



ANIMAL FARM
FOUNDATION, INC.

SINCE 1985

Giving dogs the skills to succeed

BASIC MANNERS FOR DOGS

ANIMAL FARM FOUNDATION

We believe that all dogs are individuals
and every dog deserves a chance to shine.

CONTENTS

How Dogs Learn

Training and Handling equipment

Playing the Name game

NILF

Sit and Sit Stay

Stay Checklist

Down

Down Stay

Off

Drop it

Leave it

Wait

Heel

Fading Lures

Teaching dogs good manners is a priority, whether you're working with dogs in a shelter environment or sharing your life with a dog at home.

For shelter dogs, having good manners will impress potential adopters and increase their chances of adoption. And for dogs already in a home environment, training can be the key to a happy, healthy bond between families and their dogs.

Training is an excellent source of mental stimulation for any dog. Spend a few minutes a day working on the following basic manners with your dogs and you'll give them the tools they need to succeed!

PLEASE NOTE: *If your dog is displaying serious behavior issues, such as resource guarding or aggression, please consult a professional prior to using the training techniques included in this booklet.*

Questions? Please contact us:

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● TRAINING

HOW DOGS LEARN

Dogs learn through consequences, just like humans do. Our training handouts teach dogs by using positive reinforcement, such as treats and praise, to increase desired behaviors, like sitting and staying.



POSITIVE REINFORCEMENT

Positive reinforcement utilizes anything that, when presented immediately following a behavior, causes the behavior to increase in frequency. The most commonly used reinforcers are treats and verbal praise, but some dogs respond well to favorite toys and activities. The most important thing is that the reinforcer must be pleasing to your individual dog.

After you determine what to use as a positive reinforcer with your dog, you can then utilize it to strengthen your dog's behavior in various scenarios by presenting the desired item immediately following your dog's actions. By rewarding them for their behavior, your dog will be more likely to repeat his actions the next time he encounters a similar situation.

Here's an example of Positive Reinforcement:

- You ask the dog to sit.
- He sits.
- You give him a treat.
- He is more likely to sit the next time you ask.

Dogs can also reinforce themselves by acquiring something they want on their own.



Here's an example of how a dog can provide himself with a reward for his behavior:

- You left a piece of steak on the counter.
- Your dog jumped up, grabbed the steak off the counter, and ate it.
- Oops – your dog reinforced himself by getting a reward for counter surfing!
- Your dog is going to be more likely to jump on the counter the next time food is left out.

In order to control what your dog is rewarded for (instead of letting your dog reward himself for unwanted behaviors) you'll need to manage positive reinforcements by setting your dog up for success. You can do this by putting away items you don't want your dog to have (such as food, shoes, or children's toys) or restricting your dog's access to these items by using gates or crates.

TIPS FOR USING POSITIVE REINFORCEMENT EFFECTIVELY

For maximum effectiveness, a reinforcer should be given immediately after the desired response. Immediately means within seconds of your dog performing the desired action. This very small window is when dogs can make the connection between their actions resulting in a reward. If more time goes by, your dog may not understand why he is being rewarded. For example, if your dog stands up, after they successfully perform the desired sit, but you give them the reward anyway, they'll think you've rewarded them for standing up, not sitting. Remember, the reinforcer can only strengthen the behavior that it immediately follows.

SECONDARY REINFORCER

Because it can be difficult to accurately time the treat so that our dogs make the connection between their

action and receiving the reward, we can use a secondary reinforcer to bridge the time between the behavior and the delivery of the reward.

The most common and effective secondary reinforcers are marker words (such as "yes") and clickers. We can quickly deliver a well-timed "yes" or a click within a second of our dog performing the desired behavior. This quick and clear message helps dogs learn effectively. Using an audible secondary reinforcer establishes a very clear message of approval and provides us with a moment to deliver the primary reinforcer, the treat or toy.

CONTINUOUS AND INTERMITTENT SCHEDULES OF REINFORCEMENT

Continuous reinforcement means that every time the dog performs the behavior, he gets a positive reward. When you begin training with your dog, use this schedule until the dog understands what behavior you want him to perform. Continuous reinforcement should be used until your dog successfully responds to both the verbal command and the hand signal in various scenarios, as well as with distractions that increase the difficulty of the task.

Once your dog is consistently and successfully performing the desired behavior, you can switch to an intermittent (or varied) schedule, which means that your dog is reinforced only occasionally. For example, you could give them a treat every other time they sit, then every third time, then a couple times in a row, etc.

This variation will help a behavior to 'stick' because your dog will never know when a treat is coming, so he'll continue to work, in the hopes that the next time will pay off.

