



COURSE PHILOSOPHY

Course Objectives:

- To build effective communication and promote a good relationship between you and your dog.
- To teach you to teach your dog the Canine Good Citizen objectives: Sit-stay and down-stay on command, come when called, walk on a loose leash around distractions and without pulling, politely greeting a person, accepting handling and supervised separation.
- To teach you the basics of clicker training and how to use positive reinforcement.

Operant Conditioning:

LESSONS FROM DOLPHIN TRAINING: Since dolphins can't be forced to do things, or overpowered by humans, marine trainers realized long ago that they had to choose another method of training besides physical punishment and force. They use **positive reinforcement**-based training – which means giving the animal something it likes as a reward for a desired behavior. Positive reinforcement training is one type of operant conditioning. **Operant conditioning**, a learning concept popularized by B.F. Skinner, means that the animal learns to operate in his environment in a way that is beneficial to him. There are consequences to all behavior, and the animal will choose the consequences he finds most appealing.

So, how do dolphin trainers begin to teach a dolphin to jump? They start by teaching the dolphin that the sound of a whistle means, "you get a fish". After the dolphin learns that concept, they wait for the dolphin to jump while it is playing, or they entice the dolphin with something interesting like a suspended ball. The instant the dolphin jumps, the whistle blows. The dolphin then comes over to get its reward. The next time the dolphin jumps the whistle blows again. It doesn't take long for the "light bulb to come on", and for the dolphin to figure out that jumping causes the whistle, which causes a fish. This is called "**operant learning**". It means the animal learns to operate on its environment to get what it wants.

The whistle is called a "**conditioned reinforcer**" or a "bridge". To the dolphin it basically means "Very good! You earned a fish!" The dolphin understands that after he hears the whistle blow, he can swim over to collect his reward. This enables the dolphin trainer to work with the animals from a distance and to communicate what behavior is desired at exactly the instant it occurs. Another advantage of the whistle is that each whistle sounds very distinct to a dolphin – so many trainers can be working at once and the dolphin knows exactly which whistle is meant for him.

Once the dolphin figures out himself that jumping causes a fish reward, the dolphin loves to jump. It is only then that the marine trainer introduces a signal or command for the jump, because the dolphin already knows what to do and he likes doing it. At this stage, the trainer basically just puts a name to the game. Introducing a signal or command *before* an animal knows what to do or likes doing it would only cause confusion and frustration for the animal because it can't speak our language.

FOOD FOR THOUGHT



If you had to work in a foreign country and you didn't speak the language, wouldn't it be frustrating if your boss kept trying to tell you what you should do, but you didn't understand the exact meaning of the words? What things do think you would remember the best – the things you're your boss tried to tell you how to do...or the things you figured out yourself and then were praised for?

In the last 15 years, these dolphin training techniques have permeated the dog training world. "**Clicker training**", popularized by marine mammal trainers like Karen Pryor, has revolutionized dog training to become more like marine mammal training. Like the whistle, the clicker is a consistent and distinct sound to the dog that means "Very good! Just what I wanted you to do". Unlike the phrase "good dog", the clicker sounds exactly the same every time and the dog can distinguish the sound of his clicker from another clicker.

Many people will ask – well, what does a dolphin trainer do if the dolphin misbehaves? The answer is that dolphins do misbehave, but dolphin trainers don't hit them or physically punish them. Dolphin trainers know that there are other things besides getting a fish that can "reinforce" the dolphin's behavior. For instance, if the dolphin is splashing the crowd when he's not supposed to, and the crowd laughs and applauds, then the dolphin is rewarded and the behavior gets stronger. The dolphin trainer knows to manage the situation so that the dolphin doesn't get rewarded for that behavior anymore. One example would be to teach the dolphin an incompatible behavior, like diving down on cue when they see the dolphin winding up to do a splash. Another alternative would be teach the dolphin that he will only get rewarded if he splashes on cue from the trainer. In either case, if the dolphin is no longer rewarded for the wrong behavior, but is rewarded for the correct behavior, the correct behavior will get stronger and the unwanted behavior will **extinguish**. Dolphins (and dogs) do what works for them. Good trainers learn to make sure only desired behaviors are reinforced and to take control of the unintended reinforcements.

SIGNALING THE CORRECT BEHAVIOR: Since most people talk to their dogs in a praising tone frequently during everyday life, we recommend the use of a clicker as a tool in this class to teach the dog something brand new. This sound – like the whistle for the dolphin – will have a very clear meaning and will help the dog to understand quickly. While the clicker doesn't *have* to be used, it brings much faster results because of its distinctness and consistency. A short word like "yes!" or "great!" can be used in place of the clicker as long as that word is only used around the dog for training purposes and is said in exactly the same way each time.

You do not have to use a clicker to teach the Canine Good Citizen goals of this class, but if you are interested in more advanced training for your dog (like agility training or therapy dog training), you will find the clicker to be a very useful training tool. The clicker will mostly be used when the dog is trying to understand a behavior. We will also teach you how to wean your dog off of the clicker once he has learned the desired behavior.

CANINE GOOD CITIZEN CLASS



VARIABLE REINFORCEMENT: When we first teach an exercise, we will always reward the dog:

one behavior = one click = one treat

This will help the dog learn quickly. However, in order to wean the dog away from getting a treat for every behavior, once the dog has learned the behavior, we will eventually ask for several behaviors before clicking and treating. We will also change the types of rewards the dog gets and the numbers of rewards the dog gets each time. This is called “**variable reinforcement**”, and it is used by dolphin trainers to strengthen a behavior.



FOOD FOR THOUGHT

Did you ever think about what makes fishing, golf, or slot machines so addictive? In all of these activities, the rewards are not given every time. They are given sporadically. Every so often, there's a really good golf day or fishing day or many coins that come pouring out. It is this variability that keeps the person coming back for more. The same thing is true for dogs. If the rewards are always changing in types or numbers and the dog is asked to do several things before getting a reward (that is, after they have learned the command), the “game” is much more fun to play.

Communicating With Your Dog:

TONE OF VOICE: There is a similarity between our language and dog language in tone of voice. A **pleasant, higher pitched tone** is associated with praise, and a lower, gruff tone is associated with a reprimand. We will use a lot of praise in this class while the dog is learning new things. We will discuss the appropriate uses of reprimand feedback communication, but it will not be used to when we teach the dog brand new things. Also, when we give a command, it will actually be **neutral and matter-of-fact**, not threatening, like a reprimand.

PRAISE VS. PETTING: In “dog language” (especially for young dogs) enthusiastically petting your dog usually means, “let’s get up and play!”. During a stationary exercise, try very hard not to absent-mindedly pet your dog, or you may be giving the dog mixed messages. Use petting as a reward after the release word.

When your dog approaches you at home for petting in between training sessions, ask him do something to earn the petting first, such as “Sit,” or “Down”. Petting should not be something your dog trains you to do for him! Petting is reinforcing to the dog – so utilize it as a way to reward your dog for behavior you ask him to do. Don’t give out petting for free or your dog will begin to demand it.

WORK-TO-EAT/WORK-TO-PLAY: Often handlers are worried about using toys or food in training -- thinking the dog will only respond if the motivators are present. If used correctly, toys and treats are like a “paycheck” to the dog...they satisfy basic needs and natural drives. While praise is also a very useful tool in communicating with your dog, ask yourself how long you would go to work, day after day, doing exactly what the boss told you, without a paycheck? On the other hand, if you won the lottery, how motivated would you be to still go to work for a paycheck? The idea is for you to **make toys and food** (things your dog desires) **only available in return for obedient behavior**. If your dog has been leading the “good life” of a lottery winner and gets

all the pleasures of life laid out on a silver platter for him, you must first change the rules so that your dog has to “earn a living”. Only then will he be motivated to work for you -- because working for you will have real value to him. Dogs will be a lot more motivated to work for a treat if they don’t have unlimited access to food and they come to class slightly hungry. Dogs will be more motivated to work for toys if they don’t have every kind of toy imaginable lying around the house and yard. While it’s a good idea to have appropriate toys out for your dog to chew on, save some more exciting toys for training sessions and put them away when you are done. This will also teach the dog that all “really good things” can be had by working to please you.

MAINTAINING MOTIVATION: Unless your dog has medical problems, don’t feed your dog his dinner right before class. Let him *earn* his dinner or dinner-equivalent in class! Make an effort to bring a variety of things your dog likes and to surprise him with new things every now and then.

TOYS & GAMES: Break up your training sessions with play. Only use toys for training that are not available around the house. These should be “special” toys that only appear when you are training. You want the dog to play with and focus on YOU, and you should be in charge of the game. Games during training sessions should be the type that can be played in a small space -- like catching a treat or toy in mid air-- not games in which the dog runs away from you after an object and then carries it off.

Playing games is a great way to bond with your dog. However, playing “tug of war” and wrestling games with young or adolescent dogs may encourage a bold dog to assert dominance over less dominant members of the family. Young dogs need to first learn not to mouth or bite people before these games can be safely played.

RETRIEVEING: If your dog likes to pick up objects in his mouth, why not make it a game? Teaching your dog to retrieve strengthens his desire to give something to you that is in his mouth. Start your play session with two identical objects – tennis balls often work well. Throw one object, about one foot away, and hide the other behind your back. After the dog picks up the first object and is facing you, encourage him to bring the first object to you by showing him the second object you have. The instant he drops the first object, throw the second as a reward and pick up the first object to repeat the game. If he does not want to release the first object, you can “trade” the first object for a very yummy treat. Note that the dog is “working” to earn his play and that you are the one in charge of the game. (As opposed to you chasing your dog to get the ball, which would send a message that the dog is in charge of the game.)

HIDE & SEEK: Another fun game to play is “hide and seek”; you can hide yourself with a treat or toy in another room, and then encourage the dog to “find you” to get the hidden prize. This game strengthens your dog’s desire to come to you.

GENERAL CLASS INFORMATION



Attendance, Homework & Learning

ABSENCES: Class is where **you** learn and get feedback from your instructor. Another benefit of attending class is that your dog is being asked to perform the exercises in the presence of other dogs and people. The more your dog practices these exercises around controlled distractions, the stronger the dog's reliability will become. If you must miss a class, please let your instructor know beforehand. In fairness to the other students, **make-up classes are not available**, but at the instructor's convenience, a private lesson can be arranged at an extra cost. If your dog is ill or injured or is a female in season, you should attend class *without your dog*. There are no refunds for classes or any portion of the course once classes have begun.

BUILDING BLOCK APPROACH: Each week's class lays the foundation for the next week. In order to progress, the dog must be ready for the next lesson. This is accomplished by the homework you do with your dog at home. *The more effort you put into the class, the more you and your dog will get out of it.* Doing the homework assignment enables you to teach the dog in a quiet environment where the dog can concentrate on learning.

LEARNING CURVES: You may find that your dog picks up some things very quickly and others not quite as fast. Don't be tempted to only practice the things the dog knows well in your practice sessions. Instead, start with something your dog knows well, and end with something he knows well, but alternate them with the things that are more difficult.

LEARNING PLATEAUS: *Have you ever crammed for a test only to draw a blank on something you know you studied very well?* When dogs (or people) learn a lot of new things at once, they can experience a learning plateau while the information goes from short term to long-term memory. If you come to class one week and your dog seems to have forgotten everything he's learned, don't give up on him! After a short break, he will soon remember again. Just remember that the best way to avoid hitting a learning plateau is not to cram, but to work the learning into the dog's every-day life.

TRAINING SESSIONS: Training sessions should be short and frequent. Three 5-10-minute training sessions a day are recommended. You should plan your sessions so that they occur before meals and should choose a relatively quiet place to begin training.

