

## Instructions for My Dad on Training Lucy, His New Puppy

Lucy has learned all of these behaviors in a week. Now they just need to be reinforced in her new home.

- 1.1 Potty Training
- 1.2 Benefits of the Learn to Earn Program
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### 1.1 Potty Training:

The key to potty training is taking Lucy out frequently (on average every 2 hours) and never giving her the opportunity to have a potty accident. Do this for a month and she'll develop a habit of going outside and holding it inside. To prevent giving her the opportunity to potty inside, when she's in the house she should always be **either in her crate, in a puppy-safe and potty-safe playpen, attached to you via leash so she can't wander off to potty, or under your direct supervision in an enclosed area.** Direct supervision means you are looking at her at all times. The minute you turn away she'll have a potty accident.

#### 1.1.1 Her Potty Routine Starts By Having Her Sleep in Her Crate



**Crate:** Lucy should sleep in her crate at night and take naps in it during the day. For tips on training her to love her crate so that she'll choose to sleep in it or relax in it on her own, refer to the "crate training handout." The goal of crate training is that she goes into the crate on her own or when you give her a verbal cue rather than needing to be shoved or coaxed in. And once she's in she remains calm, relaxed, and quiet.

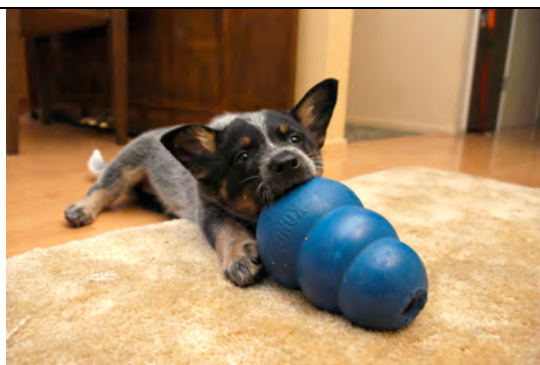
**Crate Size:** The crate should be large enough for the puppy to lay down and turn around but not large enough for a separate potty area. You can make the crate smaller by placing a box in it and as the puppy grows, enlarge the crate by using a

smaller box.



**Crates and whining:** Most puppies whine the first time they are crated. They aren't used to having restricted access to family. It's important that puppies learn that being separated or confined is ok and that they learn it NOW or you may end up with a puppy that develops full-blown anxiety whenever she is left alone in a room, or behind a babygate, or at home or whenever she can't go wherever she wants even if she's restricted just by a leash.

**TIP: Avoid letting puppies out of their crate when they are barking or whining** or you'll reward the barking/whining behavior. Instead **wait until they are quiet** to let them out.






**Additional tips to help her enjoy being alone**

- Be sure to put treats and some of her meal in the crate every time you put her in so that she associates being in the crate with positive experiences.
- You can even place a portion of her meal in a kong toy (mix a little canned food with kibble so she has to work to get the food out).

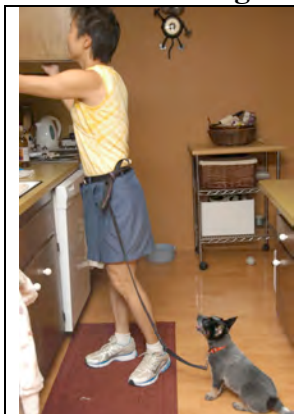
If you are diligent about this early on, the whining should stop within a week. If you reward her by letting her out when she whines, the whining could develop into a serious anxiety issue.

### 1.1.2: Potty Training Requires You Get Lucy Out to Her Potty Spot Quickly

	
<p><b>When she comes out of her crate in the morning, immediately take her to her potty spot.</b> If you're not sure that she can hold it long enough to make it outside, then carry her out.</p>	<p><b>Taking her out to potty:</b> If you take her out without a leash, then walk briskly or run down the hall so she doesn't have a chance to stop. Even a one second stop will provide her the opportunity to squat and potty inside. That means, if you have stairs, it's best to carry her since her hesitation right before the stairs is enough to allow her to squat.</p>


<p><b>Stand around until she potties:</b> Once outside, keep her on leash so she can't wander far and get distracted, or place her in a small confined area. Stand silently until she potties. When she does, praise, pet or give her a treat as she's finishing as long as you don't distract her from finishing. If after 5 minutes she doesn't potty, put her in her crate for 15 minutes and then try again. Once she has pottied you can play with her.</p> <p><b>Adding the cue or command to go potty:</b> Also, once you can reliably predict when she is about to potty you can add a cue word. Just say "go potty" in a clear, encouraging voice just once, but right before you think she will squat. If you can reliably say it within several seconds before she has to squat, she will come to learn that "go potty" means she should do #1 or #2.</p>

### 1.1.3. Potty Training Requires that Lucy be Directly Supervised or Attached to or Near You on Leash or Resting in a Playpen



**Here Lucy is attached to me via leash:** This way she's always near by even when I'm moving from place to place. She's less likely to have a potty accident if she's right next to me because she's always in my sight. She's also less likely to get in trouble—chew inappropriate objects, climb on furniture, bother the other dog, because she's under my direct control and supervision.



**Here she's attached by leash near me:** Now I can get some work done yet know she's in a several foot radius. From this position I can easily reward her for sitting or lying down quietly and see that she's not wandering away to potty or chew an inappropriate object.



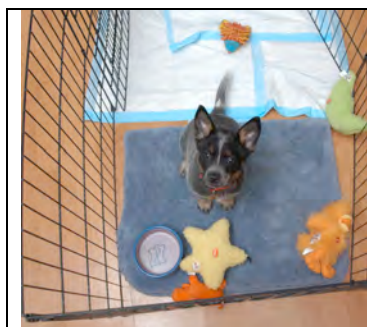
**Make sure she has plenty of toys to keep her entertained:** Wherever she's stationed she should have lots of toys to chew on. If she grabs inappropriate items such as your shoes or paper, remove them from her mouth and out of her range and place one of her puppy-approved items in her mouth. Similar to a 1-2 year old child, you'll have to repeat this toy trade many times in order for her to get the idea.



**Make sure she has plenty of toys to keep her entertained:** Here she's chewing on a puppy-safe chew toy—a bully stick.

An assortment of toys is essential for a developing puppy mind.





**Here Lucy in a playpen:** An alternative to crating when you're gone for longer periods of time is a puppy-safe playpen. It has her rug, water, toys and a potty spot covered with pee pads. Hopefully she'll choose to potty on the non-bed substrate if she can't wait to go outside. That is, with a playpen the goal is that she'll develop a substrate preference. She'll prefer to keep her bed clean and potty on the surface that is different from her bed.

Lucy's already used to pottyng on artificial grass in the yard, so an indoor grass potty system might be a good substrate to use in her playpen.



**What happens without eagle-eye supervision?**

Here's what happens when I let Lucy wander off leash for 20 seconds. Prior to this accident, she had had no accidents for the first 3 days. On the fourth day I let her wander around off leash in a room with me 3 times. She had accidents on two occasions even though she had pottied outside 5 minutes earlier and was only out of my gaze for about 30 seconds. You can't keep your eye on a pup every instant unless the pup is attached to you. All other times Lucy should be in her crate, in a play pen or tethered near you.

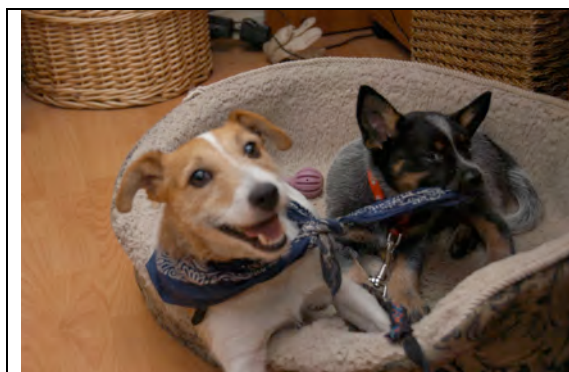
### 1.1.3 When to take Lucy out to potty



**Every two hours.** Eight week old puppies can be crated for up to two hours and through the night when they are sleeping. In general puppies can be crated the same number of hours as their age in months. So a 3-month old puppy can be crated 3 hours at a time if they haven't had a large drink of water just before you crate them.



