

## Week One Practice Instructions

*Ignore behavior you do not want; reward behavior you do!*

*This will be our motto throughout the class. If your pup jumps on you, pretend he does not exist; ignore him completely. When he spontaneously runs toward you (this is a “come” even if you didn’t ask for it), PRAISE him, “Yes! Good boy! Good come!” If he is praised every time he looks at you or comes to you, these become habits and you become the center of his universe.*

1. **Loading the “marker”** – begin each practice session this week by “loading” your YES marker. Stand or sit near your puppy with a hand full of treats. Say “yes” and immediately give him a treat. Do this seven or eight times. You are teaching him that every time he hears “yes” a treat is coming. This will enable you to mark the moment he gives you a behavior you want (like the moment his butt hits the ground for a “sit” ) without having to actually deliver the treat at that moment. You just mark the moment with “YES”.
2. **Attention / Watch Me / Positive Name Exercise** -- follow the “loading the marker” exercise with some practice on just looking at you. After you say “yes” and immediately feed several times, the pup will be looking at your hands anticipating the next piece of food. Wait a few seconds without giving him anything. Pretty soon he will glance up at you to see why no more treats are being offered. **THE SECOND HE LOOKS UP RIGHT INTO YOUR EYES**, you say a quick happy “YES!” and treat. Then repeat the process. When he looks at you again, say YES and feed again. You are making looking at you fun. By the second or third day that you do this, he will just continue to stare in your eyes (he’s no dummy—eye contact brings cookies). So we can take it a step further. **While he is looking into your eyes**, say “yes” and add **“good watch me.”** Do this for several days. Pretty soon, you should be able to say **“watch me!”** in a happy voice, and your pup will look right at you. It is all in the timing.
3. **Name exercise:** A further step in this process of getting the pup focused on you is to advance this into the “positive name game.” Start by doing a couple “yes”--feed reviews, and then happily call the pups name. **The second he looks in your eyes, say YES! And feed.** Do this several times. Then, throughout the day, when he is nearby and likely to respond, cheerfully call his name. When he looks at you, say “yes” and run together to get a treat. Make it a party! We want him to look at you any time you say his name. **NEVER, NEVER, NEVER, EVER USE HIS NAME WHEN YOU ARE ANGRY!** You can shout “NO” or “BAD DOG” to make it clear that he is doing something wrong (at the exact time he is doing it, of course), but *never use his name except as a happy thing.*
4. **Practice sit** by standing in front of your pup and luring him into a sit using a treat in your hand just in front and a little above his nose. Slowly raise the treat a little as you move toward him a tiny bit. The moment his butt hits the ground, say “yes!” and give him a treat while his butt is on the ground. Then say “release” (with no excitement – this is “at ease”) and step back. Try it again the same way, but this time (when his butt is on the ground) say, “Yes, good sit” and treat. His brain is registering *the treat and the word sit comes while my butt is on the ground*. It is all in your timing. Always praise while he is doing the sit and then gently say release. It

doesn't matter if he gets up or not; it's up to him. You have released him. You want every sit to come with an automatic stay. If he pops up before your release him, *gently* say "uh!" so he knows the second he messed up and put him back into the sit. Do not treat him after a correction, just praise. Say "good sit, good boy" and then "release."

5. **Every time your puppy is on the leash you are practicing, like it or not!** Reread the attached article on loose leash walking. Avoid long walks in a straight line (like down the sidewalk). Practice in a large area (yard, tennis court, safe parking lot) and be interesting! Use movement and noise (chirps, clicks, goofy stuff) to make yourself interesting. Always invite (PRAISE when he joins you), never let him pull (be a "tree"). Make it fun to be on lead with you and he'll soon accept the leash laws.
6. **Choose to heel (step one)** – first, two important things to remember: 1. You practice this off lead in a safely enclosed area without distractions. Family room or hallway work well. If you have other dogs, put them in another room. 2. You never call or lure your puppy to your left side, you just make it worth his while to show up there—you reward him when he *chooses* to be near you on the left. Put several treats in your left hand and slide one forward between your thumb and finger to be "at the ready." Now, stand in front of your pup. Show him the treat and as he comes toward it, allow your left hand to drop to your side and give him the treat the second he comes to it. Say "yes" as you treat **at your left side**. After you've done this a couple times and he has the idea of "left side is good," do it again, but this time, immediately after he takes one treat at your left side, carefully take a step forward and as he turns to stay with that hand, treat him again. It's hard to not lure, but try hard not to. The treat is there in your left hand. When he shows up by that hand he gets a treat. If he stays on your left as you take a step forward he gets another treat and praise. Try to stand up straight as you take that one step. Remember, it is all about timing. Use your "yes" marker to mark when he is where you want him even if it takes a second to slide that treat forward.
7. **Wait** – although this command is useful in MANY instances, the two most important and easiest to implement are going through the door and waiting to eat at mealtime. An automatic wait at every door can save a puppy's life. An automatic wait before eating requires that mealtime is a no-stress and controlled activity. This week, practice wait at the door. Begin by having the puppy on lead before you open the door to ensure that you can control him. As you approach the door, calmly back him away from the door before you open it by just moving toward him. Use your body to make it clear that you "own" the door. As he backs up, say "yes" calmly and quietly. Step a little in front of him, calmly command "wait" as you open the door. If he tries to come forward, say "uh!" and move into him again.. As he backs up, say "yes" and try again. Both your praise and your corrections should be low key. When he maintains his position behind you as the door is fully open, praise quietly and then say "lets go" and allow him to *follow you* through the door.
8. **Come** – for this week, just play the come game any time you see an opportunity. Make sure there are not other dogs around. Have treats. Let the pup see that you have them, and then sort of run away from him. As he pursues you, say "YES!" and "GOOD COME!" as you dole out those treats! Every come is a party!
9. **READ** the two attached articles. *Leash Laws & Rules of Leadership*