



 **IAABC**
FOUNDATION

Dog Training Handbook



INTRODUCTION

This handbook is a complete guide to a basic manners class suitable for dogs and puppies. It can be used by professional trainers and as a resource to clients and dog owners. It includes:

- An entire beginning manners class of 12 exercises, written out step-by-step for clients and trainers to share and work through together via live or recorded virtual platforms
- Instructions on how to use the exercises for the benefit of better emotional health and behavior
- Body language exercises
- Strategies for indoor potty training for dogs used to eliminating outside
- Strategies for avoiding separation anxiety in dogs once clients start returning to work
- Videos on dog body language, dog play, and muzzle training



A hand holding a small yellow treat, with a beagle dog sitting on grass looking up at it.

ABOUT THE IAABC FOUNDATION

The IAABC Foundation was created to inspire, develop, and provide quality, evidence-based education and other charitable activities in animal training and behavior.

This handbook is intended to provide both professionals and pet owners with a foundational how-to guide to better understanding dogs in their care. Through increased awareness and effective positive-reinforcement training, we can help build the human-animal bond for loving owners and their pets.

IAABC accredited trainers and certified behavior consultants are bound by a strict code of ethics that requires lifelong learning, productive working relationships with other animal wellness professionals, and a pledge to uphold the principles of LIMA (least intrusive and minimally aversive) in their professional lives.

We encourage all dog owners to seek appropriate help for their dog if they are displaying challenging or concerning behaviors, and dog trainers to seek the advice of certified behavior consultants and other qualified professionals, such as veterinarians, if they encounter a dog they believe is in need of significant behavior modification.

If you have any questions, please email us at info@iaabc.org.

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HOW TO USE THIS GUIDE FOR VIRTUAL EDUCATION

While social distancing is requiring creative training and behavior work, there's a lot to be said for virtual consulting even in normal times.

Dogs and people who have difficulty traveling, tight schedules, lack of a sitter, or inclement weather can all discourage ongoing, consistent sessions. Peppering in virtual consults between in-person visits, or over vacation and holiday months, allows for maintenance of behaviors and training, and to offer support to clients perhaps struggling with pets in new environments and schedules.

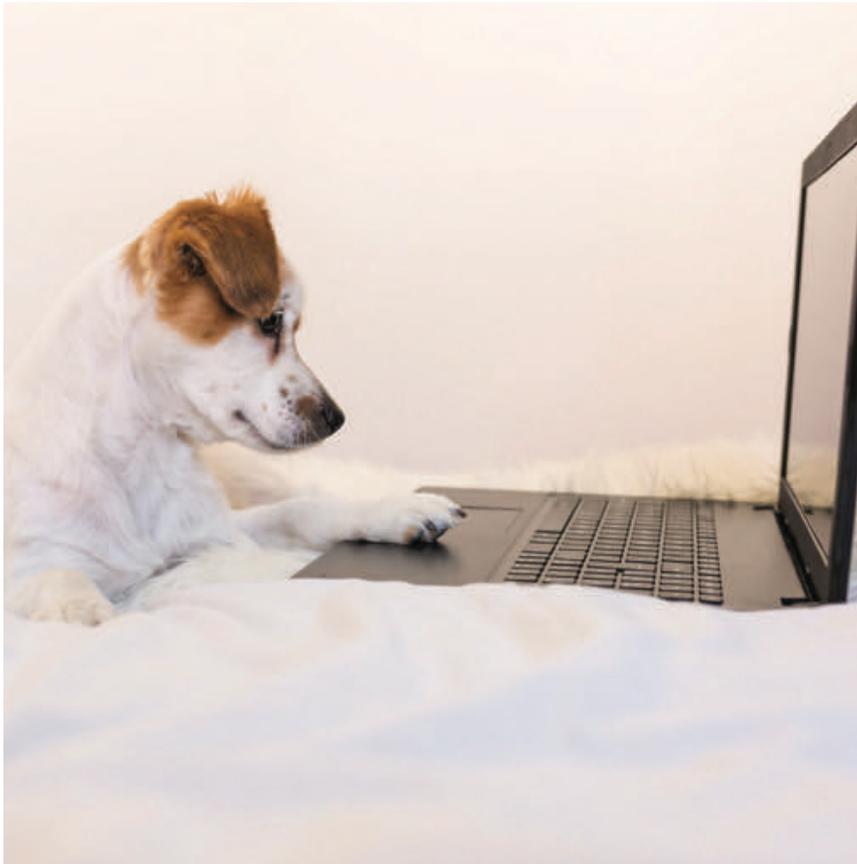
Virtual education can be in real time or recorded, offered individually or for classes. Whichever option fits a situation, be sure to:

- Offer a chat platform, like a Facebook group or individual client page on Facebook, Slack messaging, Whatsapp, or text for easy communication.
- Offer instructions and help on taking and uploading their video, if you're using recorded videos to offer progress and other feedback (See our [Pandemic Handbook](#) for resources on how to best use video conferencing.)
- Offer group support if suitable: a subscription support Facebook group for, say, reactive dogs allows clients to interact with each other and with you to share victories and concerns, for you to

offer feedback, and for your clients struggling with difficult pets to feel less alone, especially in a time when many are already feeling alone.

These skills and behaviors are equally important for our behavior cases as they are for training clients. Foundation skills are crucial to maintain and manage desired behaviors, to use as differential reinforcements, and to improve or modify behaviors and CERs.

Take a look at our [Crisis Response page](#) for video examples of ideas and best practices.





VIDEOS OF DOG BODY LANGUAGE SIGNS AND SIGNALS

The following links lead to a selection of videos demonstrating what our dogs express through body language. Like us, dogs have different opinions about other dogs and people they encounter day to day, where and when they want to be touched, and what they find enjoyable or frightening, curious or threatening. It's easy to miss many of these signals until you know to look for them. Then you see them everywhere!

Most importantly, understanding what your dog is saying helps prevent unfortunate situations, and greatly builds the human-animal bond we share with our dogs.

[*Dog Body Language*](#) (*Zoom Room*)

[*Dog Play Gestures*](#) (*Zoom Room*)

[*One Great Snark*](#) (*Slo-mo*)

In addition, our [Crisis Response page](#) includes other videos on:

- Conditioning a dog to a muzzle
- Conditioning a dog to a harness
- Remote behavior consulting and training best practices
- Effective remote consulting examples - how to do this!

And other practical content.



TRAINING

Basic foundational skills are imperative for dogs to learn to navigate their environment. This could be when out in public or in our homes.

As trainers, it's our job to help our clients to understand their dogs, the basics of how they learn and to provide helpful, clear instructions on how to teach these basic manners in a respectful way and based on the LIMA principles. The following games and training exercises are useful for dog owners and you can use them as in your own classes. The manual was designed in such a way that each exercise begins on a new page to facilitate their use as instructions for your clients in class or as handouts for homework.

As dog trainers, it's important that we are able to help our clients to understand dogs, their motivations, and how to enjoy a happy, healthy relationship with them. Training can not only help to build a better base of communication, it also helps to build a stronger bond and to enrich their mental lives and improve emotional wellbeing.

This manual can help you in building fun and engaging exercises to build a solid foundation. It is not necessary to teach all these skills in the same order as mentioned in this handbook, but some do build on others.

If you have any questions, please ask your IAABC accredited trainer or certified behavior consultant for help.

POSITIVE REINFORCEMENT

What is Positive Reinforcement? Using positive reinforcement to train your dog means you are rewarding (reinforcing) the behaviors you like, and often ignoring (not reinforcing) the behaviors you do not like. You can use treats, praise, or real-life rewards (i.e. games, walks, car rides) to reinforce your dog's good behavior. Marker training is one effective way of using positive reinforcement to train your dog, but it's possible to use rewards without the marker.

The benefits of positive reinforcement training, also referred to as R+ training, include a happy training relationship with your dog, ease and clarity of information for your dog, and effectiveness. R+ training can also be enriching mentally for your dog as it requires the use of problem solving skills. R+ is a great way to increase the bond you have with your dog, which is the foundation of any successful training plan where the dog is focused and is eager to engage. It is used for all types of training and behavior issues, without causing harm, and it takes into account what your specific dog likes and who he is.

Positive reinforcement training means that good behavior predicts good rewards, making that good behavior more likely to occur again in the future. Thus, the behavior becomes stronger and more robust, allowing the dog to make educated and positive choices.

Punishing or scolding a dog doesn't help him behave properly or tell him what we expect him to do in a given situation. R+ training tells the dog what to do instead of the undesired behavior.

Reinforcers are like money: each kind has a value for your dog, and some are worth more than others to him. The value can vary from one situation to another. For example, if you want your dog to come when called in the park, maybe scratching and petting him is not as rewarding for him as a piece of hot dog and letting him return to exploring. But when you teach him to lie down on his bed at home, scratching his belly might be the best reinforcer ever.

Reinforcers (commonly referred to as "rewards") aren't just food, though food is by far the easiest to use if that's what your dog likes.

- Hot Dogs
- Meatballs
- Bacon
- Cheese
- Smoked Fish
- Liverwurst
- Diced Chicken
- Freeze-dried Liver
- Other locally available treats
- Kongs®
- Squeak toys
- Balls
- Frisbees
- Playing tug
- Running
- Swimming
- Petting & Scratching
- Playing hide & seek with their human
- A leaf
- A paper plate
- Anything that your dog finds interesting in the moment.

USING MARKERS

What is a Marker? The use of a marker makes training easier for you, as it tells your dog the exact moment when he has done the right thing. A marker is a sound of your choice, e.g. the word "good." A clicker is a marker, too.

You "mark" (say "good" or press your clicker) immediately when your dog demonstrates the movement or behavior you are looking for. Immediately after that, you will give a treat or provide another reinforcer. Your dog will learn that the sound of the marker promises good things, and you will be able to communicate what exact behavior he is getting "paid" for.

PRACTICE:

Charge the marker of choice (clicker/"good"/"yes" or other "magic words" or sounds). Mark and give a treat. Repeat this 6-10 times, rapidly. If you are using a word, be consistent with what word you choose. A marker is not the same as verbal praise, where you may choose from a variety of positive affirmations.

BASIC MANNER SKILLS

The following pages contain exercises to teach new behaviors or maintain existing ones. Dogs struggling with behavioral issues benefit hugely from simple training exercises as a means of comforting consistency – reminding them what we want them to do rather than being scolded for doing things we don't like.

New puppies and old dogs love learning new tricks, and that's what all training is, after all. Training is enriching for both species, and helps build a precious bond between human and dog – one that lasts a lifetime.



TIPS FOR TRAINING:

- 2 or 3 short sessions a day – more if you're both loving it, never fewer than one please!
- 3-10 minutes per session so everyone is left wanting more and no one is tired, bored, or stuffed to the gills with treats.
- Practice when and where you and your dog can focus on one another.
- If you're struggling with a skill, stop, take a breath, practice something you've had success with, and leave that skill for another day.
- There are many different techniques (targeting, luring, capturing, etc.) to teach your dog the skills you're working on. Whatever works best for you is the one to use, and the same technique may not always be the best one for a given skill.
- Distance, duration, and distraction should be practiced one at a time. When you change something (new place, greater distractions, harder exercise for either one of you), lower your criteria. Just because your dog can do everything perfectly in the kitchen does not mean he can do it in front of a butcher shop while a cat convention walks by.
- Ask your IAABC accredited or certified trainer for help if you need help.