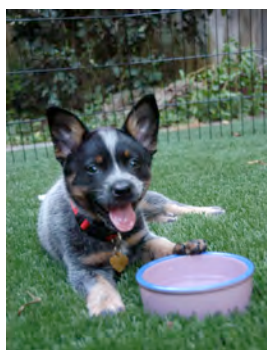
**Take her out to potty:** Whenever she wakes up from sleeping or first comes out of her crate or playpen.



**Take her out to potty** after a bout of play. If she doesn't go potty you can put her back into her crate for 15-30 minutes and take her out again later.



**Take her out to potty:** Whenever she starts sniffing the ground or wandering away.







**Take her out to potty: 10-20 minutes after she's drunk water.** Remove her water about an hour before you take her out for her last potty trip so that she can go through the night without pottying. She should be able to make it through the night for 7-8 hours.



Yes, really. Puppies have to potty seemingly a million times a day. Expect to have accidents and learn to predict when the pottying is going to occur. Each time she has an accident, you should learn from the experience and avoid making the same mistake again. Pottytraining is about establishing a habit of going to a potty spot whenever she has to go potty and never giving her the opportunity to have an accident inside.

### 1.1.3. What happens when she has an accident?

	
<p><b>Try to interrupt her by making a sharp, guttural, “ah”</b> Avoid yelling or punishing her since this can just teach her to avoid pottying in front of you or just to be afraid of you. Instead, whisk her up.</p>	<p>And get her outside as quickly as possible. Then set her down on an appropriate potty spot.</p>
	
<p>Reward her with something she likes when she potty's in the correct spot. Once she has pottied you can play with her. Then vow to watch her more carefully next time.</p>	<p><b>Clean-up:</b> Clean the accident by sopping it up with a rag or paper towel. Then soak the carpet or wipe the floor with an enzymatic cleaner so the area does not smell like pee or poo to your dog. Try Petastik or anti-icky poo.</p>

### Tip and Pointers

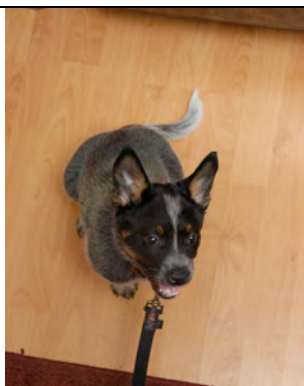
Potty training is about making it easy to potty outside and never providing an opportunity to go inside. If you can do this for a month, your puppy will have a well-established habit.

Remember the puppy doesn't comprehend that pottying in the house is wrong any more than an infant understands that pooping in their diapers is gross. So don't scold the pup for making a mistake. Doing so is likely to teach the pup to avoid pottying in your presence and instead to have potty accidents behind your back.

Even though puppies will try to keep their sleeping area and den area clean, if they are confined too long or have drunk too much water and then placed in their crates, they will still have accidents in their crate.

**1.2: Teaching Lucy That You're Her Leader and it's Fun to Follow and Listen to You (Learn to Earn Exercises).** Usually when you ask people about their puppy's manners they say, she jumps a lot but she's getting better or she comes when called sometimes but we're hoping it will improve. In reality, rather than waiting 2-4 months to start her formal training, and letting her spend those months learning to jump, chew prized objects in the house, or wander off and ignore you, it's better to get everything trained up front. **Lucy already knows how to perform all of the behaviors described in the following pages but she'll only perform them for you if you give her the right cues.**

#### 1.2.1. Overview of the Learn to Earn Program for Developing a Strong Bond



In this program **we'll use everything Lucy wants to our advantage as rewards for training purposes.** She'll learn to earn everything she wants by politely sitting and asking for it. And she'll learn performing undesirable behavior such as jumping on you cause the potential rewards for those behaviors to go away.



**She'll earn every single kibble:** For the fastest training, that means no food in a food bowl. Instead she's going to earn every bit of kibble during training and for learning tricks. Dumping food in a bowl is rude. Feeding in bowl is for people who are too lazy to spend quality time training and interacting with their pet. It's analogous to feeding kids TV dinners and spending dinnertime in front of the TV instead of talking.





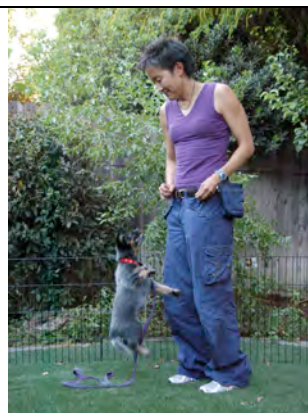


**The necessity and benefits of tethering her to you:** She should also be tethered to you on leash at all times when she isn't in her crate or pen or tethered to an object near you. This works well for potty training but is also important for teaching her to stick with you and that she can't blow you off. Some pups will wander away when they can't get what they want and as a result, they reward themselves with something else. It also allows you to supervise her directly and to make sure that she only has the opportunity to chew her toys rather than inappropriate objects. She should remain tethered to **you until she's completely potty trained in the house and she also has a 100% come when called the first time you call even when there are distractions in the house.**

**With this program,** Lucy will know more than her playmates and more than most adult dogs in just several weeks.

**1.2.2 How Long You Need to Stick with the Learn to Earn Program:** Note that once she is well behaved, you can give her privileges for free. That is we'll want her to sit for all petting, treats, toy toss and to go out the door for now. But once she's a perfect canine good citizen who greets politely, always comes when called, and plays nicely with her toys and not your shoes, you can allow her to jump on you when you invite her to do so with an "up" cue or she can stand and wait at the door instead of having to sit to go out. When she's perfect, you can even allow her on furniture if she asks politely by sitting, if you want. But save that privilege until she learns that being on the floor and her bed and crate are good. And until she's completely potty trained and will come when called immediately off. Generally, wait until she's over 6 months of age to provide this privilege if you are planning to provide it at all. And remember, if she develops a habit of jumping on furniture without asking, she's not likely to be welcome in other people's homes.

### 1.3 The Learn to Earn Exercises: These exercises are the foundation for developing a strong bond and for all good behavior.


**1.3.1 Say Please by Sitting for Treats (her Kibble).** Good behavior starts by teaching her to automatically say please by sitting. This is the foundation exercise for the Learn to Earn Program. By using her entire meal for training, Lucy will get at least 200 rewards for good behavior per day. That means that she'll learn this and other exercise at super-speed.