COMMANDS: In your homework, you will see suggested words to use as commands. Please know that you can choose **any** word in any language as a command. It is best, however, to keep a running list of the words you teach your dog. You want to avoid using any two words that sound alike or rhyme or that sound like your dog's name (i.e. using the command "Sit" for a dog named "Syd"). You also want to give exact meaning to the words and not use the same word for different things (i.e. "down" means lay down, and not don't jump up on me).

House Rules

DOGGIE BUSINESS: Allow at least fifteen minutes to exercise your dog before class and give him a chance to relieve himself. Please use the wooded areas on the side or in the rear of the building and **carry a plastic bag in your pocket** to pick up any stools your dog leaves on the grounds. **PLEASE BE CONSIDERATE OF OTHERS. Outside of the building, dogs must be on a leash at all times.**

WHO'S THE TRAINER, ANYHOW? While dogs are in class, they should be focused on their owners. Adolescent dogs are like teenagers – they usually don't need to be encouraged to focus on their peers -- the difficult task is listening to their parents. While dog-dog socialization is important, the focus of this particular class is getting the dog to focus on you **DESPITE** the fact that other dogs are present. Remember – other dogs will reinforce your dog's behavior by wagging, whining, giving responses. If you let the other dog reinforce your dog for the barking behavior, it will get stronger. (Like the example of the dolphin splashing the crowd and the crowd applauding and laughing.) **If you don't control the reinforcements, you won't control the behavior.** If your dog is barking across the room at another dog and that dog is staring back and responding, use your body to block the eye contact and get the dog re-focused on you. (Your instructor can also provide you with a blind or privacy screen.) This concept is called managing environmental reinforcement.

UNSOLICITED SNIFFING: We request that you not let your dog go to the end of the leash to sniff another dog in class, especially while you are turned in the other direction. Becoming a "Canine Good Citizen" team also means you not allowing your dog to be rude to other dogs. When you are outside, and want your dog to approach another dog, **always ask the handler's permission first.** Allow the dogs three seconds to sniff and then re-direct them off to the side (don't pull back and up on the leash!) After the "three-second-sniff", you should be able to tell whether the dogs accept each other or not. If you see hackles up, ears forward, tail straight out, lips lifted, or hear a growl, do not allow the dogs to interact any more. While some dogs may enjoy sniffing and close interaction with other dogs, others do not like it or may feel threatened by it. Even the "friendliest" dog will eventually meet another dog he doesn't get along with. **Never assume it is your dog's "right" to sniff another dog.**

FRIENDS AND FAMILY IN CLASS: Experience shows that dogs learn best if their initial training is very consistent. Often two adult handlers can agree to train a dog consistently, and sometimes a child-adult team can do the same. **The greatest success is achieved if the one family member whom the dog "respects" the most consistently attends the dog's training class.** (Trainers aged 8-18 in this category are welcome, but must be accompanied by an adult.) This designated handler or handler team can then teach the rest of the family what they have learned. However, any family members or friends are always welcome to watch this class. Any children under the age of 8 attending class need to be under supervision on a non-participating adult at all times.



TRAINING EQUIPMENT

LEASH: We would like you to bring a six-foot leash to class. We recommend the leash be made of leather, nylon, or cotton and will have some nylon leashes for sale. **Please do not bring a Flexi-leash or a metal chain leash to class.**



Collar: We recommend the use of a flat or rolled leather buckle collar for Canine Good Citizen classes. After a few classes, the instructor may recommend that you try a special training collar such as a Promise or Premier collar. **You will use this special training collar only during training sessions or in situations when you need control over your dog on a leash. Do not leave special training collars on your dog when you and a leash are not attached.** Training collars are also only used for training a behavior, and should be eventually weaned off; in order to pass the Canine Good Citizen test, the dog must wear a flat collar. **WE DO NOT ALLOW THE USE OF METAL CHOKE CHAIN COLLARS IN OUR CANINE GOOD CITIZEN CLASSES.**

TOYS FOR MOTIVATION: For class purposes, you will want the kind of toy that will allow you and the dog to hold on or one you can toss into the air, but it won't bounce far. Below are some suggestions.

- Tennis Tug
- Braided Tug
- Squeaky mouse
- Soft latex squeaky toy

TOYS FOR REWARDING CALM BEHAVIOR:

When you'd like your dog to be quiet at home – say, when guests come over for dinner – here are some suggestions of toy/treat combinations that keep a dog occupied and reward calm behavior. Most are available for sale at Teamworks Dog Training.

- Gumabone. Nylabone
- Cotton (not nylon) rope toys
- Kong stuffed with peanut butter
- Saucer stuffed with dog biscuits
- Buster cube filled with dog food
- Frozen beef soup bones
- Low salt chicken broth “pop-sicles”



TREATS:

What Kind of Cookies to Use:

- It must be something your dog likes!
- It should be soft and easily chewed in one bite without crumbling. (Not large dry dog biscuits)
- You should be able to break it into very small pieces.

Here are some suggestions:

- Hot dogs sliced /micro waved/blotted to get fat out
- Chopped up cubes of cheese
- Baked liver pieces or “liver cookies.”
- Cereal - like Cheerios or Kix
- Pounce cat food treats
- Jerky sticks or strips for dogs
- Cooked chicken or turkey pieces
- Moist packaged dog food
- Sliced carrots
- Unsalted pretzels
- Unsalted oyster crackers

READING LIST: If you would like to read more about this training philosophy, here are a few recommended books:



- **The Canine Good Citizen.** Jack and Wendy Volhard.
- **Don't Shoot the Dog.** Karen Pryor.
- **Clicker Training: A Dog & A Dolphin.** Karen Pryor.
- **How Dogs Learn.** Dr. Mary Burch & Jon Bailey **Clicker Training for Obedience.** Morgan Spector.
- **Clicker Fun.** Dr. Deb Jones.
- **Leader of the Pack.** Dr. Patricia McConnell
- **Dogs Are From Neptune.** Jean Donaldson.
- **Toolbox for Remodeling Your Problem Dog.** Terry Ryan
- **The Dog's Mind.** Dr. Bruce Fogle.
- **Owner's Guide to Better Behavior in Dogs.** Rev. William Campbell.
- **Raising Rover.** Judith Halliburton.
- **Playtraining Your Dog.** Patricia Burnham.
- **Living With More Than One Dog.** Carol Cronan.
- **How to Teach an Old Dog New Tricks.** Ian Dunbar.



RESPONSIBLE DOG OWNERSHIP

GROOMING: Every dog needs a good brushing not less than once a week. Longhaired dogs should be brushed no less than 3 times a week.

Use grooming time to check your dog all over. A thorough grooming session once a week will save you a costly trip to a groomer and make you aware of any condition, which needs to be checked by your veterinarian.

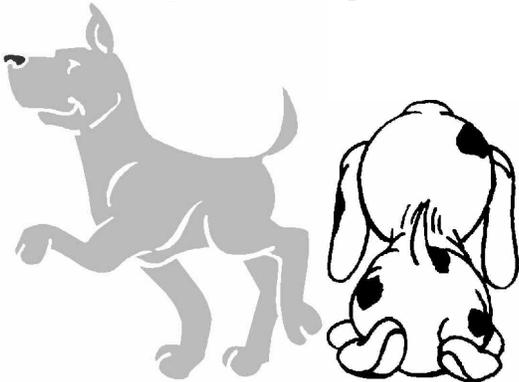
Your dog needs a bath when you can smell him. Most breeds should be bathed once a month.



KEEPING YOUR DOG FIT & TRIM: Its tempting to feed your dog the amount of food recommended on the dog food package. However, many packages list amounts that would over-feed the dog. Another aspect to consider is that like humans, dogs gain the most weight from carbohydrates. Wild canines do not eat corn and rice – they are convenient ways to stretch the dollar on a dog food. If you dog is overweight, consider switching to a low-carbohydrate diet and use meat-based treats instead of carbohydrate-based biscuits.

If your dog is fit, you should see an indent at his waist as you look at him from above. You should also be able to easily feel his ribs as you lightly rub your hand along his sides. If you have to press down to feel ribs, your dog could stand to lose a few pounds. If you can't fee ribs at all, your dog should definitely change diets.

Feed your dog at specific times and then take his food away. **Do not leave food out for your dog all the time.** This will help your dog stay fit and be important for training reasons.



SPAYING & NEUTERING: Have your dog neutered or spayed about 3-5 months of age. Neutered pets live longer, healthier lives and make superior pets. Spaying and neutering early often prevents undesirable behaviors like mounting and object possessiveness. Breeding a dog is an expensive and time-consuming undertaking that requires extensive knowledge of genetic diseases or purebred dogs. More importantly, there are far too many unwanted dogs and puppies into the local area.



CLIPPING NAILS: Make sure you clip your dog's nails before the first class. You need to clip your dog's nails when you can hear him coming on a hard surface.

(1) With your dog lying down next to you on the floor, gently take hold of one paw. Hold for a few seconds, praise and give treat. Repeat until you can hold each paw to the count of 10.

(2) With your dog lying down, take paw in one hand and touch one nail with the clippers. (Do not cut the nail.) Praise and give treat. Repeat until you can touch each nail with no struggle.

(3) With your dog on a "down" by your side, use the clippers and cut the TIP of one nail. (If it bleeds, you have cut off too much!) Praise and give treat. Repeat until you can do one nail on each foot.

(4) With your dog lying down by your side, take hold of paw, put a little pile of treats under his nose. Let him eat the treats while you cut the nails on one foot. Repeat until you can cut all the nails on all four feet. Praise.

(5) Repeat Step 4, but give treat after you have done one foot.

See the next page for a diagram of how to trim a dog's nails.

PARASITE PREVENTION: The climate in North Carolina requires that dogs be on heartworm preventative medication year round. Heartworm infections are carried by mosquitoes and can be fatal if left untreated. Please talk to your veterinarian about making sure your dog stays heartworm free. Roundworms, hookworms, and tapeworms are common parasites that can also be treated with combination heartworm medication. In addition, you will need to have your dog on flea and tick preventative most of the year.

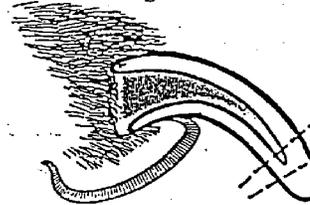


Diagram 1



The blood supply (Kwik) in a short nail.

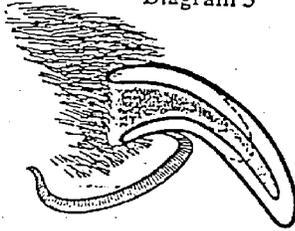
Diagram 2



A cut here will cause bleeding and the nail will still be too long.
TRIM HERE and the blood supply will begin to get shorter.

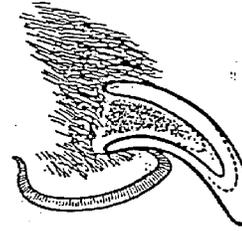
Note how the blood supply gets longer as the nail grows.

Diagram 3



If you clip or file a little off of a long nail every few days, the blood supply will continue to recede.

Diagram 4

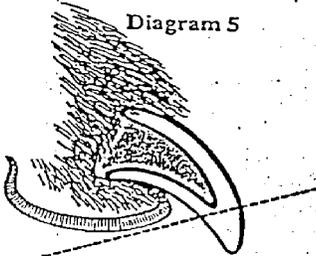


As the nail gets shorter so does the blood supply.

Rich Health

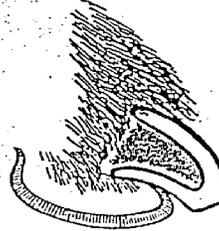
KWIK-STOP STYPTIC POWDER

Diagram 5



Only when the nail is kept short can it be trimmed without bleeding. If the same cut had been made on the long nail in Diagram 2, it would have caused bleeding.