Remember that you are awesome for training your dog. He or she really appreciates you for that!



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GAMES & EXERCISES

Basic manners are the essential foundational skills that let you build on everything else you want to teach your dog. It is easy and fun to teach these skills with positive reinforcement:

- The Name Game
- Come (Get it Game)
- Sit
- Down
- Settle
- Go to Mat
- Calm Greetings
- Loose Leash Walking
- Stay
- Touch
- Muzzle Training
- Harness Training

GETTING STARTED

What equipment will you need? You will need the right tools to train your dog comfortably. This will vary depending on each exercise. We suggest using the following:

- A soft, wide collar (cloth or leather).
- An adjustable harness with the option to attach the leash on the back or chest (some harnesses can be worn upside down to accomplish this if a version with both attachment options isn't available.)

- A 2-meter (6-foot) leash for walks and a 5-meter (15-foot) leash to let the dog explore.
- A basket muzzle which allows the dog to breathe, pant, and drink water. *Do not use a cloth muzzle which closes the dog's snout!* Dogs can't breathe freely or drink water with these and they can suffocate. You can find muzzles and how to fit them on the internet if you're not able to travel to a store.



The Name Game

"The Name Game" teaches your dog attention and focus upon hearing his name. It couldn't be simpler, as long as you know what your dog loves.

To play the name game:

1. Just say your dog's name.
2. When your dog turns her head to look at you, give her a small, very yummy treat from your hand and let her know what a genius she is for having chosen to do that.
3. As she starts to look at you, smile, and give her a treat each time. She doesn't have to sit or continue looking at you.
4. Do this 5 to 10 times in a row, then smile and "release" her by telling her she's great. You're done!!

As your dog quickly learns that her name equals treats and attention, practice this in varying environments and with varying distractions: at home, at a bus stop, at a park etc., and at longer distances.

(Come) Get It Game

The "Get It Game" can be used to teach a great recall. This is as easy and comfortable as dog training can get. You can do it while watching TV, cooking dinner, reading – anytime. It's the foundation for a good, solid recall.

1. Toss a treat so that your dog can see where it goes. Tell her to "get it!"
2. Once she's gotten the treat, say "Fluffy, come!" in a nice, friendly tone, and hold ONE treat out in your hand for her to see.
3. When she gets to you, give her the treat while you hook a finger from the other hand through her collar. Then throw another treat and tell her to "get it!". Your dog will quickly learn to come back to your side.

If your dog doesn't come when you say her name, don't repeat the cue. Walk up to her, stick the treat under her nose and lure her back to where you started. Give her the treat when you get back to your starting point. If she didn't follow that treat, you either need higher value treats, to go back to a shorter distance or play "The Name Game" (see above) first! Practice this several times a day in several locations. You can do this outside with your dog on-leash or long line, or in a fenced yard off-leash.

Sit

Why do we tend to teach our dog to sit? Because it is easy! Plus, it is incompatible with so many other unwanted behaviors, like jumping, running and pulling on the leash. If he's sitting, he can't be doing those other things.

STEP 1:

1. Put a yummy treat right to your pup's nose. Bring the treat back and over her forehead.
2. As her head moves up, her rear should move toward the floor. The instant she sits, mark and feed the dog while she's still sitting.
3. Tell her she's great, release her or ask her to stand up and move a little bit with you so she's no longer sitting, and repeat 5-7 times.

Note: There is no saying "sit" yet – the "sit" cue comes later!

If your dog walks backwards, sit on a chair (lower your body posture) or try next to a corner that keeps the dog from walking backwards. If he jumps, lower your hand with the treat in it.

STEP 2:

1. Lure your pup with your hand in the same position, but with no food in your hand.
2. When she sits, mark and treat. The treats should be in your treat bag, other hand, or pocket
3. Tell her she's great, ask her to move a little bit with you so she's no longer sitting, and repeat 5-7 times.

Note: In step 2 there is still no saying "sit" yet – the "sit" cue comes later!

STEP 3:

1. Say, "sit" just before you move your hand.

She will predict that when you say "sit," the known hand gesture will follow. Therefore, "sit" means, "do that thing that gets me a cookie after she moves her hand like that."

2. When she sits, mark and treat.
3. Tell her she's great, ask her to move a little bit with you so she's no longer sitting, and repeat.

4. Throughout the following repetitions, you can "fade" the hand signal by making it as small a gesture as possible, and then eliminating it after she understands. You've now got sit on a verbal cue!

Keep in mind, always say "sit" then give the hand signal.

You can practice both verbal and hand signals, but don't say "sit" at the same time that you signal your hand.

Practice just verbal or just hand signals several times throughout the day and in many different locations.

Use "sit" before letting your dog out, before feeding her, before throwing a toy! This way she learns that "sit" means good things will follow and she will learn sit can be a way to ask for permission.



Down

Getting a dog to lie down when and where you want him to and for the time you want him to remain in that position is very useful. It is the foundation for all stationary and calm behaviors, like settle and go to your mat.

STEP 1:

1. It might be easiest to start when your dog is sitting. But you can also start training with your dog standing in front of you. Get your dog's attention with a yummy treat kept between your fingers, almost touching his nose. Your dog should follow this treat with interest.
2. Move your hand swiftly toward the ground close to his chest until it touches the ground between the dog's front paws. He will probably follow the treat with the nose and lower the elbows to the floor, as this position is more comfortable for him. If he doesn't, try using a higher value treat.
3. If your dog is sitting and his head moves toward the floor his elbows will follow. Mark when his elbows touch the ground. If your dog is standing initially, you'll mark when his elbows and butt are on the ground.
4. When you mark, be generous and give several treats in a row, not all at once, to celebrate this achievement. Release him by throwing a treat or invite him to stand up. Repeat 3-4 times.

Note: There is no cue for "down" at this stage of training.

If your dog walks instead of lying down, keep the treat closer to his nose and chest or try to lure him under a low chair or through your lowered leg, so he learns to lower the elbows and hind end. You may need to hold the treats in your hand while he licks your hand. Then, he'll probably get bored and lie down to lick, and you will surprise him by opening your hand and giving him the treats.

STEP 2:

1. Lure your pup with your hand in the same position, but with no food in your hand.
2. When he goes down, mark and treat. The treats should be in your treat bag, other hand, or pocket, but be able to "jump" into your dog's mouth fast while he's lying down.

3. Tell him he's great, ask him to stand up again, or roll a treat for him to follow. Repeat a few times.

Note: There's still no "down" cue at this stage.

STEP 3:

1. Once he's consistently following the hand gesture, say, "down" just before you move your hand. This will predict, for him, that when you say "down", the known hand gesture will follow. Therefore, "down" means, "do that thing that gets me a cookie after she moves her hand like that."
2. When he does go down, mark and treat. Give him a treat that will take him some time to chew or several tasty treats in a row. Then invite him to stand up. Repeat 2-4 times.
3. Throughout the following repetitions, you can "fade" the hand signal by making it as small a gesture as possible, and then eliminating it after he understands. This way, you'll get a verbal "down" cue very quickly!

Keep in mind to always say "down" and then give the hand signal.

You can practice both verbal and hand signals, but don't say "down" at the same time that you signal your hand. Practice just verbal or just hand signals several times throughout the day and in many different locations.



Settle

Settle is teaching a dog to relax.

Settle is an exercise you can use anytime, anywhere, that tells your dog what to do when he's not getting any specific feedback from you. You can use this skill in a dog-friendly coffee shop, at home while chatting with your guests, or while talking to a neighbor you run into on a walk.

1. Start with your dog sitting or standing. Wait.
2. When your dog lies down, mark ("good!" or click) and follow with a treat. Treat in varied amounts and times as the dog stays down, and be sure to treat only in the down position – don't force your dog upward to take the treat, deliver it at their level so they stay in the down position!
3. Move to another location and repeat the exercise. Use lower-value treats, so your dog doesn't get so excited that he moves. Relax yourself so you can help your dog relax.

If your dog can't settle at first, step on the leash. There should not be any tension on the leash. Your dog should have enough leash to comfortably sit or lie down, but not enough to leave. Don't struggle with your dog, and do not put any pressure on his neck. Don't pay any attention to attention-seeking behaviors such as barking. Mark, treat and praise him for lying down. Reinforce frequently at first, lots of cookies or quiet praise, to build duration.



Go to Mat

Go to mat is a great skill for you to use to send your dog to a safe spot and know that he will stay there. You might send him to his mat so nobody can trip over him when your kids are playing or while you are cooking dinner. You could send him to the mat when greeting your guests or when food is on the table. It takes a while to teach this skill as it combines sending the dog to the mat and having him lie down on it and staying put. But it is really worth the effort, mat training is a highly versatile skill.

A "mat" can really be anything you've designated as his lying-down spot: his bed, an impromptu towel or coat on the floor, a yoga mat or a corner of a rug.

STEP 1:

1. Stand with a handful of great treats next to your dog and his mat.
2. When your dog looks at the mat, mark and throw a treat onto it. If he doesn't look at his mat, throw a treat into it and mark the moment he looks at the treat on his mat or moves toward it.
3. Release him and throw a treat away from the mat for him. Repeat a few times.

STEP 2:

1. Now you say "mat," and when he looks or moves toward it, immediately throw the treat onto the mat. He will step on the mat and eat his treat. It will be helpful to have good aim, so stand close by. Praise your dog and release him.
2. Repeat 5 times, but make sure he understands that you throw the treat after he is moving toward or, even better, stepping on his mat.

STEP 3:

1. Now it's time to fade the initial treat toss and only say the cue "mat."
2. Practice until you are sure your dog understands what "mat" means: your dog has learned to step on his mat and earn a yummy treat.

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STEP 4:

1. Now it's time for him to learn to lie down on his mat. Say "mat" and wait until he steps on his mat.
2. When he is on his mat, quickly lure him into a down position. Mark and give him a high-value treat while lying down. Then give him a couple more to let him know how well he is doing.
3. Repeat several times a day. Don't forget to release your dog – when you decide it's time.

STEP 5:

Increasing distance – 1 step at a time.

1. You take 1 step away from the mat and say "mat."
2. When your dog goes right to his mat, mark and treat generously. If he hesitates, mark any slight intention to walk to his mat. You'll just have to take it a bit slower with smaller steps.
3. Repeat several times a day, varying the distance between 1-3 steps away from the bed.
4. Increase the distance every day. Always praise generously when your dog lies down, then release him again. Practice until you get the distance you want the dog to be able to work at.

STEP 6:

Increasing duration – 1-3 seconds at a time.

1. Lower the criterion of the previously trained distance. You should be closer to your dog's mat for this exercise than when you were practicing distance. Say "mat."
2. When your dog lies down on his mat, count 1 or 2 seconds before you mark and treat. (If your dog knows a "stay" cue you can obviously use it.)
3. Repeat, varying the duration from 1-4 seconds, then from 4-15 seconds. Slowly build duration. When you are at 30 seconds, mark and give a different, longer lasting treat. A good choice is a chew that won't roll, like a Kong Quest Wishbone stuffed with baby food or a Nylabone chew toy he loves.