	 
<p><b>Say please by sitting:</b> basic exercise. Start with a bit of her kibble in your hand. When she jumps on you, stand up straight and be silent so it's clear to her that you're ignoring her (e.g. that you've removed the reward, attention, for jumping). That way it's clear that you are not going to reward her for the rude behavior.</p>	<p>When she sits, give her a treat. To give the treat (kibble), bend your legs while keeping your upper body as straight as possible since leaning over her will signal her to jump. Then just straighten your treat delivery arm so that the treat is delivered right up to her mouth—and actually you should aim to push the treat into her mouth. If you hold the treat away from her or higher than her head instead of pushing it right up to her face you may accidentally lure her to jump or train her to try to grab the treat. You could also cause her to become bored because by the time you get the treat to her face, her mind has wandered and she's doing something else. If she does jump, pull the treat away again until she sits.</p> <p>Follow with several more treats while she remains seated to reward her for continued sitting. Then move several steps away and repeat.</p>

<b>Tips on Treat Delivery</b>
<p>Try to get the treat to Lucy <b>within a second of her good behavior</b>. Dogs and other animals learn best when they get the reward while they're performing the correct behavior. That means you must get the reward to them within 1 second and before they start performing the next behavior.</p> <p>To get the treats to her fast, think of straightening your arm fast, as if you're having an involuntary arm spasm. Or you can think of it as you're trying to depress the game show buzzer when you know the answer and faster than your opponent. The speed will make the game more fun for Lucy and she'll need to pay more attention</p> <p>Deliver the treats right up to her face. Think of even depositing them right into her mouth. That way you will avoid accidentally holding the treat too far away and luring her to stand or jump to get it.</p>

**1.3.2: Turning sit into a game:** Training isn't about just giving food rewards, it's about making the exercises seem like play. That means we have to add speed, quick changes of directions, and exercises in rapid succession in order to keep the pup's attention on us. Once they figure out that we're really fun, then we don't have to work so hard to keep their attention. In general, keep this in mind: "dog's like MTV, not Masterpiece Theater." If they get bored with the training, it's not because they have a low attention span, it's because the show (and the humans in charge) are boring.

	
<p><b>Suddenly settle or follow me and sit:</b> When Lucy sits readily 5-10 times in a row start making this exercise into more of a game. Start with her in a sit.</p>	<p><b>Suddenly settle or follow me and sit:</b> Run several steps away so she chases and then stops and sits when she catches up. <b>Do not give her any commands, just run and have her chase you.</b></p>

		
<p><b>Suddenly settle or follow me and sit:</b> Then stop. Stand still like a tree if she jumps. And then reward her when she sits. This game is the precursor to a <b>fantastic come when called</b>. Do not work on come when called until she performs this game well.</p>		

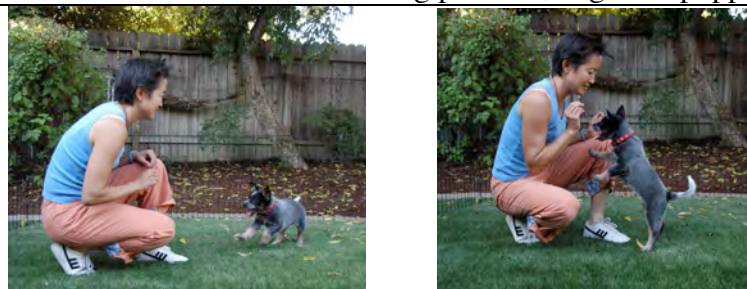
#### Tip for puppies that love to jump

You can also preventively keep her from jumping if she really loves to jump, by using a "flash-lure." That is, when you stop, quickly whip your treat hand down to her nose level so she stops. Once she stops, raise your treat hand so that she sits. Then give her the treat. Give her several additional treats for remaining seated. So your hand + treat are acting like a stop-sign to get her attention and to get her to stop, but she does not get to eat the treat until she sits (which she will do if you then hold the treat away from her).

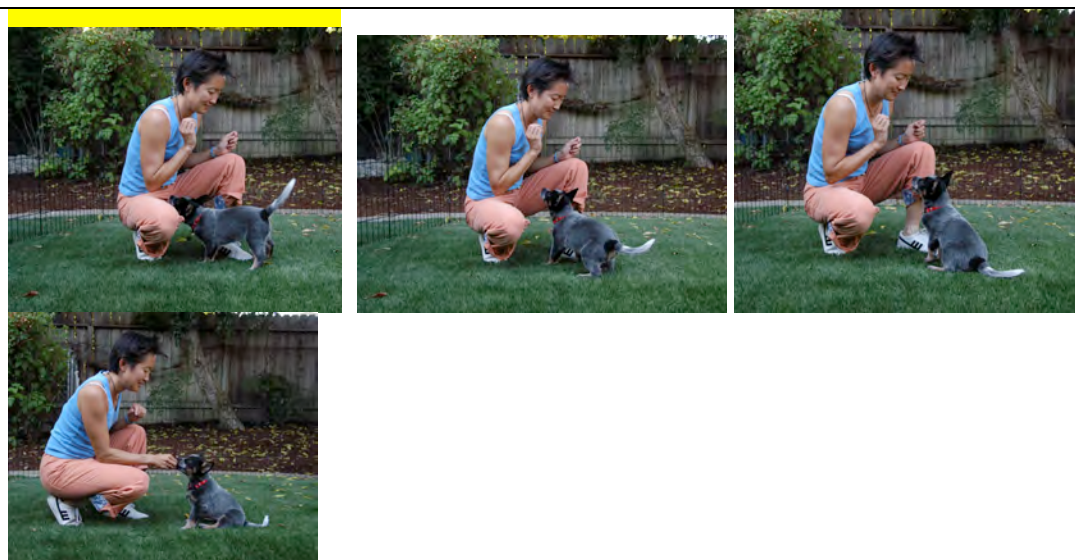


### 1.3.3. Say please by sitting when the human is crouching:

When humans are in a crouching position, dogs and puppies are more likely to jump on them.

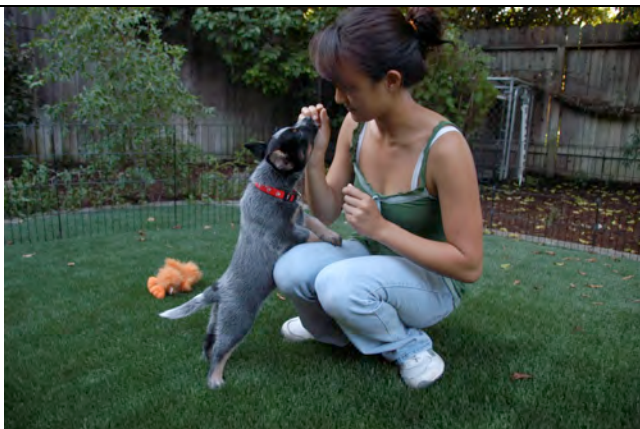


**Sit when you're crouching:** when you're down at her level she's more likely to jump on you.



**Sit when you're crouching:** As Lucy starts to jump I just move my knee or whatever body part she's planning to jump on so that she has nothing to balance her front legs on. Or stand up. The goal is that it's black and white to her that jumping doesn't work. She can't prop herself on you when she jumps and you avoid pushing her or otherwise interacting with her (you avoid giving her attention).





**From crouching position: WRONG** Avoid accidentally rewarding or giving attention for jumping or you'll confuse her. She'll think you're not a good leader because you can't make up your mind about what you want and she will have no respect for your personal space. Once she's older and automatically greets everyone politely by sitting, you can train her to place her paws on your lap if you want, but it has to be **on your verbal or visual command**.



**From the crouching position:** You can also reward sitting before she has a chance to jump on you. Then continue rewarding randomly for sitting. That is, right as she gets to you, suddenly shove your treat hand out into her face **like a stop-sign** to block her from jumping and to get her attention. Once she's stopped you can give her that treat and then reward her for sitting OR you can just withhold the first treat until she sits.

**1.4 What Else Should She Say Please for throughout the day:** Once she gets the idea that even YOU want her to sit for everything she wants (all of these exercises above took her only 10 minutes to learn) you can now require she sit for everything she wants.

### TIPS

Have random sessions throughout the day where you practice the exercises already shown. Then throughout the rest of the day work on the additional learn to earn exercises.

Every interaction you have with Lucy will teach her how to behaves. That means you have to be aware of each and every interaction you have with her. You can proactively train calm, polite behaviors throughout the day just by taking her through this learn to earn program where she says please by sitting for everything she wants.

