



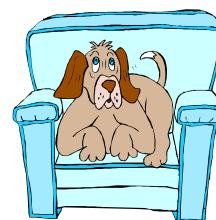
## Standard Relationship Building & Leadership Exercises

Before starting any kind of training program for your dog, it is important to set a good foundation to base that training on. Dogs are pack animals, and it is natural for them to look for a "pack" leader. When a dog comes to live in your home that leader should be YOU. Many problems arise with dog in a home when the humans fail to be a strong leader for their dog and the dog feels that he must be his own leader. These problems can be avoided (or stopped - if the problems have already started) by putting into practice a few simple house rules. By doing so you will slowly start to see that not only do you build a better relationship with your dog, but that he is starting to look to you as his leader.

### House Rules

Let me start off by saying that though these rules may seem hard to do at first they are actually quite easy once you get used to them. Also keep in mind that for every time your dog gets away with doing something wrong, you have to recreate that same situation 10 times and have the dog behave correctly, to counteract the negative learning that took place that 1 time. Example: Your dog lunges at another dog on a walk. You must now go on a walk and pass another dog 10 times without a commotion. SO, it is much easier to have the dog under control so that the bad behavior doesn't happen than to back step to correct it.

- 1) Your dog should be in your sight at all times. You should be able to watch his behavior and be prepared to correct and wrong behavior the second it occurs. If you are not able to do this the dog should be confined to a crate. (if your dog does not do well in the crate - confine him to another area in the house where you know he won't get into trouble)
- 2) Your dog should drag a light weight leash every second that he is out of his crate (or other confined area).
- 3) Dogs should not be allowed on furniture, for any reason, at any point while training. This is privilege that needs to be earned through good behavior, not a right.
- 4) Unruly behavior earns you a trip to "time out". If your dog gets out of hand, and refuses to be persuaded to be have otherwise, **KINDLY** ask him to "go to bed" for a while. Lead him to his crate and offer him a cookie or bone to chew while he is in there. He must learn that bad behavior does not get him more attention - it gets the exact opposite. This will give you, and him, a chance to clam down and regroup before continuing. **NEVER YELL AT YOUR DOG AND THROW HIM IN HIS CRATE** - this will cause your dog to think of the crate as and unhappy place, and will in turn cause more problems.
- 5) Practice the "nothing in life is free" program. (see attached handout) This will teach your dog that he must earn good things in life, and that those good things are directly supplied by YOU.
- 6) Don't take on more than you are prepared to handle. Example: If you know your dog acts crazy every time you take him on a walk, avoid long walks while training. Exercise your dog in the yard, even if you have to walk in circles. By doing this you won't aggravate the situation by letting your dog think it is okay to display bad behavior on walks. As your dog learns leash manners you can start to take short, controlled walks, where positive learning can take place.



7) Give your dog plenty of exercise and things to do. If your dog is tired, or otherwise occupied it is hard for him to get into trouble. Make a point to get some good outdoor exercise every day, and to have a good supply of indoor toys. \*read on to find our list of good toys for active dogs\*



## Basic Commands

Teaching your dog some basic commands is always helpful in training. Initially you don't need to worry about how quickly, or how long, your dog will do a command. You are setting the groundwork for more controlled obedience that will be taught later on, so you just want to get your dog acquainted with the meaning of several commands. Below is a list of commands and short exercises to practice with each. Make sure to practice with NO DISTRACTIONS. You want to set yourself, and your dog, up to do a good job so that positive learning may take place.

- 1) Sit - *Keep your rear end on the ground until I say otherwise.* Ask the command one time, then either lure or help your dog into the position. Ask for a sit before anything of value to the dogs. I.e., pets, a ball, a cookie etc.
- 2) Sit/Stay - *Keep your rear end on the ground while I walk away from you, and keep it there until I come back.* Start by stepping away one step in front of your dog and face him. Stand for a few seconds and return to his side. Praise him for good behavior. Slowly build up how far away and how long you can be out in front of him
- 3) Drop - *Release the object you have in your mouth.* Practice this in the form of a game. Play with two similar toys. When your dog has one toy in his mouth, offer him the toy in your hand. As he drops the toy in his mouth, say the word "drop" and then reward him for "dropping" by giving him the new toy. Play this way for a while. If your dog is not motivated by toys that much, you can play with a favorite object, and use a food treat as a reward for dropping.
- 4) Tricks - *Anything and everything from paw to play dead to sneezing on command.* Teaching a dog tricks helps keep them mentally occupied as well as helping to keep the lines of communication open between you and your dog.

## Good Toys for Busy Dogs

Here is a list of some good toys to keep your dog occupied during the day.

**Kongs    Marrow Bones    Butcher Bones    Treat Balls    Squiggly Wiggles**  
**Nyla Bones    Teaser Balls    Bumble Balls    Long Rope Toys    Squeekies    Talking Toys**

Give your dog a toy box to keep all of his toys in. If he starts looking like he wants to play, bring him to his toy box and let him pick out a toy. Once your dog is done playing, collect all his toys and put them back in his toy box. If you ever find your dog with something he shouldn't have take it away and then bring him to his toy box, and give him an appropriate toy. Soon he will learn that you only play with him if he brings HIS toys to you. This also helps dogs learn the difference between what is theirs and what belongs to other members in the house. \*In multiple dog homes, create a toy box for each dog\*

.....

**HOPE YOU FOUND THIS HELPFUL - IF YOU HAVE ANY QUESTIONS PLEASE CALL THE SHELTER**