4. Watch for him closely and try to release your dog before he gets up and leaves on his own. Go back to adding distance and start giving him long-lasting food toys/treats to increase the length of the stay.

STEP 7:

Adding distractions – gradually.

The final step is to gently and gradually add in some distractions. If you can send your dog to his mat from a distance and he stays there as long as you want him to be there, then you're ready for this step.

While you work on distractions cut down on the distance and duration at the beginning.

1. Have some high-value treats in your hand. While your dog is lying on his mat, move around. Do things like walking from one side to the other, jumping up, and crouching down.
2. Throw a treat between your dog's front legs for every distraction you add.

Repeat with goofy stuff. Ask your kids to play around your dog, ring the doorbell – the more exciting the distraction, the better his "pay" (value of his reward) must be.

When you start introducing the sounds your dog normally responds to excitedly with barking or standing up, like the doorbell, attach a leash to his collar. The leash should not be tight – your dog should have enough lead to comfortably lie down, but not enough to leave his mat. Don't struggle with your dog, do not put pressure on his neck, and increase the value of treats you're using to reward your dog for remaining on his mat.



Calm Greetings

This skill is very practical both with greeting guests at your door and when greeting people during a walk with your dog. There are different ways to go about it. When greeting people at your home you might choose scattering treats or even a toy on the floor as a reward for your dog. However, we suggest asking your dog to sit when greeting people outside of your home, so he doesn't learn to search for food on the ground when outside.

1. With the dog on leash, have some high-value treats in the hand *not* holding the leash.
2. Before a person reaches your dog, ask your dog to sit. Feed him while sitting next to you. Or, when opening the door for your guests, drop a small handful of treats right under your dog's nose, making sure they don't roll far.

First practice with people your dog knows approaching calmly, and once your dog is successfully keeping four feet on the floor then ask people to approach with more excitement. Keep those treats coming to reinforce the desired sit behavior. When doing this inside your home, make sure your dog can remain calm before you take his leash off – and before you start welcoming people with hugs and kisses.



Loose Leash Walking: Stop & Go

The following contract with your dog says that you will be consistent and kind while training them to walk with a loose leash.

Rule 1: If your leash is attached to your dog's collar, pulling will never work.

Rule 2: If you don't have the time or patience to train, put a harness on your dog so you don't break Rule 1.

Harnesses with a front attachment ring are a good place to start to manage a dog who pulls. They reduce pulling while your dog can get a bit of exercise. Keep in mind, however, this does not replace training but can assist with teaching leash skills. Long lines are excellent for more physical exercise like running, but be sure to clip the line to the attachment ring on the dog's back between his shoulder blades instead of on his chest to reduce the risk of your dog injuring himself.

Training loose leash walking: always be sure to connect with your dog. You can't train your dog while you're talking on your cell phone or listening to music. You have to achieve a real connection with your dog – this is not just about treats. Therefore, you should begin training this skill in a calm environment without competing distractions that may impede your dog's ability to pay attention. If necessary, begin training in your home or yard.

1. Stand next to your dog. Then take one step forward.
2. If your dog moves with you, mark, smile and give him a treat. You can vary how frequently you give treats.
3. As long as your dog stays at your side, give him constant feedback. Mark and treat near your hip, knee or ankle, depending on the size of your dog. For a miniature dog or a puppy, you can use a kitchen spatula with cheese or baby food on it for them to lick off so you don't have to constantly bend over.

If your dog pulls, **stop moving**. Wait until your dog reconnects with you, when he does – maybe just a small sign like an ear slightly tipped back in your direction, turning his head, or ideally making eye contact, thank him and give several treats (between 5 and 10) one after another.

Your dog should move toward you to be rewarded if he is in front of you. Don't move toward your dog to give treats!

Continued on following page...

4. Next, you can decide if you will continue in the same direction, to one side or to the other, or back the way you came – you aren't trying to go very far this first training session. You are trying to create the habit of saying to your dog: "we aren't going anywhere if you are pulling on the leash."

Stop & Go: It takes two to have a tight leash. If your dog pulls on the leash, remain still (stop). Don't pull back, yank, jerk or tug on the leash. Your job is to keep your dog safe and guide him, don't be the other end in a game of tug of war. It is your dog's job to keep a loose leash. You will pay him with treats and permission to walk, sniff and explore (go) – always with a relaxed leash. You might discover that a good portion of the pulling comes from your end of the leash.

At first, practice this in a low-distraction environment. Increase the level of distractions gradually, praise and treat your dog generously when he performs well in difficult situations. Also, your dog has likely already learned to sit, this is a useful skill to practice with loose leash walking because it will give both you and your dog a break.



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Stay

The next time you break a glass, drop some medication you were about to take, or you need to tie your shoes during a walk, you will be happy that your dog knows how to stay.

STEP 1:

1. Begin with your dog sitting in front of you (or lying down if you prefer).
2. Move one of your feet one step back, return to your original position, mark and treat.
3. Repeat with intervals varying between 1 and 10 seconds.

STEP 2:

1. Now, move your foot to the side, take a step back, raise your hand, vary your movements, but never go further than a step away from your dog.
2. Repeat with intervals varying between 1 and 10 seconds.

STEP 3:

1. Before you move, say "stay" which your dog will understand to mean "You move and I don't. We call this 'stay.'"
2. Resume moving around as you did in step 2, but always say "stay" first.

If your dog moves, restart at a level your dog is able to understand and be successful at and practice until you reach your goals.

STEP 4:

When your dog has learned that "stay" means remain in position for 10 seconds every time you ask with you standing in front of him you can begin adding more duration and distance. Here's how to increase duration.

1. Ask your dog to stand in front of you or at your side.
2. Look at your watch and vary the time your dog stays incrementally, little by little, until you reach 5 minutes.
3. Repeat this in calm environments standing in front of your dog or very close.

Continued on following page...

STEP 5:

Now we can begin to increase the distance. Here's how to teach your dog to "stay" at a greater distance from you.

1. Ask your dog to stay in front of you.
2. Take one step back, mark and return immediately to treat your dog. Again, take a step back, mark, return immediately and treat your dog. Remember the beginning (Step 1) of teaching "stay"? Your dog does, too! *If your dog gets up, ask him to return to his position. Then take a smaller step, stretch your hand between yourself and your dog (this will make it seem as if you aren't as far away from your dog). Mark and reward your dog. Be generous.*
3. Repeat several times and gradually increase the distance until you can get 10 meters (30 feet) away from your dog. Your dog will have learned to trust that you will return to him, step by step.

STEP 6:

Your dog now remains in a "stay" for several minutes and at various distances away from you. This is fantastic impulse control! Now it's time to gradually add distractions.

Remember you need this exercise for real life situations like when you break a glass, a baby cries, a car is coming, your shoe comes untied, etc.

1. While you are working with distractions, at first, decrease the distance and the duration. Have several high-value treats in your hand.
2. Practice in several positions and with weird movements such as jumping jacks, pretending to drop something, making strange sounds, etc. Mark and reward.
3. Walk past your dog, jump, and mark and reward your dog for each distraction you add.
4. Repeat this doing crazy things: ask your kids to play around your dog, ring the doorbell, etc. When you train outside of your home or when you are using higher levels of distraction and excitement, make your criteria (expectations) easier and use higher value treats – the distractions (sounds, smells and movements) are enormous.

Always set your dog up for success and to be able to do what you ask!

Touch or Target an Object

Touch is the beginning of a whole new world of tricks and control with your dog. When he has learned to touch an object (your hand, a plastic cover, a piece of paper, or a pencil) with his nose, it's easy to teach your dog to walk at your side, to call her away from an object, and to learn dozens of tricks like closing doors or ringing bells.

Touching your hand or an object is also known as "targeting." Here's how to teach this skill:

STEP 1:

1. Offer your empty hand in front of your dog's nose. Make sure you choose a hand signal different from what you use for sit, down, or stay. It could be your open hand, just two extended fingers, or your closed fist.
2. Your dog will likely look at or smell your hand. When she does, mark and give her a treat with your other hand. Repeat 3-5 times.

If she doesn't look at or sniff your hand, move your hand slightly toward her, in a circle, or in any friendly way that calls attention to it. Then mark and treat when she looks at or smells your hand.

STEP 2:

1. Repeat, but, now, mark when her nose actually touches your hand. When she has learned to touch your hand to get a treat, you are ready for the next step.

Remember that if your dog "won't do" something, it really means you haven't made what you want clear, or she's afraid, or there's another reason she won't. Ask yourself, why wouldn't she do something for a treat she loves?

STEP 3:

1. Hold your target hand 5 cm (2 inches) to one side of your dog's face, mark and treat when he touches it with his nose. Repeat.
2. When your dog clearly understands this trick, start switching sides (and hands) and the position of your hands. Mark and treat when the dog touches your hand with his nose. Keep it fun and variable for him. This is not a serious, silent game – it should be light and fun.

Teaching Your Dog to Wear a Muzzle

No matter how friendly your dog is, it's great to get him used to wearing a muzzle, but simply putting it on him without conditioning him to it can make him anxious and uncomfortable. That's the last thing you want, especially when he's at the vet, outside, or under stress, the very times he might need to wear a muzzle. Take your time while your dog gets used to the muzzle; don't rush things. Depending on the dog, this process may take a few weeks.

Please also refer to the videos on the [IAABC Crisis Response website page](#).

STEP 1:

The muzzle appears and good things will happen!

1. Have the muzzle behind your back in one hand and treats in your other hand, a pouch, or your pocket.
2. Show the muzzle to your dog, hand him a treat, or drop it on the ground, or throw it for him to find. While he is eating, hide the muzzle again.
3. Repeat. Show the muzzle, treat. You can also throw his favourite toy or walk to the fridge with him to get him a piece of cheese. Anything your dog really likes can be used!

This is a very important stage of training, especially for dogs that have had unpleasant experiences with muzzles or head halters previously. Look for a reaction of joy when he sees the muzzle before you continue training.

STEP 2:

The muzzle is a cool food bowl!

1. Now that your dog is excited or happy when he sees the muzzle, place the muzzle in an upright position over your palm and put some big treats, e.g. cubes of cheese or sausage, into the opening of the muzzle.
2. Hold it out for your dog, so he can eat the treats comfortably out of the muzzle. Don't push the muzzle into your dog's face. Repeat several times a day or feed your dog his meals in the muzzle.

STEP 3:

Finding the muzzle and placing the mouth into the muzzle – voluntarily!

1. Again, load the empty muzzle with yummy treats and offer it to your dog. Once he starts eating, you can gently and slowly move the muzzle away from your dog's nose. He will want to follow the muzzle and push his nose onto the bottom to reach the treats.
2. Once he has emptied the muzzle, throw a treat for your dog to find some steps away. In the meantime, refill the muzzle and show it to your dog as soon as he has eaten the treat from the floor. Remember the "Get it Game"? This is quite similar: your dog will come back to you and put his nose in the muzzle.

STEP 4:

Building duration – your dog learns to accept the odd feeling around his nose.