Diagram 6



A properly trimmed nail.



HOUSETRAINING HINTS

FEEDING: Puppies need to be fed 3 times a day; adult dogs, twice a day, unless you have an extra-large dog prone to bloat (these dogs need to be fed several small meals per day). Always feed at the same time, even on weekends. Keep the diet constant; abrupt diet changes will cause digestive upsets. Loose stools are a sign of overfeeding, dry stools a sign of underfeeding. Make sure you ask your dog to sit and stay while you're holding his food bowl. Slowly set the bowl down on the floor – whisk it back up and away if your dog breaks his stay. When he does stay, release him and let him eat his food. After 10 minutes, pick up dish and put it away. Remember that you want your dog to “work for a living”; *leaving food out all the time (free-feeding) not only causes dogs to be overweight, but it causes them not to value their food.*

ESTABLISH A TOILET AREA: Always take your dog to a specific toilet area when he should eliminate. If possible, this area should be in a straight line from the house. Ask your dog to do his “business”. Stand still and let him concentrate on what he is doing. Be patient, let him sniff around. After he has finished, praise him.

****If you walk your dog on a leash in order to get the dog to eliminate:** Many people make the mistake of walking the dog *until* he does his business and then promptly ending the walk. It doesn't take most dogs very long to learn to “hold it” as long as possible so their walk will last as long as possible. This can cause a lot of stress on both the dog and you. Instead, bring your dog immediately to his toilet area, ask him to do his business, praise him, then REWARD him with a nice walk.

3) **When to take the dog to the toilet area:** After eating or drinking, after waking up, and after playing or chewing. Watch for sniffing and circling.

4) **Dealing with accidents after the fact:** If your dog has had an accident in the house, do not call him to you to punish him. Not only is it too late, your dog will simply associate going to the bathroom in your presence with punishment, and choose a back bedroom next time! Dogs also DO NOT understand rubbing their nose in their own scent; otherwise, why would dogs roll on the grass where another dog has eliminated if they truly disliked the scent so much? Always keep calm. Clean up the mess, making sure your dog is not watching you. Use white vinegar or enzyme-based solutions as cleaners. Do not use any ammonia-based cleaners (they smell a lot like urine to the dog). Most importantly, make sure that when your dog does go outside, you praise him a lot for going in the correct place and be very vigilant for future signs of sniffing and circling. If your dog continues to have accidents, take him to the vet to check for health problems.

CATCHING YOUR DOG IN THE ACT: Give your dog verbal feedback by telling him “wrong” or “eh-ent”, but stay calm and *do not get angry*. Do not try to drag him outside because that will make your clean-up job much more difficult. It is very important not to let the dog associate eliminating in your presence in general with fear; this results in dogs that will not eliminate outside (because, after all, you are standing there) and will seek out hidden areas of the house to eliminate. Again, make sure that when your dog does go outside, you *praise him a lot* for

going in the correct place and be very vigilant for future signs of sniffing and circling. Hint: Until your puppy is reliable, it is not a good idea to let him have the run of the house.

THE USE OF A CRATE GREATLY SIMPLIFIES HOUSETRAINING AND PUPPY CONTROL.

Crates are no more cruel to a puppy than a playpen is to an infant. Crates can ensure that your young puppy is safe from harm while you are gone and will encourage the dog to sleep during this time; making it less likely that he will have to eliminate. (Dogs need to sleep 16-18 hours a day!) Crates can be weaned off gradually after the dog is housetrained and has stopped a lot of its chewing. **Interestingly enough, as adults, most crate-trained dogs choose to sleep in their crates after they are no longer required to stay in them!**

HOUSETRAINING RELAPSES: Should your dog have a relapse once he has been housetrained, have him examined by your veterinarian. Chances are, he is ill.



GUIDELINES FOR INTRODUCING THE CRATE:

- Practice going into crate, sit with dog, praise and pet.
- Everytime the dog goes into the crate, feed the dog treats and praise heartily.
- Feed every meal in the crate, requiring dog to go into crate before food dish is set down. Close the door while dog eats.
- Close door and walk away. Don't respond to whimpers! Do not open door again until dog is quiet.
- Only make a big deal about going into the crate not coming out.
- Leave crate door open when home.
- Place crate in someone's bedroom at night for dog to sleep in.
- Never allow children to play in crate.
- Don't use the crate as punishment.
- Always have your dog eat in his crate - it makes for much simpler clean-up and ensures that no other pet will disturb him during his meal.
- At least until your dog is through with adolescence (ages 2-6, depending on breed) have your dog stay in his crate at night and when you are away from home. You will prevent unwanted destructive behaviors.
- Remember, dogs sleep about 16 hours per day. Putting a dog in a crate to sleep is similar to putting an infant in a crib.



POST-ORIENTATION HOMEWORK

1. **MOTIVATORS:** Keeping training enjoyable is the best way for your dog to learn. In order to create a tail-wagging attitude toward learning, you will need to have "objects of attraction" to use in training your dog. These objects should **not** be things that the dog has unlimited access to. For instance, if the dog's tennis ball is always around, chances are if your neighbor's dog gets a squeaky ball, your dog will be much more interested in the squeaky ball than his tennis ball because it is new and interesting. The same goes for food rewards; everyday dog food is much less exciting than cut up pieces of beef hot dog or dog beef jerky. List your dog's favorite rewards for each category and rank them from (#1) most motivating to least motivating:

	FOOD	FOOD	TOYS	GAMES
1				
2				
3				
4				
5				

TEST THESE FOOD ITEMS ON YOUR DOG

- Cut up beef hot dogs
- Chopped up cubes of cheese
- Moist dog food treats
- Cereal - like Cheerios or Kix
- Pounce cat food treats*
- Jerky sticks or strips for dogs
- Cooked chicken or turkey pieces
- Moist packaged dog food
- Sliced carrots
- Unsalted pretzels
- Unsalted oyster crackers
- Dried liver pieces
- Unsalted popcorn
- Shelled, unsalted peanuts

*Don't feed your dog too many of these because they are not a very nutritionally balanced food for dogs.

2. **ACCEPTING HANDLING:** Being able to handle your dog is very essential not only for practical reasons, but for behavioral reasons as well. Teaching your dog to accept handling from you and also from strangers is a goal of the class. The next time you take time out to groom or to pet your dog, do a thorough evaluation of his sensitive areas. For instance, many dogs do not like their feet, ears, or tails touched. Handle your dog carefully and slowly, like a veterinarian does an exam. If your dog growls or shows serious resentment, **do not proceed with the examination of that area** and note it below. If your dog pulls away, resists, or shows very submissive behavior like wetting, try the following exercise: Place peanut-butter on a vertical surface, (use the lid of a margarine container with masking tape on the back of it and to stick it to your refrigerator, then spread the peanut butter on the margarine lid) and after your dog starts to lick the peanut butter, begin to slowly and gently pet him in the sensitive area, using verbal praise. Repeat several times this week.



AREAS DOG LIKES TO BE PETTED: _____

DOG'S REACTION: _____

AREAS DOG DOES NOT LIKE EXAMINED: _____

DOG'S REACTION: _____



POST-ORIENTATION HOMEWORK

HOMEWORK PROGRESSION:

The next step in your homework is to introduce the clicker to your dog. From now on in the homework sheets, you will notice that each section objective is first described in *italics*. Under that, marked in **small diamonds**, are some things you should think about before doing the exercise. Then, the **arrows** tell you, step-by-step, what to do. There are occasional “Notes” sections in boxes with helpful hints or troubleshooting ideas. You will also see several “levels” for each exercise. The homework is divided into levels for several reasons:

- You should practice with your dog in **several short sessions (5-10 minutes each)** per day, rather than one long session. Try to incorporate training right into your dog’s daily routine; when he gets up, before he eats, before you leave the house, when you come home, before bed, etc.
- Every dog will progress at a different rate. The “levels” will give you goals to strive for (which is what the check-boxes are for). However, **anytime your dog seems confused, ALWAYS DROP BACK ONE LEVEL. LET THE DOG SUCCEED AT THE PREVIOUS LEVEL, AND END THE SESSION THERE, ON A GOOD NOTE.** Then, the next time you practice, start with the lower level and reach towards the next level.
- It can be confusing to the dog to try to learn two different **brand new** behaviors in one session. Try to get to the level at which you **introduce a command before starting on another brand new exercise.** It’s fine to work on already-learned commands in the same session as one new behavior.
- **You do NOT have to reach the highest level of one exercise before going onto the next exercise.** The levels are provided to keep each exercise challenging and fun for you and your dog and to encourage you to train in short sessions. Your homework will describe only a few exercises that have a “pre-requisite” exercise.
- We will usually practice the “level one” exercises in class and maybe demonstrate higher levels. At home, try to progress beyond what we did in class in preparation for the next week’s lesson.

CLICKER TIPS:

- 1) **CLICK = TREAT.** Practice using your clicker when your dog is out of earshot. Don’t let children play with the clicker. Remember, the idea is for this sound to have a specific meaning to your dog.

PRESS HERE WITH YOUR THUMB



ALWAYS CLICK FIRST, AND THEN TREAT. The click means, “That’s correct! You earned a treat!”

- 2) **CLICK THE BEHAVIOR WHILE IT IS HAPPENING.** Keep your eyes glued to your dog and your thumb on the clicker when you are doing a training session. As the trainer, it is your job to catch the dog doing what you want it to do. If you miss an opportunity, it isn’t the end of the world, but the harder you concentrate on your dog, the quicker he will learn.
- 3) **DON’T WORRY ABOUT THE TIMING OF THE FOOD REWARD.** The important part is the click. Once the dog knows click = treat, he will understand that the treat is coming.
- 4) **CLICK ONLY ONCE.** Resist the temptation to click more than once. The timing of the click tells the dog “that’s it! That’s what I wanted you to do!”. Multiple clicks would be confusing to the dog.
- 5) **DON’T USE THE CLICK TO GET THE DOG’S ATTENTION OR JUST TO GET THE DOG TO COME TO YOU.** Again, click the behavior you want as it’s happening, don’t use the clicker as a command.
- 6) **WHEN YOU DOG “GETS IT”, GIVE HIM A JACKPOT.** When the you get an especially good performance, give your dog a handful of treats and end the session with a round of play. This would be like getting a bonus at work for a job well done.
- 7) **ADD THE COMMAND ONLY WHEN THE BEHAVIOR IS RELIABLE & FUN.** When teaching a brand new behavior, stay silent and let the dog figure it out – the dog’s going to understand the behavior better if he’s figured it out himself. When you start to see quick responses, add a command as the dog does the behavior. After a few times, then add the command just before the dog does the behavior. Now the behavior is “on cue” and its time to test the reliability of the behavior versus position, time, distance, and distractions.



POST-ORIENTATION HOMEWORK

3. CHARGING UP YOUR CLICKER /

ATTENTION WORK: *The most important element in successful training is having your dog's attention. If your dog is looking at you, he's much more likely to obey you than if he's looking at something else. This exercise will also aid you in "charging up" your clicker and getting used to it as a training tool.*



- ◆ Choose a quiet environment with no distractions for this exercise.
- ◆ First, prepare a container with some of your dog's favorite treats in it (ranked #1 or #2). Place the treats in your reach, but out of the dog's reach.
- ◆ Make sure you hold the clicker so that you can depress the end without the dimple in it.
- ◆ Sit in a chair so that you are closer to eye level with your dog.
- ◆ Show the dog that you have the treats (if he hasn't already noticed!)
- ◆ For the first couple of clicks, you're going to hold the clicker in your pocket or behind your back.
- ◆ Remember that you aren't going to *say* anything; you're going to let the dog figure this out himself.
- ◆ Also remember...its *CLICK FIRST, AND THEN TREAT.*

NOTES:

- If your dog tends to be afraid of noises, start with the clicker in your pocket or behind your back
- If your dog is still afraid of the clicker, you may want to use a bottle lid or a retractable pen instead for a quieter click.

