for him to grow into, make sure to block off the back portion to prevent this from occurring.
- **Forcing puppy into crate:** Forcing your puppy inside can be scary for him, making him associate crating with an unpleasant experience. Crates should NEVER be used as punishment. Always have toys or treats inside to have it be a pleasant, rewarding experience for him.
- **Moving too fast:** Baby steps are very important! Slow shaping of behavior is imperative for success.
- **Leaving inside for too long:** Even with proper training puppies need to go to the bathroom frequently and can't be expected to "hold it" for extended periods of time (eg. overnight, all day while at work). If your puppy is having accidents in the crate it's most likely not his fault—he just needs to be let outside more frequently.
- **Whining:** Ignore your puppy when he is whining or barking in crate. This means no positive or negative attention. Letting him out will train him that he can get out when he cries, and scolding him will be confusing or even rewarding to him since what he really wants is your attention!
- **Using a crate to manage anxiety:** If your dog has separation anxiety or other anxieties, crating him may stop your house from being destroyed, but it likely does nothing to decrease his anxiety, and it may make your dog even more anxious. For example, he may break his teeth trying to chew his way out or rip out his nails trying to dig his way out. If your dog has anxiety problems, you need to consult with your veterinarian.

If you are having any problems crate training your puppy, see your veterinarian. While crate training is a great tool for most dogs, some dogs may require a more directed and personalized training approach to fit their learning styles. Your veterinarian may have some additional ideas or be able to refer you to a good animal behaviorist or trainer for more information.

*Handout created as part of a class exercise by veterinary students:
Matt Owens and Julie Wetherell*



Clinical Animal Behavior Service
www.vetmed.ucdavis.edu/vmth/small_animal/behavior

The Whole Dog Journal

August 2008 Issue

Teaching Your Dog to "Leave It" On Cue

By Pat Miller

[How to teach your dog to "leave it" alone on cue.](#)

There's nothing like a steaming-fresh pile of moist, warm horse manure to convince a dog owner of the vast difference between canine and human sensibilities – or of the great value of a reliable "Leave it!" cue. Since my husband and I share our lives with four dogs and 15-some equines, you can imagine that "Leave it!" is an important entry in our dogs' lexicon.

You don't have to live on a horse farm to appreciate the value of "Leave it." A kitty-litter box can be just as tempting as a stall full of horse "apples." The "Leave it" behavior, defined as "look away from whatever you're looking at or coveting at this moment," is useful in an almost infinite number of possible canine encounters:

- You drop your high-blood pressure pill on the floor. "Leave it! Good dog!"
- Your two-year-old child toddles past with a melting ice cream cone in his hand at canine nose level. "Leave it! Good dog!"
- You see your Irish Wolfhound studying the holiday turkey on the kitchen counter at canine eye-level. "Leave it! Good dog!"
- Your adolescent Labrador Retriever is preparing to offer an enthusiastic greeting to your elderly Aunt Maude who is approaching up the front walkway with the assistance of her wheeled walker. "Leave it! Good dog!"
- Your cat-chasing Jack Russell Terrier spots a black-and-white "kitty" (think skunk) trundling across your backyard at dawn when you let him out to potty as you're rushing to get to a critically important meeting on time. "Leave it! Very good dog!" You just saved your job!
- You're walking your dog in the park and spot a half-dozen suspicious-looking balls of raw hamburger at the same instant your dog does. "Leave it! Very very good dog!" You just saved your dog's life; the hamburger was laced with strychnine.

I could go on, but I'm sure you get the picture. A cue that can divert your dog's intention to chase, greet, or eat someone or something is a life-saving, sanity-saving, versatile, mandatory part of every well-mannered canine companion's behavior repertoire. So how do you go about helping your dog acquire this vital skill? It's easier than you might think.

