



**Courteous  
Canine**

The  
DogSmith



Results the Fun Way!

## Basic Manners FREE EBook

### **Contents**

First Class Orientation

Clicker Instructions

The Three Learning Games

Attention

Sit Maintain

Down Maintain

Name Game

Food Bowl Game

Hand Targeting

Relax

Coming When Called

Stand for Grooming

Leave It!

Loose Leash Walking

Training Your Dog Using Magic Cookies

The Bank Account

Teaching Your Dog to Tug

No Alpha Rolls or Scruff Shakes please...

Proper Dog Care

Dog Behavior Challenges

The Win/Win Training Game

Hand Feeding  
Object Exchange  
Teaching your Dog to Say Hi to Other Dogs

Other Fun Classes at Courteous Canine, Inc.  
Recommended Reading

## **First Class Orientation**

### **Bring to Class**

Please bring a buckle or quick release collar, harness, or premier gentle leader and a fabric or leather 4- or 6-foot leash to class. We recommend lots of small moist treats. We will need proof of vaccination including bordatella (kennel cough) vaccine at the first class. Please, no choke chains, shock collars, or prong collars.



### **Handouts**

Your instructor will provide you with a handout packet. If you lose the packet, another will be available for \$2. The packet is helpful and will provide you with good info, so please read it.

### **We Love'em All**

Please do not be embarrassed if you think your dog is misbehaving. It's only behavior! Feel free to approach your instructor after class if you need additional help. We are here to help you and your dog!

## **Clicker Instructions**

The click signals to your dog that "YES!" that is the behavior you want. Think of the click as a marker signal that lets your dog know what you want. If you cue your dog to sit, you will click the moment your dog's hind end hits the ground. Then you follow the click with a reinforcement, a reward your dog likes. Clicker training is the closest thing to being able to talk with your dog!

**Click your dog for doing what you want.** Anything that you like your dog to do is a great thing to click and reinforce.



**Click and Reinforce.** After clicking, you can give your dog a treat; moist treats are ideal, or play a game, or praise your dog. Anything your dog enjoys can be used as a reinforcer. Vary your reinforcements to keep things fun and interesting.

**Do NOT click next to your dog's ear.** The click can be very loud and may cause your dog to dislike the clicker. If your dog is noise-sensitive and reacts to the clicker, simply tape several layers of first aid tape across the dimple on the metal part of the clicker. This will dampen the noise of the click. Then, as your dog becomes less reactive, you can pull off one layer of tape at a time.

**Make sure the reinforcers you use are something the dog really likes.** Do not use boring treats. Use treats that make your dog's eyes pop out of his head! Play different games, experiment and find what your dog really likes. Don't use what you *think* your dog likes, use what you *know* your dog likes.

**Keep training sessions short and fun.** Quit the session while the dog still wants more. Leave him hanging and he will work harder in the next session.

**If your dog does something really great, click, jackpot, and end session.** A jackpot is when you give the dog a bunch of treats (6-10) at one time. Give the dog the jackpot all at once. Or hand him one tiny treat at a time while praising and telling him he is a genius. The idea here is for your dog to feel like he won the lottery!

May the power of the click be with you and your dog!

### **The Three Learning Games**

You will be teaching your dog behaviors by making use of three learning games:

1. Shaping Game
2. Prompting Game
3. Capturing Game

#### **Shaping Game**

Shaping is the process of training your dog by reinforcing a very small part of the end behavior. Gradually over time, you require more of the dog until you have "shaped" the goal behavior. For example, you want your dog to wave. You start by clicking and reinforcing the dog for shifting her weight off her left paw. Next, you click and reinforce the dog for lifting the left paw. Next, you require that the dog lift the paw

two inches. Finally you only click and reinforce if the dog has lifted her paw to eye level. At this point, you add the cue "wave".