1. Use pasty food like peanut butter, liverwurst, or cream cheese and smear it into the bottom of the muzzle. Spread some on your hand as well for your dog to lick through the muzzle. You can use a big syringe or a pastry tube, or you can cut a tiny hole into a liverwurst package and squeeze the liverwurst through the hole.
 2. Show the prepared muzzle to your dog and let him lick the food. Refill.
 3. Repeat and give him treats or pasty food (you prepared that, remember) through the bottom of the muzzle. Take your time as your dog needs to get used to the feeling of this thing on his snout.

Continued on following page...



Teaching Your Dog to Wear a Muzzle *continued*

STEP 5:

Getting the dog used to the click sound of the buckle and closing the neck strap.

During this step, your dog's nose is **not** inside of the muzzle.

1. You will only need a few treats for this exercise. If your dog is sound sensitive, start clicking the strap buckle shut from a distance, then give your dog a treat.
2. Step by step, reduce the distance until you can close the strap without your dog reacting to the sound. Repeat until he is not afraid of the sound or your hands next to his neck and he has a relaxed and loose body showing no avoidance.
3. Fix the neck strap around your dog's neck. Don't put his nose into the muzzle! If you have difficulties closing the buckle, put some treats on the floor so your dog can eat them while you close the strap. The muzzle should dangle around his neck now.
4. Give some more treats and do fun stuff with your dog: throw a ball, give him his lunch, check the mailbox, all with the muzzle dangling around his neck.

STEP 6:

It's time to combine steps 4 and 5 (feeling the muzzle on the face and the strap around the neck for a while). It will be easy for both you and your dog, as you already know how this works!

1. Ask your dog to place his nose into the muzzle. If necessary put a treat into the muzzle. Hold the neck strap with one hand tightened behind his ears. Don't close the buckle! Release and repeat.
2. After some repetitions, with your other hand also feed pasty food or some soft treats through the bottom of the muzzle – for a longer duration. Release the neck strap when the food is gone.

STEP 7:

Now, you start closing the buckle of the neck strap.

1. Ask your dog to place his nose into the muzzle. You can always use a treat.

2. Fix the neck strap around your dog's neck and close the buckle. If you can't close the buckle, put some soft food into the muzzle so your dog can lick it while you close the strap. Especially with long haired dogs, it can be challenging to close a neck strap without pulling on hair! You will probably need to use both of your hands.
3. Feed your dog through the holes in the muzzle. Distract him, so he doesn't try to take the muzzle off with his feet. Make sure your dog is always comfortable and not giving off signals that he would rather avoid this situation.

STEP 8:

Your dog has learned to like the muzzle when he sees it, puts it on voluntarily, keeps it on. Now it's time for perfection! Increase the time you have your dog muzzled, minute by minute and have him wear it in many different situations. Reinforce regularly and generously!

THESE TIPS CAN HELP...

Muzzle your dog and tighten the neck strap for perfect comfort. Then:

- Give treats or his food; keep them variable. Tell him how great he is doing!
- Start preparing his meals. He will be distracted by your movements and the anticipation of eating soon. Talk to him. Put the bowl on the floor, take his muzzle off, and allow him to eat.
- Take him for a 2-minute walk if he loves going out with you. Come back home and take the muzzle off.
- Allow him to jump into the car if he loves driving around. Have him jump out, take the muzzle off. Or drive him around with the muzzle on, but make sure he does not try to take it off.
- Let him play with his best friend, take a break, then get the muzzle off. Let him go play again.

Keep it fun!

Teaching Your Dog to Wear a Harness

A harness takes a lot of the work out of teaching your dog to walk with you, so it's great to teach him to like wearing one. Dogs need to wear a harness if they have not learned to walk on a loose leash (otherwise they will hurt their trachea), when using the seat belt in the car, or as a safety device in public in addition to their collar.

Dogs who don't like to be touched can be challenging to acclimate to a harness, so please take your time, especially with the first two steps described in the following:

STEP 1:

The harness appears and good things will happen!

Show the harness to the dog and then give some tasty treats. Repeat this a couple of times. Your dog should start looking happy and excited when he sees the harness appear.

STEP 2:

Getting your dog used to the click sound of the buckle

1. You will need only a few treats for this exercise. If your dog is sound sensitive, start clicking the harness buckle shut from a distance, then give your dog a treat.
2. Step by step, reduce the distance until you can close the strap without your dog reacting to the sound.
3. Repeat until he is not afraid of the sound or your hands next to his chest.

STEP 3:

Your dog learns to feel the harness straps on his body.

1. Hold the harness in your hand and place it near your dog's body, and treat.
2. Repeat this a couple of times. If your dog seems to shy away from the harness, repeat for as long as it takes, maybe even a week or two, until he is comfortable. Practice until he maintains a loose body and appears relaxed without any signs of avoidance when you touch his body with the harness straps or lay it over his back.

STEP 4:

Lure your dog to voluntarily put his head or front paws into the opening of the harness.

1. Depending on the type of harness you are working with, hold it in front of your dog's face and lure him with a treat to get his head through the opening and treat him when he does. You can also place it on the ground and lure him with a yummy treat to get him to step inside, then tell him what a good dog he is and give him the treat!
2. Repeat this step a couple of times until your dog is comfortable.

STEP 5:

Building duration - your dog learns to be comfortable with the loosely fitted harness on.

1. When your dog is voluntarily putting his head through the harness or stepping into it, start strapping it across his body. Fit it very loosely. Give your dog a lot of praise and treat him. Only keep the harness on for a couple of seconds.
2. Repeat several times.

Continued on following page...



STEP 6:

Your dog has learned to like the harness when he sees it, puts it on voluntarily, and keeps it on. Now it's time for perfection! Increase the time your dog wears his harness, minute by minute and have him wear it in many situations.

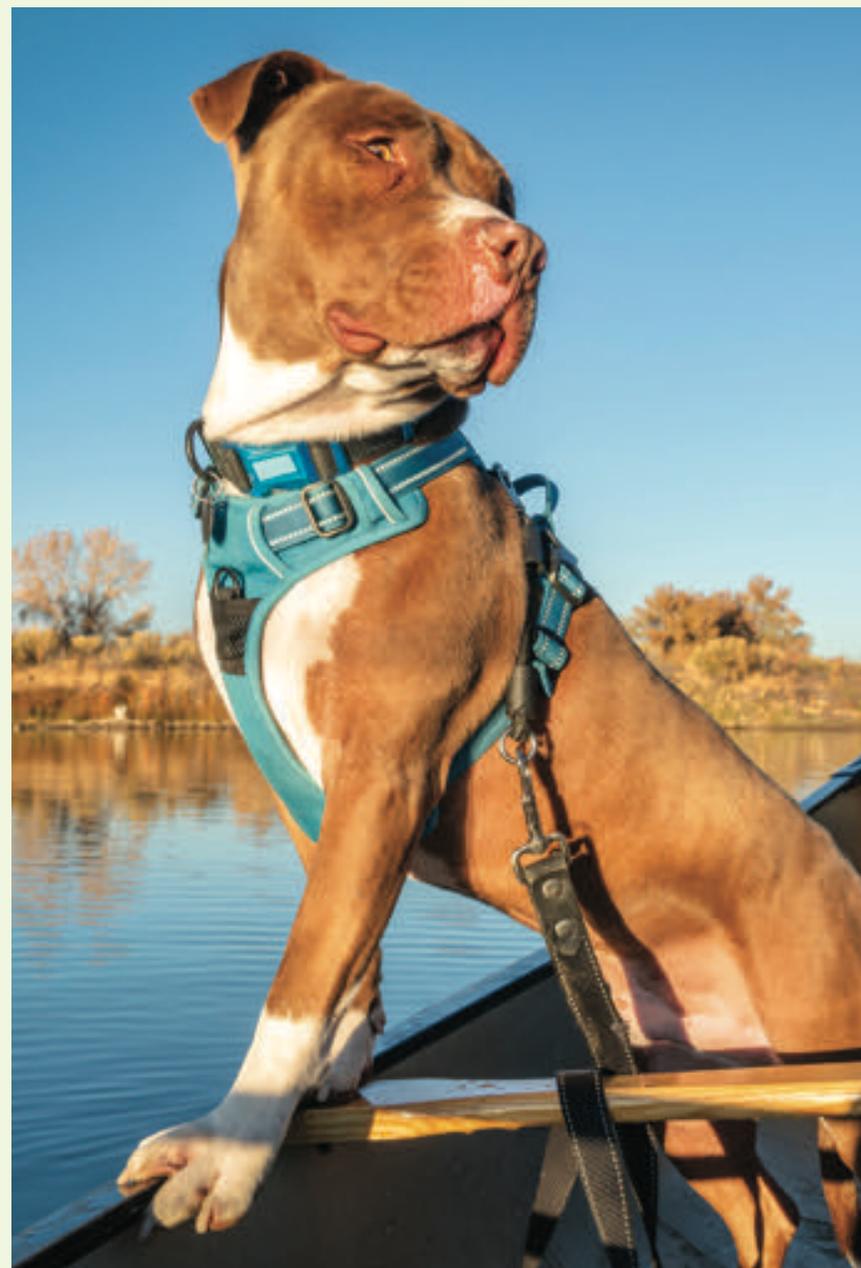
Always supervise interactive social play with other dogs. Pay special attention if they are wearing a harness. If the harness is too loose, the other dog's feet can get caught during play and wrestling.

THESE TIPS CAN HELP...

Adjust the straps of the harness for perfect comfort. Put it on your dog. Then:

- Give treats or his food; keep them variable. Tell him how great he is doing!
- Start preparing his meals. He will be distracted by your movements and the anticipation of eating soon. Talk to him. Put the bowl on the floor. Take his harness off immediately after he has finished eating.
- Take him for a 2-minute walk if he loves going out with you. Come back home and take the harness off.
- Allow him to jump into the car if he loves driving around. Have him jump out, then take the harness off. Or drive him around with the harness on, but make sure he does not try to take it off. If you fix him to the seat belt buckle with an adapter strap, have another person driving while you stay close to your dog the first few times.

Keep it fun!





PUPPY KINDERGARTEN CURRICULUM

Puppy training early and often is important for a number of reasons. It builds awareness of owner relevance and guidance for a pup, it teaches early manners and behaviors that make life with and for that puppy a lot easier, and it starts the process of creating a life-long student who loves learning.

Following is an *open enrollment* model of a puppy class. In a traditional class, you would have a set number of skills to work on over a six-week period and would introduce those skills in small increments, building on each skill each week.

In an open enrollment class, the total number of skills and concepts are the same as the traditional class, except all the parts of each skill are taught in a single unit (class).

In a traditional puppy class you might introduce a lure to sit and signal to sit in Week 1. Week 2 you would remove the lure, Week 3 you might begin to anchor the cued sit, etc. At the end of six weeks, you would have mastered the sit with a cue and perhaps introduced a sit/stay.

In open enrollment, however, all the steps for cuing the sit and anchoring the sit position are addressed in one unit.

In a puppy kindergarten class the focus is broader than a basic manners class because of the short window of opportunity for exposure to new things, dogs, people – in other words the primary socialization period. The function of the puppy class is problem prevention, managed exposure, and safe socialization, as well as introduction to basic skills and development of the connection between the student and the puppy. Given the short period we have to cover all the stuff we need to cover, the open enrollment concept has become the standard in the industry.