☒ □ LEVEL I: Click Means Treat!

- Start off by simply clicking once then giving the dog a treat
- Repeat this several times
- Then click the clicker and delay a few seconds before giving a treat
- If you see the dog startle and actively look for the treat, end with a jackpot of several treats

☒ □ LEVEL II: Getting Eye Contact

- When your dog looks at you, simply click and then treat.
- Repeat several times, making sure you get direct eye contact.

- After your dog has done this successfully several times, get 3 seconds of attention before clicking and treating.
- Now try for 5 seconds of attention.
- Jackpot (give him a handful of treats) and end the first session here.

NOTES:

- If your dog simply stares at you continuously, after you click, throw the treat out and away from you. This way, the dog needs to come back to you to give you eye contact.
- If your dog is not looking at you, increase the level of the food treat and/or decrease the level of distractions or try holding the clicker or the treats near your face.

☒ □ LEVEL III: Getting Attention

- Try to get 10 seconds of attention.
- Work the exercise this week trying these variations with each new session. Start with 3 seconds of attention and work up to 10 seconds.
- Try a new location (still without distractions)
- Try a location with a few distractions
- Try another location with more distractions. (For instance, if you started in the kitchen, first move to the living room. Then try the back yard, then the front porch.)

☒ □ LEVEL IV: Adding the Command

- When the dog will look at you reliably, its time to add a command. *While he is looking at you*, say "watch", "look", "attention", or some other command, then click, then treat (toss it away from you so the dog has to come back to look at you)
- Repeat several times, jackpot on a really good note and then end the session.

☒ □ LEVEL V: Attention for Dinner

- When you've prepared the dog's dinner, holding the dish, ask for attention first, click, and then lower the bowl to give the dog his dinner.

NOTES:

- If your dog won't give you eye contact, place the bowl out of sight. Ask for attention before picking up the bowl.



POST-ORIENTATION HOMEWORK

4. STATION TRAINING: *When someone comes to your door, do you wish your dog would not bark uncontrollably and then jump all over your guests? When you are eating dinner do you wish your dog's nose was not on your lap? When you need to clean up a spill on the floor, do you wish your dog wasn't in the way? How can you get your dog to do these things? You can use a technique called "Station Training".*



- ◆ Wait until you've added a command for "ATTENTION" (level III) before starting this exercise.
- ◆ Choose a quiet environment with no distractions.
- ◆ Prepare a container with some of your dog's favorite treats in it (ranked #1 or #2). Place the treats in your reach, but out of the dog's reach.
- ◆ Choose a rug or towel or thin fabric dog bed, which will be your dog's "station". The station should also be portable so you can bring it with you to class each week. Choose something that folds up easily and that is durable.
- ◆ Lay the station on the floor.
- ◆ Sit in a chair next to the station.
- ◆ Show the dog that you have the treats.

☒☐ LEVEL I: Where's the Station?

- When the dog puts even one paw on the "station", click and then treat the dog at the station.
- Toss another treat to the dog, out and away from the station.
- When the dog comes back to the station, click and treat.
- Now wait until the dog has two paws on the station before clicking and treating.
- Repeat a few times, jackpot, and then end the session.

☒☐ LEVEL II: Station for Dinner

When you've prepared the dog's dinner, holding the dish, ask for him to go to his station first. Count to ten, and then lower the bowl to give the dog his dinner.

☒☐ LEVEL III: Station from a Distance

- Move your chair slightly away from the station.
- When the dog touches the station with three of four paws, click and treat.
- Toss the dog the treat at the station.
- Move your chair further away and repeat.
- When the dog goes back to the station, click and treat.
- Repeat a few times, jackpot, and then end the session.

☒☐ LEVEL IV: Station in Another Room

- Stand up and repeat exercise.
- Move the station to another room and repeat.
- Repeat a few times, jackpot, and then end the session.

☒☐ LEVEL V: Station on Command

- When your dog goes to his "station" reliably, add a command as he gets to the station. You can use "station", "bed", "mat", or whatever command you like.
- Repeat a few times, jackpot, and then end the session.

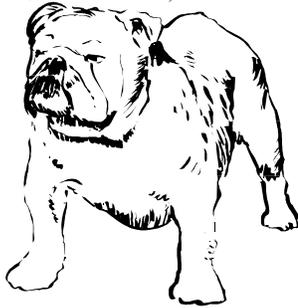
☒☐ LEVEL VI: Station at the Door

- ◆ Wait until you've added a command for "SIT" & "RELEASE" before starting this exercise.
 - Before you let the dog out the door, ask him to sit at his station.
 - Place your hand on the door handle. Take your hand away from the handle if the dog gets up.
 - Open the door slowly, closing the door if he begins to get up.
 - When the door is opened and he's still sitting, release your dog and let him out.



WEEK ONE HOMEWORK

1. TEACHING A RELEASE: *Many dogs entering a beginner dog obedience class have already heard the command "sit" and "down". However, most owners say that the dogs still get up from the position whenever they please. If you want your dog to stay put, you must teach the dog a word that means it is free to get up. ("O.K.!", "FREE!", "AT EASE", "ALL DONE!")*



- ◆ For this exercise get some #4 or #5 ranked treats out.

☒☐ LEVEL I: Relax and its Yours

- Sit down next to your dog & hold your dog gently by the collar with one hand.
- With the other hand, slowly lower a low-ranking treat to the ground out of your dogs reach.
- Pick up your clicker.
- Your dog will probably strain forward to get the treat. Hold him back from the treat and just wait.
- The instant he stops straining, click, say "o.k.!" Or "release!" Or "free!" And release the dog to get the treat.

☒☐ LEVEL II: Yours for Not Pulling

- Stand up next to your dog, holding his leash, drop treats out and in front of him, just out of reach.
- Pick up your clicker.
- Your dog will probably strain forward to get the treats. Hold him back from the treats and just wait.
- The instant he stops straining, click, and say "release!" And release the dog to get the treats.

☒☐ LEVEL III: Mother May I?

- Repeat level II, but ask for attention first, before clicking and releasing the dog.

2. SIT: *Even if your dog already knows how to sit, give this a try to see what he does. Using this method, you will learn how to teach the dog to respond to hand signals.*

- ◆ For this exercise get some #2 or 3 ranked treats out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Stand up and have your dog on a leash.

☒☐ LEVEL I: Shifting Gears Into Sit

- Hold the treat in the palm of your hand and close your hand.
- With your fingertips over the dog's nose, move your fist slowly in an arc no more than one inch above the dog's head.
- As soon as the dog's rear end hits the ground, click and treat.
- Repeat a few times, jackpot, and end.

NOTES:

- ◆ Don't pull your hand back and up if the dog tries to get the treats out of your hand! (You may teach your dog to jump up instead of to sit.) Just refuse to open up your fist. If your dog is too excited about the treats, drop to level #4 or #5 treats.

☒☐ LEVEL II: Distractions

- Repeat in a more distracting environment

☒☐ LEVEL III: You Change Position

- Try the same exercise with you sitting in a chair

☒☐ LEVEL IV: Sit on Command

- When the dog will sit reliably, its time to add a command. *As his rear hits the floor*, say "sit" one time, then click, then treat
- Repeat several times, jackpot and end.

NOTES:

- ◆ *Try not to be tempted to say the command before the dog does the action just yet. Remember that we want the dog to really like this "game" of figuring out what you want. What we don't want is for you to sound like you're nagging the dog in a foreign language.*





WEEK ONE HOMEWORK

3. DOWN: Many people tend to use the word “down” when they mean, “don’t jump up on me” or “get off of the couch”. Make sure you choose a word to mean, “lay down” that is not confused with these other actions. Don’t use the term “sit-down”, its very confusing to a dog trying to learn the meaning of each word.

- ◆ Make sure you have already introduced the command for “sit” before starting this exercise.
- ◆ For this exercise get some rank #1 or #2 treats out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Choose a soft surface like carpet.
- ◆ Sit on the ground and have your dog on a leash.
- ◆ Start with your dog in a sitting position.



☒☐ LEVEL I: Down “L”

- Hold the treat in the palm of your hand and close your hand.
- With your fingertips under the dog’s nose, move your fist slowly down to the ground in an “L”.
- As soon as the dog’s front elbows hit the ground, click and treat.
- Repeat, jackpot and end.

NOTES:

- ◆ This exercise may take a little more patience than the sit exercise. Remember not to pull your hand up and away and to let the dog figure it out. If your dog is too excited about the treats, drop to level #3 or #4 treats.
- If your dog is not putting his rump on the ground along with his front elbows, sit on the ground with your knees bent upward, forming a “tent”. Have your dog on your left side and the hand with the treat on your right side. Reach under your knees and make an “L” pattern, pulling the dog under the “tent” of your knees. This will coax him to put his rump down. A coffee table can also be used in the same way.

☒☐ LEVEL II: Change Position

- Try the same exercise with you sitting in a chair.
- Then try the same exercise with you standing up.

☒☐ LEVEL III: Down on Command

- When the dog will down reliably, its time to add a command. As his elbows hit the floor say “down” one time, then click, and then treat.
- Repeat, jackpot and end.

4. RECALL (COME WHEN CALLED): The recall is a command that could save your dog’s life. Therefore, of all of the commands he learns, we want this one to be your dog’s absolute FAVORITE. Choose your command very carefully here. If you have ever in the past used the word “come” in a negative way (as in “come over here right now you bad dog”) the dog has already generalized the word “come” with something bad. Chances are he won’t come to you using this word, so choose a new one. Once you choose a recall word, you must also commit to only using the word in training (on leash) for right now. This way the dog doesn’t have the option of not coming to you. When you want him to come in from the yard, and you have no way of enforcing it, do not use your recall word.



- ◆ For this exercise get some rank #1 treats or toys out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Make sure your dog is on a leash and a buckle collar.
- ◆ Place the treats out of the dog’s reach, but in various places around the house in small piles about six feet away from each other.

☒☐ LEVEL I: Run Around Recalls

- Run over to one of the piles and show your dog the treat.
- As soon as the dog comes to you, click and treat.
- Run to another treat pile and repeat, jackpot, and end.

☒☐ LEVEL II: With Distractions

- Choose a more distracting environment and repeat.

☒☐ LEVEL III: Recall on Command

- When the dog comes reliably, its time to add a command. As he’s in motion to you, say “come” or “front” or “here” or some other command, then click, then treat
- Repeat, jackpot and end.

NOTES:

Make this game more exciting by running excitedly from treat pile to treat pile or by involving several family members in the game (each person gets one pile and everyone takes turns calling the dog.)



WEEK ONE HOMEWORK

5. TARGETS: *Target plates and target sticks have been used for years to train animals for movie and television work. It's a relatively simple concept – train the dog to touch a small “target” with its nose and you can get the dog to move to location to location on command. You will receive a target plate in class, but can also teach your dog to target to any object – like a post-it note or a dowel rod.*



- ◆ For this exercise get some level #3 or 4 treats out.
- ◆ Choose a quiet environment with no distractions.
- ◆ Sit on the floor with your dog.

☒☐ LEVEL I: Touch the Target

- Hold the target plate in the palm of your hand and hold it out to the dog like you are offering him a plate of goodies –or- hold a treat inside your closed fist (fingers on the bottom) right under your dog's nose
- When the dog sniffs the target or your fist, and touches it with his nose, click and treat.
- Repeat, jackpot and end.

NOTES:

If your dog does not seem interested in sniffing the target, you can rub your treat (hot dog or cheese) on the plate to place a scent on it.