(continued on next page)



Why vary the reinforcement after your dog learns a new command? A dog who has had continuous reinforcement every single time he performs a behavior, will quickly notice if the reinforcement stops. He may try this behavior a few times, but if no reinforcer is forthcoming, he'll eventually stop trying and this behavior becomes extinct. *(continued on next page)*

Giving rewards intermittently will make your dog want the treats more and will continue to try, even if they aren't rewarded the first time they've successfully performed the behavior. This will allow your dog to get used to working even when there isn't a reward.

Here's an example of how intermittently rewarding a dog will encourage them to keep trying: If you give your dog a bite of your dinner once in a while, but in between you say "no", your dog will keep begging for food. If you say "no" continuously, every single time, they will eventually stop begging for food. But rewarding them with food every once in a while will keep them trying for more in the hope that you might slip them one more bite! Same thing with sleeping in your bed or letting them jump on you – letting them do it every once in a while will keep them trying for more.

NATURAL REINFORCERS

Eventually, dogs will perform the behavior for natural reinforcers, as well as the ones we have provided on an intermittent schedule.

Here's an example of a natural reinforcer: When your dog wants to go outside, you ask him to sit and wait by the door, before you will allow him to go out. The natural reinforcer is that he will be rewarded by going outside, where he will likely enjoy a walk or play time. Eventually, your dog will automatically sit and wait by the door, until you open it.

DEFINITIONS OF OTHER COMMON TRAINING TERMS

LURING: To use a desired item (like a toy or treat) to get a dog to move in a certain way by enticing them to follow the item into a particular position or behavior.

For example: When teaching a dog to sit, put a treat to your dog's nose, then lift the treat over the dog's head and his rear end will touch the ground. You're luring him into a sitting position with the treat.

SHAPING: To break a desired behavior into smaller parts and marking and rewarding these steps when they happen. Shaping is especially useful in teaching more complicated behaviors. **For example:** If you wanted your dog to pick up your keys and hand them to you, you would use shaping by marking and rewarding the dog just for sniffing the keys. Once your dog is consistently sniffing the keys, wait for him to mouth them, then reward that small step. Once he is mouthing the keys consistently, only reward him for picking them up with his mouth.

TRAINING AND HANDLING

Equipment for you and your dog

No two dogs, or two human handlers, are alike. At Animal Farm Foundation, we treat every dog and every handler as an individual. We use a variety of training tools to help each dog and each handler have a positive, successful training experience that will promote the human-canine bond.



BAIT BAG

This is used to carry all of the “good stuff” like treats, toys or whatever else might motivate the dog to want to learn. There are bags made specifically to hold training treats, or you can improvise a treat bag. The style of bag can be as individual as the handler. A pocket can also be used if the lingering smell of treats is not a problem!



TREATS

Treats can range from kibble to real meat, depending on the level of distraction the dog and handler are experiencing during a training session. Using kibble for training at home is usually good enough but out in the “real world,” with real life distractions, the reinforcement will need to be bumped up with treats that the dog thinks are worth his attention.



LEASHES

There are many leash options. Use a leash that is soft on the hands and about six feet in length for non-reactive dogs. A leash of four feet in length is best for a dog who reacts to people or animals when out in public. The shortened leash will allow the handler to help the dog avoid bad experiences. Exercise caution with expandable leashes, as they often give the handler much less control of the dog, and can cause injury if the cable is grabbed in an emergency. If dropped on the ground, the plastic expandable leash handle will bang behind the dogs and could frighten even the bravest dog, which could result in the dog running away.





CLICKER

The clicker is used to mark the exact moment that a dog does the “right” behavior and is followed by a treat. In place of the clicker, the word “Yes” can be used, giving the handler one less thing to hold during a training session.



FLAT BUCKLE COLLAR

Collars that display the dog’s name, phone number, rabies tag and any required licensing are a must to ensure a dog’s safe return home. If using a flat buckle collar for walking a large dog, it is safest to have a metal buckle. Plastic closures can snap open if the dog pulls, leading to an off-leash pooch. For large dogs or strong pullers, consider a sensation harness or head halter for walking.



SENSATION HARNESS

The sensation harness is designed to clip in the front of the dog, at the chest. It is meant to be comfortable for the dog to wear, as it takes pressure off the dog’s neck. It also makes it easier for the dog to use appropriate body language when he meets other dogs and people. The sensation harness also gives the handler more control of the dog’s body as the dog is steered from the shoulders.



HEAD HALTER

The head halter fits around the dog’s nose and back of the head. It is a good piece of equipment for reactive dogs. It will give the handler better control of the dog’s head, which translates to more control of the dog’s entire body. A note of caution for this piece of equipment: For the comfort, safety and success of the dog, the handler will need to fully understand the proper use of the halter.