#### 1.4.1: Reward her for randomly sitting throughout the day.





For randomly sitting throughout the day (or lying down too). This is easiest to do if she's tethered to you or near you. That way she's close enough so that you CAN reward her frequently for good behavior.


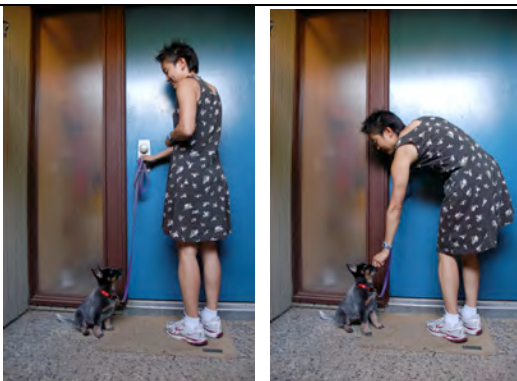
I can reward her with treats or petting here.

Here's she's tethered near me as I work and I randomly reward her for sitting or lying down quietly. Better to reward her for good behavior so she doesn't have a chance to perform naughty behavior. I'm rewarding her with **petting here instead of treats. I can tell she likes it because she's rubbing against me.**

**1.4.2: Require that she sit to be petted:** This is the most difficult exercise for people because humans always pet without thinking. As a result, people spend more time rewarding naughty jumping behavior than rewarding quiet sit behavior. If you want a dog that greets politely, instead of jumping, it's important to remove attention when she jumps and instead only reward with attention and petting when she sits.


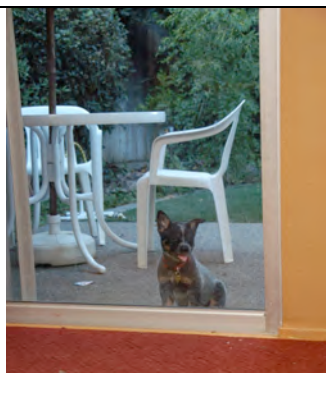
	
<p><b>Say please to be petted:</b> Here she automatically sits because I don't pet her until she offers the sit. Once she sits I pet her. If she <b>starts</b> to jump then remove your petting hand and even get up. Do whatever makes it clear to her that you are removing the reward for petting.</p>	<p><b>Say please to be petted:</b> For pups that start to nibble on your hands or get excited when you start to pet, you can start by petting only when you're giving treats/kibble. E.g. give kibble and pet simultaneously and then stop doing both at the same time. Then repeat. Once she's sitting more calmly, then give treats sequentially while petting and start taking more time between treats.</p>

### 1.4.3: Sit to go in and out of the house

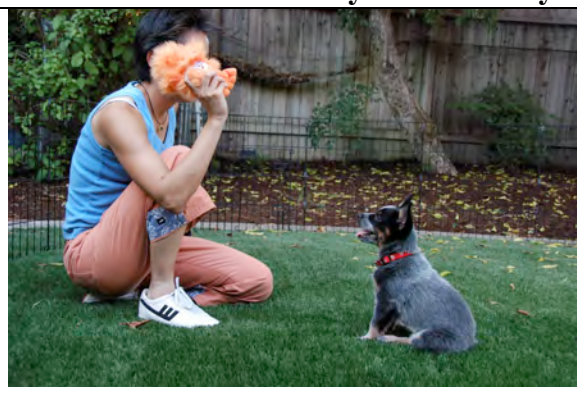
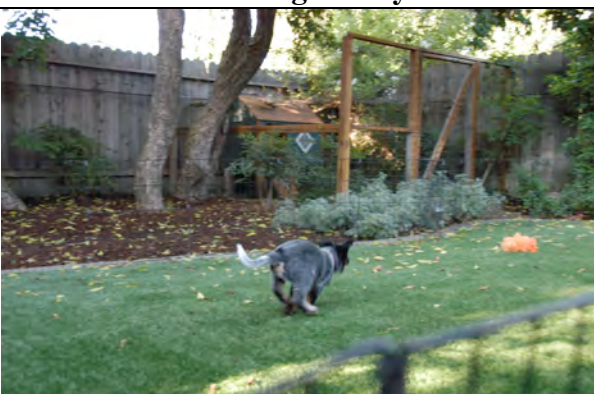
	
<p><b>Sit to go out the door</b> rather than barreling out ahead of you. She must remain seated even if the door opens. Then when I ant her to go through I'll say "ok" or "let's go" and then walk through to guide her through. Note: if she has to really go potty, better to just run out side so she doesn't have an accident.</p>	<p><b>Sit to come back in the house</b></p>



#### 1.4.4. Sit to be let in if she's locked outside

	
<p><b>Never reward this behavior.</b> In fact, if she jumps on the window to come in, place an x-pen or other barrier in front so that she doesn't have the opportunity to jump on the sliding glass door until you have the opportunity to spend several sessions training her that jumping doesn't work. Otherwise you'll end up with a 40 pound barking dog that hurls herself into your sliding glass door.</p>	<p><b>Once she sits:</b> you can let her in. If she has a jumping habit, then practice rewarding her many times with treats for sitting outside. (That's another exercise—for another handout). For this particular behavior, you'll have to set up the situation so that you can practice many times over the course of a few days. If you only practice this one several times a day it may take forever for her to get the message.</p>

#### 1.4.5: Sit to Have Her Toy Tossed: Lucy already likes to fetch and bring the toy back.

	
<p>Show her the toy but hold it out of her reach. If she jumps pull it away so it's clear to her that jumping removed the toy.</p>	<p>When she sits, to make it clear to her that sitting is what earns the toy, toss it for her.</p>





**Reward her for bringing it back:** When she bring it back, you can play tug with her a little as a reward for coming back or you can go directly to the next step.



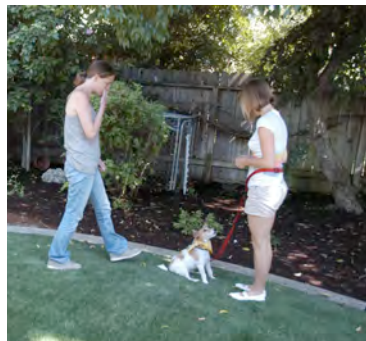
**Get her to release:** Then to get her to release, either just stop tugging. Often this will cause her to relax and let it go because she's already worked on the say please by sitting exercises. If that doesn't work, show her a treat and even put it right in her mouth and pull the toy away. If needed use a higher value treat for this game so that releasing the toy when you stop tugging becomes a habit. **When she reliably starts releasing via either of these two methods, then start saying the word "out," right before you get her to release it.** Out will come to mean, open your mouth and drop the object that you're holding.

**1.4.6 Sit to get your attention when tethered away from you. (This is great for teaching calm behavior for dogs prone to separation anxiety).** So if you have a dog that barks for your attention when he's tethered or away from you or you want to prevent this from occurring, do this exercise.



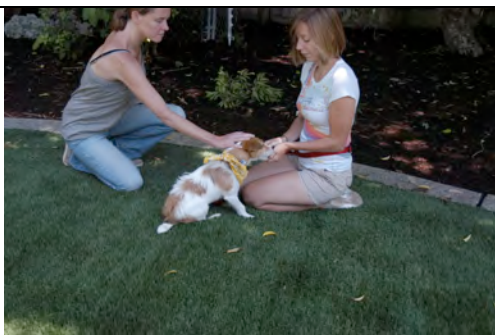
**Sit to get attention when tethered:** This dog loves to jump on people when greeting. Tethering a dog away from you greeting situation because it suddenly makes you a valued resource —one the dog no longer can get to at will. For dogs that whine when they can't get to you at will, I tether them away from me, and wait until they sit. Then I approach and reward them. I'm rewarding this dog with petting because he likes being petted. Goal is that the dog learns that calm focused behavior is what earns the reward, not whiney, barking, anxious behavior.