The AKC Star Puppy skills are included in this curriculum, offering owners a chance to gain their first ribbon, and instructors a nice opportunity for continued engagement from clients.

The students in an open enrollment class don't need to be working on the same skill at the same time, and that makes it a great model for remote training classes, as well as in-person classes.

This curriculum has been modified to shift to remote training for individuals or groups.

In all training, when stuck or struggling and when wondering where to go next in your training, the most important tenet is this: **What do you want the dog TO do?**

“Don't jump, don't bite, don't bark” must be replaced with a behavior you want the dog to do: Sit, come, down, go to your mat.

If you find yourself saying, “Don't do that!” to your dog, realize this is a training problem, not a problem dog.

And as always, your IAABC Accredited trainer or Certified Behavior Consultant is available in person or via remote consult to help.

OPEN ENROLLMENT PUPPY KINDERGARTEN

Note: Due to social distancing, we've eliminated puppy-to-puppy and puppy-to-new person socialization skills. These are important, however, and your IAABC Accredited or Certified instructor can offer ways to introduce your pup as much as possible to new things in her life in a safe and enriching manner.

UNIT 1: Greetings

Theme: Puppy meeting people

Skills:

- [Puppy Zen](#)
- [Prompted and Unprompted Attention](#)
- [Sit](#)
- Develop people as a cue to sit

Socialization: Ways to greet the puppy and for the puppy to greet people

- [Greetings & Exploration](#)

Puppy Play: Using their nose

- [Find It Game](#)

Remote Training:

- If you have other people in the household, have them act as “strangers” by having them dress up in funny costumes, hats and umbrellas, clown shoes, a tutu, and a face mask. Be sure not to make things too weird for your puppy – you can easily scare him by overdoing it. ***This is not a test!*** It's simply a way to introduce him to things that are different. If you're socially distancing but have neighbors or friends you could meet outside at a distance, use them as your new people.
- If no one is available at all, speak to your IAABC Accredited trainer or Certified Behavior Consultant about how to work around challenges.

UNIT 2: Guests

Theme: How to handle your puppy with visitors

Skills:

- [Puppy Zen](#)
- [Prompted and Unprompted Attention](#)
- [Down](#)

Socialization: Household noises

- How to help acclimate our pups to vacuums, etc.

Puppy Play:

- [Follow Game](#)

Remote Training:

- If you have other people in the household, If you have other people in the household, have them “come over” by going outside and ringing the bell before entering. Greet them as you would a visitor.
- If no one is available at all, speak to your IAABC Accredited trainer or Certified Behavior Consultant about how to work around challenges.



UNIT 3: Kitchen

Theme: Cooking & eating with your pup

Skills:

- [Puppy Zen](#)
- [Prompted and Unprompted Attention](#)
- “Come” using the [Get It Game](#)

Puppy Play:

- Tug

Remote Training: Tether in place

- Tether your pup using a leash (you can place the leash on a door handle and close the door), put a mat or bed down so the pup can relax on the mat and give the puppy a high value item to chew on while you are preparing your meal.
- When you sit down to eat, you can use the pup’s dinner to reinforce him for relaxing on the mat. Randomly drop portions of their meal on the mat while you eat your meal.
- If necessary, speak to your IAABC Accredited trainer or certified behavior consultant about how to work around challenges.

UNIT 4: Grooming

Theme: Toes & ears, coated/non-coated husbandry

Body handling: One body part each day

Skills:

- [Puppy Zen](#)
- [Prompted and Unprompted Attention](#)
- [Teaching Touch](#)

Socialization: Grooming tools & noises

- Clippers, grinders, blow dryers

Puppy Play:

- [Tug and The Off Switch Game](#)

UNIT 5: The Vet

Theme: Creating positive veterinary visits

Skills:

- [Puppy Zen](#)
- [Prompted and Unprompted Attention](#)
- [Down/Settle](#)
- [Eye Contact](#)

Puppy Play:

- [Teaching Touch](#)

Remote Training: Tether in place

- Work on [settle or down](#) in different areas of the home, on the porch, deck, etc. so the pup learns how to settle when the world is more interesting than inside the home. Practice around household activities.
- If you have children in the household, practice around children playing.
- If no one is available, speak to your IAABC Accredited trainer or certified behavior consultant about how to work around challenges.

UNIT 6: The Walk

Theme: Management, teaching & options

What management tools, leash, etc. will you use for walking an active, sniffing, running, bouncing pup? Use only non-aversive tools such as no-pull harnesses.

Skills:

- [Prompted and Unprompted Attention](#)
- [Name Game](#)
- [Loose Leash Walking](#)
- [Stop & Go Game](#)
- [Stealing & Object Exchanges](#)

Puppy Play:

- [Follow Game](#)

Remote Training:

- Start your skills training and follow games in the home. Once your pup is keeping the leash loose, move to your balcony, porch, and yard.
- If necessary, speak to your IAABC Accredited trainer or certified behavior consultant about how to work around challenges.

Reinforcers (commonly referred to as “rewards”) aren’t just food, though food is by far the easiest to use if that’s what your dog likes.

- | | | |
|----------------------------------|--|---|
| ■ Hot Dogs | ■ Kongs® | ■ A leaf |
| ■ Meatballs | ■ Squeak toys | ■ A paper plate |
| ■ Bacon | ■ Balls | ■ Anything that your dog finds interesting in the moment. |
| ■ Cheese | ■ Frisbees | |
| ■ Smoked Fish | ■ Playing tug | |
| ■ Liverwurst | ■ Running | |
| ■ Diced Chicken | ■ Swimming | |
| ■ Freeze-dried Liver | ■ Petting & Scratching | |
| ■ Other locally available treats | ■ Playing hide & seek with their human | |

USING MARKERS

What is a Marker? The use of a marker makes training easier for you, as it tells your dog the exact moment when he has done the right thing. A marker is a sound of your choice, e.g. the word “good.” A clicker is a marker, too.

You “mark” (say “good” or press your clicker) immediately when your dog demonstrates the movement or behavior you are looking for. Immediately after that, you will give a treat or provide another reinforcer. Your dog will learn that the sound of the marker promises good things, and you will be able to communicate what exact behavior he is getting “paid” for.

PRACTICE:

Charge the marker of choice (clicker/"good"/"yes" or other "magic words" or sounds). Mark and give a treat. Repeat this 6-10 times, rapidly. If you are using a word, be consistent with what word you choose. A marker is not the same as verbal praise, where you may choose from a variety of positive affirmations.

LIFE WITH PUPPY

Puppy-proof your home Puppies get into everything... EVERYTHING! There is no difference in safety between preparing for a puppy and a toddler. Get down on your knees and look at your home from your puppy's perspective. Look for wires, electrical outlets, rugs with fringe, hanging pot holders and dish rags that smell like food. Everything should be off the floor (put away your shoes) and closed up.

Set up a Puppy Space Don't allow your puppy the run of the house until he has been house trained. Start him in one room that can be enclosed by a door or gate, that you can be in with him. The room should have a crate (if crate training), chew toys and water bowl. If you don't have a room you can gate off, try getting an x-pen, or somehow gating of an area in an open floor plan room. That way your pup can have the freedom to walk around and you can watch him, and be set up to succeed when you can't by limiting the space he has to roam and find trouble or have an accident.

PUPPY CHEWING

All babies gnaw and chew to work through the discomfort of teething, but puppies especially need to chew. Dogs learn literally a world of information through their mouths and noses, and so chewing is a manner of exploration and physical health and energy expression as well as a way to get those new teeth out.

Make sure your puppy has age-appropriate things to chew. Pet stores are filled with options, but also ask your veterinarian or IAABC accredited or certified trainer for their suggestions.

Don't confuse your dog. Unless you want your dog chewing on all shoes, don't give them an old shoe to chew on, or sock, or household object. There is no way for them to know the difference between a "legal" and "illegal" object in that case.

A very young puppy who's teething may well love a wet, frozen washcloth to chew on. If you do that, be sure to supervise and hold the washcloth, or at least sit next to your puppy as he chews. Take it away as soon as he's done with it.

If your puppy chews something of yours you've left where he can get it, scold yourself and remember that puppies can only chew things we give them access to.

If you have small children it's very hard for anyone, canine or human, to know the difference between a dog toy and a kid toy. Do your best to keep the item separated, and your pup in a gated or crated area so that he's not chewing on your child's toys, and vice versa! *Never leave young children and dogs of any age unattended even for a second.*

Puppy Skills & Games The following section contains a group of basic skills to teach all puppies, and dogs, for that matter.





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Puppy Zen

(First few steps of a dynamite *Leave It* cue)

To play the name game:

1. Place a cookie in your closed hand and lower the hand to the dog's nose level.
2. Wait until your dog stops trying to steal the cookie. As soon as he backs off, mark and treat.
3. Once the dog is reliably backing away from the closed hand, wait until he backs off and then open your hand.
4. If he tries to steal the cookie, simply close your hand. When he backs off, open again. When he stays back away from the exposed cookie, mark and treat.

Note: If you have a strong dog with killer nails and your hands are getting torn up, try using gardening gloves until the backing away behavior is reliable.

Take it on the road: Now we will generalize the behavior.

1. Place the cookie on your knee. Use your hand to cover if they try to steal it. When they stay off the exposed cookie, mark and treat.
2. Once the dog is staying off the cookie placed in a number of places, wait a few seconds before you mark. When your dog looks at you say "Leave It" then treat.

TIP:

Don't set your dog up to fail! Many of us wait for the dog to back away, instead of noticing that the dog didn't go for the cookie in the first place. You're reinforcing "not taking the cookie," not the action of backing away from it. A dog who doesn't even approach that cookie is a super star!

Keep it fun!

Prompted Attention: Back Up & Focus

Start this exercise at home and with your dog on-leash. Have a few (4-15) treats in your hand (or a toy if your dog loves toys) and start practicing this with a very low level of distraction – only enough to be of mild interest. Try putting a potato on a chair, or moving a houseplant onto the floor where nothing usually sits, far enough away that your dog can't reach it.

1. When your dog looks at the distraction, call her name (once, not over and over again). As she looks at you, back up a few steps while feeding out your treats one at a time or playing with a toy. Tell her she's great and smile. Keep moving backwards, or turn and move away from the object while interacting with your dog. Hold your treats above your waist so you don't train the dog to look at your hands rather than your face.
2. Your voice is an important tool in training attention. Talk to your dog, praising and chatting with her as she moves toward you. This ongoing doling out of several treats (never just one treat for attention exercises), one after another, will help build the duration of attention.
3. Don't always give the same number of treats. Sometimes give four, sometimes ten, sometimes six and so on. Keep it interesting.
4. As the dog gets used to this game, try it with more interesting objects like a bowl of food, toys, other interesting and non-scary things. Also, practice moving toward the object without allowing the leash to get tight – call your dog back to focus on you without her practicing a tight leash scenario.



Unprompted Attention: Back Up & Focus

When you start this exercise, every time your dog looks at you without you having asked him to, smile and treat him with 4-15 treats, one after another, building the ability of the dog to look at you for several seconds.