Training is a team effort and is most successful when the handler and dog are enjoying each others company while working together. Use training equipment that will promote a positive and pleasant experience for the dog and a sense of accomplishment for the handler.

PLAYING THE NAME GAME

AKA Cookie Toss!

THE GOAL: Teach your dog to respond to their name. The Cookie Toss Game will help you get your dogs attention whenever you call his name.



HOW TO:

- Show your dog a treat.
- Toss it a short distance.
- Your dog will run to get it.
- Say his name right after he grabs it.
- When he turns to look at you, praise him, then toss another treat in a different direction.
- Repeat this a few times.

TIPS:

Always use a happy tone of voice when calling your dog's name.

If your dog is not interested in the treats, try training before meal time, when they're hungrier, or using higher value treats, such as chicken or cheese.

Throughout the day, if you catch your dog offering his attention to you (without being asked), give him a reward!



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● TRAINING

NOTHING IN LIFE IS FREE

AKA Say Please

THE PROGRAM: Nothing in Life is Free (NILF) helps dogs acquire better manners by teaching them that in order to get what they want, they must behave politely. In other words, nothing in life comes for free. Dogs have to earn things they want with polite behavior, just like we do when we say “please”!



Introduce NILF into your daily routines if your dog is currently engaging in behaviors that are rude or pushy, such as counter surfing, barking, whining, begging for food, pushing or grabbing items, nudging you for attention, digging, etc.

In addition to your training sessions, using NILF will help establish the house rules for your dog, whether they're a new addition to your family or just in need a refresher course.

HOW TO:

- First, spend some time teaching your dog basic commands, such as “sit” and “down”.
- Once your dog knows how to sit, you can introduce NILF.
- Whenever your dog wants or needs something, they must sit first.

For example:

At dinner time, ask your dog to sit, and then give them their food bowl.

When your dog wants to go for a walk, ask them to sit, and then put on their leash.

- As you teach your dog other commands, you can incorporate them into the NILF program, by increasing the difficulty of your requests.

For example:

When your dog wants you to throw the ball, put him in a down and ask for eye contact, then throw the ball.

If your dog wants a treat, put him in a sit-stay, take a few steps away, then release your dog and give him the treat.

If your dog nudges you to pet him, ask for a down, and then give him affection.

Incorporating basic training into everyday scenarios like these will remind your dog that polite manners are the key to getting the good things in life!



SIT AND SIT STAY



SIT

The Command: “Sit” means to sit, a comfortable position for most dogs, and often the first command a dog learns.

HOW TO:

- Grasp a treat with your thumb and pointer finger, like you’re pinching something.
- Hold the treat close to your dog’s nose.
- Move the treat slowly up over his nose, so that his head tilts up to follow the treat.
- As his head and snout raise up, his rear end will naturally move down to the floor.
- When your dog’s rear end touches the floor, mark the behavior with “yes” and then give him the treat.
- Once your dog repeatedly succeeds at the behavior, you can add the verbal command “sit”, as you pass the treat in front of your dog.

Tips and Troubleshooting:

Pick a quiet spot to practice, free of distractions.

If your dog jumps up to grab the treat, you’re holding it too far away from his nose. Try keeping the treat no more than one inch from his nose.

If your dog backs up, instead of sitting, try moving him to a spot with a wall behind him, so that he can’t back away.

Only say the command “sit” once. Wait until your dog gives you the behavior (be patient!) and then mark with “yes” and a treat.



Adding Hand Signals:

- The hand signal for “sit” mimics the movement you used to teach them to sit: pass your (empty) hand over their head and then back up towards your shoulder, as you say “sit”. Imagine you’re doing an exaggerated bicep curl.
- As soon as your dog sits, mark the behavior with a “yes” and reward them with a treat from your other hand.

SIT — STAY

The Command: “Sit – Stay” means to sit and stay in place, until released. This can be used in everyday situations, both on and off leash.

HOW TO

- Begin with your dog in a sit.
- Hold treats in your left hand, but do not let your dog see them.
- Give the stay signal with your right hand (use a flat, outreached hand, like a traffic cop signaling you to ‘stop’) and at the same time say “Stay”.
- Silently count two beats. Don’t move away. After two seconds, give the treat.
- After the task is completed say ‘yes’ and immediately give your dog the food reward from your left hand.
- Release your dog by saying “ok!” or “free”. This tells them that the “stay” is over.
- As long as your dog is successful, continue to add on time and, eventually distance to their sit-stays.
- Use the sit-stay checklist to gradually increase the difficulty. Aim for your dog to complete about a dozen successful repetitions before moving onto the next step.