**1.4.7 Sitting to Greet Other People:** you'll want to provide Lucy with many positive experiences with many new people but at the same time she should sit to greet them rather than jumping on them. Even puppies can cause harm by jumping. Their sharp nails can cause scratches especially on people with thin skin. Since you can't rely on other people greeting Lucy correctly so that she doesn't get rewarded for jumping, you'll have to take control.

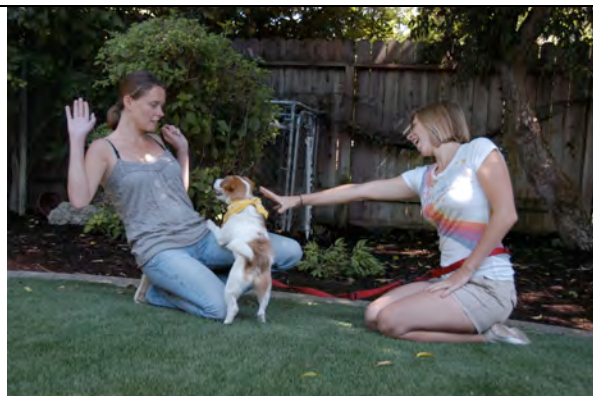


**When** someone wants to greet your puppy, first get your puppy's attention and then have him sit. Tell the person, "wait, let me get him to sit first." You'll need to get down to his level before you allow the guest to squat down and pet her.

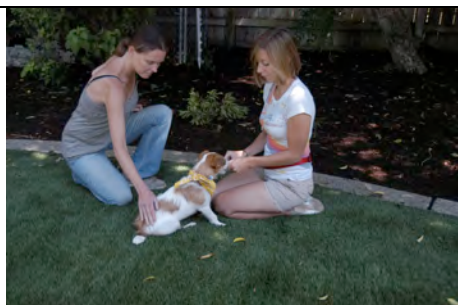




**Start feeding treat first. Keep your hands** at her face so that she has a steady stream of treats with no air-time between treats. To do this you can use two hands so you can hold more treats.

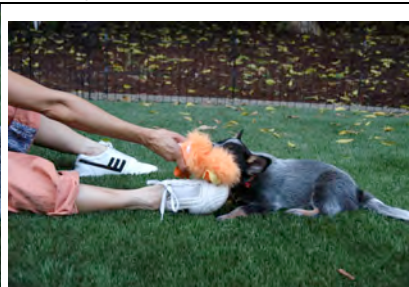


**Why a steady stream at first?** Because if he's wiggly at all, as soon as you remove your treat hand from his face to get another treat, he'll turn and jump on the person who's petting him!



**How to wean the treats:** Instead, keep a steady stream of treats coming until she's calm, then slow the treats rate down such that you pull your hand away between treats but just for a second or so. Hurry and give her another treat before she starts wiggling or gets up. Gradually increase the interval between treats as long as she remains calm. When this calm greeting becomes a habit you will no longer need treats. Petting will be the reward.

## 1.5 What to do when puppy nips and chews inappropriate objects?



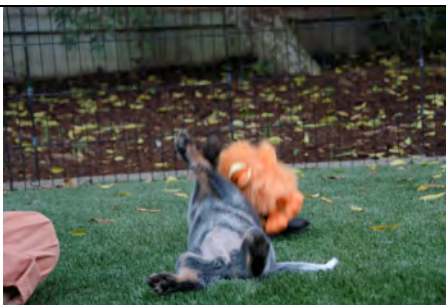
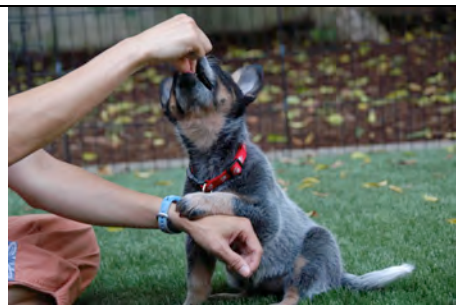
**Replace the inappropriate object with a more appropriate one:** Here's Lucy's chewing on my shoe lace. I wave a more appropriate toy in front of her instead. You can toys more fun by tugging them a little (but be able to get her to release within 1 seconds with a food trade so she doesn't learn to get overly aroused), putting treats in the toy, tossing the toy, etc. I could have prevented Lucy from chewing my shoes in the first place by putting a toy in her face as soon as she showed interest in my shoes. I definitely want to avoid waving my feet and shoes around the way I'd wave a toy to get her to play. Waving my shoes around and squeeling turn ME into the toy.



**Puppies like to grab:** Never let the puppy chew on your arm. If they do, you can try saying "Ow or Out" really loud enough to startle her. Then when she lets go and looks at you, reward her with a treat and then put something more appropriate in her mouth. If "out" works, to cause her to immediately let go, then it can become her cue word to let go.

Lucy doesn't respond to a sharp, loud, "ow,". The sound does not startle her and make her stop and look. So I don't use it with her because it's just wasted breath and clouds the meaning of other words I might use. With Lucy I just show her the treat. Since she's used to the food reward routine and is earning all her food, this works well.



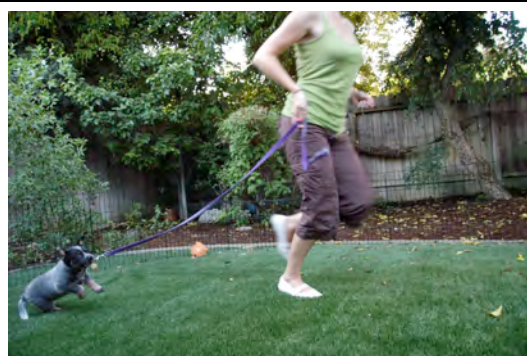


She lets go and I give her the treat (kibble). If she didn't let go I'd shove the treat in her face so she would be sure to see it. Next I put a toy in her mouth and she falls on her back and plays with it. I can still teach her the word "out" if I say "out" and immediately push a food treat in her face so she lets go within 1-2 seconds. If I pair the word with a consistent response by her, then the word will take on the meaning "to let go." If I say the word and cannot get a consistent response, then the word will just be babbling noise.

**1.7 Come When Called:** Because puppies like to follow, they can start off with a virtually 100% perfect "recall." Unfortunately most people mess this up because they spend a lot of time calling their pup "Rover, Rover, Rover" when their pup could care less. The puppy just learns to ignore his name and the command to come. Or they think their pup likes to follow them already so they don't reward the following behavior. Then when the pup becomes more independent, it no longer cares to follow.

To turn your pup's following response (or the one you trained on day 1 by training the sit/please), **only call the pup when you know she will come. For instance, if you call her and run the other way, she'll naturally want to chase you.** Once she does come, make it worth her while. Give her treats, pet her, play with her. You may need to do this with her on leash so that she has no option but to come. If she never has the opportunity to do anything but come running to you when you come when called, and coming is always fun (e.g. you don't yell at her and expect her to come running), then coming when called even with high distractions will become a habit

#### 1.7.1 Come without distractions.



**An extension of the say please by sitting exercise:** This exercise is just an extension of the say please by sitting. First make sure you can do this without the verbal **come cue (section 1.3.2)** 100% of the time. Then, if you're 100% sure she'll follow you in this game, Say "lucy come" **just once! But**

**in an energetic, encouraging voice** and run away from her when you know 100% that she will follow. When she catches up to you, reward her once she's sitting. If you're not sure whether she'll follow, start with her on leash so that you can coax her a little and at least prevent her from running off. Also, if needed reward her right when she gets to you rather than waiting for her to sit. If she doesn't follow you 100% of the time, go back to section 1.3.2

**1.7.2 Come when called with distractions:** The goal of the first exercise (1.6.1) was to make coming when called fun. So that even with distractions Lucy will think running to you is as fun as what she's already doing. But sometimes to be sure we need to have pups on leash so that they have no other option but to come when called.