1. You want to give several treats in succession to build the duration of attention.
2. If your dog looks away, wait for the next time he looks at you, don't try to lure him back to looking at you.
3. Make sure this isn't just about the treats, but is also about connecting with your dog by talking, smiling, playing etc. Sometimes give smiles, "hoorays!", clapping, a chance to sniff or run or play with a toy or chase a ball – use "real life" rewards for attention too.
4. As your dog learns the habit of unprompted attention, the treats can become far less frequent, and the reward of shared communication and other things the dog likes take their place.

Get It Game – Recall Training

The "Get It Game" can be used to teach a great recall. This is as easy and comfortable as dog training can get. You can do it while watching TV, cooking dinner, reading – anytime. It's the foundation for a good, solid recall.

1. Toss a treat so that your dog can see where it goes. Tell her to "get it!"
2. Once she's gotten the treat, say "Fluffy, come!" in a nice, friendly tone, and hold ONE treat out in your hand for her to see.
3. When she gets to you, give her the treat while you hook a finger from the other hand through her collar. Then throw another treat and tell her to "get it!". Your dog will quickly learn to come back to your side.

If your dog doesn't come when you say her name, don't repeat the cue. Walk up to her, stick the treat under her nose and lure her back to where you started. Give her the treat when you get back to your starting point. If she didn't follow that treat, you either need higher value treats, to go back to a shorter distance or play "[The Name Game](#)" first! Practice this several times a day in several locations. You can do this outside with your dog on-leash or long line, or in a fenced yard off-leash.

Sit

Why do we tend to teach our dog to sit? Because it is easy! Plus, it is incompatible with so many other unwanted behaviors, like jumping, running and pulling on the leash. If he's sitting, he can't be doing those other things.

STEP 1:

1. Put a yummy treat right to your pup's nose. Bring the treat back and over her forehead.
2. As her head moves up, her rear should move toward the floor. The instant she sits, mark and feed the dog while she's still sitting.
3. Tell her she's great, release her or ask her to stand up and move a little bit with you so she's no longer sitting, and repeat 5-7 times.

Note: There is no saying "sit" yet – the "sit" cue comes later!

If your dog walks backwards, sit on a chair (lower your body posture) or try next to a corner that keeps the dog from walking backwards. If he jumps, lower your hand with the treat in it.

STEP 2:

1. Lure your pup with your hand in the same position, but with no food in your hand.
2. When she sits, mark and treat. The treats should be in your treat bag, other hand, or pocket
3. Tell her she's great, ask her to move a little bit with you so she's no longer sitting, and repeat 5-7 times.

Note: In step 2 there is still no saying "sit" yet – the "sit" cue comes later!

STEP 3:

1. Say, "sit" just before you move your hand.

She will predict that when you say "sit," the known hand gesture will follow. Therefore, "sit" means, "do that thing that gets me a cookie after she moves her hand like that."

2. When she sits, mark and treat.
3. Tell her she's great, ask her to move a little bit with you so she's no longer sitting, and repeat.

4. Throughout the following repetitions, you can "fade" the hand signal by making it as small a gesture as possible, and then eliminating it after she understands. You've now got sit on a verbal cue!

Keep in mind, always say "sit" then give the hand signal.

You can practice both verbal and hand signals, but don't say "sit" at the same time that you signal your hand. Practice just verbal or just hand signals several times throughout the day and in many different locations.

Use "sit" before letting your dog out, before feeding her, before throwing a toy! This way she learns that "sit" means good things will follow and she will learn sit can be a way to ask for permission.

Follow

1. Have a handful of treats and let the puppy see that you do.
2. Start walking backward a few steps, and mark and treat the pup for moving with you.
3. Turn and start to walk forward, and if the puppy follows, mark and treat when she is beside you.
4. Walk around marking and reinforcing the pup for moving with you.

TIPS:

- Remember that the dog will most likely end up where you treat her, so be aware of where you feed.
- Treating at your side will set you up for lovely loose leash walking in the future.
- Watch for luring! Hold your hand next to your body, marking the pup for moving with you and drop your hand to pup nose level to reinforce.

Keep it fun!

Down

Getting a dog to lie down when and where you want him to and for the time you want him to remain in that position is very useful. It is the foundation for all stationary and calm behaviors, like settle and go to your mat.

STEP 1:

1. It might be easiest to start when your dog is sitting. But you can also start training with your dog standing in front of you. Get your dog's attention with a yummy treat kept between your fingers, almost touching his nose. Your dog should follow this treat with interest.
2. Move your hand swiftly toward the ground close to his chest until it touches the ground between the dog's front paws. He will probably follow the treat with the nose and lower the elbows to the floor, as this position is more comfortable for him. If he doesn't, try using a higher value treat.
3. If your dog is sitting and his head moves toward the floor his elbows will follow. Mark when his elbows touch the ground. If your dog is standing initially, you'll mark when his elbows and butt are on the ground.
4. When you mark, be generous and give several treats in a row, not all at once, to celebrate this achievement. Release him by throwing a treat or invite him to stand up. Repeat 3-4 times.

Note: There is no cue for "down" at this stage of training.

If your dog walks instead of lying down, keep the treat closer to his nose and chest or try to lure him under a low chair or through your lowered leg, so he learns to lower the elbows and hind end. You may need to hold the treats in your hand while he licks your hand. Then, he'll probably get bored and lie down to lick, and you will surprise him by opening your hand and giving him the treats.

STEP 2:

1. Lure your pup with your hand in the same position, but with no food in your hand.
2. When he goes down, mark and treat. The treats should be in your treat bag, other hand, or pocket, but be able to "jump" into your dog's mouth fast while he's lying down.

3. Tell him he's great, ask him to stand up again, or roll a treat for him to follow. Repeat a few times.

Note: There's still no "down" cue at this stage.

STEP 3:

1. Once he's consistently following the hand gesture, say, "down" just before you move your hand. This will predict, for him, that when you say "down", the known hand gesture will follow. Therefore, "down" means, "do that thing that gets me a cookie after she moves her hand like that."
2. When he does go down, mark and treat. Give him a treat that will take him some time to chew or several tasty treats in a row. Then invite him to stand up. Repeat 2-4 times.
3. Throughout the following repetitions, you can "fade" the hand signal by making it as small a gesture as possible, and then eliminating it after he understands. This way, you'll get a verbal "down" cue very quickly!

Keep in mind to always say "down" and then give the hand signal.

You can practice both verbal and hand signals, but don't say "down" at the same time that you signal your hand. Practice just verbal or just hand signals several times throughout the day and in many different locations.

Greetings & Exploration

- Allow the pup to make choices in greetings and exploring.
- They might want to stay back, approach, or take time to decide either way.
- Use food placement to help with good greeting choices – keeping your treat low and at nose level helps to keep paws on the floor rather than jumping.
- Limit jumping for over-the-top greeters by asking them to sit instead.
- Allow close-up and personal interactions and then call back for a treat and so that you limit the puppy's excitement or potential anxiety level.

Exposure to Novel Stimuli

The ability to not just tolerate, but easily accept different settings, objects and situations makes all the difference in a puppy's life, and in yours as well. Normally, going out on walks in the city and the country, to friends' houses, to school yards and parking lots and street fairs would all be recommended in easily-tolerated doses. While this isn't all possible, some of it certainly is, and some can be reproduced more or less.

- Go for walks with no agenda or deadline. Let the pup explore.
- Go to the opposite setting from where you normally live, either the city or the country. In regions that allow going outside, wearing masks and keeping distance from others still allows you to show your dog more of the world than your neighborhood.
- Make a mock flea market in your hallway or yard, or a friend's yard. Weirdness is good if it's not scary, so a lamp, chair, box with a ball in it, and a wind-up toy and fluttering mobile placed in an odd location are fantastic to explore.
- Hair dryer, vacuums, microwave beeps and other household sounds should be paired with lots of food if your puppy shows any hesitation around them. Simply scatter lots of small treats on the ground, or feed one after another until the sound stops. When the sound stops, the treats do, too.
- Create "strangers" out of family members by having them dress up in costumes, or with hats and parkas in the summer. Find ways to appear different, such as walking with a limp.

Be careful not to scare the puppy! If you see any hesitation at all and the pup doesn't immediately move forward to explore, take off the costume and quietly let her know all is OK.

- If possible, have neighbors walk toward you maintaining an appropriate distance, and ask your dog to sit when you stop moving forward.
- This is also a good exercise if your neighbor has a dog to practice with – keep an appropriate distance and have both dogs sit when you stop walking.



Find It

On the surface this couldn't be simpler: Toss a handful of tiny treats on the ground and encourage the puppy to 'find' the cookies.

- The key to this is to share in the excitement of finding those treats!
- "Oh my gosh!" "Here's one!" "Oh, look!" You should be interested in what your puppy is doing.
- The look on your puppy's face will tell you all you need to know – you get it!
- This works wonderfully with full-grown dogs, too, and has served to enhance many relationships between dog and owner.

Tug

1. Encourage the pup to grab a soft toy you're holding, and let the puppy pull back on it. Let go of and then encourage the pup to restart the game.
2. If the puppy's teeth nip your hand, or if the dog is getting too excited, stop the game, go do something else and start again when the puppy has calmed down.

Remember that puppy teeth shouldn't take the hard yanking and pulling that adult dogs might enjoy in this game.

3. If the puppy just can't let go, use a cookie to encourage the pup to release the tug and add the cue "give." or "drop it" or anything else you like. Then present the tug and add the cue 'tug'.

THE OFF SWITCH:

If the puppy is over-excited, or simply when teaching how to "turn off" the game, hold the toy away from the pup's reach and wait for the pup to sit. When the pup sits, mark the sit and use toy play as a reinforcer. This assumes you've taught your puppy that "sit" is the default behavior to do when in doubt.

Keep it fun!

Eye Contact

1. Have a handful of treats, and stand with your dog in front of you. Your hands should be at your side and you should try to look relaxed, not weirdly stiff!
2. Wait for eye contact. If your dog paws/nudges your hands, move them behind your back. Keep your eyes on your dog and wait silently. *It's extremely important that you not "hard stare" at your dog while doing this. Smile – this is something you're doing together, and you're behaving strangely!*
3. Be ready to mark and treat. Usually in a few seconds your dog will accidentally look at your face. As soon as they do, mark and treat.
4. Stand still and wait again. The next time your dog looks at you, mark and treat. Repeat for a minute or two every day for 2 weeks, then a few times a week for the rest of the dog's life. You don't need to name this behavior, just reinforce your dog looking at you for information and a "hello" as a natural part of their behavior for the rest of their life.

The Name Game

"The Name Game" teaches your dog attention and focus upon hearing his name. It couldn't be simpler, as long as you know what your dog loves.

To play the name game:

1. Just say your dog's name.
2. When your dog turns her head to look at you, give her a small, very yummy treat from your hand and let her know what a genius she is for having chosen to do that.
3. As she starts to look at you, smile, and give her a treat each time. She doesn't have to sit or continue looking at you.
4. Do this 5 to 10 times in a row, then smile and "release" her by telling her she's great. You're done!!

As your dog quickly learns that her name equals treats and attention, practice this in varying environments and with varying distractions: at home, at a bus stop, at a park etc., and at longer distances.

Touch or Target an Object

Touch is the beginning of a whole new world of tricks and control with your dog. When he has learned to touch an object (your hand, a plastic cover, a piece of paper, or a pencil) with his nose, it's easy to teach your dog to walk at your side, to call her away from an object, and to learn dozens of tricks like closing doors or ringing bells.