☒☐ LEVEL II: Change Position

- Same exercise with you sitting in a chair.
- Same exercise with you standing up.

☒☐ LEVEL III: Target on Command

- When the dog touches the target reliably, its time to add a command. *As he touches it*, say “touch” or “target” or “point” or some other command, then click, then treat
- Repeat, jackpot and end.

6. ACCEPTING HANDLING: *If you have determined that your dog has a sensitive area, continue to work on handling that area. (For instance, he does not like his paws to be touched.) Uses treats and lots of praise, work up to a 10-second hold. You may want to work on this exercise separately from your training session. Simply incorporate it into your day's routine (i.e. before breakfast or bed)*

7. SUPERVISED SEPARATION: *This exercise is one of the Canine Good Citizen objectives. The idea is that if you had to leave your dog momentarily (say, to run to the restroom), you could hand your leash to another person and the dog would accept being held by that person without fussing at your absence. Basically, some dogs have no trouble with this exercise and for some; it's the toughest exercise.*

☒☐ LEVEL I: Walking Away and Back

- Have an assistant hold your dog's leash.
- Say, "wait here" and give a treat as you walk away.
- Walk out of sight of the dog (don't turn or look back!) Have the assistant praise the dog and give him treats as long as he is quiet.
- After a count of 10, return to the dog and take the leash back without making a big deal about your return. If your dog is whining, wait until he stops before returning. (If you return while he is whining, your dog has just trained you not to leave him!)

NOTES:

In this exercise, the praise and reward is given when the dog is being left. This way the dog does not whine in anticipation of your return and he learns that he gets rewarded for behaving when you are not in sight. If your dog is nervous about this exercise, you can leave a toy or something that smells of you (like a pocketbook) with him. You may also want to start with one second and work up to ten seconds.)

8. KEEP WORKING ON ATTENTION & STATION TRAINING AS DESCRIBED IN WEEK ZERO WE WILL USE THEM IN CLASS NEXT WEEK.



WEEK TWO HOMEWORK

TONE OF VOICE: Tone of voice is a common element between human and canine communication.

A **higher-pitched, pleasant tone** is used for praising or communicating affection. When dogs see someone they like, they often whine and wag their tails. We will be using praise as a bridge between clicks to let the dog it is doing the correct thing. Think of this communication like the game show bells and whistles when a contestant chooses the correct answer. (For praising, you may want to choose a word like “SUPER!” “SMART!”, “EXCELLENT!”, “WOW!”.) **It is very important not to forget to praise your dog! BE GENEROUS WITH YOUR PRAISE!!!!**



1. SIT HAND SIGNAL: *Now that your dog is responding to the sit command with a treat held in your hand, we’re going to turn that movement into a hand signal. It is best with hand signals to choose a hand (right or left) that will always give each signal. This makes it more consistent for the dog. As a suggestion, use the left hand for sit and the right hand for down.*

- ◆ Make sure you have already introduced the verbal command for “sit” before starting this exercise.
- ◆ Treats = rank #3 or #4
- ◆ Choose a quiet environment with no distractions.
- ◆ Choose a soft surface like carpet or grass.
- ◆ You should be standing up.

NOTES:

From now on in the homework, you’ll see the abbreviation **(C/T)** for **CLICK AND TREAT**

LEVEL I: Sit for a Hidden Treat

- Hold the treat in the palm of your left hand and close your hand.
- Start with your hand at your side.
- Give the sit command and at the same time, move your hand out and over the dogs head (fingertips facing downward)
- As soon as the dog’s rear end hits the ground, (c/t).
- Repeat a few times, jackpot, and end.

NOTES:

If your dog is jumping up at your hand still, try lowering a rank in treats, sitting in a chair and also backing up a few levels in the sit homework.

LEVEL II: Sit Without a Lure

- Now, pretend to hold a treat in the fist of your hand.
- Repeat exactly as above a few times, (except that you will now reach over and get a treat after the click)
- Get a really good performance, jackpot, and end.

LEVEL III: Signal & Command

- Now, pretend to hold a treat under the thumb of your opened hand.
- Repeat several times, jackpot, and end.

LEVEL IV: Whispered Command

- When your dog is responding reliably to both the verbal and the hand signal, its time to fade the verbal command. Start by whispering the command.
- Repeat several times. When your dog responds only to the hand signal, jackpot and end.

LEVEL V: Change Location

- Bring the dog to a different environment.
- Review the hand signal with a whispered command.
- Repeat several times with the hand signal only.

LEVEL VI: Sit for Hand Signal

Only

- Review the hand signal with a whispered command.
- Repeat several times with the hand signal only.





WEEK TWO HOMEWORK

2. DOWN HAND SIGNAL: *This exercise will be exactly like the sit, except that you will be using the other hand and a different hand motion.*

- ◆ Make sure you have already introduced the verbal command for “down” before starting this exercise.
- ◆ Treats = rank #3 or #4
- ◆ Choose a quiet environment with no distractions.
- ◆ Choose a soft surface like carpet or grass.
- ◆ You should be standing up.

LEVEL I: Down With Lure

- Hold the treat in the palm of your right hand and close your hand.
- Start with your hand at your side.
- Give the down command, and at the same time, raise your hand straight up in the air, and then down toward the ground (fingertips facing downward)
- As soon as the dog’s front elbows hits the ground, (c/t).
- Repeat a few times, jackpot, and end.

LEVEL II: Down Without Lure

- Now, pretend to hold a treat in the fist of your hand.
- Repeat exactly as above a few times, (except that you will now reach over and get a treat after the click)
- Get a really good performance, jackpot, and end.

LEVEL III: Down With Hand & Command

- Now, pretend to hold a treat under the thumb of your opened hand.
- Repeat several times, jackpot, and end.

LEVEL IV: Whispered Command

- Whisper the command.
- Repeat several times. When your dog responds only to the hand signal, jackpot and end.

LEVEL VI: Change Environment

- Bring the dog to a different environment.
- Review the hand signal with a whispered command.
- Repeat several times with the hand signal only.

LEVEL VI: Down for Hand Signal Only

- Review the hand signal with a whispered command.
- Repeat several times with the hand signal only.

3. TWO-FERS: *This week we introduce a concept called “Two-Fers” and “Three-fers”. The idea behind two-fers and three-fers is to start asking your dog to do something once or twice before he gets rewarded. We will use verbal praise for the first behavior and click the second behavior. This will allow you to link several behaviors together before ending with a click and treat.*



ATTENTION / SIT

- Ask the dog for attention, praise verbally
- Ask the dog to sit (using verbal command). Click and treat (c/t)

ATTENTION / DOWN

- Ask the dog for attention, praise verbally
- Ask the dog to down. (c/t)

SIT / DOWN

- Ask the dog to sit, praise verbally
- Ask the dog to down. (c/t)





WEEK TWO HOMEWORK

DOWN / SIT

- Ask the dog to down, praise verbally
- Ask the dog to sit. (c/t)

STATION / SIT

- Ask the dog to go to her station, praise verbally
- Ask the dog to sit. (c/t)

STATION / DOWN

- Ask the dog to go to her station, praise verbally
- Ask the dog to down. (c/t)

4. THREE-FERS AND THE STAY: *Remember how we told you that in order to teach your dog to sit, you must first teach a release? Now we're going to put it all together.*

- ◆ Choose a quiet environment with no distractions.
- ◆ Use a rank # 4 treat for this exercise.

STATION / DOWN / RELEASE

- Ask the dog to go to her station, praise verbally.
- Ask the dog to down. Praise verbally.
- With the one hand, slowly lower a treat to the ground just outside of the station.
- If your dog gets up from the down, pull the treat back up and repeat the first two steps.
- When the dog will stay for two seconds, click and say "o.k.!" Or "release!" Or "free!"
- Work up to ten seconds, jackpot and end the session.

STATION / SIT / RELEASE

- Ask the dog to go to her station, praise verbally.
- Ask the dog to sit. Praise verbally.
- With the one hand, slowly lower a treat to the ground just outside of the station.
- If your dog gets up from the sit, pull the treat back up and repeat the first two steps.
- When the dog will stay for two seconds, click and say "o.k.!" Or "release!" Or "free!"
- Work up to ten seconds, jackpot and end the session.

5. MOVING TARGET PLATE:

Now we're going to combine the target plate with motion. The goal is to get your dog walking by your side. It does not matter which side the dog walks on, however, if you want to try competitive obedience someday, you may want to have the dog walk on your left. If you think you may like to do agility someday, be sure to have the dog walk on both sides equally.



- ◆ Choose a quiet environment with no distractions.
- ◆ Use a rank # 1 or #2 treat for this exercise.

LEVEL I: Follow me

- Review the target plate a few times.
- Stand facing your dog. Hold the target plate out to him like a plate of food and take a step backwards. Use verbal praise for the first "touch" and (c/t) for the touch after you take a step back.
- Work up to several steps back, jackpot, and end session.

LEVEL II: With Distractions

- Add some distractions.
- ◆ If you want your dog to walk on your left, start the next exercise with the target plate in your left hand; your dog will end up on your left (and vice versa).

LEVEL III: Turn to a Heel

- This time, as you are walking backwards, make a quick turn in stride and walk facing forward. Rotate your wrist as you turn so the target stays in the same place during this maneuver. Repeat.

NOTES:

If your dog is having trouble focusing on the target plate, you can lure him by putting treats in your closed fist and doing the same exercises above. If you try this and are still having trouble getting your dog to walk on a loose leash, see your instructor for a training collar.



WEEK TWO HOMEWORK

6. ACCEPTING HANDLING:

To pass the Canine Good Citizen objective, your dog must allow a stranger to run a brush over him and do a brief examination of the dog's paws, ears, teeth, and tail. At this point, your dog should be used to you touching these areas.



- ◆ Choose a quiet environment with no distractions.
- ◆ Use rank #1 treats if this is difficult for your dog.
- ◆ If your dog gets over-excited when a stranger pets him, use no treats at all (the stranger's petting is the reward!)

☒☐ LEVEL I: Let Someone Take a Look

- Ask the dog to sit. Praise.
- Have a family member or friend examine the dog for a few seconds. (Choose an area that isn't sensitive)
- **Pet your dog while the person is examining your dog.**
- Praise the dog throughout and c/t when done.
- Repeat, jackpot, and end the session

☒☐ LEVEL II: Let Someone Brush

- Ask the dog to sit. Praise.
- Have the family member or friend brush the dog.
- Praise the dog throughout and c/t when done.
- Repeat, jackpot, and end the session

☒☐ LEVEL III: Let Someone Come Closer

- Ask the dog to sit. Praise.

- Have a family member or friend examine the more sensitive areas.
- Praise the dog throughout and c/t when done.
- Repeat, big jackpot, and end the session

7. SUPERVISED SEPARATION:

To pass the Canine Good Citizen objective, your dog must allow a stranger to neutrally hold his leash (no praise or interaction) in your absence for three minutes. We're going to get your dog used to this in steps. If your dog seems to have no problem with your absence, do the exercise below in a strange environment (like a park or a friend's house). You may be surprised at the results.

☒☐ LEVEL I: One Minute

- Have an assistant hold your dog's leash.
- Say, "wait here" and praise the dog as you walk away.
- Walk out of sight of the dog (don't look back toward the dog)
- Have the assistant praise the dog as long as he is quiet.
- After one full minute, return to the dog and take the leash back without making a big deal about your return. Remember to make sure your dog is quiet before re-appearing.
- Repeat, jackpot, and end the session

☒☐ LEVEL II: Two Minutes

- Work up to two minutes.
- Repeat, jackpot, and end the session

☒☐ LEVEL III: Three Minutes

- Work up to three minutes.
- Repeat, jackpot, and end the session





WEEK TWO HOMEWORK

8. DISTANCE RECALL



- ◆ For this exercise get some rank #1 treats or toys out.
- ◆ Choose a quiet environment with no distractions with at least 15 feet of distance.
- ◆ Put your dog on a Flexi lead or a long rope.
- ◆ Ask for the help of an assistant.