Training "Leave it" step 1

The foundation "Leave it" behavior is so important – and so simple – that we teach it in our Puppy and Adult Basic Good Manners classes. We introduce it in Week 4, and it's an exceedingly rare dog who doesn't perform it to near-perfect on graduation night just three weeks later. Here's how it works:

Show your dog a high-value "forbidden object" – something you're going to tell him he can't have. I like to use freeze-dried liver cubes for this – they are high value and durable. (You'll see why durability is important in just a minute). Let him sniff it, lick it, even nibble at it, but don't let him have it.

Now say "Leave it!" as you hold up the cube, then immediately place it on the floor under your foot, to protect it. Note: Be sure to wear sturdy shoes. Do not do this exercise barefooted, with open sandals, or in your Sunday-best patent leathers.

Let your dog sniff, lick, and nibble at the treat under your foot. He might even chew at it. If his tongue can reach the cube under your shoe, tip your toe forward so he can't actually lick it. You don't want him getting reinforced even by a tiny taste, if you can help it.

Now just wait. Don't repeat the cue; he will eventually give up. I promise. The split second he stops sniffing, licking, etc. or looks away, even if it is by



The goal: A dog who will, on cue, immediately turn away from anything and look at you. This can be a lifesaver in cases where he might otherwise see something he'd want to chase across a road. But it's also nice to be able to keep him from eating or rolling in something disgusting, such as rotten food or a dead animal.



accident, "mark" the moment by clicking your clicker or saying "Yes!" and give him a tasty treat. He'll probably return his attention to the forbidden object under your foot after the click and treat, so just wait some more. Don't repeat the cue. When he looks away again, click and treat again. (See "Don't Repeat the Cue!")

If you can, give him another click and treat before his nose returns to your foot. You want to reinforce the behavior of "look away, look away, look away, keep looking away" as much as possible; you're not looking to create a behavior chain of "look at foot, look away, look at foot, look away (although you will get some of this, at least at first). After several repetitions, pick the cube up from under your foot, show it to him again, now repeat the "Leave it" cue, and place it under your foot again.

When he looks away from the inaccessible cube easily, you're ready for the next step. Move your foot away slightly to uncover the treat and give repeated clicks and treats as long as his nose doesn't return to the treat. This communicates to him that he gets rewarded for staying away from the cube, even when it's visible and seemingly accessible. Keep your foot close! You may want to just keep your heel in place and pivot your toe away from the treat at first. If your dog dives for the food, just re-cover it with your toe to prevent him from getting it. Click (and treat) again when he looks away.

If your dog appears to have completely forgotten that the forbidden object is on the ground, every once in a while you can tap your toe next to it to draw his attention back, but be ready to cover it up quickly! Remember, he doesn't have to look back at the cube and then look away – you want continuous "look away" behavior.

Eventually you will see your dog's "Aha!" moment – that golden moment in training when you get to see your dog really understand what you're asking him to do. With "Leave it" that golden moment happens when he looks at the exposed cube, considers it for a moment, and then looks up at you in anticipation of his click and treat. Celebrate!

Training "Leave it" step two

When you can routinely place the forbidden object on the floor without your dog trying to get it, without having to cover it with your foot, you're ready for step two – the "Leave it/Drop." This step starts to approximate some real-life applications of "Leave it." For example, the situation described in example #1 above, where you drop your medication – or perhaps a piece of chocolate candy (chocolate can be deadly to dogs).

Warm up your dog's "Leave it" as described above. When he's easily leaving the cube, stand facing him with the cube in your hand, say "Leave it!" and drop it slightly behind you and slightly off to one side.

Whoops, be careful! A poorly placed drop and the cube can take a bad bounce, landing directly under your dog's eager jaws. Err on the side of caution, especially at first. Behind, and slightly off to one side. If your dog moves to grab the cube, body block by stepping in front of the dropped object or by covering it with your foot. Don't yell "Leave it!" or make any other aversive noise. Just protect the object so your dog can't get it, wait for him to look away from it, and then click and treat.

Now pick the cube up and try again, using your calm "Leave it!" cue with each drop repetition, until you can give the cue and drop the cube without having to make any protective maneuvers. Practice this until your dog will do "Leave it/Drop" without any prior warm-ups. Remember to click and treat each time your dog leaves the forbidden object alone, and to click and treat several times to extend the duration of his leave-it behavior. Now you're ready for step three.

