

## **NEW PUPPY NOTES**

**What are your goals for training???**

### **TRAINING**

Research shows that the most effective behaviour training tool is positive reinforcement

Dogs are highly motivated and will repeat behaviours that are rewarded.

**Examples of reward: treats, praise, pats, attention**

A behaviour may be repeated if the attention is Good or Bad

-Look for behaviours you can reward

-Attempt to ignore behaviours you don't want. \*Remember even negative attention is still attention and may be reinforcing the behaviour

Focus on rewarding good acceptable behaviours.

**Dogs do not speak our language, so we have to figure out ways to teach them, so they learn how to speak our language.**

### **Reward selection**

- Use anything that's motivating to your dog.
- Use your dog's regular diet as a reward, rather adding more on top of what they already eat. Dry biscuits/kibble make this easy.
- Working with distractions will likely require a high value food. May need to be Highly appealing. Something that will get pups attention. Suggestions: BBQ chicken, , puppy food balls, little bit of cheese grated cheese mixed with dry biscuits, leftover egg, store bought treats, another variety of dry biscuits, Ziwi Peak, freeze dried treats.
- Use only these treats when training.
- Dog biscuits/kibble is low value so be sure to mix with other tasty treats and have a variety when working with distractions.
- No, you will not use food rewards forever, but it will get you a strong foundation from the beginning.

## **Reward –based training – a scientific approach**

- **Train for acceptable responses rather than punishing for undesirable behaviours**
- It's a scientific known that behaviour that is rewarded is more likely to be repeated. This is because rewards cause the brain to release feel-good endorphins. Over time, the brain learns to like the sound of “cue”.
- The research shows we no longer need to punish dogs to make the stop a behaviour. Hitting/shouting at your dog is a form of punishment.
- There is no need to dominate your dog, the wolf-myth that was once suggested has been proven incorrect. Dogs are not wolves and not trying to dominate you.
- Your dog is highly social and part of your family unit. **It can learn the rules of your household.** For example, if you don't want it on our lounge, don't let it up as a puppy. Be consistent in your training.
- Dogs possess an emotional system similar to ours. They have emotional needs just as we do.
- They need your help to build confidence with humans. If they continue to fail in learning our language, they will lose confidence and may demonstrate undesirable behaviours.
- **Be consistent with your rules and in training.**
- We use positive reinforcement, which means we add something to encourage a behaviour. We can add food, praise, attention or toys. The likelihood of a behaviour being repeated increase when it is rewarded.
- Keep in mind, attention can be good or bad. For instance, if you yell when your dog is barking, you may be rewarding it to continue barking because it thinks you are barking too.
- Dogs do not speak our language, and we don't speak dog, so we have to teach the dog what is appropriate. Food is a language our dogs understand well.
- We have the option to ignore behaviours we don't like or ask for an appropriate response, then reward.
- **Remember to reward for acceptable behaviours.** Focus less on correcting and more on giving feedback for doing the right thing.
- **Train and guide to help your puppy to learn.**
- “No”, “Ah-ah” - Use once and then ask for the behaviour you want. Then Reward.

# What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!



**Positive Reinforcement Training = HAPPY RELATIONSHIP**



Concept by Miki Saito [www.markandreward.com](http://www.markandreward.com) Drawings by Lili Chin [www.doggiedrawings.net](http://www.doggiedrawings.net)  
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### **Puppy's Daily Schedule:**

- Puppy's day for the first 12 weeks of living in your home, will be a combination of:
  - Supervised time around the home/property
  - Training sessions focused on teaching acceptable behaviours
  - Independent time alone in a secured and confined space.

### **Daily Training Session tips**

- Keep training sessions short. 1-2 min or even less.
- Conduct at least twice per day, focusing on teaching new behaviours and reviews past ones.
- Give a treat to begin the training session.
- Repeat the same behaviour up to three repetitions, then change to another behaviour. You can move around the room to practice in other locations.
- Break down complex behaviours into simple steps
- Try something different if your pup doesn't do what you ask.
- Stop when you pup has lost interest.
- Try to finish on a high note with something the pup knows.
- Give the sign for finish (two hands open)

### **Equipment:**

- Lead, flat collar or suitable harness. I recommend the Blackdog Balance harness or Rabbitgoo harness (use front clip for pulling pups)
- Check chain or aversive equipment is highly discouraged for use. Use of this type of equipment can lead to aggression and anxiety.