**On leash with distractions:** Here Lucy wants to explore what Jonesy's eating and Jonesy wants his personal space. I shouldn't leave it up to Jonesy to have to teach Lucy what's right all the time as that can make Jonesy feel harassed.



**On leash with distractions:** So here, I grab onto the leash that she was dragging (note this is in a specific session where I'm watching her closely and letting her wander around the room—because I still have to be careful of her potty training) so I have control.

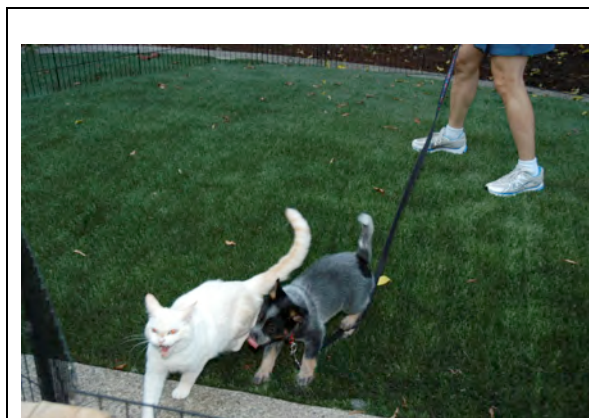


Then I call her and head the other direction. I pull gently on her leash to get her facing my way and then show her the treat so she knows where to run.

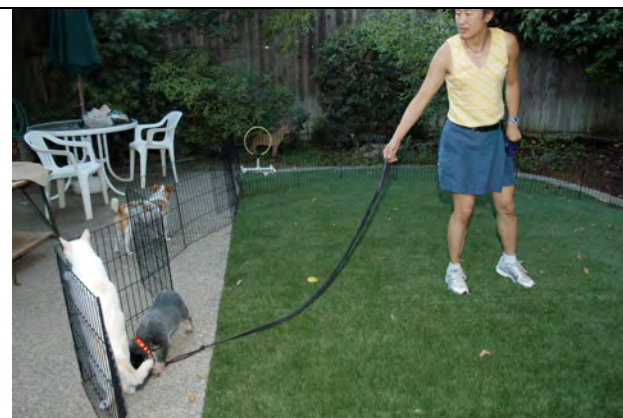


Since this is a high distraction situation, I'll give her the treat when she's still standing.

My ultimate goal is that I've made coming when called so fun that she automatically runs my direction full speed immediately when she hears me call her the **first time**. Coming when called should be as fun as playing with other dog or exploring new things. Then I can reward her with treats, petting, praise or whatever she responds to and then provide an added reward of letting her go back and play.



**Come when called with distractions:** Here's another example. Lucy's just met this cat and wants to wrestle and play. The cat doesn't like pushy play behavior and tries to escape.



**Come when called with distractions:** I hold the leash, call Lucy and then immediately run in the other direction.



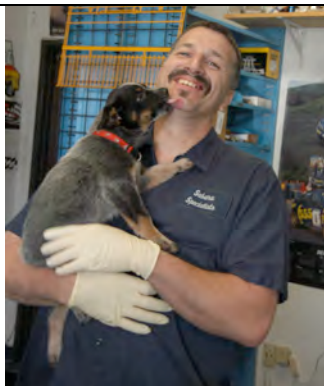
**Come when called with distractions:** She immediately comes running. When she consistently comes running immediately when called without feeling even a gentle pull on her leash then you can start practicing come when called off leash.

**Note that when you have her come when called away from playing with playmates,** then you can reward with treats and repeat sits followed by letting her play with the other dogs again.

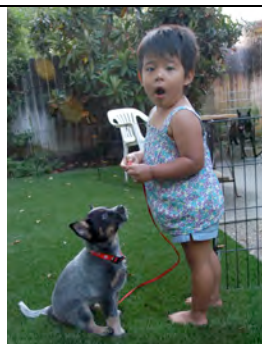
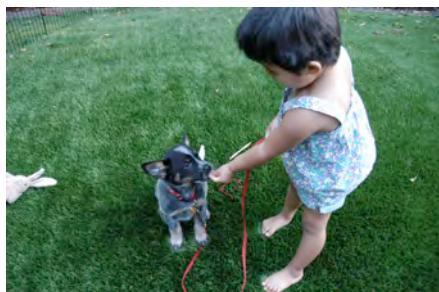
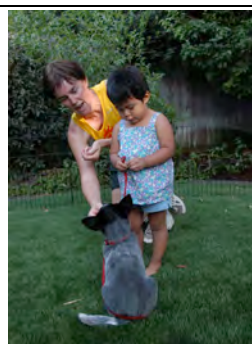


**1.7. Getting Her Used to Handling and Other People:** Three weeks – 3 months is the sensitive period for socialization meaning it's the **golden window for Lucy to learn that all kinds of people and dogs and environments are safe**. After their period, her default setting will be to be fearful of everything new. So during this time after continuing through one year of age, it's important to give her many positive experiences so that she can generalize.

**1.7.1. Give her positive experiences with 100 different people in 100 days.** It's important that the experiences are positive, not just neutral or unknown. So far, in the week I've had her, she's met 10 people and liked them all.



**Have different types of people give her treats for sitting and handle her.** To make sure her experience is always positive instead of risking a neutral or negative experience, make sure that she looks happy and relaxed, wants to greet them, and even gets treats or experiences something else positive (such as toy toss or petting, if she likes it). Here she's getting used to people wearing mask, hats and umbrellas as well as a big, biker-mechanic dude.



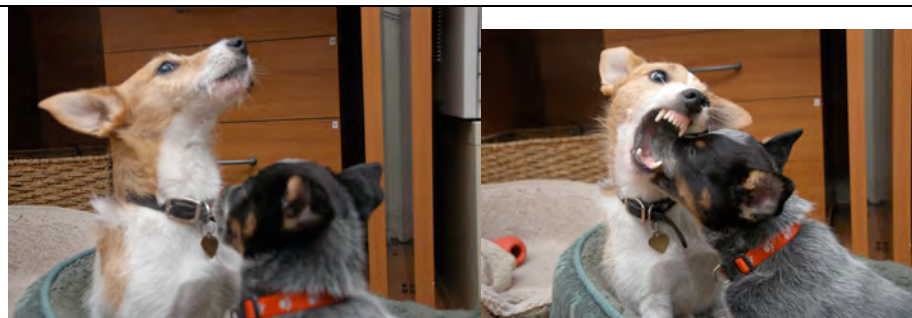
**Here Lucy greets a child, Liliana.** Liliana's mother gives Lucy treats for sitting so that Lucy doesn't jump. Lucy sits for the Liliana who already knows how to feed treats to dogs. Most likely you'll need to give treats continuously to a puppy to keep it from jumping on kids and guests since these people will not know how to avoid reinforcing jumping behavior (Refer to section 1.5). Once she's sitting stably you can decrease the rate of treats. Because Lucy's been rewarded so much for sitting, she readily sits and remains seated for Liliana. And even when she's standing an Liliana starts to pet her, Lucy sits instead of jumping. Of course if she had just been playing with another dog or was in a new environment she might not be as calm.



**1.7.2 Give her positive experiences with many different dogs.** It's important that she interact only with appropriate pets. For instance, interacting with a larger dog that just keeps pouncing on her even though she screams can train her to be afraid of other dogs. In fact my dad's last Cattle dog was pounced on at the dog park on several occasions by a boisterous German Shepherd puppy. The Shepherd's owner shouted "He's only playing." But my dad's cattledog, who was screaming didn't care. After that he was defensively aggressive to dogs, especially German Shepherds.