### **Prompting Game**

Prompting is the process of training your dog using some sort of physical prop to get the goal behavior. You can use your hand as a target like in shake, or a stick, or other objects to help create the goal behavior. For example, to teach the dog to spin in a circle you can first teach the dog to touch her nose to your hand. Then use your hand to teach your dog to spin by slowly moving your hand in a circular motion. The dog will want to follow your hand in order to touch her nose to it, and you will have gotten the spin that you wanted. Once you have the spin, add your cue. Gradually fade your hand by going from hand to finger to nothing. Now you can just use the verbal cue and get a spin.

### **Capturing Game**

Capturing is the easiest of the three learning games. It only requires good observational skills and timing. Capturing is simply clicking and reinforcing your dog for a behavior that she naturally engages in. In order to capture a behavior you must be able click and reinforce it several times a day. Avoid attempting to capture behaviors that only occur on an infrequent basis, it may take a long time to be successful.

### **Attention**

Why does it matter if your dog looks at you? Why teach attention? Attention - your dog actively looking at you and waiting for a cue - is the single most important behavior to train.

You can't give your dog a life saving cue if he is not paying attention. You can't get your dog to sit when the doorbell is ringing if he is not paying attention. Without attention, we have no control over our dogs.

### **Attention Guidelines**

Never give your dog a cue until you have attention. Simply do not say anything to your dog until you first have attention. This will teach the dog to watch you carefully and that your dog can only get rewards if he looks at you first.

If you lose your dog's attention, immediately go back to working on attention before training anything else.



Make attention a game for you and your dog. Who wants to just stare at you if it's not fun? Look for intensity, tail wagging, and click it!

### **Attention Games**

First, the dog looks at you, then the games start!

Handler counts 1-2-3 then calls the dog. Builds excitement for the run to the handler and reinforces the eye contact.

Handler counts 1-2-3 and then cues "get it" to play a game of tug.

Eye contact starts any form of retrieving - playing fetch.

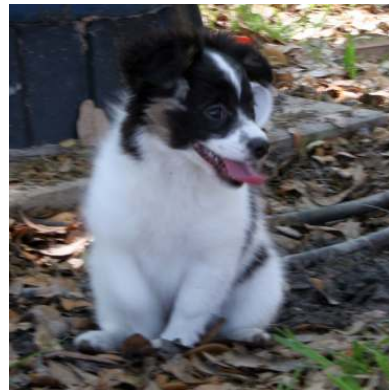
Eye contact and then a game of "catch me if you can" where the dog chases you.

Be creative. Invent as many games as you can!

### **Sit Maintain**

To teach your dog to "sit" using prompting, follow the steps below.

1. Find a food treat your dog really likes. We are talking eye-glazing here.
2. Pinch the food treat between your thumb and finger, so that the dog can smell and lick the treat but not eat it.
3. Hold the treat immediately above your dog's nose, just touching the nose—do not pull your hand away from his nose, this will teach him to jump. Move your hand upward to raise the dog's head. As your dog raises his head, his hind end will lower into a sit.
4. Click and treat your dog!
5. Do this about three times. After that, the dog should begin to automatically sit when he sees you have a treat and are ready to hold it to his nose. Now begin using a fake cookie, but when the dog sits, click, and reinforce. Once the dog anticipates the sit behavior, you are ready to say, "sit". Do not say "sit" before you are willing to bet your instructor five bucks that your dog will sit. Saying sit and the dog doing nothing, teaches the dog that the cue "sit" means nothing.
6. To teach your dog to hold the sit position, click and reinforce repeatedly while the dog continues to sit. If he gets up withdraw the food treat, move to a fresh spot and try again. As long as he continues to sit, you can continue to sporadically click and reinforce.
7. Every time your dog sits, he holds this position until you release with "okay." Sit is a maintain behavior. This means when your dog sits, you have flipped the sit "light



switch" and your dog continues to sit until you flip the "off switch," which is the cue "okay." You can use a cue other than okay if you prefer.