Tips and Troubleshooting:

Begin practicing sit-stay on leash or in the house. As your dog builds their skill level, move outside where there are more distractions. If you have an enclosed area outside, you can practice off leash, but if not, try using a long nylon training lead, so you can increase the distance safely.

If your dog gets up as you try to extend the length of the sit stay, return to the last length of time your dog was successfully able to stay sitting and then build up slowly from that point.

As you go through the sit stay checklist, your dog may move or follow you. If that happens, walk him back where he was originally sitting, then try again, making it slightly easier this time. Always set your dog up for success, so he’ll enjoy your training sessions!



STAY CHECKLIST

Practice these steps in order and, as your dog gradually becomes successful at each level of difficulty, try the steps in random order to keep your dog on their toes!



Task	Step Completed	# of Repetitions
Count 1		
Count 2		
Count 3		
Count 5		
Count 7		
Count 10		
Count 15		
Count 20		
1 step to the left, return		
1 step to the right, return		
1 step back, return		
2 steps left, return		
2 steps right, return		
2 steps back, return		
3 steps left, return		
3 steps right, return		
3 steps back, return		
2 steps left, count 10		
2 steps right, count 10		
2 steps back, count 10		
5 steps left, return		
5 steps right, return		
5 steps back, return		
1 step back, about face, return		
2 steps back, about face, return		
3 steps back, about face, return		
10 steps left, return		
10 steps back, return		

DOWN

THE COMMAND: “Down” means to lie down. To avoid confusion, refrain from using “down” when your dog jumps on you (or on furniture). In those situations use the command “off” instead.



HOW TO:

- Put your dog in a sit (see sit-stay handout)
- Put a treat in your right hand and hold it close enough to your dog’s face so that he can smell it, but not eat it.
- Pass the treat straight down from your dog’s nose to the floor in between his front paws, then straight out in front of him. This looks like an ‘L’ motion.
- When your dog lies down mark the behavior with a “yes” and give the treat.
- Once your dog repeatedly succeeds at the behavior, you can add the verbal command “down”, as you pass the treat in front of your dog.

Tips and Troubleshooting:

Avoid practicing this on hard or cold surfaces. Pick a comfortable spot, like a rug or dog bed.

When luring your dog into a down with the ‘L’ motion, make sure the treat is kept very close to your dog as you move it to the floor. He will follow it down with his head and then, as you draw it out slowly in front of him, he should stretch and lie down to follow the treat. If the treat is too far away from your dog as you lower it, or you move it across the floor too quickly, your dog may pop up to follow the food.

Only say the command “down” once. Wait until your dog gives you the behavior (be patient!) and then mark with “yes” and a treat.

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Small dogs may take a little longer to learn the down, but keep trying and use high value treats to keep them interested. You can also try placing them on a table and practice “down” on an elevated surface.

Not having any luck? Try sitting on the floor with your feet flat on the ground, knees raised. Lure your dog under your legs with a treat. They’ll have to lie down under your raised knees to get the treat. Mark the behavior with a “yes” and “down”.

If your dog refuses to lie down, try capturing the desired behavior whenever your dog naturally lies down by marking the behavior with a “yes” and “down”.

ADDING HAND SIGNALS

- There are two hand signals commonly used for down. Choose one and use it every time you ask your dog to down.
- The first mimics the movement you used to teach the down: pass your (empty) hand down to the floor as you say “down” (see photo).
- The other option: extend your arm vertically, at a slight angle, as you say “down”. Imagine you’re reaching for an item on a shelf above your head, with a flat, empty hand.
- As soon as your dog lies down, mark the behavior with a “yes” and reward them with a treat from your other hand.

Tips:

The second hand signal is useful if you need to put your dog in a down from a distance. They might not be able to hear you saying “down”, but they’ll be able to see your arm reaching up from across a field or dog park.

Once they are successful at “down”, you can move on to practicing “down-stay” (see our *down-stay* [handout for more](#)).



DOWN STAY

THE COMMAND: “Down Stay” Once your dog learns the down, teach them to stay down for any period of time.



HOW TO:

- Once your dog lies down readily, stop giving treats for only doing the down.
- Next, choose a consistent hand signal to use. Try a flat, outreached hand (imagine a traffic cop signaling you to ‘stop’ like in the photo).
- Now put your dog in a down.
- Ask him/her to “stay” while using the stay hand signal, then silently count to five. Do not move away from your dog. After five seconds, give the treat.
- Release your dog by saying “ok!” or “free”. This tells them that the “stay” is over.
- Once they can stay for five, repeat and count ten.
- Add on an additional five seconds, as long as your dog is successful.
- Once your dog is staying for a length of time, you can begin to move away from your dog. See the sit-stay program for more details on creating distance using stays.