LEVEL I: Recall Relay

- Leave your dog with the assistant.
- Walk fifteen feet away.
- Give your dog the recall command.
- As soon as the dog gets to you, click and treat.
- Now, switch places with the assistant, or have the assistant call the dog.
- Repeat back and forth several times, jackpot and end.

LEVEL II: Distractions

- Choose a more distracting environment and repeat.

LEVEL III: Change Position

- Repeat the same exercise sitting on the floor.

ATTENTION / RECALL

- Ask for your dog's attention before calling him. Praise for the attention, (c/t) for the recall.

TARGET / RECALL

- Hold your target plate at the top of your thigh.
- Ask the dog to come (praise) and then to touch the target plate (c/t).

8. "LEAVE IT"

- ◆ Find a corner of the room you can work in. Stand with your back to the corner, your dog out in front of you.
- ◆ Your dog should be on a leash to practice this exercise.

LEVEL I: Leave-It Body Block

- Drop a low-ranking #5 treat behind you in the corner. Use your body to block your dog's access to the treat and say "leave-it!" (c/t) for the dog giving up on getting the object.
- Step on the leash if you have to prevent your dog from getting the treat behind you.
- Repeat the same exercise in another corner.
- Jackpot your dog for sitting and looking up at you.

LEVEL II: Distractions

- Choose a more distracting environment and repeat.

LEVEL II: Tougher Leave-It

- Choose a higher-ranking treat and repeat.

9. CLICKS & DOG TRICKS: *This section of your homework will not be necessary to pass the Canine Good Citizen objectives. However, teaching your dog simple "trick" behaviors is a good way to prepare the dog for obedience competition, agility, flyball, and therapy work. The other purpose of this section is to increase the vocabulary your dog understands and to break up the other exercises with something different and fun!*

- ◆ Teach these exercises one at a time, making sure you introduce a command for one before going on to the other.
- ◆ To start, choose the exercise your dog would want to do naturally, or does already. Then move onto the more difficult exercises.



GIVE YOUR PAW

Getting your dog to place his paw in a specific location is a behavior that can be used in therapy dog activities, in agility, and in flyball. There are several ways to teach this exercise; choose the method that works best for you and your dog. If you've already done station training with your dog, training this exercise in this manner should be a breeze.

- ◆ You will need a small washcloth to teach this exercise.
 - Sit in a chair or on the floor.
 - Place the washcloth on the floor
 - (c/t) for the dog touching the washcloth with her paw. Repeat a few times, jackpot and end the session



WEEK TWO HOMEWORK

☒☐ GIVE YOUR PAW, CONTINUED

- Move the washcloth around on the floor (c/t) for pawing it.
- Lay your hand on the floor palm up and place the washcloth on top. (c/t) for pawing it.
- Now move your hand up a few inches from the floor. (c/t) for the dog pawing at your hand. Repeat a few times, jackpot and end the session.
- Repeat, and as your dog gives his paw, add a command (“shake”, “paw”)



☒☐ GIVE A KISS

*This is an action that some dogs like to do and some do not. If your dog likes to give kisses, the action should be under control (some people prefer **not** to be licked by dogs and in some extreme cases, could actually misinterpret your dog’s intentions to give a kiss as an attempt to bite.)*

NOTES:

If you want to use this exercise for agility, you would place the washcloth on the contact zone of an obstacle (the yellow part the dog must touch). For flyball, you would place it on the box. In each case, you may want to give it a different command name.

- ◆ You’ll need some margarine or peanut butter for this exercise.
 - Sit in a chair or on the floor.
 - Smear a very small dab of margarine or peanut butter on your hand or the side of your chin.
 - As the dog moves to lick, click (the treat is already there!)
 - Repeat several times
 - When your dog is readily licking, add a command.



☒☐ SPEAK OR SNEEZE

This is the type of trick that is best taught by just carrying a clicker with you during your dog’s normal activities. For instance, if you know your dog will always bark to be let out, have your clicker ready about the time of day he wants to go out. If he usually sneezes when you sweep the floor, have your clicker ready when you get the broom.

- Get a few repetitions and add a command (“speak”, “sneeze”)

☒☐ WEAR A COSTUME

If your dog is having trouble with accepting petting, this is a good trick to teach. Or, if you are planning to do pet therapy with your dog, costumes are great fun on visits!

- ◆ You’ll need a bandana, old socks & an old T-shirt
 - Start by putting the bandana on the dog (c/t) for the dog accepting it
 - Next session, put the socks on the dog’s feet (c/t) for the dog accepting it
 - Next session, put the t-shirt on the dog, putting the front legs through the arm holes (c/t) for the dog accepting it





WEEK THREE HOMEWORK

1. Tone of voice: *Tone of voice is a common element between human and canine communication.*

- *A **higher-pitched, pleasant tone** is used for praising or communicating affection. When dogs see someone they like, they often whine and wag their tails. We are using praise as a bridge between clicks to let the dog it is doing the correct thing. Think of this communication like the game show bells and whistles when a contestant chooses the correct answer. (For praising, you may want to choose a word like “SUPER!” “SMART!”, “EXCELLENT!”, “WOW!”.) It is very important not to forget to praise your dog! **BE GENEROUS WITH YOUR PRAISE!!!!***
- *A **deeper, gruff tone** is used for communicating reprimands. When a young puppy pushes an older dog to its limits of patience, you will hear the older dog “tell it off” with a short and emphatic reprimand. If you find your dog doing something dangerous (like darting out into the street) or something very inappropriate (like stealing the turkey from the table) you could use a very deep “EH-EHNT!” or “WRONG!” Think of this communication as the sound when the game show contestant is disqualified and has to stop playing the game.*



- *Not nearly as deep and gruff as a reprimand, grunts are used to communicate mild displeasure. When a mother dog has had enough of her demanding puppies, she will often grunt at them and get up and walk away; the puppies learn that this feedback means not to bug “mom” anymore, but to move on to do something else. We will begin to give the dog “**wrong-choice feedback**” this week when it makes the incorrect choice. Remember **not to overdo** this feedback; we’re only indicating to the dog that it has made the wrong choice. Think of it like a game show buzzer that signals that the contestant has chosen the wrong answer. You want to make sure the feedback tells the dog to “try something else”, **not discourage the dog from trying altogether**. You may want to choose a word like “OOOPS!” “UHT-OH!”, “TRY AGAIN!”.*

NOTES:

Typically, the words “good” and “bad” are over-used by the average dog owner, without specific meaning being defined, so we recommend you choose these other, more unique words for giving your dog feedback.

2. Giving only one command: *We began teaching the dog its basic commands by first letting the dog figure out for himself what he was supposed to do. Then we added the command as he was performing it. You should now be saying the command before the dog performs the exercise. For all of the exercises your dog knows, it is now time to **make sure you are giving the dog only ONE COMMAND** before expecting him to perform the exercise. After that single command, you are now going to provide feedback to the dog. If he makes the wrong choice (or doesn’t respond), he should receive the **wrong-choice feedback**. If he does respond, he needs to hear **praise**. This will help the dog understand that he must respond to the commands he already knows. **If you give your dog more than one command, you are only teaching the dog to ignore the first couple of commands, and are, in a sense, just “nagging” the dog.** Your dog will quickly learn to just ignore you.*

3. Not reinforcing in the absence of the command: *Now that your dog knows the basic commands, it is also important to make sure that you **only reinforce the dog for doing something when you have asked for the behavior**. Otherwise, if you asked for a “sit” and the dog does a “down”, and you praise him, you are going to weaken the dog’s understanding of the “sit” command. So, for all of the commands your dog already knows, make sure you only praise or click and treat the things you asked the dog to do.*





WEEK THREE HOMEWORK

4. PUPPY PUSH-UPS: Now that your dog has done “two-fers” and “three-fers” for a week, its time to make the reinforcement **variable and unpredictable**. This will also allow you to eventually wean off of the clicker. We will use this exercise to teach the dog to do several exercises for praise before getting treated. But the number of exercises the dog must do should be different every time. The idea is to be like a “slot machine” (paying out randomly in different amounts of rewards) rather than a “coke machine” (two quarters gets you a coke every time, but doesn’t exactly hold your interest very long).

- ◆ Choose any exercise (including the dog tricks) that your dog knows pretty well.

☒☐ LEVEL I: Mix It Up

- Ask the dog to do several different things (like attention, sit, down, sit, station), praising for all and clicking and treating for the last in the series.
- Mix up the order and repeat. This time do less before treating, next time do more.
- If the dog performs the wrong exercise on command, say “uht-oh”.
- Make sure to give the dog a jackpot of treats every now & then.

☒☐ LEVEL II: Change Position

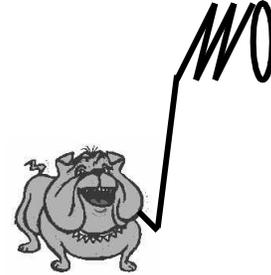
- Try the same puppy push-ups while you sit on a chair.
- Try them while you back up a few feet from your dog.

☒☐ LEVEL III: Out & About

- Take your show “on the road”. Try these puppy push-ups in a more distracting environment like a shopping center sidewalk, a pet store, or a park. Make sure your dog is hungry before you go and bring rank #1 treats.



5. CONTROL POSITION: In order to walk on a sidewalk and be able to pass another person, you should have your dog walking close by your side, rather than the dog having full rein of the six-foot leash. Take your leash and bunch up the excess, accordion-style. Hold this portion of the leash in your hand. There should be just enough slack that a “J” forms along side of the dog’s head, but the dog should be right next to you.



- ◆ Choose a quiet environment and a rank #2 or #3 treat.

☒☐ LEVEL I: Two on the Sidewalk

- Practice walking in this position. (You may want to hold the leash in hand furthest from the dog and a treat or target in the hand closest to the dog) **vary the number of steps before and clicking and treating.**

☒☐ LEVEL II: Circle Round

- Try some small circle patterns around a chair with the dog on the inside.

☒☐ LEVEL III: Change of Pace

- Change pace from fast to slow. Praise good walking / target touching, (c/t) for changes of pace.
- Ask the dog to sit when you stop walking. Praise good walking / target touching, (c/t) the sit.

☒☐ LEVEL IV: Distractions

- Add some mild distractions.





WEEK THREE HOMEWORK

CONTROL POSITION, CONTINUED



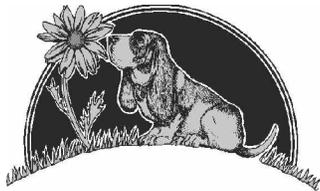
THE PENALTY YARDS GAME



- Place a rank #5 treat or toy across the room. With the dog in control position and using a #2 treat or target, walk towards the #5 treat. (c/t) with a rank #2 treat for good walking / target touching. If the dog pulls, **take one step back and say “uht-oh!”** The dog gets the #5 treat on the ground when he walks all the way towards it without pulling.

6. “LEAVE-IT” AND SAY “HI”:

The average dog has 220 million scent receptors in its nose compared with our 5 million, and can smell odors that even the most sensitive of scientific instruments cannot detect. Most dogs love to sniff things, and depend on their noses to gather much of the information they need about the world around them.



However, it is not always appropriate for dogs to be sniffing some things; and a sniff of something like horse droppings on a hiking trail often leads to a quick taste as well. If you allow your dog to lead you along from scent to scent, he will soon learn that it is o.k. to sniff any and every thing in sight (including the pie on the kitchen table). However, if you put the behavior of “sniffing” on command, your dog will understand that there are some things that are o.k. to sniff, and some things that shouldn’t be sniffed by a Canine Good Citizen.