8. Tempt your dog to get up from the cued sit position by waving a treat or toy at the full length of your arm. Start out easy and build up to harder temptations. This will help increase your dog's self-control. Click and reinforce your dog for holding the sit position and feed while she is still sitting. Don't let the dog fail more than two times in a row, make it easier so the dog is successful. Training rehearses success!

To capture sitting, just click and reinforce every time you see your dog sit. Name the behavior once the dog consistently offers the sit. Build up the holding of the position as described above and release with "okay."

You can get your dog to sit by clicking and reinforcing for eye contact while your dog stands in front of you. Looking up at you without sitting will be slightly uncomfortable, so the dog will sit. Now click and reinforce for eye contact AND sitting. Add the cue when the dog consistently offers the sit. Release the dog with "okay."

Slowly begin fading out the treat that you are using to help the dog sit. Remember to treat the dog only *after* you click.

Dog sits → click → treat while dog is still sitting → release dog with "okay!"

### **Down Maintain**

To train your dog to down and hold the position using the prompting game, follow the steps below.

1. Pinch the food treat between your thumb and finger, so that your dog can smell and lick the treat, but not eat it.
2. Ask the dog to "sit." Now half his body is already in the down position and you only need to work on the other half!
3. Hold the food treat to his nose and move it *straight down* to the floor. Do this only three times then switch to the fake cookie again, like you did with the sit training.
4. Click when his elbows touch the ground, then treat and praise your dog!
5. When your dog begins to anticipate the down, even without you holding a fake cookie to her nose, you are ready to say "down." Do not say "down" before you are willing to bet your instructor five bucks that your dog will do it. Saying down and the dog doing nothing teaches the dog that "down" means nothing.
6. To teach your dog to hold the down position, click and reinforce repeatedly while the dog continues to down. If he gets up withdraw the food treat, move to a fresh



spot and try again. As long as he continues to down, you can continue to sporadically click and reinforce.

7. Tempt your dog to get up from the cued down position by waving a treat or toy at the full length of your arm. Start out easy and build up to harder temptations. This will help increase your dog's self-control. Click and reinforce your dog for being successful while she is still in the down position. Don't let the dog fail more than two times in a row; make it easier so the dog is successful. Rehearse success!

Dog downs → click → treat while dog is still laying down → release dog with "okay!"

Slowly begin fading out the treat that you are using to help the dog get into the down position. This means that you start moving the treat around to your other hand and eventually to a chair or counter. When the dog downs you can reach for the treat immediately. This is *very* important because you don't want your dog to down only when you have food in your hand.

While you are training the "down," you can click (and reinforce) any down that the dog does. This will get the dog thinking that doing a down is a good thing.

You can practice downs all through the day without having formal training sessions.

Ask your dog to down:

- When you are about to let him out the door to go potty. When he downs, click and say "okay" to release him and open the door. The release and being able to go outside is your dog's reinforcement. Use this only if your dog likes going outside.
- Before you feed him. Again, release with "okay" and only use this if your dog likes his food.
- Before you pet him or play with him, if your dog likes those activities.

Remember that it takes about 200 repetitions in different situations and environments for your dog to learn. It is important to change the location where you are practicing, so that your dog learns to sit and down in different locations and in different circumstances. If you don't change locations, the dog will only learn to sit and down in the rooms that you have practiced in. By changing rooms and practicing outdoors and other places, you are teaching your dog that sit means to sit in a variety of locations.

### Name Game

You want fast responses when your dog hears her name. Teach your dog to respond to her name by pairing her name with a click and a reinforcer, ideally food or tug, so that

she moves to you. Say her name with excitement in your voice. As she snaps her head toward you, click and reinforce with food or tug. Add distance to the game and ask your dog to run toward you when you say her name.

### **Food Bowl Game**

This is a great game. You can play it every time you feed your dog. Ask your dog to sit; when he does, begin lowering the food dish. If he gets up, pull the dish back up high. Quickly your dog will figure out that if he remains sitting the dish is lowered, which is what he wants. He will also learn that if he gets up from the sit, the dish is pulled back up. This teaches the dog self-control, which is an important life skill.