## **Troubleshooting undesirable behaviours:**

### **INTERRUPT > REPLACE > REWARD**

- Stop a naughty behaviour >replace with the one we want >reward.
- Use of dog's name and then "Look", "Sit" or "Come"
- Then ask for an appropriate response, and reward. Do not punish.
- If the replacement behaviour is new, add it to your regular training sessions so it becomes reliable.
- Reduce/avoid the use of the word "No", "Ah-ah". Instead try to replace with a cue to represent what you really want. i.e. "Leave it", "Paws Down", "Come", "Look". Use only once and then ask for the behaviour you want. Reward immediately. In future once your dog knows the behaviour, is it used sparingly as a correction.
  
- **Bite inhibition –**
  - Aim to make a different association to your hand rather than simply a chew thing. Train for a "Touch" target.
  - When you can predict the puppy will play bite, distract with a treat, ask for a "sit" then reward. Your puppy will learn that you are off limits for biting.
  - During play, try replacing your hand with a toy if puppy is biting.
  - Teach "Stop" to stop the game all together before puppy gets over-aroused. Then reward with food and give a long-lasting chew.
  - If your puppy is too worked up, you can remove your attention (time out) and give a long-lasting food chew activity.
  - Train for "Ouch" cue using choice training. Contact me for a demo.
  
- **Barking**
  - Ignore. Don't yell at them because it may actually reinforce the behaviour.
  - Interrupt > Replace > Reward. Say "Shhhh" then "Sit" or "Come" and reward.
  - You can teach "Shhh". Ask for "Shhhh" when first whimper is heard and reward immediately when stops.

- DO NOT USE A BARKING COLLAR. Use of Citronella collar is often unsuccessful and may change the demeanor of the dog causing further anxiety and, in some cases, leads to anxiety. This is **not** recommended.
  - You can try the Woof/shush (quiet) method: Encourage dog to “woof” and give praise when it does. Then as to “shush” and give a treat when it stops.
- **Chewing Digging**
    - Puppy proof your house
    - More Enrichment toys – see handout
    - More exercise
    - Food filled chew toys like the Kong.
- **Jumping up on people**
    - Method 1: Say “Paws Down” and reward when paws stay on the ground while dropping treats on the ground as visitor approaches. Practice, practice, practice!
    - Method 2: Ask for a “Sit”, reward for sitting when greeting a visitor. Do not give any attention when they are jumping.
    - If you like your dog to jump, train a cue, such as “Paws Up” for pats. And train the opposite “Paws Down”.
    - Google “Chirag Patel’s ‘Four feet on the floor’” for a great demo.

### **Independence training:**

- Use a confinement area such as, a laundry, gated verandah, balcony, playpen, crate, or backyard.
- To train, take things slowly. At the dog’s pace.
- Keep session short initially (2-5 min) and increase the duration (max 1.5 hours). Pup will learn to self-settle.
- Initially, it can be very helpful to provide a long-lasting chew that lasts longer than you time of absence.
- Don’t make a big deal of your exit or return. Upon return, simply open the door to the confined space and head to another activity. If puppy is over-aroused when you return (normal), do not make eye contact or pat until the pup’s level of excitement is at a

sensible level. This can take a few minutes. Ask for “Sit” (if trained) before you pat them.

- Puppy will hopefully learn to be happy by themselves and that the world does not end when the owner leaves.
- Do not allow puppies to cry, bark or whine excessively, as this can trigger a panic system. If this is the case, go back in training to where the puppy was last successful and spend more time training. And please be in touch for more info if things don't progress. Cuddling/soothing them to reassure does not help.
- For nighttime training, it can be incredibly useful to have puppy sleep in a crate next to your bed and then you will be able to slowly move it out to your desired location over time as your puppy becomes more confident in their new home.
- Proper independence training can help to prevent separation anxiety which is a disorder. It's often genetic, but owners can accidentally reinforce.