Tips and Troubleshooting:

To make staying easier, try teaching your dog a “relaxed down” first. A relaxed down is when the dog, already lying down, shifts onto one hip to be more comfortable. Some dogs do this naturally.

To teach a relaxed down, ask your dog to “down”, then pass the treat from their nose to their hip in a semi-circle. When he shifts his weight onto the hip, say “relax” and give the treat. Now you have a relaxed down.

If your dog gets up as you try to extend the length of the down stay or relaxed down stay, return to the last length of time your dog was successfully able to stay in the down and then build up slowly from that point.

Once you add distance and movement into the down stay, your dog may get up to follow you. In that case, walk him back where he was originally lying down, then try again, making it slightly easier this time. Always set your dog up for success, so he’ll enjoy your training sessions!



OFF

THE COMMAND: “Off “ means to get off of a person or an item of furniture. To avoid confusion, refrain from using “down” when your dog jumps on you (or on furniture).



HOW TO:

- When your dog jumps on you, stay calm and quiet. Do not react in any way.
- Turn to the side with your hands behind your back, allowing your body motion to gently displace your dog.
- As you move, say firmly and quietly “Off”.
- As soon as your dog’s feet are on the floor, ask for a sit.
- If your dog sits, kneel down by her side and praise.
- This teaches your dog that they will get attention and praise when they are sitting, not jumping.
- Soon you’ll anticipate that your dog is about to jump and you can step to the side, before they make contact with you. This surprise motion from you will cause your dog to pause.
- The final step is to anticipate that your dog is about to jump and, before they do, ask them to sit instead. You’ll set your dog up for success!

Tips and Troubleshooting:

Why do dogs jump? To demonstrate affection, to be closer to our faces, and to get attention from us. When a dog is jumping up, they are demonstrating affection by trying to lick your mouth. As puppies, dogs learn that this gesture is a deferential and loving way to greet a superior.

When your dog is jumping up, they’re giving you a compliment and hoping you’ll pay attention to them! The more upset you become, the more your dog will want



to appease you and show you much they love you by jumping up again. Rather than punish your dog for trying to greet you, teach your dog appropriate behavior using the steps above.

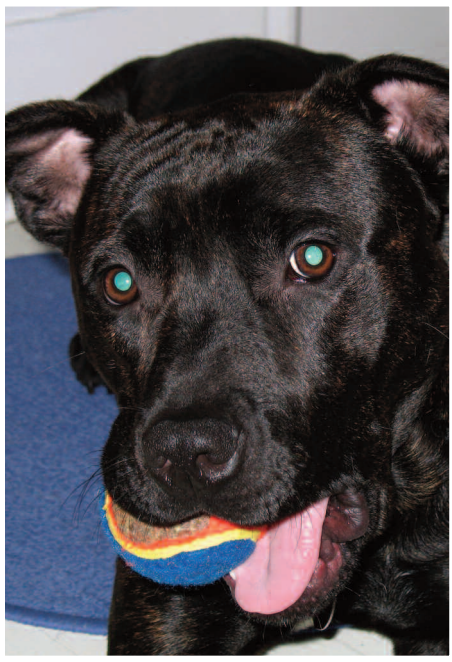
Do not push your dog with your hands or speak to them in an excited tone. Your dog might mistake your actions for play. Stay calm and quiet. Don't give them any attention until they have all four paws on the floor.

****Note:** You may have heard of other, more physical, techniques (kneeing them in the chest, stepping on their back paws, or squeezing their front paws) that punish dogs for jumping. These methods will likely teach your dog to fear you and/or strangers, but won't teach them how to politely meet people.*



DROP IT OR OUT

THE COMMAND: “Drop It” means to drop whatever object is in their mouth.



HOW TO:

Try the proactive approach: whenever your dog has something in his mouth, use it as an opportunity to train “Drop It” by following these steps:

- Grab a treat in your left hand, but don’t let your dog see the treat.
- Put your right hand in front of your dog’s mouth or, if the object is large, put your hand on the object.
- Use your left hand to pop the treat directly into your dog’s mouth, behind the object. As you do this, say “Drop it”.
- Your dog will feel the treat in his mouth and, wanting to chew it, he’ll spit the object out into your hand. Your dog will be instantly rewarded with a treat that’s already in his mouth!
- Practice this technique often.
- Not only will your dog learn “drop it”, but he’ll look forward to having your hands near his mouth, because he’ll never know when to expect a surprise treat.