**Meeting and playing with different well-behaved dogs.** (Lucy's already met and played with 7 new dogs. She's been immediately comfortable with all of them and solicited play with all of them). Avoid letting Lucy play with dogs who are too rough or she could learn to play in an overly aggressive manner too. Also protect her from dogs that pounce on and scare her.



**Make sure that the other dog wants to play:** Not all dogs like to play and while many like to play with their friends and other adult dogs they may dislike pesky puppies. Or maybe they like playing a little but not as much or as often as the pup. Here's Lucy and my dog Jonesy. Both are off leash and Jonesy's clearly trying to avoid Lucy. Then when she sticks her face in his mouth while he's complaining that really sets him off. He roars and bares his teeth and she ends up backing off (not shown here). If she continues to bother him in spite of his warnings I will distract her and reward her for more appropriate behavior such as come when called, and sitting and paying attention to me and then playing with a toy. If I continue to let her harass him and he always has to defend himself, I will be failing Jonesy by not intervening. It's helpful for well-behaved experienced dogs to teach puppies that a raised lip means to back off and the next step is a roar and a snap. But sometimes the older dog is not big enough or strong

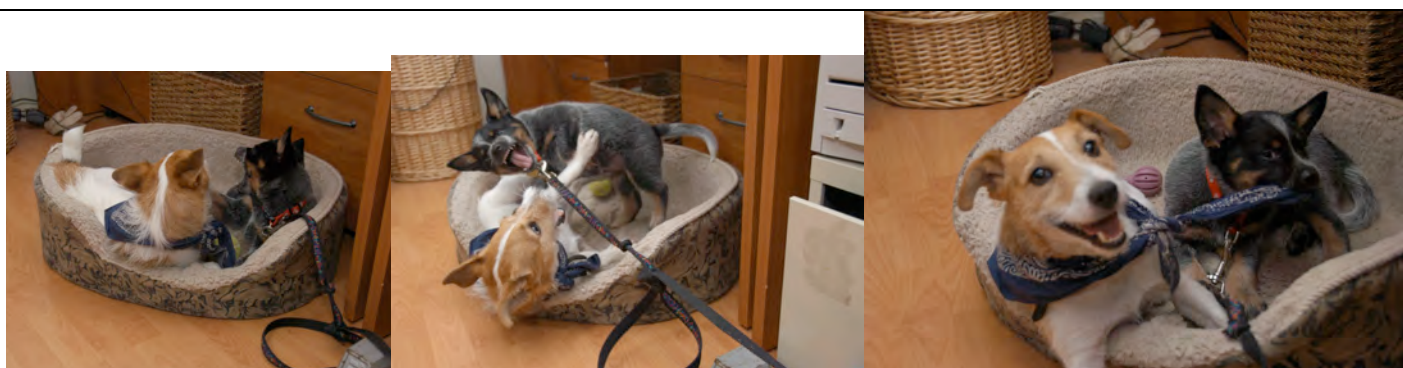
enough to make this message clear. And in this case it's up to us to teach the puppy that when the other dogs makes these signals, then the pup should leave them alone and come to you because you call them.



**Here's a better play set-up for jonesy.** Now Lucy is on leash and tethered to furniture. She can still play but Jonesy can play on his terms. When he wants to play he comes over to her.



**A better set-up:** When he wants a break, he can just go away.



**A better set-up:** Now they play in short bouts and then rest for a few seconds so they can both calm down and then start playing again. The play is always calm and relaxed. If the puppy yelps, play stops. If jonesy needs a break, he stops or walks away.

Be sure to work on come when called so that she gets used to coming away from puppies and then gets to go play with them again.



**Practice Gotcha (collar grab) so that you can pull her away from distractions:** Grab her collar and guide her into a big treat. That way she learns to associate a collar grab with getting a treat and will enjoy being grabbed rather than reacting aggressively down the road.



**Practice Gotcha (collar grab) so that you can pull her away from distractions:** Here's I've separated Lucy from Xena so that I can break up the play and reward her for sitting calmly because Lucy was starting to play too roughly. Then I will let them play again if Xena sticks near Lucy and looks like she wants to play more. Gotcha is important because in puppy class sometimes when you call your perfectly trained puppy (Lucy) she can't make it to you because the other puppies are jumping on her as she's trying to make her way to you. In that case being closer and playing gotcha works better. You can also lure the other puppies to sit so that stop jumping on your pup when you're trying to get her to calm down and sit.



**1.7.3 Socialize her to other pets.** She's already been socialized to a cat in her first home.



**Cats: Let her socialize with cat-friendly dogs.** If the she's too pushy, work on come when called. Remember, she should be on leash unless you're 100% sure she'll come when called. You can also give her treats for focusing on you or playing games with you near the cat so she's not overly focused on the cat.

**1.7.4. Other environments:** until she's vaccinated she can't go to parks and other locations with unvaccinated dogs. But she can be walked on sidewalks and visit places devoid of unvaccinated dogs.

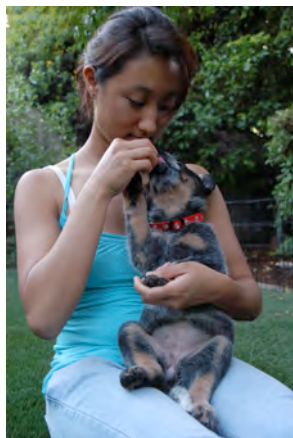


**She's initially fearful of cars** and tries to run the other way. By her third day she's comfortable enough to watch them and eat treats. And to even ignore the car and pay attention only to the treats.

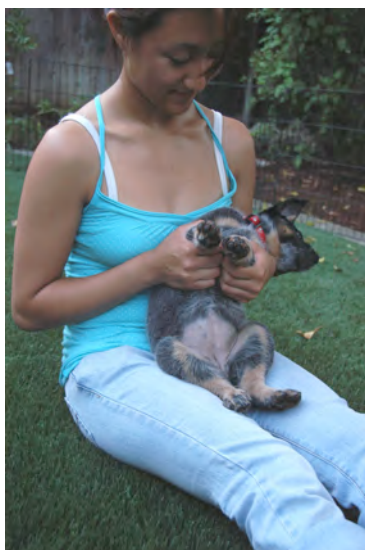


**Here** she visits a car repair garage and hangs out in the waiting room where she gets to play with the mechanics.

**1.7.5. Handling (for handling exercises in detail refer to chapters 18 and 19 of Low Stress Handling, Restraint and Behavior Modification of Dogs and Cats.** Be sure to train her to like getting injections, foot handling, mouth handling, ear handling, toenail trims, and being placed in many different positions. She's already good for all of these things but needs continued practice.



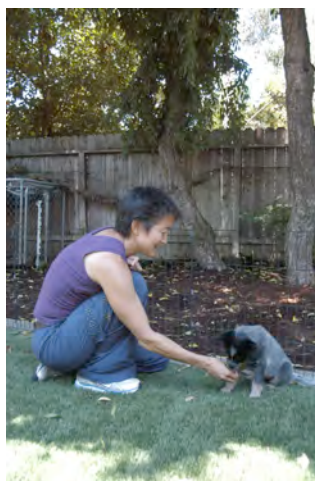
**Hold her in different positions:** Give treats periodically, especially if she's struggles as the treats will distract her and she'll associate the position with good things.



**Avoid letting her go when she struggles.** Instead support her well and release her when she relaxes. Give treats frequently at first if she's uncomfortable with being in the new position.

## 1.8 Learning Down:

### 1.8.1: With a Food Lure



**With Food lure: Start with a food lure in your right hand.** Put the lure up to her nose and then drop it in a straight line to the ground. Once it's on the ground, slide it away from the dog slightly so that her nose moves forwards a little and she has room to lay down. Many dogs need to receive the treat lure when they're just halfway bent to the ground or they'll get up.