### **Housetraining tips**

- Vigilance and consistency are key!
- It's usually not until about 4 months of age, that puppies can hold their elimination. So, until then, you will have many accidents.
- When training, give a toilet command, such as “Go wee” or “Toilet”. This is very helpful to toilet training on cue.
- Do not rub nose in the mess if there is an accident. Avoid punishment – they do not know what you are punishing exactly, and it degrades your relationship.
- Take puppy outside and lavish praise when done
- Use a high-quality cleaning solution designed for dogs (from the pet store).

**Foundational Exercises to work on:**

**Task: Name recognition - Say your pup's name and as soon as it looks at you reward with a treat.** You need to become the most interesting and awesome thing in your puppy's life, so it will want to choose you over chasing the cat across the road.

**Task: Make/give your pup an enrichment activity from the DIY resource or find your own.**

**Task: Buy a Classic Kong and begin training your puppy to engage with it**

- I generally recommend a L for medium sized dogs and M for smaller pups.
- Start with dry biscuits/kibble loose in the KONG – refill throughout the day
- Transition to moistened biscuits and packed in
- Then begin freezing the KONG for longer lasting
- Mix in a very small amount of cheese or BBQ chicken to make it really motivating.
- If you do not feed your dog dry biscuits, use their regular diet.
- Google” Classic Kong recipes” for loads of ideas.





## ENRICHMENT

Positive stimulation is so important to your dog! This usually prevents destructive behaviours, excessive barking and separation anxiety.

1. Aim to provide positive stimulation for at a minimum of 2 hours daily.
2. Aim to exercise your dog for a minimum of 30min daily according to its ability.

Stimulation can include:

- Walks/runs
- Free running on a beach/in a large open space
- Swimming
- Fetch
- Other Interactive toys like tuggies
- **Training sessions**
- Food puzzles
- Scatter feeds
- Interacting with owner
- Shadowing owner
- Car rides
- Interacting with other pets
- Puppy play dates
- Doggy Day Care
- Other positive enrichment – anything that will cause your dog to be stimulated in a good way.
- See the list below for activities to offer your dog with you leave or go out for the day. Some activities are games and involve your participation.

### Enrichment activities for dogs

Here are some suggested enrichment activities that can stimulate your dog daily, to improve settling and reduce destructive behaviours, and some to entertain them while you are away.

Food related items:

- **Long-lasting chews**
  - **KONG** toy filled with moistened kibble and then frozen or stuff with BBQ chicken. To train the KONG first begin with dry kibble poured in.
  - Licki-mat™
  - Bully stick (no rawhide)

- Beef shin bone cut into pieces (into 4ths or 8ths). Offer this a maximum of once per week. The bone marrow is very rich for dogs. You can also choose to remove the marrow. You can freeze the bones and give frozen.
- Broth and kibble ice blocks (can be made in an old ice cream container)
- Plastic bottle with some holes punched in the sides, big enough for dry food/treats to fall out. Fill the bottle with dry food for hours of fun. Be sure to remove the bottle top and the plastic ring for your dog's safety!
- Goat's horn or antler
- Training sessions are enrichment, like basic obedience or agility activities.
- Treasure hunt. Hide treats or food around the verandah or backyard.
- Digging box (with or without treats/kibble in it).
- Hay bale (with or without treats/kibble in it).
- Scatter feed
- Google "Snuffle mat" for DIY options
- Cups with kibble underneath
- Mat with holes and food in them
- Stack of cups with treats in each layer or placed underneath.



#### Non – food related items:

- Tuggy – made from old material and plaited.
- Bubbles!!! Bubble machine on timer!
- Large bucket filled with water on verandah.
- Clam shell filled with water or sand or dirt (maybe on verandah with dirt)
- Old clothes that smell like you. Make a T-shirt rope toy.
- Freeze a knotted sock.
- Plastic bottle in an old pant long/long sock.
- Ball in a long sock.
- Hanging tyre. Place toys or treats in the tyre so the dog is interested and gets a reward for playing with the tyre. Make sure the anchor point is strong enough so the dog cannot pull it down on itself or get caught up and injured.

# The Do's and Don't's of Dog Training

## DO's



**DO** use rewards like treats to train your dog so your dog will enjoy training.



**DO** use comfortable, dog friendly equipment so that your dog feels relaxed and happy.



**DO** have your dog work for valued resources like meals, walks and toys so your dog looks to you for guidance.



**DO** build a cooperative relationship based on mutual respect, communication and trust so both you and your dog enjoy being with one another.

