

# Welcome to Senior Puppy Training



# Best Behaviour

FORCE-FREE TRAINING

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Becky Emans

M:0424 653 292

E: [becky@bestbehaviour.net](mailto:becky@bestbehaviour.net)

More info: [www.bestbehaviour.net](http://www.bestbehaviour.net)

# 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)

Conduct short training sessions throughout the day. 3-5min at a time is great!

**To begin training:** Give the start cue of two fists and say “Working” or simply give a treat.

- It’s useful for your dog to know treats are on offer!
- If your dog won’t take the treat, it’s not the time to train!

**Task: “Come” when called (Recall).**

- Be exciting!!!! Always call in happy and enthusiastic voice
- Practice in the house environment first and then add more distractions
- Always use a cue rather than just calling your dog’s name. Say “Rover, Come”
- Use visual cues as well
- Use Food rewards (not bribes)
- Practice in different positions
- Play games with your recall

Mechanics:

- Call you dog “Rover, Come” pointing to your toes, say “Yesss!” and reward with your other when your dog gets to your feet. No need for Sit at this time.
- Exercise “Come” with increasing distance and number of distractions. Set your dog up to succeed.
- Always use a verbal “Come” and visual cue when you call your dog. Point at your toes crouching slightly.
- High frequency of food reward. Reward as much as possible!
- Have food in the treat pouch until your dog has come to you, otherwise it becomes a bribe!!

**Task: “Gotcha” collar hold**

- Signals to the dog that you will be touching them
- Also teaches them to wait patiently while you attach the lead/harness
- Reach with hand towards the neck/collar, and while touching collar, say “Gotcha” and then give a food reward.
- Repeat moving hands around the dog’s neck in a clock pattern, touching its collar.

- Switch hands.
- Progress to holding dog's collar.
- Progress to attaching lead. Grab collar >treat > clip lead > treat

### **Task: Follow Me**

- This is a silent game
- With dog on lead and facing you, take a step back and as you do place a treat on the ground in front of your feet.
- Take another step back and repeat.
- Continue in this manner for a few metres and then gradually turn your body so that you are facing the same direction as the dog. Place the reward on the floor next to your foot on the same side of the dog. Use the hand on the same side as the dog.
- Over more sessions, gradually shorten the time you are stepping backwards and extend the number of steps facing the same way.
- Try not to cue your dog with any lead tugs or verbal.
- Give them the opportunity to think about what they should do.

### **Task: Conditioning the clicker/Yessss!**

- With dog sitting/standing in front of you, Click/Yessss! & Reward.
- Repeat 10 times in a row.
- Do this every day for 5 days in a row.
- After 5 days, do this 3-5 times at the beginning of each training session.
- Use a treat the size of your fingernail, so he doesn't overdose on the food.

### **Task: Finish cue**

- Give the finish cue of two open hands to finish a training sessions.

### **Task: Get rid of the food bowl!**

- Feed your dog through the activities in above and in class.
- Feed using a Kong or other hollow rubber toy
- Feed via enrichment activities like a food hunt or food puzzle
- Feed via training exercises
- Have your dog work for its regular food.

### **Task: Make and condition a tuggy.**

- Play with your dog a couple times per day with the tuggy and then put away when you are finished.
- If your dog isn't that into the tug, simply get the tuggy out, wiggle and give 10-15 food treats.
- Play the tug game with a start cue, "STOP" and resume play. Finish cue such as "Bye-Bye" when it's going away a scatter a few bits of kibble.

### **Providing the right stimulation (enrichment) for your dog:**

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 provided 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.

### **Examples of enrichment schedules**

#### Example 1:

- Morning between 6am-8am
  - 3-5min training session
  - 30min walk on lead
- 8am - 9am - Food puzzle for breakfast
- Midday
  - Outside for a sniff
  - Recall training session
  - Game with owner
- Afternoon between 2-3pm: non-food related enrichment activity
- Between 4-5pm: 30min walk
- Evening 5pm – 7pm:
  - 3-5 min training session
  - Dinner
- After 7 pm: relax with owner; massage

#### Example 2:

- Morning:
  - 1-2 min training session
  - 30-60 min walk
  - Breakfast in a slow feed bowl or food puzzle
- Daytime:
  - Impromptu training for acceptable behaviours using positive reinforcement
  - Recall training session in backyard and on front lawn on long lead
  - non-food related enrichment activity
  - 30-60 min walk
- Around 3-5pm or time when most reactive
  - Rest/play time in the confined space with long-lasting chew

### Example 3:

- Morning between 6am-8am
  - 3-5 min training session
  - Play for 5-10min
- 8am - 9am:
  - Breakfast in a slow feed bowl
- Mid-morning:
  - Supervised time around the house with owner
  - Impromptu training for acceptable behaviours using positive reinforcement
  - Rest time in the confined space with long-lasting chew
- Midday
  - Outside in front yard for a sniff
  - Recall training session
  - Play for 5-10min
  - Lunch
- Afternoon between 2-3pm
  - non-food related enrichment activity
- Between 4-5pm
  - Exercise or play
  - Supervised time around the house with owner
- Evening 5pm – 7pm:
  - 3-5 min training session
  - Dinner in a food puzzle
  - Relax with owner; massage

### **Task: Complete the enrichment schedule for your routine.**

- Use the resources provided above or your own ideas!

## ENRICHMENT SCHEDULE

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

Morning:



Mid-morning:

Lunchtime:

Afternoon:

Dusk:

Evening: