

Puppy Class Part Two Homework to prepare for Class #2

You and your sweet juvenile delinquent made it through class #1! You should all give yourselves a pat on the back for doing such a great thing to enhance your dog's quality of life and your relationship.

Here are some things to practice this week. Remember that small and frequent intervals of training work best. Make your training conducive to your busy schedule by practicing real life training; ask your dog to do something for every single real-life reward (i.e. all meals, putting on the leash, walking out the door, playing with toys, receiving affection, etc.)

1. If you haven't already done so, continue working up to a 30-60 second down-stay where you can bend over and stand up straight several times without your dog breaking.

If you have reached the first goal, begin to add distance. Walk backwards in a straight line 2ft, 4ft, 6ft. Don't set your dog up for failure by moving too fast! Set small goals and keep it fun for your dog. Don't forget to mark the moments, constantly communicate when they are doing it right, and begin utilizing your release command (Free!) with all your commands.

3x every day

2. Practice weaning off the lure (body language) for the down command and using the word only. Be patient and let your dog problem solve! Try taking a baby step backwards and luring only half way down.

3x every day

3. Refer to the "Loose Leash Walking" Blueprint and try some **off-leash following** exercises around the house and in safe outdoor areas.

1x every day

4. Practice the one step- sit exercise on the walk by taking one step- ask your dog to sit-take one step- ask your dog to sit-take one step-ask you dog to sit, etc. Do this for ten, fifteen, twenty steps in a row. Or try it at every crack in the sidewalk. With enough practice, your dog will begin to sit automatically when you stop. Try it HANDS FREE by tying the leash around your waist! In an upcoming class, we will turn this exercise into a relay race! :)

1x every day

Behavior Blueprint Reading Assignments:

1. Sit/Stay/Free (Basic Obedience)

2. Loose Leash Walking (Basic Obedience)
3. Real Life Training (Useful Information)
4. Hyper Dog (Must Read)

Can you answer these questions?

1. What are the 3 D's that make up a solid stay?
2. What should you do when your dog jumps up on you or someone else?
3. How do you get your adolescent to follow you with no leash?
4. Why do dogs pull on leash?
5. What is an appropriate radius to allow my dog to walk in relation to my body?
6. What is red light/green light?
7. What is the all-important 5:1 ratio?

Don't forget! For every class, please bring:

1. One of your dog's very favorite toys;
2. A high value chew/food item (bully stick, bone, rawhide, etc...)

Happy training and remember that constant feedback and calm persistence is key! See you soon!

Puppy Class Part Two Homework to prepare for Class #3

Here are some suggested homework activities to work on this week. Remember that the better prepared everyone is, the more we can accomplish in class.

Reminders:

- When you are working on behaviors your pup is at least 80% fluent in, and there is minimal distraction, always treat intermittently! The ratio should be 1:3 at most. 1 treat for every 3 times your dog does it right.
- When you are working on new behaviors or there is high distraction, you must treat more often than 1:3. Of course, treats don't always have to be food!
- If I play a slot machine and I only win 1% of the time, I will keep playing. The same is true for your dog and jumping up. If he is reinforced even 1% of the time, the behavior will continue. This, like all dog training, is a very black or white issue. You must be a fair leader and if you ever reinforce a behavior, you cannot ever punish it!

Exercises:

1. Down-stay practice:
 - a) 1-2 minute down-stay where you can stand up straight and bend down multiple times;
 - b) Add distance by taking a few steps back (straight in front of the dog). Drop the leash. Success? Walk 6ft back, then back to your dog and treat, walk 6ft back again, and then walk back to your dog to release (FREE) 8ft? 10ft?
 - c) Begin Right and left pivots and then a fluid half circle (Set your dog up for success and do not move too quickly!)
 - d) Practice these Down-stay exercises inside & outside during your walk w/ minimal distractions.

2x every day

Don't be a greedy trainer and don't move too fast! Move to the next level ONLY after your current goal is at least 80% established. If you accomplish a goal, give your dog a brain break and play!

2. Begin weaning off the lure (body language) for the Down behavior and attempt using the word only. Be patient, resist the need to repeat the word over and over again, and let them problem solve! Don't forget to always use your release word!

3x every day

3. Spin and/or Roll Over

5x every day

4. Leave It AND Take It- with different kinds of high value objects (bully stick, rawhide, bone, sock, tissues, Kong) Practice during your walks and in as many different locations as possible.

Please bring high value treat to class with you!

2x every day

5. Loose leash walking:
 - a) One step- sit- one step- sit, etc...
 - b) Red Light - Green Light

The sit should begin to be automatic when you stop without you having to say the word! Practice luring your dog to sit by your side instead of in front of you. Also, practice hands free! *Do not tug on the leash to communicate! Be aware during walks so as to ensure you are not rewarding your dog for pulling.*

1x every day

Could you do the One Step/Sit exercise while holding an egg in a spoon or full glass of beer with the same hand as your leash?

Read and Play:

-Tug of War Blueprint (Useful Information)

Practice playing the game 3x this week. Follow all the rules and use this game to practice Hype up/Settle Down and Leave it/Take it.

1x every day

Happy Training!

Puppy Two HW to prepare for Class #4

Here are the suggested homework exercises to work on for the next week. We only have two more classes left before graduation! The games we have prepared for graduation are super fun, but challenging! The more everyone practices these exercises, the more fun and competitive the games will be!

Things to think about during daily interactions with your pooch:

- **5:1 ratio**
- **Intermittent treating**
- **Real life rewards**
- **Constant feedback**
- **Calm persistence**
- **Mark the moments**
- **Accidental reinforcement of jumping up on people and/or pulling on the leash**
- **Concentrate on YES and stop saying NO!**

Exercises:

1. Down stay practice:

- a) Right and left pivot
- b) Half circle
- c) Whole circle
- d) Distance
- e) Distraction

3x every day

2. Practice weaning off the lure (body language) for the down and using the word only. Be patient, let your dog problem solve and resist saying the word over and over again!

5x every day

3. Practice Spin and Roll Over (if applicable)

5x every day

4. Leave It AND Take It-practice with very high valued objects. Try bully sticks, bones, rawhides, socks, favorite ball/toy, and/or fill a Kong.

Can your dogs can Leave-it on their paw? Nose?

4x this week

5. Loose leash walking-Incorporate games in daily walk:

a) Red light -Green Light

b) sit-step-sit-step

c) Follow me

Don't forget to talk to your dog and tell her when she's doing it right! Act a fool! Be aware during walks so as to ensure you are not rewarding your dog for pulling.

1x every day

6. Come when called-

a) Yo-yo recall game inside from one room to the next

b) Yo-yo recall game in a safe outdoor area (use a long line, if necessary)

Make it the funniest game in the wide world.

At least 1 game every day

Behavior Blueprint Reading Assignments:

-Come When Called (Basic Obedience)

1. What are two ways so many owners accidentally teach their dogs NOT to come to them?
2. Why shouldn't you chase your dog when you want her to come or when she steals something?

3. What will likely happen if your dog won't come and out of frustration, you put on your ugly face and ugly voice?

Finally, we spoke about the possibility of some of you using a no-pain tool to help make your walk more pleasant as you train through adolescence (like a training wheel). For more info on different training collars, read Stephanie's [Keeping Control](#) article that can be found by clicking [HERE](#).

For your dogs, I suggest either the Gentle Leader head collar or the front connecting Sense-a-tion harness.

If you are interested, come a little early for class and we can help fit your dog with the appropriate tool.

Happy Training!

Puppy Class Part Two HW to prepare for Class #5

Your next class will be class #5 and here are some homework exercises to help you prepare. We only have two classes left so be sure and take advantage of this time! Everyone is doing so great. Don't stop now!

1. Down-Stay Practice (give the command with the word only; no body language).

a) Walk a full circle around in both directions

b) Walk a straight line in front of them (2ft, 4ft, 6ft, and so on)

c) Add duration to both exercises (2 min, 4 min, 6 min, and so on)

d) Add distractions like sitting on the floor, playing with a toy, jumping up and down, etc (Don't get too crazy too fast!).