## DON'T's



**DON'T** use force or punishment when working with your dog or your dog will not think training is fun and will be afraid of you.



**DON'T** use aversive equipment like choke collars, prong collars or shock collars or training will be painful and scary for your dog.



**DON'T** use confrontational methods that may frighten your dog or worse, cause your dog to react aggressively.



**DON'T** use methods or equipment that are uncomfortable, painful, forceful, scary or intimidating to your dog. Positive reinforcement training is so much more fun for both the dog and owner.



**EAST BAY DOG TRAINERS**

[www.eastbaydogtrainers.org](http://www.eastbaydogtrainers.org)

illustrated by Lili Chin | [doggiedrawings.net](http://doggiedrawings.net)

## INDEPENDENCE TRAINING

Suggested design for confined area:

- Crate with play pen surrounding it. Includes bed, water bowl, toys, long-lasting chew and possibly puppy pee pad.
- Crate can have two doors. Metal crates are ideal for durability and ease of training. Soft crates are easier to transport.



Independence training involves training your puppy to cope with being left alone.

Key points:

- Take it slow. Puppy should be trained sub-threshold, which is basically before crying/barking begins.
- A crate can help with management and training if it is introduced in a gradual and positive way.
- Make the confined a great place. Do training inside, play games or have treats magically appear throughout the day.

- Place treats randomly in the crate as well.
- Provide safe chew toys in the crate/ play area to minimize boredom.
- Use a larger confined space or over-sized crate for over-night.
- The best time to introduce a crate is when the dog is young.

#### Housetraining:

- A confined space is a useful housetraining aid because it prevents a puppy from repeatedly making mistakes.
- It allows you to establish a suitable toileting location and makes learning easy (provided you do not confine longer than the pup's bladder can hold).
- If your puppy is in a confined area when you can't supervise him, he won't be able to practice weeing on the carpet. Surface preferences for elimination are developed early in life and are hard to break.

#### Destructive chewing and biting:

- A confined area also helps manage a dog that chews and destroys.
- It allows you to minimise your dog's opportunities to practice inappropriate behaviours that result in bad habits.
- You should provide plenty of mental and physical exercise that your dog needs and use the crate sparingly.
- With correct use of a crate AND guidance from you, your dog can develop good habits without presenting you with the difficult challenge of undoing bad ones.

#### Safehaven:

- A crate can also be a safe and comfortable place for you dog to rest when there is a lot of activity in the house, such as, a party or children playing.
- They are also useful for traveling to help manage your dog, so they can be left in a safe and secure place.
- In addition, crate training can reduce stress if/when your dog has to be confined for medical reasons, i.e. desexing at the vet.

### Time management:

- An 8 -10 week old puppy should not be confined for more than 30 to 60 minutes at a time (unless sleeping).
- It is best for puppies to be in a crate that is next to your bed for the first 1-2 weeks. You can supervise in the night for housetraining and comfort puppy when it's feeling insecure. This will help to prevent panic and anxiety related to feeling alone.
- As each week progresses and puppy gains more confidence, you will be able to move the crate into the desired location.
- An adult dog should not be crated for more than 4 or 5 hours at a stretch without a wee-and-exercise break. Yes, there are some dogs that seem "fine" crated for 8 or more hours a day, but this situation is not mentally or physically healthy.
- Taking the dog to doggy daycare or having someone come to the house midday would be better. If you must secure your dog overnight, consider a larger confined space, such as, the small pen, fenced part of backyard, or laundry room.
- Alternatively, purchase an oversized crate so the dog has adequate space to stand and stretch overnight.

### Steps to independence training: coping in a crate.

#### Step 1)

- The first step to independence training is to take time to create a positive association with the crate/play area BEFORE you ever close the door.
- You can do this by putting your dog's meals and treats in the crate with the door left open.
- If your dog is tentative about stepping foot in the crate, put the treats near the entrance. As he gains more courage, place the food inside.
- You can also feed your dog's main meals in the crate.
- Occasionally leave treats, bones and new toys in the crate throughout the day for your dog to discover. Make the crate an amazing place and worth visiting!