- ◆ Your dog should be on a leash to practice these exercises.



“SAY HI”

- Ask the dog to sniff a strange object at home like a vacuum cleaner or a heating vent. As the dog sniffs, say “say-hi” or “sniff” and
- (c/t) for a confident investigation of the object.

- Ask the dog to sniff a strange object outside like a storm grate or an air conditioning unit. Give your command & (c/t).



“LEAVE IT”

- ◆ Your dog should know “leave it” from your homework last week.
- ◆ Take a break in between practicing “say hi” and “leave it” so that the dog doesn’t get confused.
- Drop a low-ranking #5 treat on the ground nearby, but out of the dog’s reach. Body-block your dog’s access to the treat and say “leave-it!” (c/t) for the dog giving up on the object.
- Repeat this exercise with a toy.
- Practice the “leave-it” when you are out on your next walk. (c/t) for the dog giving up on the object and jackpot for the dog looking back up at you.



NOTES: We are also going to use the “say hi” and “leave it” command to allow the dogs to sniff each other in class – but again, **not according to the dogs’ choice, but in response to the handlers’ choice.** The key to successful dog interactions is to keep in mind that it **only takes 3 seconds** for two strange dogs to get the information they need about each other. After that three seconds, dogs usually decide whether they are friends or not friends. If the two dogs decide to be friends, they often stop sniffing on their own and stop any direct eye contact. This means the two dogs are comfortable with each other’s “status” and each accepts their own “place”.

If the two dogs disagree on who is “top dog”, the sniffing and staring become more intense, the fur stiffens and raises on the back, the tails are held stiff and usually straight up, the ears are forward, and each dog takes a “ready-to-pounce” stance. In the next few seconds, you can expect the one of the dogs to attempt to establish dominance over the other by lunging out, or placing its front paws on the other dog’s shoulders, or by growling or barking. Some very dominant dogs will go right into a full-blown dogfight. Unfortunately for most dogs, these six seconds or so take place while their handlers are talking and not paying the dogs any attention.

This “dominance ritual” is a very realistic and important part of the adult canine social behavior, but dogfights can be very reinforcing and could lead to people-bites and to dogs being brought to the pound. As a part of your dog becoming a Canine Good Citizen, you should make a point to be aware of what or who your dog is sniffing at all times and not allow your dog to rudely sniff another dog without the owner’s permission. Always ask permission first, then, use the “say hi” command. Monitor the interaction and use “leave-it” to lead your dog away and to call a time out. When you lead your dog away, make sure **you don’t pull your dog up so that his front feet leave the ground;** to the other dog, this will look like your dog is trying to start a fight. Lead your dog off to the side and away from the other dog, allowing his feet to stay on the ground. Praise him for an appropriate interaction.



WEEK THREE HOMEWORK



7. LONGER SITS AND DOWNS

We're going to add time and distance to sits and downs this week. Our goal is to be able to place the dog in a down or a sit, walk 6 feet away for 2 minutes, and then release the dog.

TIME

- Ask for a down, praise.
- With the one hand, slowly lower a treat to the ground just outside of the dog's reach.
- If your dog gets up from the sit, say "uht-oh" & pull the treat back up. Repeat the first two steps.
- Count to 30, click and say "release". (c/t)
- Work up to two minutes.
- Do the same for the sit.

DISTANCE

- Ask for a down, praise.
- Walk two feet away from the dog
- With the one hand, slowly lower a treat to the ground by your feet.
- If your dog gets up from the sit, say "uht-oh" & pull the treat back up. Repeat the first two steps.
- Count to 30, click and say "release". (c/t)
- Work up to six feet away.
- Do the same for the sit.

TIME & DISTANCE

- Ask for a down, praise.
- Walk three feet away from the dog
- With the one hand, slowly lower a treat to the ground by your feet.
- If your dog gets up from the sit, say "uht-oh" & pull the treat back up. Reduce the time or distance and repeat the first two steps.
- Count to 60, click and say "release". (c/t)
- Work up to two minutes, & six feet away.
- Do the same for the sit

8. THE STAND COMMAND

While not a requirement for the Canine Good Citizen test, teaching your dog to stand is useful in the veterinarian's office and while grooming your dog.



- ◆ Use your target stick or target plate for this exercise.

LEVEL I: Target to a Stand

- Ask for a sit, praise.
- Place your target out and in front of your dog's nose. Move it forward in a line parallel to the ground. (c/t) for a stand
- Repeat and introduce the command when your dog understands the behavior.

LEVEL II: Change Position

- Try the same exercise with you sitting in a chair.
- Then try the same exercise with you standing up.

LEVEL III: Two-Fers & Three-Fers

- Do two-fers and three-fers and puppy push-ups.





WEEK THREE HOMEWORK

9. RECALL WITH A SIT



- ◆ For this exercise get some rank #1 treats or toys out.
- ◆ Choose a quiet environment with no distractions with at least 15 feet of distance.
- ◆ Put your dog on a Flexi lead or a long rope.
- ◆ Ask for the help of an assistant.
- ◆ You may want to use your target for your dog to focus on.

☒☐ LEVEL I: Recall Plus Sit

- Leave your dog with the assistant.
- Walk fifteen feet away.
- Give your dog the recall command.
- As soon as the dog starts to come towards you, praise.
- When he reaches you, ask for a sit. (c/t) if he does. Use “uht-oh” if he doesn’t and lure him into a sit.
- Repeat successfully several times, jackpot and end.

☒☐ LEVEL II: Plus Distractions

- Choose a more distracting environment and repeat.

☒☐ LEVEL III: Sit, Recall, Sit

- Ask your dog to sit first, praise.
- Walk three feet away.
- Call your dog.
- Praise when the dog is in motion.
- When he reaches you, ask for a sit. (c/t) if he does.
- Work up to six feet away.

10. SUPERVISED SEPARATION:

Work up to one minute this week. Make sure you practice this exercise in different environments. As a suggestion, take your dog to the flea market or the pet store along with a friend or assistant. Ask your friend to hold your dog while you go to the restroom. Practice the exercise several times. If your dog is able to do this for three minutes without whining or showing signs of stress, you have accomplished the “Supervised Separation” goal for the Canine Good Citizen test.



11. MORE CLICKS & DOG TRICKS

☒☐ SHOW YOUR BELLY

Most dogs like to be petted on their bellies by their owners. This is something you can “catch” your dog doing, click and treat it, and then add the command. In fact, the petting itself can be the “treat” for the dog. You’ll want to teach this exercise in a quiet, relaxing environment.



☒☐ BULLDOZER

Dogs that like to sniff often can be taught to roll a ball with their noses. Get out a fairly large ball (a basketball for a large dog and a tennis ball for a small dog) and place it on a smooth, flat surface. Rub some smelly treats (hot dogs, cheese) on the ball. When the dog sniffs the ball and it moves, (C/T). You can also purchase a dog toy that allows treats to fall out as the dog pushes the ball.



WEEK THREE HOMEWORK

CLICKS & DOG TRICKS, CONTINUED

☒☐ ROLL-OVER

Some dogs have bony spines and do not like to roll over. Any dog should only be asked to roll-over on a soft surface.

- ◆ Teach the “Show Your Belly” trick first.
- ◆ Use a rank #1 or #2 treat.
 - Down your dog, praise.
 - Ask your dog to show its belly, praise.
 - Using a target or a treat lure, get the dog’s nose to touch its back thigh. Gently move your hand across the dog’s back and over to the other side.
 - As your dog follows the target or lure, she should roll over. (c/t)
 - Repeat a few times. When your dog understands, add the command.
 - Gradually work up to two-fers and three fers.



☒☐ RETRIEVE

Some dogs naturally like to pick up things in their mouths. Like the sniffing, usually, this is something you may want to put on command.

- ◆ Start with an inedible object that your dog likes to carry in his mouth. This exercise is easiest to teach if it is a special object that your dog doesn’t have free access to all day.
- ◆ You may want to start with two identical objects if your dog likes to run off with the object.
 - Toss the object out and away from your dog.
 - When he picks it up, (c/t). (The “treat” in this case may end up being you tossing the object again)
 - Repeat several times and then introduce a command.



☒☐ THE “GIVE” COMMAND

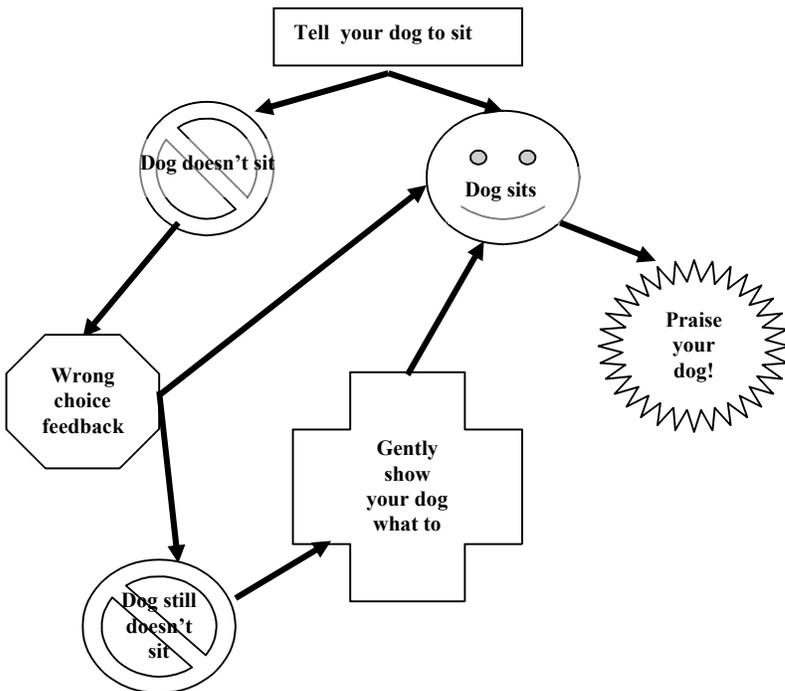
Just like “LEAVE-IT” AND “SAY HI”, your dog should also learn to release something he has picked up in his mouth.

- ◆ Use rank#1 treats and your dog’s favorite object.
- ◆ Have two identical objects for this exercise.
 - Toss the object out and away from your dog.
 - When he picks it up, praise.
 - Show him the treat or the other object. When he drops the first, (c/t) or click and throw the other object.
 - Repeat several times and then introduce a “give” command.
 - Gradually work up to the dog releasing objects he really likes in exchange for something he likes better. (For example, releasing a bone in exchange for dinner or a walk outside)

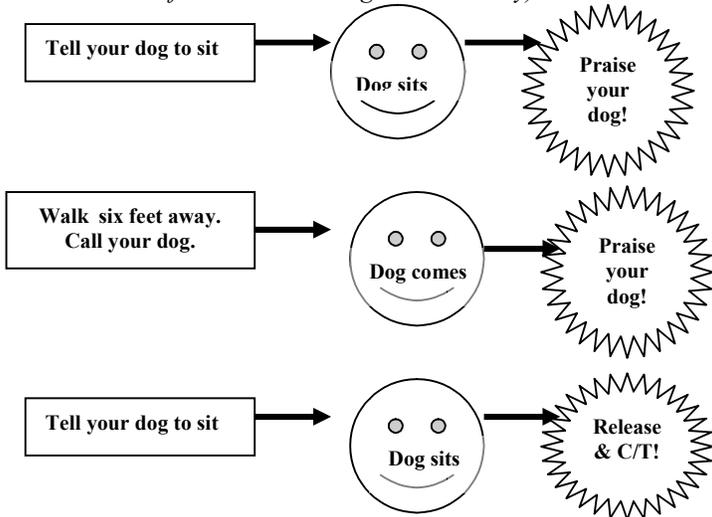


WEEK FOUR HOMEWORK

1. Feedback: Now that your dog understands the basic exercises, when you give him a command, you know he is making a choice of whether or not to obey the command. For this reason, it is very important that you give your dog feedback on his actions within two seconds of your command. It's also very important that you do not give your command more than once, or your dog will learn to ignore you. The pattern should go like this for one behavior (using "sit" as an example):



The pattern would go like this for a three-fer (see pattern above for case where dog does not obey):



2. Adding Distractions: Once your dog understands the basic exercises, it is time to start to "proof" them – or add distractions. Training your dog in this manner ensures that your dog will obey these commands despite things around him that may be more interesting. Adding distractions is a very important step in training and socializing your dog.