2x every day

2. Practice Spin and Roll Over (If possible)

5x every day

3. Practice asking your dog to sit from small distances. If they look confused, keep giving the command. Use your hand signal, etc., and help them figure it out. By now, we should be 100% sure your dogs understand the word "sit". Also, practice distance sits with lots of emotion and volume in your voice. Why should you do this?

3x this week

Come when called-Call your dog to you at random times, at different distances, and with mild distractions. Turn it into a fun game. Make sure coming to you does not mean that the fun is over. Don't be a drag or a nag! *The ugly face and ugly voice will not work!*

5x every day

4. Loose leash walking exercises: (See the Blueprint if you are unsure about any of these)

- Practice Following! (We will attempt the walking course with no leash)
- About turns
- Red light/ Green Light
- 1 step-sit-1 step-sit

1x every day

5. Leave It and Take It during the walk. Be prepared to do a walking course with high value objects placed throughout your path!

Please bring your own extra high value item!

Watch this VIDEO and don't let this be you. Haha! <https://youtu.be/5iTTNRE-njM>

REMINDERS:

- *You should be having a constant dialogue with your dog while training. Your neighbors should think you are a crazy person that never stops talking to their dog. If you don't feel like a fool, you're not doing it right.*
- *Calm persistence is the key.*
- *Stop saying "NO" and start telling them exactly what you want them to do so you can say "YES"!*

If you don't tell them when they are doing it right, how will they know?

- *Remember the 5:1 ratio.*
- *Treating intermittently! (1:3 ratio)*

Your dog's behavior should not be contingent on your treat pouch. Your treat should be contingent on their behavior! You must start weening off of food treats, or you will be tied to them forever.

- *If you are not 100% sure your dog understands the English word you are saying, stop repeating it over and over again! And remember, saying it louder or with your ugly voice certainly doesn't make them understand your words any quicker.*

Have a great week!

Puppy Class Part Two HW to prepare for Graduation

Congratulations for following through and not giving up on your juvenile delinquent! You all deserve a big pat on the back. You are making a real difference in your dog's quality of life. Your next class is graduation day! *We will enforce one rule as far as using training tools (Gentle Leaders, front connecting harness, etc.) during the games. You may use those tools in all the games, except for the Egg in Spoon Relay Race. We want you to attempt to keep your dog with you and paying attention to you with just his/her regular collar. We realize the challenge, which is the whole point! This will show you just how hard you have to work in order to create a loose leash walk without the use of tools. Of course, you should continue to use your tools day to day until your pup gets more fluent in the loose leash walking behavior and then you can begin weening off.*

Practice this week to prepare for the following games:

1. Joe Pup:

- Begin with your dog in a down (or sit) stay behind the start line. They must keep their stay while you move to the 1st cone.
- At the 1st cone, call your dog to you and do 4 puppy push-ups (sit/down, sit/down, sit/down, sit/down).
- At the 2nd cone spin 3 times.

- At the 3rd cone, put your dog in a down-stay, walk 3 full circles around and finish by tapping him on the head.

2. Musical Chairs:

There will be chairs set up in a line with a rectangle drawn around them. The number of chairs will be one less than the amount of participants. When the music starts, walk with a loose leash around the rectangle. When the music stops, put your dog into a down-stay (or sit) outside the rectangle, drop the leash, and quickly go sit in a chair. If your dog breaks his stay, you must get up and put them back into position. If you are left without a chair and all other participants are seated, you are out!

3. Yo-Yo Recall:

Two handlers on either side of the start and finish lines call the dog back and forth 4 times (each time your dog must finish in a sit behind the line)

4. Loose Leash Walking Relay:

Walk from the start to finish line while holding an egg in a spoon.

We will have fun, prizes and diplomas!

Don't forget!

1. 5:1 ratio (5 positive reinforcements for every 1 negative)
2. Talk to your dog and give constant feedback, especially when he is doing it right!
3. Calm persistence. Don't give up!
4. 1:3 ratio treat schedule at most! (1 treat for every 3X your dog does what you ask) Treats should be contingent on the quality of behavior.

Breathe & Believe!