#### Step 2)

- When your dog enthusiastically goes into the crate to look for treats that “magically” appear, start getting him used to stepping inside in order to get treats from you.
- Toss a treat inside to lure him in. After he goes in, immediately give him a few more treats while he is still in there. As soon as he finishes, let him come out.
- Give him treats only when he is inside the crate. If you repeat these many times, your dog will start waiting in the crate for more treats even when you tell him he can come out. This is a big milestone!
- You can begin to add a verbal cue, such as, “In you go” or “crate” when your dog is reliably entering into the crate.

#### Step 3)

- Now you can begin closing the crate door for just a few seconds, feeding a couple of treats through the bars while the door is shut.
- Then open the door to let your dog out and stop feeding.
- Repeat these steps many times over a number of days.
- You will gradually lengthen the time the door is shut, but always let the dog out BEFORE he starts to get upset.

#### Step 4)

- Gradually get your dog used to staying in the crate while you walk around the room.
- Then work on teaching your dog to relax in the crate while you sit nearby and watch TV or read a book. The most successful way to do this is with a food-related chew activity. This could be food stuffed Kong toy or a chew bone.

#### Step 5)

- The last phase of crate training is teaching your dog to stay relaxed in the crate when you leave the house.

- As in the previous steps, do this gradually (a few seconds in the beginning, then a few minutes, then longer).
- It is best to thoroughly exercise your dog for 30 to 60 minutes before crating, so it will be easier for him to relax.
- Keep him occupied with a food-related chew activity that he only gets when crated.
- If your dog does not know how to relax in a closed crate while you are at home, he is not ready stay in a crate with you gone, so spend more time on the earlier steps.

Attention seeking barking or whining:

- By having pup in the crate next to your bed to begin with, you will reduce barking due to loneliness.
- Having the crate in a larger play area allows for independence training as above while still having puppy confined. Ensure you always pair with nap time or a long-lasting chew in the first 2 weeks.
- Don't ignore any attention-seeking barking or whining as this is likely triggering a panic system, and if repeated enough times, can lead to anxiety.
- If your dog is barking or whining, you need to back it up some steps and practice at the point in training when the dog was most relaxed. Be prepared to do this if your dog has already learned that barking works.
- Never push or force a dog into the crate or reach in to pull him out. Your aim should be to prevent a fear association with the crate.
- Pairing your training with an Adaptil calming collar can assist to make it successful more quickly.

Is independence training a lot of work? It can be. But teaching any "life skill" is worth the effort in the long run! If you need any independence training advice or assistance, please be in touch.



## Top 10 Tips for Positive Reinforcement Training

Training your dog should be an enjoyable experience for you both. The more you understand about how your dog thinks and learns, the more effectively you can communicate. Clear communication means successful training and good behaviour—with no need for force or coercion!

**1. Behaviour that is rewarded is more likely to reoccur.** This powerful principle is a key component of reward-based training. Dogs do what works. If your dog receives praise and a treat for sitting, he is more likely to sit the next time you ask. If he knows that jumping on you will earn your attention, he will keep jumping, as attention is rewarding to him.

**2. Dogs learn by association.** When training, it is important that the reward closely follow the desired behaviour. For example: when teaching your dog to sit, the praise and treat should be given when his rear touches the floor, not after he's stood up again. On the other side of the coin, reprimanding your dog for something he may have done hours ago (e.g., you come home to find your slippers shredded) is pointless. Your dog won't associate your yelling with what he's done, and if it happens often enough, he may begin to fear your arrival home, as you are always angry for no reason he can fathom.

**3. Reward behaviours you want, rather than punishing behaviours you don't want.**

Most of us are so accustomed to noticing "mistakes" our dogs make that it seems strange to begin noticing and rewarding "good" behaviour. For example: your dog barks, so you yell at him to be quiet. Sure, a barking dog is hard not to notice. But what about when he's lying calmly? Most of us never consider rewarding calm behaviour, so the dog only gets rewarded with our attention (even yelling is attention) when he is doing something inappropriate. Having been rewarded, of course he keeps doing those things! Make a habit of noticing and rewarding your dog for good behaviour.