- ◆ Use rank#1 treats.
- ◆ Make sure your dog is hungry.
- ◆ Control the amount of distractions your dog receives. Remember that you want to start with just a few distractions and let him succeed. Then, move on to a more distracting location. Don't ever frighten or confuse your dog with distractions.

SOUND DISTRACTIONS

- Ask for a sit or down. Praise.
- Have someone else knock on the door or ring the doorbell. Praise your dog for staying in position.
- If your dog gets up, say "uht-oh" and gently place him back into position.
- Keep your dog in position until he relaxes around the sound distraction.
- Jackpot & "release" (c/t)
- Repeat and add a recall during the distraction.

SIGHT DISTRACTIONS

- Repeat as above, but have someone else run past your dog.

SMELL DISTRACTIONS

- Repeat as above, but have someone else walk by with a very tempting piece of food on a plate

INSTINCT DISTRACTIONS

Instinct distractions (like squirrels) are the very toughest for your dog because instincts (like chasing) are hard-wired.

- Get a fur-like toy, tie it to a string. Repeat as above and have someone else run by dragging the fur toy.
- Find a spot in the house where your dog can see squirrels through the window. Repeat as above.



WEEK FOUR HOMEWORK



3. Building Behavior Chains: *When you watch an animal perform in a commercial or see animals perform in the circus, you don't see the trainer tossing a treat to the animal after every single behavior. The trainers build chains of behaviors; that is, the animal learns to do a whole set of behaviors in sequence. Similar to what you did last week with variable reinforcement, we are now going to put several behaviors together to form a behavior chain. Logically enough, the behaviors your dog understood first are and the ones he uses every day are always going to be the strongest behaviors in the chain. (Think of it – which do you remember better, your “ABCs” or your geometry?) So, if you need your dog to perform a certain behavior chain, remember the old saying about the chain only being as strong as its weakest link.*



NOTES:

The following are practical everyday Canine Good Citizen behavior chains. Take a look at each one and decide first if there is a weak link for your dog in the chain (one part he might have the most difficulty with). Review that behavior first with lots of clicks and treats before putting the whole chain together. You should try to go out a park, a pet store, or shopping center to do some of these behavior chains.



ACCEPTING A FRIENDLY STRANGER



- ◆ You will need to visit a park and/or enlist the help of another person for this exercise.
 - Dog is walking in control position (praise)
 - You approach a person, stop, and ask the dog to sit (praise)
 - Dog must sit & stay while you shake the person's hand and talk to them (praise)
 - You move past person and dog walks with you in control position (c/t)



SITTING POLITELY FOR PETTING



- ◆ You will need to visit a park and/or enlist the help of another person for this exercise.
 - Dog is walking in control position (praise)
 - You approach a person, stop, and ask the dog to sit (praise)
 - Dog must sit & stay while the person pets him (praise)
 - You move past person and dog walks with you in control position (c/t)



WEEK FOUR HOMEWORK

CGC Behavior Chains Continued....

- Stop and sit your dog (praise)
- Move forward, and then make a sharp left turn (praise dog for staying with you)
- Stop and sit your dog (praise)
- Move forward, and then make a sharp about turn (praise dog for staying with you)
- Stop and sit your dog (c/t)



GROOMING

APPEARANCE AND



◆ You will need to your station, a dog brush and the help of another person for this exercise.

- Send your dog to his station (praise)
- Tell your dog to sit (praise)
- Dog must stay while the other person runs brush through dog's fur (praise)
- Dog must stay while the other person examines ears and gently lifts each foot (praise)
- Release your dog (c/t)



OUT FOR A WALK



◆ You should visit a park, pet store, or shopping center for this exercise.

- Dog is walking in control position (praise)
- Stop and sit your dog (praise)
- Move forward, and then make a sharp right turn (praise dog for staying with you)



CROWD

WALKING THROUGH A



◆ You should visit a park, pet store, or shopping center for this exercise.

- Dog is walking in control position (praise)
- Move forward and approach a crowd of people
- Praise your dog for paying attention to you (if your dog loses focus, make a quick about turn)
- Stop and sit your dog (c/t)



WEEK FOUR HOMEWORK

CGC Behavior Chains Continued....



SIT & DOWN ON COMMAND



◆ You should use a Flex-Lead for this exercise.

- Sit or down your dog (praise)
- Tell your dog to stay
- Walk 20 feet away
- Return to your dog
- Release your dog (c/t)



COMING WHEN CALLED



◆ You should use a Flex-Lead for this exercise.

- Sit your dog (praise)
- Tell your dog to stay
- Walk ten feet away
- Ask for your dog's attention (praise)
- Call your dog (praise!)
- Ask your dog to sit (praise)
- Release your dog (c/t)



DOG

REACTION TO ANOTHER



◆ You will need to visit a park and/or enlist the help of another dog and handler for this exercise.

- Dog is walking in control position (praise)
- You approach another dog and handler with the dogs on the outside, stop, and ask your dog to sit (praise)
- Dog must sit & stay while you shake the person's hand and say hello without breaking to go to the other dog (praise)
- You move past person and dog walks with you in control position (c/t)



DISTRACTIONS

REACTION TO



◆ You should visit a park, pet store, or shopping center for this exercise.

- Dog is walking in control position (praise)
- Move forward and approach a noisy area with a lot of commotion (i.e. the check-out aisle of the pet store, the farm animal section of the flea market, the entrance doors of a supermarket)
- Stop and sit your dog (praise)
- Ask for your dog's attention (c/t)
- Repeat with different distractions



WEEK FOUR HOMEWORK

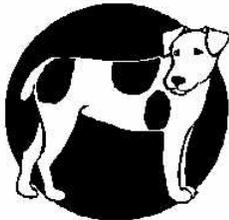
CGC Behavior Chains Continued....



SUPERVISED SEPARATION



- ◆ You will need to enlist the help of another person for this exercise.
- ◆ You may want to use your station to practice this exercise or put your dog on a sit or a down before you leave.
 - (Optional) sit or down your dog (praise)
 - Hand your dog's leash to another person
 - Praise your dog as you leave
 - Walk out of sight (in practice, the other person can quietly praise your dog if he is quiet)
 - After 3 minutes return to your dog as long as he is quiet
 - Don't make a big deal over your return



Good Dog Behavior Chains



SITTING POLITELY FOR GOING OUTSIDE OR EXITING THE CAR

- ◆ You will need to practice this exercise by a door.
- ◆ You should practice this exercise with the dog on a leash.
 - Place your hand on the door handle as if to go outside or to let the dog outside
 - Ask the dog to sit (praise)
 - Tell the dog to stay and slowly open the door (praise)
 - If you are inside, walk or get outside the door yourself (praise)
 - Release the dog (c/t where "treat = going out the door)



SITTING POLITELY FOR EATING

- ◆ You will need to practice this exercise at mealtimes.
 - Ask your dog if he wants to eat dinner and show him his bowl
 - Ask the dog to sit (praise)
 - Tell the dog to stay and place his food in his bowl (praise)
 - Slowly lower the bowl to the ground (praise)
 - Release the dog (c/t where "treat = eating dinner)



WEEK FOUR HOMEWORK

CGC Behavior Chains Continued....



GREETING A GUEST

- ◆ You will need to enlist the help of another person for this exercise.
- Doorbell rings. Send your dog to her station (praise)
- Tell your dog to sit or down (praise)
- Dog must stay while doorbell continues to ring (praise)
- Dog must stay while door opens up (praise)
- Dog must stay while guest comes in (praise)
- Dog must stay while guest bends down to pet dog (praise)
- Release the dog from her station (c/t)



3. MORE CLICKS & DOG TRICKS



HIGH FIVE

- ◆ You will need to teach your dog to give his paw first
- Sit in a chair or on the floor.
- Rotate your hand so that your palm is facing the dog's nose.
- Ask for your dog's paw
- Get a few repetitions and add a command ("high five", "give me five")



CIRCLE

- Use a target stick or plate to guide your dog around in a circle
- Get a few repetitions and add a command ("circle", "spin")



ZIG-ZAG

- ◆ Your dog's shoulders need to be lower than the top of your legs to do this trick
- Standing up, use a target plate or food lure to guide your dog around in a figure eight pattern around your legs
- Get a few repetitions and add a command ("zigzag", "eight")



1. Where Are We Now?

Write down all of the behaviors and tricks your dog will do for you. You might be surprised at how much your dog already knows! From these behaviors, you can decide which behaviors to build on to teach more commands and behavior chains. Rate each behavior on a scale from 1-3, according to the criteria below:

- 3 Knows very well, will do in other environments or and with distractions.
- 2 Knows well but only without distractions.
- 1 Still learning.... does it some of the time.

Rating	Behavior or Trick
	SIT
	DOWN
	COME
	WAIT

2. What Next?

You've made a great start with your dog by taking the Canine Good Citizen class. Hopefully you have discovered how much fun and how rewarding it is to train your dog. We also hope that you've developed a stronger relationship with your dog at the same time. How much more reliable you would like make your training, and what activities you might undertake with your dog, depends entirely on you.

Here are some possibilities of other types of training you can pursue with your dog at Teamworks Dog Training	
CGC EVALUATION	You are welcome to come take the Canine Good Citizen test again if you feel like you and your dog just need to try again. You can sign up for an evaluation online at www.DogTrainingRaleighNC.net (The \$10 fee will be waived if you have just taken a CGC class in the last 6 months.)

Distraction Proofing Class	More training for Canine Good Citizen objectives; distraction training; proofing; games; another CGC evaluation included in the class. PRE-REQUISITES: Stay/release; sit; down; come when called (all without distractions)
Pre-Agility Class	Dog learns to navigate obstacles; helps to burn off extra energy; helps to exercise both dog and handler; also provides confidence building and off-leash training in a controlled environment; further strengthens dog's focus on handler in the presence of distractions. For fun or competition. PRE-REQUISITES: Pass the CGC test with or without a head halter.
Therapy Dog Class	Dog becomes accustomed to medical equipment; dog learns visitation skills; handler learns about different therapy environments and requirements of passing the Pet Partners test. PRE-REQUISITES: Pass the CGC test with or without a head halter.
Tracking Class	Dog learns fundamentals of how to follow a scent. Person learns about scent tracking in dogs. PRE-REQUISITES: Pass the CGC test with or without a head halter.
Flyball	Teamworks offers seminars on this fast and fun sport where dogs race relay-style over hurdles to retrieve tennis balls. PRE-REQUISITES: Pass the CGC test with or without a head halter.
Tricks training	Teamworks offers seminars on this fun and practical topic.
Motivation & Drive Class	Get your dog to focus, regardless of the distractions. Great for competition preparation or just for practical use. PRE-REQUISITES: Pass the CGC test with or without a head halter.

Talk to your instructor about the possibilities for further training with your dog.

And remember: every interaction you have with your dog is a training experience. Continue to enjoy your training and to enjoy spending time with your dog!

CANINE GOOD CITIZEN CLASS