Touching your hand or an object is also known as "targeting." Here's how to teach this skill:

STEP 1:

1. Offer your empty hand in front of your dog's nose. Make sure you choose a hand signal different from what you use for sit, down, or stay. It could be your open hand, just two extended fingers, or your closed fist.
2. Your dog will likely look at or smell your hand. When she does, mark and give her a treat with your other hand. Repeat 3-5 times.

If she doesn't look at or sniff your hand, move your hand slightly toward her, in a circle, or in any friendly way that calls attention to it. Then mark and treat when she looks at or smells your hand.

STEP 2:

1. Repeat, but, now, mark when her nose actually touches your hand. When she has learned to touch your hand to get a treat, you are ready for the next step.

Remember that if your dog "won't do" something, it really means you haven't made what you want clear, or she's afraid, or there's another reason she won't. Ask yourself, why wouldn't she do something for a treat she loves?

STEP 3:

1. Hold your target hand 5 cm (2 inches) to one side of your dog's face, mark and treat when he touches it with his nose. Repeat.
2. When your dog clearly understands this trick, start switching sides (and hands) and the position of your hands. Mark and treat when the dog touches your hand with his nose. Keep it fun and variable for him. This is not a serious, silent game – it should be light and fun.

Loose Leash Walking: Stop & Go

The following contract with your dog says that you will be consistent and kind while training them to walk with a loose leash.

Rule 1: If your leash is attached to your dog's collar, pulling will never work.

Rule 2: If you don't have the time or patience to train, put a harness on your dog so you don't break Rule 1.

Harnesses with a front attachment ring are a good place to start to manage a dog who pulls. They reduce pulling while your dog can get a bit of exercise. Keep in mind, however, this does not replace training but can assist with teaching leash skills. Long lines are excellent for more physical exercise like running, but be sure to clip the line to the attachment ring on the dog's back between his shoulder blades instead of on his chest to reduce the risk of your dog injuring himself.

Training loose leash walking: always be sure to connect with your dog. You can't train your dog while you're talking on your cell phone or listening to music. You have to achieve a real connection with your dog – this is not just about treats. Therefore, you should begin training this skill in a calm environment without competing distractions that may impede your dog's ability to pay attention. If necessary, begin training in your home or yard.

1. Stand next to your dog. Then take one step forward.
2. If your dog moves with you, mark, smile and give him a treat. You can vary how frequently you give treats.
3. As long as your dog stays at your side, give him constant feedback. Mark and treat near your hip, knee or ankle, depending on the size of your dog. For a miniature dog or a puppy, you can use a kitchen spatula with cheese or baby food on it for them to lick off so you don't have to constantly bend over.

If your dog pulls, **stop moving**. Wait until your dog reconnects with you, when he does – maybe just a small sign like an ear slightly tipped back in your direction, turning his head, or ideally making eye contact, thank him and give several treats (between 5 and 10) one after another.

Your dog should move toward you to be rewarded if he is in front of you. Don't move toward your dog to give treats!

4. Next, you can decide if you will continue in the same direction, to one side or to the other, or back the way you came – you aren't trying to go very far this first training session. You are trying to create the habit of saying to your dog: "we aren't going anywhere if you are pulling on the leash."

Stop & Go: It takes two to have a tight leash. If your dog pulls on the leash, remain still (stop). Don't pull back, yank, jerk or tug on the leash. Your job is to keep your dog safe and guide him, don't be the other end in a game of tug of war. It is your dog's job to keep a loose leash. You will pay him with treats and permission to walk, sniff and explore (go) – always with a relaxed leash. You might discover that a good portion of the pulling comes from your end of the leash.

At first, practice this in a low-distraction environment. Increase the level of distractions gradually, praise and treat your dog generously when he performs well in difficult situations. Also, your dog has likely already learned to sit, this is a useful skill to practice with loose leash walking because it will give both you and your dog a break.

SOCIALIZING DURING SOCIAL DISTANCING

Socializing a puppy, meaning exposing her through gentle, gradual increments to the world around her, is extremely important, and difficult to do at a time of social distancing.

Appropriate greetings toward people and other dogs is also important to teach as early as possible – again, not so easy during times of relative isolation.



Stealing & Object Exchanges

Chasing a dog around to reclaim the stolen item creates more stealing rather than less.

Even if you're scolding or punishing the puppy, you're still giving him attention. *Speaking of which, never scold or punish a dog for stealing something. Remember that a puppy can only steal an object that a human has left within reach, so if you want to scold someone, scold yourself!*

1. Give your dog a bone or a toy he likes. Before he's really engaged with it, take the toy, give him a high-value treat, and give back the toy. *That's it! Avoid frowning like you're doing something hard or weird.*

You're conditioning a positive emotional response to removal of the object by doing this: person picking up my stuff means "good thing plus I get my stuff back!"

- Don't do this every time the dog has a toy or an object, but do it routinely enough so that it's not abnormal or under "special circumstances."
- Enhance the "trade game" by trading one object for another of slightly higher value. You can make the object in your hand of higher value by smearing on a little peanut butter, butter, cream cheese or foie gras. Hand him the "improved" object, let him work on it for a little while, then trade it for the one you've taken, which you've also "improved." In other words, as the yummy stuff is eaten from the one he's got, the new one will be more valuable.
- Have different people practice this exercise, and with various toys and objects. Keep bodies loose and approaches "normal." Try not to walk stiffly and directly frontally – approach as you would if you weren't worried! Keep your body loose, approach from different angles, and breathe!

SAFETY CHECK:

You may need to only allow your dog very, very short amounts of time with the yummy object, so don't put too much on. Some dogs will give up an object readily if they've only had it for a few seconds, but once they settle in with it become more possessive. Put just a dab on the object at first as you learn how long he's able to be with the object while still comfortably trading. *Note: this should be done with the toy at a distance and the dog tethered at first if you are normally unable to take the object from your dog safely. Simply seeing the object, perhaps five feet in front of him, is enough to start.*





PUPPY BODY HANDLING

One thing we want to do while our puppies are small is teach them to enjoy being handled and touched all over. We don't just want them to tolerate being touched, we want them to love being touched as much as possible. Then when they're not enjoying the experience, say at the veterinarian's office, or when they've got something in their paw or muzzle, the unpleasantness will only be due to the circumstances, and not an added stressor for a dog already averse to being touched in those areas.

Perform these exercises without a leash, if possible. If a leash is required, always allow your puppy to move away from your touch, while practicing.

Consent is imperative for these exercises. If the dog is not consenting to be touched, you're instead sensitizing her to it, and making things worse.

There is a special order of operations for the following exercises. It is very important that you **reach for or touch the puppy first, then deliver the treat**. Avoid feeding your puppy the treat as you reach for him! This is extremely important. We want puppies to associate us reaching for or touching them with the opportunity to eat a treat.

Body Handling: Tail & Hindquarters

If we touch him and feed him at the same time, our puppy may not notice we are touching him, or he might stay to eat the treat even though he feels uncomfortable.

Practice this order of operations without your puppy, first. Use an object, like a book, and practice touching the book, then removing your hand, and extending your hand with the treat in it toward the book. This practice may feel foolish, but you will be glad for the practice when you work with your live, wiggly pup!

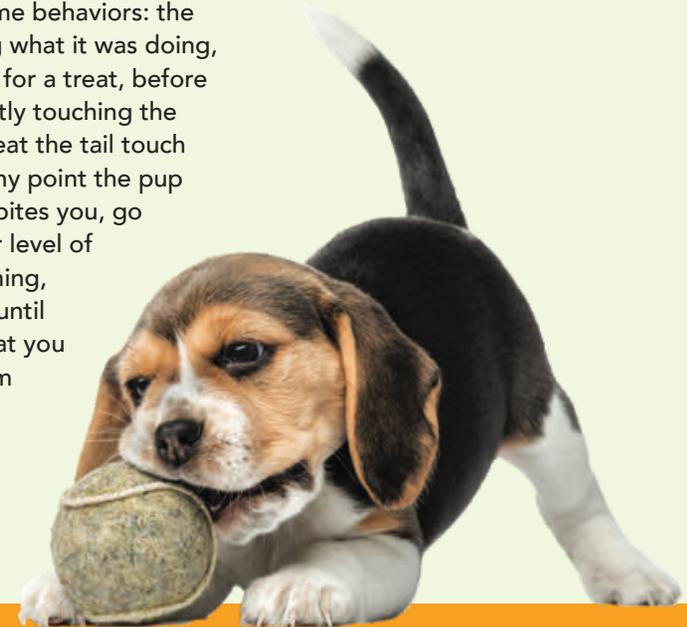
Remember to smile, or at least have a relaxed face and attitude. If you're frowning in concentration, your dog will wonder what is up that's so concerning. You can also chat with your puppy as you go along. This is a casual but important time you're spending with your dog, not a chore!

Don't put the treat you're going to give in the same hand you're touching your dog with. The dog will naturally turn her head and become a fluffy pretzel bending and twisting to see what that yummy thing is in your hand, making your job much harder and distracting the dog from noticing what's going on.

Note: If at any time during these exercises your puppy becomes upset, growls at you, or bites you hard enough to leave a mark, stop! **Do not proceed with additional exercises.** Contact your IAABC Accredited trainer or certified behavior consultant about how to work on these tasks with your pup.

Have 25-50 treats in a container next to where you'll be working with your pup.

1. Gently touch your puppy's back, then feed a treat. Did your puppy calmly accept the touch or did he or she whirl around to see what you were doing?
2. Next time, watch your puppy's face as you touch her back. Does your puppy keep her head still and glance at you, eager for a treat? Or does your puppy fling her head around, try to move away, or try to bite your hand? If your puppy puts his mouth on your hand, or snaps at your hand, stop. Go back to gently reaching for the puppy's back, and feeding a treat. Repeat the reach-treat exercise until your puppy looks at you for a treat, when you reach for him.
3. If your puppy is looking at you for the treat, you're at the right level of touch, and can repeat the back-touching and feeding exercise five more times.
4. When your puppy looks at you for a treat for five repetitions, change your light touch to the base of his tail, then feed. If your puppy puts his mouth on your hand, or snaps at your hand, stop. Go back to gently touching the puppy's back, and feeding a treat. Repeat the reach-treat exercise until your puppy looks at you for a treat, when you touch his back.
5. Watch for the same behaviors: the puppy continuing what it was doing, or looking at you for a treat, before moving onto gently touching the puppy's tail. Repeat the tail touch 5-10 times. If at any point the pup lunges at you or bites you, go back to the lower level of stimulation (reaching, light touch, etc.) until the puppy looks at you when you perform that action.



Body Handling: Ears

Have 25-50 treats in a container next to where you'll be working with your pup.

1. Gently touch your puppy's ear, then feed a treat. Did your puppy calmly accept the touch, or did she move away?
2. Next time, watch your puppy's face as you touch her ear. Does your puppy keep her head still and glance at you, eager for a treat? Or does your puppy fling her head around, or try to bite your hand? If so, stop. Reach for the puppy's ear, then feed a treat. Repeat 5-10 times, until your pup looks at your face for a treat when you reach for her ear.
3. If your puppy stays close to you and looks at you for the treat, you're at the right level of touch. Repeat 5-10 times, then switch to the other ear.
4. Look for the same signs when you touch the other ear. The puppy should continue what she was doing, or look at you for a treat. If at any point your puppy moves away, stiffens her body, snaps at you, or bites your hand, stop. Speak to your IAABC Accredited trainer or certified behavior consultant about how to proceed with this exercise.