Tips and Troubleshooting:

Dogs are naturally inclined to explore the world with their mouths. They investigate by tasting (and sometimes eating) everything. This goes for appropriate things, like toys and treats, as well as potentially dangerous items, and even our favorite shoes.

To set dogs up for success, remove items that are dangerous or valuable from their reach by putting them in closets and cabinets. Manage their environment so that they do not have access to expensive sweaters or poisonous chemicals and you’ll prevent them from making a bad decision.

Playing tug, grabbing at the item, or scolding and chasing them will lead dogs to believe you’re playing a game and encourages them to play “keep away” with the item. If your dog does get a hold of an item you want them to drop, stay calm and trade the item for a treat, using the “out” technique. You can also hold a treat directly in front of their nose.

If your dog displays behaviors such as resource guarding, please consult a professional for help prior to using these training handouts.



LEAVE IT

THE COMMAND: “Leave it” means to leave an object or an animal alone. This command is helpful in countless situations, such as asking your dog to avoid food you’ve dropped, trash on the street, or other dogs and people.



HOW TO:

- Ask your dog to sit.
- Show your dog a treat.
- Place the treat in the palm of your right hand, then close your hand around it.
- Put your closed fist in front of your dog’s nose and let her sniff your hand.
- Your dog will begin to nose, lick, paw, or mouth your right hand.
- In a quiet voice say “leave it”.
- The moment your dog looks away from your hand, mark the behavior with a “yes”, then give the dog a treat from your left hand while saying “take it”.
- Repeat this several times.
- Your dog will quickly figure out that they get rewarded for looking away.
- With practice, when you say “leave it” your dog will begin to turn her head away or move away from the treat.
- After they master the behavior, switch the treat into your left hand and repeat.

Tips and Troubleshooting:

In the beginning, your dog does not have to move her entire head away from your hand in order to get the reward. The instant her eyes look away from your hand, breaking attention from the treat, you can reward your dog.

When giving the reward from your left hand, say “take it” in a cheery voice.

To make it easier for your dog to succeed, you can use a less exciting treat (like a baked biscuit) in your right hand and reward her with a high value treat (chicken) from your left.



Increasing Difficulty:

- **Open Hand:** Show your dog the treat. Leave your hand open, instead of making a fist.
- Repeat the steps above.
- If your dog tries to take the treat, close your palm into a fist, say “leave it”, then return to practicing with a closed fist. Once they’ve had multiple successful repetitions with a closed fist, try with an open hand again.
- **On the Floor:** After your dog masters “leave it” with an open hand, you can then place the treat on the floor.
- Ask your dog to sit.
- Place treat on the floor, then move your foot over the treat with your weight on your heel.
- Swing your foot to the side to reveal the treat to your dog.
- Tell them to “leave it”.
- If your dog attempts to take it, swing your foot back over the treat to block them.
- When they look away, reward them with a treat from your hand.
- After they master this behavior, increase the challenge by taking a few steps away from the treat.
- As you move away, say “leave it” and, when your dog succeeds, reward them with a treat from your hand while saying “take it.”

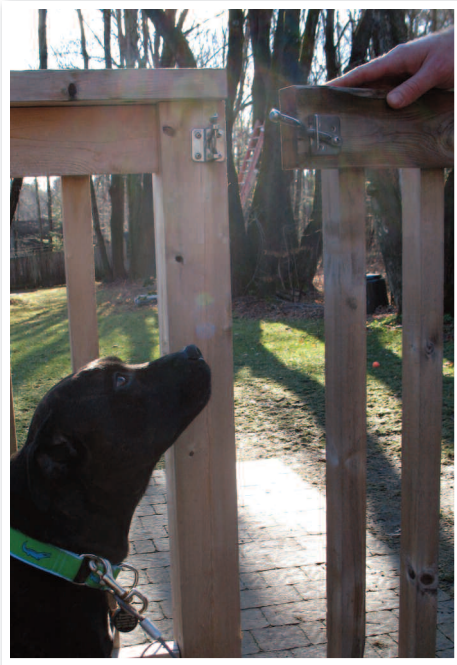
Tips and Troubleshooting:

Use your foot to block the treat on the floor, rather than bending down to cover the treat with your hand. Your dog is fast and will get to the treat before you get your hands to the floor! Since accidents happen, your dog might get the treat from the floor. If that happens, say “oops” and start again.

If your dog is successful at each interval, have some fun with this command! **Try this:** Have your dog lie down. Place a treat on their paw and ask them to leave it. If they ignore the treat on their paw, give them a reward from your hand while saying “take it.” If they can do this, try putting the treat on their nose or forehead. Tell them to “leave it” until you release them with “take it.” Bonus points if your dog can flip the treat into their mouth!