**With Food lure:** once she's lying down give her the treat and a few additional treats for remaining down. When she consistently goes down this way, then go to the next step.

### 1.8.2: Graduating to a hand-signal and later a verbal cue.

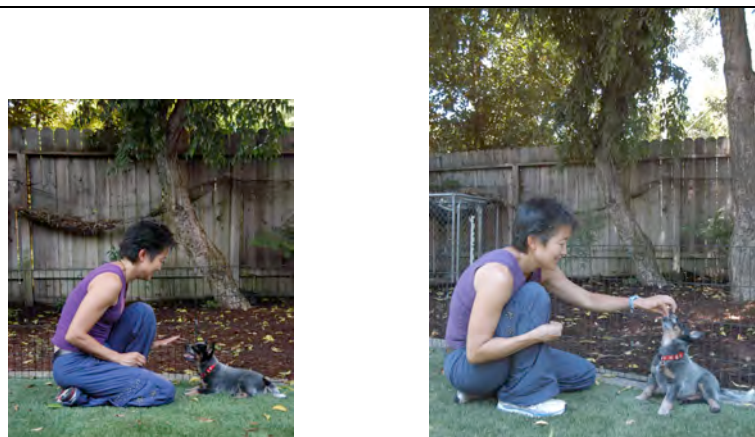




**Food reward instead of food lure:** Now hide the treat in your left hand and but pretend there's a treat in your right hand. Make the down signal motion that you've been making when you have a food lure. She'll follow your hand and lie down. Once she's lying down, give the treat from the other hand (left hand). **To add the verbal cue,** say the **"down"** right before you give her the hand signal to lie down. Remember that the word must come before the hand signal or she won't pay attention to the word. Also be sure that you don't add the verbal cue until she consistently goes down with the hand signal within 1 second. Otherwise she'll learn the verbal signal means nothing.

## 1.9 Learning to Go from a Down to a Sit.

### 1.9.1 First With a Food Lure



**From down to sit:** Hold the treat in your left hand. Put it in front of the pup's nose. Then lift your hand up so that she jumps up into a sit to get it. When she consistently immediately goes into a sit when you do this go to using the left hand has a cue or signal instead of a lure.



### 1.9.2: Graduate to a hand signal and later a verbal cue



**From down to sit: turning the lure into a signal:** Hold your left hand palm out and hide the treat in your right hand so it doesn't distract the pup. Start with the hand by your side and then raise it the way you raise it when you're holding the treat. Because she's moved into a sit so many times to get a treat from your left hand, she should sit when with just the hand signal. When she does quickly reward her with a treat. **Adding a verbal cue:** If you want to teach the verbal cue "sit," just say sit right **before** you give the visual hand signal so that it will predict she sees the hand signal. If you give them simultaneously it will take longer for her to learn it because it will not predict anything for her.

**1.10 Walk on leash.** The purpose of the leash is to help her know her boundaries. When she is on leash, never let her pull or you will be rewarding her for pulling. Also avoid dragging her around.

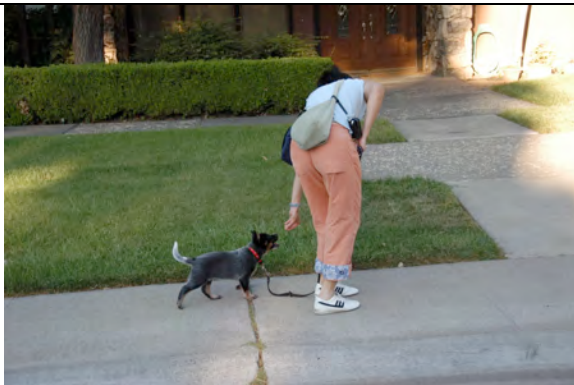
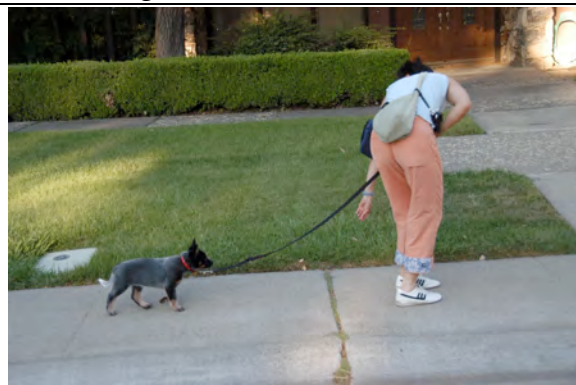
1.10.1: **Prevent pulling:** Decide on one leash length and as she gets to the end, be sure to hold your leash-holding arm strong against your hip. When she gets to the end it should be like she's tied to a pole. Here's an example of an adult dog

	
<p><b>Wrong:</b> Never let the dog pull on leash. Remember every time you're near him you're training him to be good or bad.</p>	<p>Here, when he pulls, I stop before the dog gets to the end of the leash. He understands, hey, nothing's happening, I don't get to go where I want.</p>

	
<p>So he comes back</p>	<p>And sits in front of me. Then I can reward him with a treat and walk fore</p>



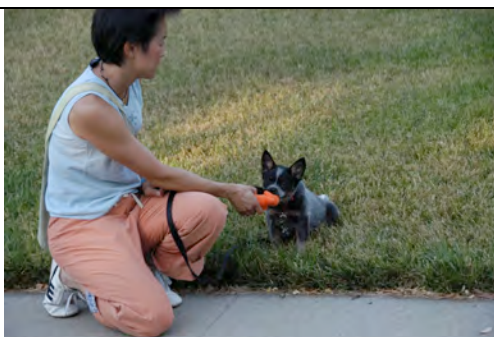
**1.10.2 Getting Lucy to follow and walk on the left side in heel position.** When at home or in comfortable territory, Lucy's more likely to pull. But in new environments such as outside the house she will lag at first.



**Walking on leash.** Start with her on your left side. Then walk a few feet away. Because she's done the follow you and sit exercises so much, she should automatically follow you. In fact it only took her several minutes on day two to teach her how to follow on leash. If she doesn't follow you, show her the treat by holding it down at her nose level on your left side. She'll walk right to you.

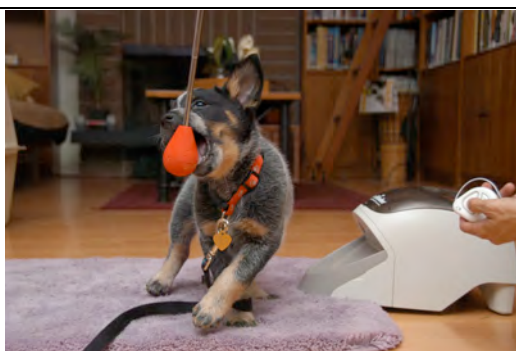


You can then walk on or you can have her sit. You probably only need a food lure several times, then she should follow you anyway. Once she's coming more readily, when she catches up, wait for her to sit on your left side and then reward her. You can also sometimes run and practice come when called so that the walk is more fun.



**Other motivators:** Also bring a toy to play with her in case she gets scared. She's only been on 3 short walks in a suburban neighborhood and several ventures in other locations and is has not yet experienced buses, loud trucks, street cars, and other loud man-made vehicles. **When she's nervous** she'll stop taking treats. Let her look at the thing that's scaring her, and **try to get her into play mode with a toy or by petting her excitedly like you're playing.** She usually suddenly gets happy and then will take treats.

**1.11 MannersMinder:** Lucy also knows how to get treats out of the MannersMinder and to target (touch a target with her nose).



**MannersMinder:** Lucy also knows how to earn treats from the MannersMinder. And she knows how to target (touch a target with her nose/mouth). The MannersMinder program can be used to train her to do a down-stay with distractions in just several days.