Train "Leave it" step three

How often do you have the chance to say "Leave it" before you accidentally drop your box of chocolates on the floor? Not too often, I'll wager. To more closely approximate real life, you need to make one more adjustment to the "Leave it" exercise: the "Drop/Leave it."

Warm up with several of your step two "Leave it/drop" repetitions. Now switch the order: drop the cube and say "Leave it" immediately after it hits the floor. Again, start with strategically placed drops so you can body block if necessary. In fairly short order you should be able to drop the cube in random locations, followed by a well-timed "Leave it" cue. Practice until your dog will leave it for you after the drop, even on "cold" trials.

Now you can generalize "Leave it" to more real-life situations.



Make sure your dog can't actually get even a taste of the treat under your foot. Don't repeat the "Leave it" cue; just wait until he stops trying to get it and looks at you.



Yes! The second he looks away from the treat, "mark" the desired behavior with the click of a clicker (or the word "Yes!") and feed him a different treat.

Generalized "Leave it"

It's best to start generalization work with your dog on a leash. You're going to be doing set-ups with forbidden objects that you won't be able to cover with your foot, so you'll need your leash to restrain your dog so he can't help himself to the objects.

On a surface such as an asphalt or concrete driveway, or hardwood or tile floor, set up a "temptation alley" – a line of moderate- to high-value objects. Place the items in a line, five to 10 feet apart. Then approach the first item with your dog on his leash, far enough from the line that your dog can't reach the objects.

When your dog notices the first item in the line, say "Leave it!" in a cheerful tone of voice, and stop moving. Restrain your dog so he can't grab the object. You should be far enough from the line that you don't have to jerk him back to keep him from getting it. Like you did with the liver cube under your foot, just wait for him to give up and look away from the object. The instant he looks away, click and treat, then move forward. If he pulls toward the object when you move forward, stop, give another "Leave it!" cue, and wait until you can click him again for looking away. If he doesn't look at the object as you move forward, continue to click and treat him for good leash walking, until he notices the next object.



Practice "Leave it" with everything your dog likes in real life: food, interesting smells, the sight of other dogs or squirrels, and his favorite toys.

Repeat the exercise with that object. Continue on until you can pass the whole line of tempting items, and he will respond to your "Leave it" cue without ever putting any tension on the leash.

Your goal is to get your dog to reliably respond to the "Leave it!" cue on cold trials (first time you present a new forbidden object) without putting any tension on the leash. When he'll do that, he's ready to try it off leash!

Now look for random real-life opportunities to try out his new skill, on-leash or off. Remember to keep your cue cheerful; you're just giving your dog information ("Look away from that object for an opportunity to be reinforced"). You're not trying to intimidate him away from the object. If you see any lapses in his real-life random trial "Leave it" responses, schedule more on-leash set-up training sessions. If his training carries over successfully to real life, the two of you have earned another celebration!

With 15 horses on our farm, each producing approximately 35 pounds of poop per day; random groundhogs, deer, toads, and baby birds outdoors; three chaseable indoor-only cats, and a variety of dropped items and other "forbidden object" occasions around the house, "Leave it" is a common household cue for our dogs.

One of my most rewarding stories comes from a client of mine in Tennessee, however, who tells of his dog finding poison meatballs in his own backyard, immediately returning to his owner's side when cued to "Leave it." His dog's prompt response even when tempted by the tasty but deadly morsels likely saved his life.

Pat Miller, CPDT, is Whole Dog Journal's Training Editor. Miller lives in Hagerstown, Maryland, site of her Peaceable Paws training center. Pat is also author of The Power of Positive Dog Training; Positive Perspectives: Love Your Dog, Train Your Dog; Positive Perspectives II: Know Your Dog, Train Your Dog, and the brand-new Play with Your Dog.