Body Handling: Paws

Have 25-50 treats in a container next to where you'll be working with your pup.

1. Gently touch one of your puppy's paws, then feed a treat.
2. Next, watch your puppy's face as you touch a paw. Does your puppy glance at you, eager for a treat? If so, repeat 5-10 times. Notice: Where are your puppy's ears? Are his eyebrows relaxed or scrunched together? If your puppy stays with you and looks to you for the treat, you're at the right level of touch and can move to the next paw.
3. If your puppy pants or show the whites of his eyes, or tries to bite your hand, stop. Reach for the puppy's paw, then feed a treat. Repeat 5-10 times, until your pup looks at your face for a treat when you reach for his paw.

4. Repeat this exercise with all four paws. You may find that your puppy is more sensitive about being touched on his back paws. If so, alternate between touching your puppy's front paws, and feeding a treat, and then only reaching for the back paw, then feeding a treat. Once your puppy will watch you for a treat as you reach for a back paw, then you can try touching that paw again.

Body Handling: Mouth

Have 25-50 treats in a container next to where you'll be working with your pup.

1. Start by just lightly scratching your pup under the chin, then feeding a treat. If your puppy is excited, start instead by touching his chest, and feeding a treat. Then, take your hand away and put it under his chin, and feed a treat.
2. Next, gently lift your puppy's chin with two fingers, as if you are trying to get her to hold her head up, and feed a treat. If your puppy backs up, puts her mouth on your hand, or bites at your hand, stop. Go back to gently scratching under the puppy's chin and feeding a treat. Once your puppy eagerly reaches for the treat when you touch under her chin, repeat 5-10 times, then go to the next step.
3. Next, gently touch the tops of the puppy's nose and feed a treat. If your puppy tries to bite or mouth your hand, stop. Instead, reach for the pup's nose and feed a treat. Do this a few times until he is waiting with his mouth closed, for you to deliver a treat. Repeat 5-10 times.
4. Make a C with your hand and gently cup it over your puppy's muzzle, like you plan to hold it – but don't grab your puppy or squeeze his muzzle! Just lightly cup your hand over his muzzle and feed. Did your puppy calmly accept the touch, or did he or she move away? If your pup moved away, only reach for his muzzle next time, then feed.
5. Now for the fun part! Gently lift your puppy's lip on one side of his mouth and put a treat in his mouth! If your pup stays nearby, repeat 5-10 times. If your pup moves away, repeat the muzzle handling step until your pup is eagerly awaiting the treats, then try again.

DOG BODY LANGUAGE WORKSHEET



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DOG BODY LANGUAGE AWARENESS WORKSHEET

THE SUM OF THEIR PARTS

Dogs have a rich and expressive language they use to communicate with the world around them. Rather than using words, dogs use body language to express what they're feeling. Each area of their body moves alone or in conjunction with other areas, so their body language can add up to more than just the sum of all their parts. They're incredible!

Pick two behaviors at a time and watch your dog for two minutes. See how many times, if any, you see your dog display those behaviors. Be careful not to stare! If you act differently your dog will, too, and you won't see what's really going on with him.

What environment is he in?

Which behaviors does he do more in which environments?

What do you think those behaviors might indicate?

Pick a couple of behaviors each day until you've completed the list. This is a great first step in being fluent in dog. And remember, *don't stare!*

TIP:

Watch the body language videos on the [IAABC Crisis Response website page](#) and see how many of these signs you see.

Worksheet

Check and look for behaviors that aren't on the list!

Use the free space to add your own observations and notes.

✓ HEAD	✓ TAIL	✓ BODY & LEGS	✓ EARS	✓ NOSE & MOUTH	✓ EYE MOVEMENTS	✓ VOCALIZATIONS	✓ OTHER
Up	Up	Lean forward	Up	Lip lick	Eyebrow movement	Whisper	Compressed
Down	Out	Lean back	Forward	Nose lick	Eyebrows positions	Squeak	Upright
Right	Down	Stretch rear legs	Back	Tongue flick	Eye contact	Bark	Scratching
Left	Under	Bow in front	Right ear flick	Sneeze	Glance left	Growl	Rubbing
Tilt right	Tip twitch	Turn right	Left ear flick	Snort	Glance right	Squeal	
Tilt left	Circle wag	Turn left	Alternate ears	Sniff	Look up	Sing	
Nod	Full wag	Crouch		Smile	Look down	Talk	
Shake	Slight wag	Lie down		Snarl	Wink	Grumble	
	Thump	Lift front right foot		Pant	Blink	Howl	
	Full body wag	Lift front left foot		Dry pant		Groan	
	Tip wag	Lift rear right foot		Click teeth		Sigh	
		Lift rear left foot		Yawn		Scream	
		Sit		Mouth open			
		Lean on left hip		Mouth closed			
		Lean on right hip		Whiskers forward			
				Whiskers back			
				Whiskers relaxed			

SOCIAL RESTRICTIONS DUE TO EMERGENCIES



ADDENDUM FOR SOCIAL RESTRICTIONS DUE TO EMERGENCIES

INDOOR ELIMINATING

In the event that we are required to remain in place without the ability to walk our dogs, a complete reversal of everything we've taught our dogs about house training is necessary, especially for apartment dwellers.

This is a really difficult issue for a number of reasons: We don't like having to do it, so we're going to be stressed around our dog. Our dog will be freaked out and likely resistant. And when it's all over, well, we'll have to change the rules once again.

While positive reinforcement training is always important, it's truly critical that this be done with patience, kindness, understanding, and a bit of good humor, even if it's not remotely funny. In the end, your relationship with your dog, keeping them feeling safe, and your own sanity and blood pressure are far more important than any piece of carpet or flooring.

At no time should you ever scold or punish your dog for anything that occurs during these tense and trying times. They have no way to understand our human emergencies and restrictions.

Capture the behavior and give it a name. If you're not already in lockdown, each time you (or anyone) takes the dog out to eliminate watch for signs that the dog is about to urinate or defecate. You know your dog best, but some common signs are sniffing, turning in a circle, walking to the side of the walkway, or crouching. When you see your dog starting to eliminate, calmly say your cue (this is not the perfect way to train a cue, but it'll do in this case). Your cue can be anything you wish. Common phrases are "go potty," and "go to it," but you could say, "elephant" and it would work just as well. The words mean nothing to the dog at this point.

Be sure to say your chosen word quietly and calmly so as not to interrupt the behavior of eliminating. When he's done, reward him with a treat, praise, some light petting if your dog likes that.

If you're already in lock-down and unable to take your dog outside to eliminate, follow the same steps, but this time:

- Choose a location where you'll want your dog to eliminate.
- If at all possible, put some dirt, grass or soil to place on the location – ideally from a place where your dog often eliminates outside.
- Take your dog to that location hourly.
- Make sure the location is:
 - At a reasonable distance from the food and water bowl
 - At a reasonable distance from the dog's bed
 - In a calm, out of the way spot
 - Easy to clean

If you used a substrate when you were originally potty training your dog (soil, litter, newspaper, pads) use the same thing now if possible.

Close off access to all other rooms in the house. Your dog will likely be desperate to relieve themselves, but not want to do it in front of you. Out of the way spots, like behind little-used furniture or in unused rooms, are common places for uncomfortable dogs to go.

If your dog is crate trained, keeping him in the crate and then taking him directly to the new potty place can often speed up the process.

Changing habits and learning to identify a new place as a toilet is not easy for a dog who has gone potty outdoors for years. Be patient. Really, we have no choice anyway.

Again, never scold or punish your dog if he relieves himself indoors but outside your designated location. This can cause significant issues around potty in the future.

A hugely stressful and different situation such as a lock-down is as difficult for our pets as it is for us, but we know why it's happening, and they don't. They will adapt if we help them.

Then, when the lockdown is over, be sure to give many, many chances to be "right" by eliminating outside. If they continue to eliminate indoors, simply reverse the process, ignore the unwanted behavior, clean the area very well with an enzymatic cleaner, and take it easy on yourself as well as your dog. You'll get through this together as a team. The emotional support you give each other is what you'll most care about in the end.

MASKS AND STRESS

There are some things that need to be considered when training during this pandemic, or at other "weird" or stressful times for ourselves and our animals.

- Be aware of how our masked human faces are perceived by our animals.
- Be aware of your breathing – tense and stressed people breathe differently than relaxed people, and our dogs pick up on that.
- Remember to smile sometimes. This is not an "up with people" cheer, but in fact affects the "normalcy" quotient in terms of how you are behaving around your dog.

- Be aware of how that stress may be impacting training – there may well be days when it’s a good idea just to work on tricks your dog already knows, like sit and touch, to give you both something positive to focus on, to build that reinforcement history, but to create no additional stress by attempting something difficult for either of you.
- Be kind to your dog, to those around you, and to yourself.

PREVENTING SEPARATION ANXIETY AFTER COVID-19

When life returns to “normal,” many dogs will return to being alone for a good portion of the day. This might be a hard adjustment for many dogs. Some dogs might suffer from separation anxiety-related issues.

Here are a few ideas to prevent separation anxiety from developing or returning after the lockdown ends.

Routine: Develop a schedule that mimics a normal day. This means meals and walks at approximately the same time that these things normally occur during an average day. (We know you’re not going to do this, but it’s great advice!)

Preventive training:

- Routinely practice departure cues (picking up your keys, putting on your shoes) without actually leaving.
- Practice leaving your pup alone in her special safe zone or on her pen and leave the room.
- Leave the house every single day without your dog, even if you can only go as far as a porch or hallway some days. If you can, go for a walk, do some yard work, go to the supermarket, take your laptop outside to do some work or watch some Netflix in the sunshine, or clean your car. Often!

Crate/pen/safe area: If you usually leave your pup in a kennel, an exercise pen, or special area of the house when you go out, then have her go to this spot for short periods while you are present. For example, when you are watching a movie, put her in her pen with a stuffed Kong or puzzle toy. If it’s been a few weeks since she’s been in this space, start with a short period and gradually increase the time she’s contained. Reward her quiet and calm behavior with treats, quiet praise, or whatever else she values.

Greetings: When you do get home from being away remain calm and keep the greetings to a minimum for a few minutes until your dog is calm and settled. You don’t want to make it a big deal. This also goes for departures. No need to ignore the dog, just avoid over-the-top attention. If you’re not sure how to do this, think about your partner or kids. When you come back from the store or a day of work, how excitedly do you greet them?

Freedom: Many dogs who already have separation anxiety do better when they are not confined to a small space like a kennel. This might be a good opportunity if you have been using one to start leaving your dog with more freedom. Start with very short absences and work your way, slowly, to longer and longer away time.

The main thing to keep in mind is that your dog will need some alone time every day. While this is a great opportunity to spend more time with your dog – and spend some of that time training and enriching them, not just cuddling them – remember that the world will return to normal, likely in a few months. Let’s make sure “back to normal” is a good thing for your dog, too.



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