WAIT

THE COMMAND: “Wait” means to pause until further instructions are given. Wait is different from “Stay”. Stay means that a dog must remain sitting or lying down until you return and release them. Wait means that your dog must stop for a moment, like when you put on a leash or exit the house.



HOW TO:

Ask your dog to sit.

- Slowly lower the food bowl towards the floor.
- If your dog moves forward, towards the food, stand up with the food bowl.
- Try again.
- Put the food bowl all the way on the floor only when your dog remains sitting and is giving you eye contact.
- Release your dog (say “ok” or “free”), so he knows it’s ok to move and eat now.
- Once the dog is reliably waiting, add the verbal command “Wait”.

NEXT STEP:

Doors and Gates:

- Approach the door or gate with your dog beside you.
- Ask your dog to Wait.
- Begin opening the door slowly.
- If your dog makes a move towards the door, quickly close the door.
- Start again and, each time your dog makes the slightest moves towards the door, close it.
- When your dog is no longer moving forward towards the door, reinforce the waiting with a “yes”.
- Once your dog is waiting for a few seconds in a row, step through the door.
- Make sure your dog is looking at you, then release him the cue “Let’s go.”
- If he follows you before you release him, step back in and start again.



On a Walk:

- When you come to a curb ask your dog to Wait.
- Reinforce the dog for waiting and giving you eye contact.
- When you are ready to move say “lets go”.

Practice in the Yard:

- Put the dog on a long line.
- Let him walk a few feet away and then ask him to Wait.
- When he pauses and looks at you, mark and re inforce by tossing a treat to him.
- Practice on leash until the dog is reliably performing a Wait.
- Take the dog to a secure yard and do the same exercise without the leash.

Tips and Troubleshooting:

While working at the door, try small steps, gradually opening the door wider and wider. Start by opening the a couple of inches, then feet, increasing until the door is all the way open. Repeat exercise in different directions, in different buildings, and with different types of doors.

For crates and cars, ask your dog to sit or lie down before opening the door. If the dog is standing, they are more likely to charge out the door. Release him with “ok” or “free” if you are allowing him to walk out or “lets go” if you are leashing him up to move with you.

FOR SHELTERS:

Kennels:

- Approach the kennel.
- Wait for the dog to move to a spot that is away from the kennel door. When they do, mark the desired behavior with a click or a “yes”.
- Place your foot on the bottom of the kennel door and start pushing it open.
- As you push the door open, continue reinforcing the dog for holding his spot with “yes” or a click.
- If the dog moves toward the door, step back and close the door.
- Start over.
- Continue this process until you can enter the kennel and put the dog’s leash on while he is waiting away from the door.
- Wait for the dog to make eye contact with you before releasing him.
- Release him by saying “let’s go” and moving forward together.
- Once the dog has an understanding of the exercise, add the cue “Wait”, before entering the kennel.

HEEL

THE COMMAND: “Heel”, a formal cue, means to walk next to you at the same pace, with the dog’s shoulders in line with your knee. Heel is different than loose leash walking. Heel provides a clear place for your dog to be, which is helpful for dogs that are reactive or in busy settings in which you need better control of your dog.



THE CORRECT POSITION:

The dog should be on your left. The dog’s body should be straight and heading in the same direction you. The dog’s head may be turned in slightly to look up at your face. When you stop moving the dog should automatically sit on the left side, facing in the same direction as the handler.

HOW TO:

- Start with the dog sitting next to you, on your left side.
- Have a food lure in your left hand, near his nose, so he is aware of the reward.
- Begin walking briskly, moving forward with your left leg, in a straight line.
- Engage your dog while in motion and, with enthusiasm, mark with “yes” and reward with the lure, when they are in the correct position.
- Stop abruptly and lure the dog into a sit, his body straight, facing the same direction as you. When his head is turned towards you, give him the reward.
- Continue walking and stopping at random intervals. Mark and reward the dog for walking and sitting in the correct positions. Practice short intervals of sit, walk, sit in the heel position.
- Once they are reliably walking and sitting in the correct position, add in the verbal command, “Heel” when you begin to walk or when you stop for a sit.
- Next, practice making left and right turns. Turn as if you did not have a dog with you, so that the dog needs to compensate and follow your movements.