**4. Extinction: If a behaviour is ignored, it will eventually extinguish on its own.** Imagine you are trying to buy a soda from a vending machine. You drop in your change, press the button, and wait. Nothing happens. You press the button more forcefully, and try a few others as well. Still nothing. You jangle the change lever. No soda, no change. You might even, at that point, shake or kick the machine. Finally, grumbling to yourself, you give up and leave. In this example, the soda-seeking behaviour extinguished because there was no payoff, no reward. Kicking or shaking the machine is an example of an extinction burst. What that means with your dog is that if you ignore an unwanted behaviour, it will eventually stop (unless it is something that is inherently self-rewarding to the dog, such as digging). But before your dog gives up, the behaviour may actually escalate. Recognize the extinction burst for what it is, and wait it out—the behaviour will eventually stop, and will stop even sooner the next time around.

**5. Positive reinforcement is something the dog wants.** Just because you think those expensive new treats are a great reward doesn't mean they are. If your dog turns his nose up at them, they're not much of a reward in his mind. A reward can be petting, verbal praise, a throw of the ball, a quick game with a favourite toy, sniffing grass, saying hello to another dog, etc. The sky's the limit. Consider what your dog finds rewarding, and use it!

**6. Jackpot!** The jackpot is something really special, head and shoulders above the usual reward. Your dog can earn this amazing prize by doing something especially wonderful. While it is always important to use training treats your dog likes, save the Super-Yummy, Best-Treat-In-The-World as a jackpot. For example, a dog knows what Sit means, but doesn't sit very quickly. When you give the sit cue, he watches you for a moment, then languidly lowers his butt to the floor. You can almost hear him sigh, "Okay, if I must." But on the fourth repetition, he responds immediately; butt hits floor in record time. Jackpot! You immediately give him one piece after another of the special treat, along with effusive praise (and petting, if he enjoys it). You can also give a mega-jackpot by tossing a shower of treats. Jackpotting makes an impression—it calls the dog's attention to the fact that he's done something wonderful. He is therefore more likely to perform the behaviour better than usual the next time. A jackpot doesn't have to be food, either. If your dog lives for a toss of the ball or a game of tug, use that as your jackpot. Know your dog and use what works for him.

**7. Find an alternate behaviour.** When you want your dog to stop doing something, give him something else to do that is incompatible with the behaviour you don't want. For example: if your dog jumps on you, have him sit instead; he can't sit and jump at the same time. If he chews on furniture, give him an appropriate chew toy instead. Try this: On a piece of paper, draw a vertical line down the centre. On the left, list all the things your dog does that you'd like him to stop doing. On the right, next to each behaviour, write down something he could do instead. It's easy!

**8. Raise criteria gradually in small increments, building on each success.** Simply put, that means don't expect too much too soon. Instead, build small steps to get from Point A to Point B. For example: when teaching your dog to down-stay, start with a three-second down-stay. If that is successful, add two seconds, and so forth. Any time your dog does not perform an exercise correctly, consider whether you have proceeded too quickly. Go back to the point at which your dog was last successful, then build gradually. Setting your dog up to succeed eliminates the need for corrections.

**9. If trained correctly, behaviour is not contingent on food being present.** This is something that many people who are opposed to food-reward training don't understand. If you phase treats out gradually and use lots of real-life rewards (petting, games, etc.) as well, your dog will do as asked even when no treats are present. Use a lot of treats at first to teach and then practice new behaviours. Eventually, rewards should become fewer and farther between—but they should not stop altogether. You wouldn't want to stop getting paid once you got better at your job, so don't forget to reward at times for a job well done!

#### **10. Training should be fun!**

- Begin with training sessions to teach new behaviours
  - Keep it short; 1-3 minutes a few times daily is fine.
  - Focus on only a couple behaviours in each session.
  - Repeat the same behaviour only 2-3 times. You can repeat in a new location.
  - Keep an upbeat attitude when training. Don't train when you're cranky!
  - End each training session on a successful note. Did your dog something really well? End the session there.
- Once a new behaviour has been learned, incorporate it into your daily routine.
- Carry treats in your pocket so you can use every opportunity to train and reward.

**BE KIND TO YOUR DOG AND HAVE FUN TRAINING!**