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The Whole Dog Journal

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Three simple strategies for training your dog not to jump up

by Sarah on June 11, 2008



Teaching your dog not to jump up on you or your guests may seem like an impossible task, especially if you have a dog who loves people (and people who love dogs)! How many times have your guests been greeted at the door by your overenthusiastic canine's nose and front feet, while you haplessly shout "No! Down! Stop it!" in the background? Or you meet a friend while walking your dog, your dog jumps up, and your friend praises and pets the dog, and says, "Oh, it's OK, I love dogs!"?

Let's work on changing that scene with three simple strategies for training your dog not to jump on people. You'll have the most success with your dog if you use these approaches in combination with one another.

Strategy Number One: Ignore the jumping. Unless your dog weighs more than 60 lbs. or is using his mouth when he jumps, ignoring jumping up is the fastest way to permanently make it go away. Dogs jump up to get your attention — so stop giving it to them! Pushing your dog down, yelling "No!", kneeling him in the chest, stepping on his back toes, bopping him on the head or any other interaction you can think of are a "score" in the needy dog's book, and make him even more likely to jump next time. (After all, if a dog wants something, what's the first thing he has to get? Your attention.) To instruct others on how to completely ignore your jumping dog, ask them to turn their backs, cross their arms and look up at the ceiling until all four of your dog's feet are on the floor.

Strategy Number Two: Manage the behavior (of both people AND dogs). The doorbell rings — where is your dog? Rushing, barking, to the door, waiting to pounce the minute it's opened? Before you answer the door, grab a leash and put it on your dog. Then use the leash to keep the dog out of jumping up range, even tethering your dog in a secure location if necessary. This strategy is a must if your dog is big, your guests don't like dogs, or your dog mouths and bites when he or she jumps. On the street, keep enough distance between your dog and anyone unlikely to follow your rules so the jumping isn't reinforced (and follow Strategy Number Three).

Strategy Number Three: Teach your dog an incompatible behavior. A sitting dog isn't jumping up — simple as that. Work on improving your dog's sit or down at the door while no guests are there, and on walks while no one's around. Then you can ask for and reward a sit or down during progressively more difficult trials: You ring the doorbell, you pretend to greet a guest, enlist a friend or family member to play the guest's part, etc. When the time comes, have really great treats handy and either you or your guest can ask your dog to sit or down BEFORE the dog jumps. Ask people not to pet your dog unless he is sitting or lying down.

Like everything else in dog training, consistency is key. Teach everyone in your family these strategies, and soon your pup will have one more feather in his good manners cap.

The Learn to Earn Program: Developing Leadership in Humans and Impulse Control in Dogs

Posted On: Sunday, February 5th, 2012

By Dr Sophia Yin

Every day pet owners email about me problems they are having with their dogs—anxiety, aggression, unruly, lack of focus. One of the common themes with all of these scenarios is that these dogs tend to lack impulse control and their humans need to find better ways to provide guidance and leadership.

Fortunately, humans can develop the needed communication skills while training dogs to have self-control and emotional control in one fun, reward-based program called the *Learn to Earn Program*. In this program, humans gain leadership by controlling all the resources that motivate the pet and requiring the pet willingly work for these items instead of getting them for free. Now, the focus is on using all valued resources to reward desirable behaviors while simultaneously removing the rewards for undesirable behavior.



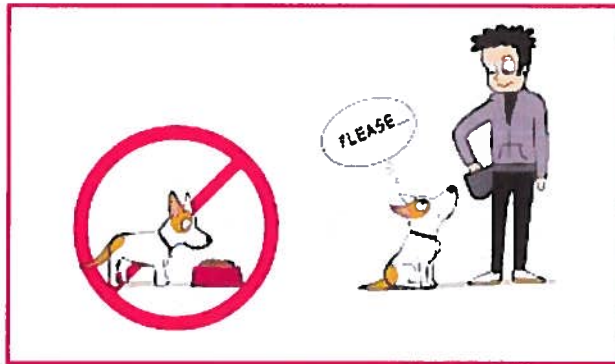
This overall approach has been called *nothing in life is free, no free lunch, or the learn-to-earn program*. Each behavior consultant has his or her own variation. The following presentation is my own version of the Learn to Earn Program for Developing Leadership in Humans and Impulse Control in Dogs. The actual program is laid out step-by-step with photos in *Perfect Puppy in 7 Days* (chapter 5). This blog is part of a 3-part blog that highlights the most important points of my *Learn to Earn plan*.