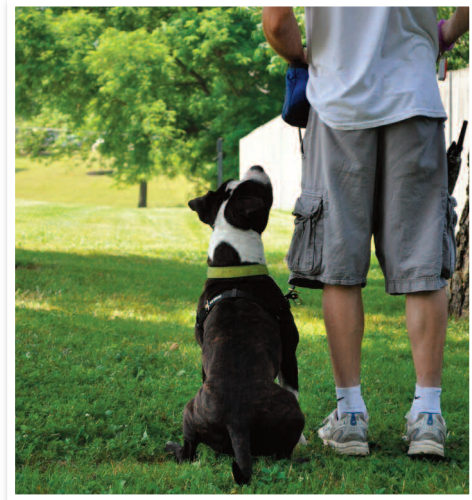
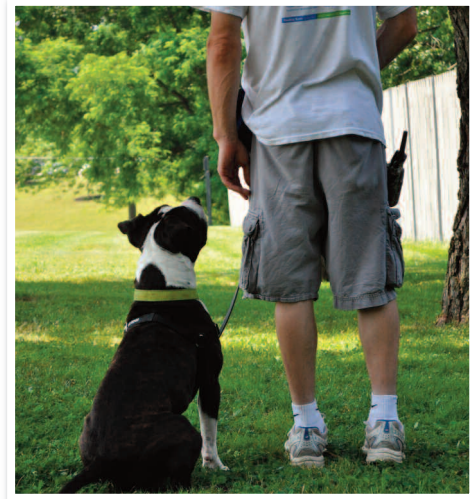
Tips and Troubleshooting:

Be careful to deliver reinforcement only when the dog is in the correct position. Do not reinforce, verbally or with treats, when the dog's rib cage is in front of your knee (called "forging") or his head is just even or behind your leg (called "lagging").

Be aware of your own body. While walking, you should be facing ahead, with your shoulders forward and glancing out of the corner of your eye to watch the dog. Do not turn to look at the dog as this will force the dog to lag behind you.

If you walk too slowly, your dog will lose interest and begin to move left or right. Initially, keep your pace brisk, so your dog is engaged and keeping pace.

If the dog is out of place, use a "sit" to help them regain the correct position next to you. Once your dog has regained the correct position, face forward and walk briskly in a straight line for a short distance. Stop and ask your dog to "sit" again.



FADING LURES

Why Fade? Lures and prompts are excellent tools for helping dogs to understand what we are attempting to teach them. Luring a dog with food helps them interpret what we are asking them to do. However, the longer you continue to use lures and prompts, after your dog has already learned the new behavior, the more dependent upon them your dog becomes and the more difficult it will



be for them to respond to a verbal cue alone. In the case of food lures, you wind up bribing, rather than training your dog.

There are different reasons for the necessity of fading food lures and hand signals, but the most practical reasons for doing so are: you won't always have food with you and your hands won't always be free to gesture. Teaching your dog to listen to a verbal cue alone provides more security in a variety of situations.

HOW TO FADE THE FOOD LURE:

- Once you are reliably getting the behavior that you desire (such as sitting) with the food lure and hand gesture, you can begin to fade the visual presence of the food.
- Leave the treat in your pocket or in your other hand, then move your empty hand exactly as you did before.
- When the dog responds with the correct behavior, mark with a “yes” or a click, then deliver the food reward from your other hand.

HOW TO FADE THE HAND SIGNAL:

- Add the verbal cue once the behavior is reliably occurring ninety percent of the time with the hand gesture. The verbal cue should be given just before the hand gesture.
- After using the verbal cue and hand gesture successfully, just use the verbal cue.



- The dog will likely pause. Wait until he does what you have asked. Let him think it out.
- When the dog performs the behavior, mark with a “yes” and reward with a treat.
- Repeat a couple of times and end your training session with the goal of getting rid of hand signals in the next session.

Tips and Troubleshooting:

It's helpful to understand the difference between a reward and a bribe. When you ask your dog to perform a task that they have proven to know and they do it, giving them a treat afterwards is a reward and a reinforcement. If you ask your dog to sit, something they know how to do, and they do not do it until you lure them with food, it is a bribe. Teaching them to work, without luring them into position with food, teaches them that they must complete the task before earning the reward.

If possible, food lures should be removed in the first training session of a new command. If the behavior is more complicated or if the dog is young, try removing the food lures by the second or third training session.

When fading the hand signal, if the dog doesn't do the behavior, help him out by repeating the hand gesture a few more times.

If progress is slow, try these intermediate steps:

Give the verbal cue, then wait a bit longer to give the hand signal. Allow them a few beats to think it out on their own, before prompting with the hand signal.

You can also fade the gesture gradually by modifying the amount of movement in your hand signal. For example, if you typically move your whole arm up when signaling your dog to sit, you would gradually decrease the gesture until you are only moving your hand upwards. Once they are reliably providing the behavior, try fading that modified hand signal all together.