

**Obedience Club of Daytona, Inc.**  
**Basic Manners Class – Week 2 Homework and Notes**

**NAME GAME:**

**Goal: When you say the dog's name, you want the dog to learn to look at you.**

1. Say the dog's name; if the dog looks at you, say "Yes" (your positive marker word) and immediately reward with a cookie.
2. If the dog doesn't look at you, move sideways away from the dog. When the dog looks at you say "Good" and praise but do not reward with a cookie.
3. Then try again. Repeat at least six times; do this exercise several times every day.

**HANDLER FOCUS:**

**Goal: To teach the dog that always looking at you, to you, is a very good thing.**

- You can mix up how you do this at home. If possible, use the dog's meals to do this exercise. Most of us feed our dogs twice a day. This gives us the opportunity to use the dog's meals for training. Depending on the size of your dog etc. will depend on how you set this up. The key is not to let the dog self-serve.
- You sit in a chair, have the bowl (or anything that keeps your dog from self-serving) centered in your lap. If your dog is willing to sit to do this all the better. Have him centered between your legs as well either sitting or standing.
- Your hands will be centered over the bowl and a piece of food will be held with both hands, between your thumb and forefingers.
- As soon as your dog looks at your face, take a piece of piece of food from the bowl, keep your hands close to your body and bring the food straight up to your face then directly to the dog's mouth. THIS will be the hard part because he will want to look at the food bowl. Patience, he must figure this out on his own. He will learn when he LOOKS AT YOU, the food comes to him. Looking at the food, the food doesn't come to him. Do this, one piece of food at a time until you run out of food. Repeat several times a week.

**MAT WORK:**

**Goal: Give the mat value.**

- Drop cookies on the mat. After a few times of this you may find the dog wants to stay on the mat. That's ok, drop some more cookies.
  - Pick up and move the mat to a new location, both inside and outside the house. Repeat by dropping several cookies on the mat.
  - Repeat several times during each practice session you use the mat.

**POSITION CHANGES:**

**Goal: To introduce the dog to Sit, Stand, and Down on the mat using a food lure.**

- These position changes will be lured. Use the luring technique shown to you in class.
- Lure these behaviors, with hands on assistance, without using commands this week. Praise as the dog is doing the behavior.
- Mix up the order in which you have the dog change from one position to another.

## CONTINUE WITH THESE LESSONS AT HOME:

**CALMING TECHNIQUES**: Continue using this exercise as needed.

### **LOOSE LEASH WALKING week 2:**

1. The food lure is visible; but this week we are going to try to raise the lure up, off the dog's nose. If your dog isn't ready for this, don't worry, then keep the cookie on his nose.
2. When your dog gets out in front of you, BEFORE the leash gets tight, STOP ALL FORWARD MOTION. You can start to move forward after he comes back to your side. If he doesn't retreat and come back to your side, walk backwards a couple of steps or turn in go in the opposite direction.
3. The dog does NOT get to walk you; you must walk the dog. THIS takes a lot of repetition, day in and day out, repeatedly.
4. **DO NOT LET YOUR DOG PULL YOU ON A TIGHT LEASH ANY WHERE, NOT EVEN FOR ONE STEP.**
  - **STOP ALL FORWARD MOTION AND GO IN A DIFFERENT DIRECTION.**  
This is the beginning teachings of "Counter Moves."

A tired dog is a happy dog and a happy dog household. Your dog needs daily physical and mental exercise. There are many ways to stimulant your dog's mind which will help him love to learn. Dog puzzles are wonderful ways to do this.

Please visit [www.chewy.com](http://www.chewy.com) for a variety of dog puzzles.

<https://www.chewy.com/s?query=nina%20ottosson&nav-submit-button=>