Overview

Say Please by Automatically Sitting is the Foundation Behavior

In this Learn to Earn program, the idea is to use everything your dog wants to your advantage as rewards for training purposes. The dog will learn to earn everything she wants by politely and automatically **saying please by sitting**. She will at the same time, learn that performing undesirable behaviors such as jumping on you cause the potential rewards for those behaviors to go away.

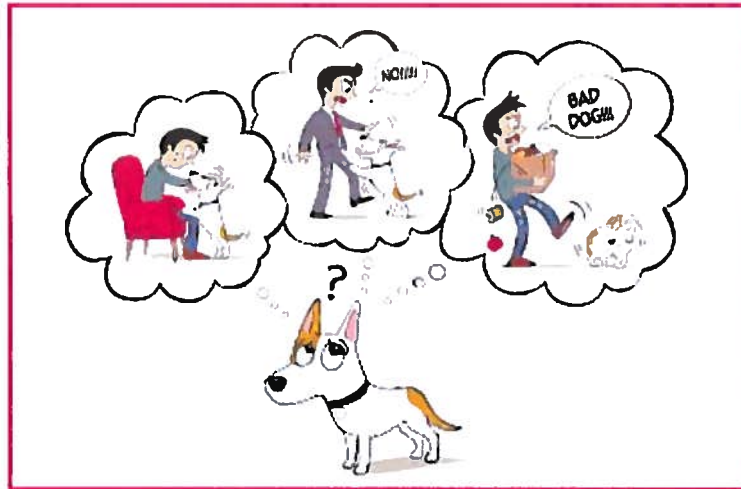
For the fastest training, dogs should earn their meal throughout the day when you are home. That means no food in the food bowl. Instead you'll carry food around with you in your pockets, in a bait bag or have it available in easily accessible containers throughout the house. Then, throughout the day, when you are home, you'll reward appropriate behavior.



How the Learn to Earn Program Trains Leadership and Communication Skills in Humans.

This program consists of setting clear rules for the dog to automatically sit for all resources. The human learns to communicate the rules by immediately (i.e., within 0.5 seconds) reinforcing correct behaviors as they occur, and preventing the dog from receiving rewards for undesirable behaviors. So a large part of this program is teaching owners the exact body movements and timing that help them convey a clear message.

Leadership is established when humans can set clear guidelines for the dog's behavior and can effectively communicate the rules by always rewarding correct behaviors as they occur while preventing or immediately removing the rewards for undesirable behaviors before they are accidentally reinforced. The owner must stick to this plan long enough for the good behaviors to become a habit.

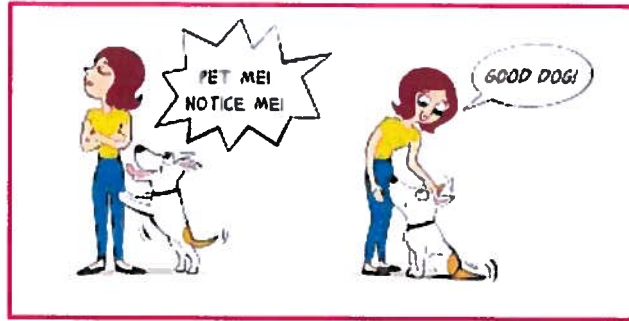


When owners can meet these criteria, their dog learns to view them as consistent, predictable, and able to guide. Alternatively, when rules change randomly the dog may view the owner the same way you might view a boss who keeps changing his mind. Overall with the Learn to Earn Program, rather than complying out of fear, dogs can choose to follow human direction because doing so leads to rewards and then doing so becomes a habit. This model reflects a good understanding of the underlying cause of improper canine behavior and leads to a stronger dog-owner bond.

How the Learn to Earn Program Leads to Self Control in Dogs.

In general, dogs have impulse control issues because taking things without asking, barging through the door, blurting out of turn, and pulling with all their might have worked so well in the past. For some dogs and breeds of dog there may be a physiologic or genetic tendency towards having less impulse control, which means their humans must carry out the program more thoughtfully and consistently than owners of the average dog.

In this program we turn the house rules onto their head. Whereas taking things without asking worked before, the only thing that works to get them what they want now is to automatically say please by sitting. We start with easy situations such as requiring dogs to sit for treats or kibble delivered by hand. This way we can quickly build up a high rate of reinforcement leading to a faster rate of learning. Next we systematically work with more difficult situations such as sitting to play fetch or for the opportunity to chase squirrels and then we expect longer or more bouts of desired behavior for fewer and fewer rewards.



The Benefits: How the Program Changes Your Dog's Perspective

Because dogs learn that the only way they can get what they want is by sitting and looking to you for permission, the learn to earn program teaches them to control their emotions (self control) even if that means remaining calm in order to:

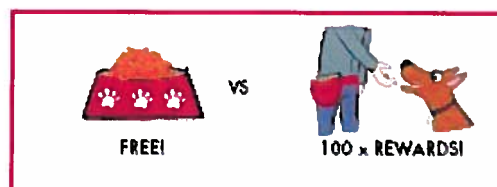
- get attention from you or whatever they want most.
- that paying attention to you, your words, signals and guidance are important because it gets them what they want.
- when faced with a difficult situation, they can and should look to you for guidance.

Consequently, the Learn to Earn program is useful for dogs with fear, anxieties (including separation anxiety), arousal issues or hyperactivity, inability to focus on their owners, as well as just general lack of training and unruly behavior.

Why training during all interactions throughout the day and for all resources, including all of their food, is important.

This training throughout the day and for all resources, including each kibble, may seem a huge inconvenience but doing so will make a huge difference. Here's why we do it.

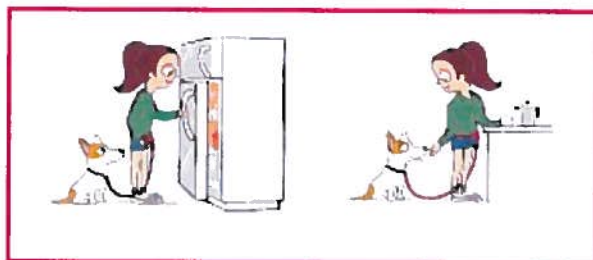
- **So your dog will develop a habit rather than a trick:** If you only train in specified sessions, your dog may just learn to behave during those training sessions. The things you do at the start of such sessions, such as pulling out a treat bag or placing a special collar or leash on, will become the cues to behave for just that short time rather than behaving well all the time. Then, if on top of that you add other resources such as petting, attention, and play, when she wants these things, you'll increase your toolbox of rewards even more. Add to this removal of all rewards for undesirable behavior and now you have a formula for changing the dog's behavior patterns virtually overnight (meaning days to weeks instead of weeks to years).



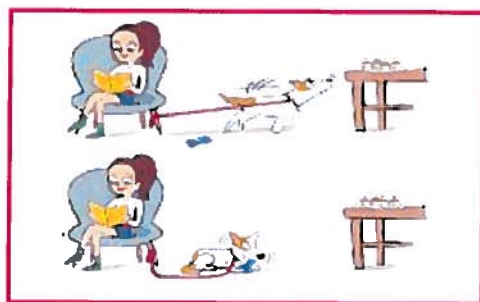
The necessity and benefits of tethering your dog to you at first.

In the first days of training your dog should be tethered to you on leash at all times when you are at home and she isn't in her crate or pen, dog-safe room, or tethered to an object near you. When she's not tethered to you, she specifically needs to be in some type of situation **where she can't practice unwanted behaviors**, such as barking, pacing and others that reinforce poor impulse control. Tethering to you is especially important because:

- If your dog's near, it's easier to reward good behaviors as they occur. Otherwise you tend to forget and miss opportunities, which makes training take weeks or months longer.



- Because she's supervised, it's difficult for her to practice or perform unwanted behaviors.



- Tethering to you teaches your dog that when she doesn't want to pay attention to you, she can't just blow you off, walk away, and then get rewarded by something else, such as a dropped food wrapper that she grabs. That is, tethering her to you helps prevent rewards for undesirable behavior.

I use a Buddy System hands free leash (www.buddysys.com) for the tethering to me or to furniture. I keep my dog on a regular flat buckle collar or on a harness that hooks to the front such as the WalkinSync®, Freedom Harness® or Gentle Leader Harness.

How long to continue the plan.

Some people assume they'll have to continue this intense program forever. The reality is that if humans work at this **diligently their dogs will progress more in a week than most dog-human teams learn in many months**. But just so you have an idea of how long you will go.

Continue the complete indoor program including tethering:

- In general, a dog should stay on this tethering stage until she readily and automatically quickly sits when she wants something—food, attention, to go out the door, etc—**and also has a 100% come when called the first time you call even when there are distractions in the house.** To develop that 100% come when called you will go through stages where the dog is dragging a long leash so you can specifically work on come.
- For most problem dogs that I work with in my house, this takes just several days or at most a week. For more difficult dogs this stage may last much longer (3-4 weeks for me which means much longer for you).

Continue the sit for everything: Until you have the perfect dog that you want. Remember that impulse control in one situation will affect arousal and control in another. So that if our dog goes bonkers over squirrels and over tennis balls, say please by sitting in order to play fetch is important for getting him to behave well around squirrels too.

The Learn to Earn Program

Dr Yin's Program for Developing Leadership in Humans and Impulse Control in Dogs

From excessive barking, to jumping to aggression and separation anxiety, one of the common issues is that these dogs tend to lack impulse control and their humans need to find better ways to provide guidance and leadership. Fortunately humans can develop the needed communication skills while training dogs to have self-control and emotional control in Dr Yin's fun, reward-based version of the Learn to Earn Program.

Become a Leader Your Dog Can Trust

Once owners set guidelines and communicate the rules by consistently rewarding desired behaviors while removing rewards for unwanted behaviors until the desired behaviors are a habit, then the owners are seen by the dog as the leader whom they can trust to guide them. Alternatively, when rules change randomly or the messages are garbled the dog may view the owner the same way you might view an indecisive boss who mumbles.



Throw Away the Food Bowl



For the fastest training, dogs should earn their meal throughout the day when you are home. That means no food in the food bowl! Instead you'll carry food around with you in a bait bag, your pockets, or have it available in easily accessible containers throughout the house. Then, throughout the day, when you are home, you'll reward appropriate behavior. Now your dog will get 100 rewards for desired behavior instead of a free meal.

Require the Dog to Say Please By Sitting

In this program we turn the house rules onto their head. Whereas taking things without asking worked before, the only thing that works to get the dog what she wants now is to automatically say please by sitting.



VS



FREE!

100 x REWARDS!

Use All Motivators to Your Advantage

If on top of that you require her to sit for other resources such as petting, attention, and play, when she wants these things, you'll increase your toolbox of rewards even more. Add to this, removal of all rewards for undesired behavior and now you have a formula for changing the dog's behavior patterns virtually overnight (meaning days to weeks instead of weeks to years).

Keep Your Dog Attached to You

Tethering to you teaches your dog that when she doesn't want to pay attention to you, she can't just blow you off and walk away and then get rewarded by something else, such as food that she grabs off a table. That is, tethering her to you helps prevent rewards for undesirable behavior. Plus, if your dog's near it's easier to reward good behaviors as they occur. Otherwise you tend to forget and miss opportunities, which makes the training take weeks or months longer.



Walk with a Loose Leash

When your dog's attached to you on leash, she should sit and remain seated when you are stationary and then walk by your side on a loose leash (not ahead of you) when you move from place to place.



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