When the dish touches the ground, release the dog with "okay" to eat. As the dog catches on to the game, require more self-control of your dog. The next step is that the food dish is touching the ground and you are standing upright. Then you can build up to your dog making eye contact with you before you release him to eat. This is a fun game, enjoy it!

### **Hand Targeting**

Most dog bites occur to human hands. To help prevent that, we want our dogs to understand that hands are good. Human hands should always indicate something pleasurable to your dog. If your dog is fearful of human hands, please tell your instructor so your dog can be evaluated and we can let you know if you might need private instruction to prevent your dog from possibly biting a human hand.

One way for your dog to learn that hands are good is to teach hand targeting. You can prompt hand targeting by hiding your closed hand behind your back and then quickly opening your hand and flashing it in front of your dog's nose. Most dogs will sniff your hand or move toward your hand; click and reinforce this. Gradually require that your dog touch her nose to your hand. Once you consistently get the dog to touch his nose to your hand, begin presenting your hand from a variety of angles. When your dog is consistently successful from a variety of angles, you can name the behavior "nose."

If you are not successful, speak to your instructor; your dog may be afraid of hands, a potentially serious issue.



### **Relax**



Not all dogs naturally know how to relax. Some dogs are naturally high strung and don't know how to settle. No matter which category your dog falls into, teaching your dog to relax is a necessary life skill.

Teach your dog to relax by laying down on the ground with your dog or asking your dog up on the couch. You want to set up a situation where the dog will get cozy and will relax.

Once the dog lies down begin very softly and very slowly stroking the dog, long, slow, soft and gentle strokes. Slow down your breathing, and relax your own muscles. This is



a

calm and quiet time for both of you. Once you see the dog visibly relax, add the cue "relax" and continue the gentle massage. Your dog learns that "relax" predicts a gentle massage and most dogs will flop down and offer a relaxed body position.

### **Coming When Called**

Teaching your dog to come when called is the most important thing you can do. If you practice nothing else, practice coming when called.

### **Teach Your Dog to Come When Called**

Place your dog in a small room or small fenced yard. If your dog is really distracted by being outside, do not begin working on the recall exercise until he notices you and is done exploring. Put a leash on your dog. In an excited happy tone, say your dog's name and "come". When the dog does come, click and reinforce. Do this three times.

Now wait until your dog is momentarily distracted, like sniffing a blade of grass, and then call him to you "come." As you call your dog, turn your back to the dog and run away from the dog, inviting the dog to chase you. Use high-pitched tones and smile, you are playing a game with your dog. When your dog comes to you, click, reinforce, and tell him he is a genius.

If he does not come, find a way to set the dog up for success—make it easier.

Continue to make it easier until the dog can succeed. Build on success. Add distractions like toys and food in closed Tupperware containers for you to call your dog away from. Start out with very easy distractions, like a rock, and gradually build up to harder distractions.

At least 50% of the time withhold your click and reinforcement until you are holding the dog's collar in your hand. This avoids accidentally training a "drive-by" during which the dog comes to you, but then zooms past you, not allowing you to make contact with his body.

### **Coming When Called Guidelines**

NEVER call your dog to you and do something to him that he does not like. Do not call your dog to you and give him a bath if he hates having a bath. Avoid calling your dog to you and then clipping his nails. Do not call your dog to you and then take him to the vet. Avoid calling your dog to you and then giving him yucky medication.



Generously click and reinforce your dog when he comes to you. Even if it takes your dog an hour to come to you, reinforce your dog. Don't throw him a party or give him steak, but reward him in some way.

Do not stare at your dog when you want him to come to you. Staring is rude behavior in dog culture and may actually keep your dog from coming to you.

Use your body to help your dog be successful - stand sideways or turn your back toward the dog to invite him to play a game of chasing you.

### **Coming When Called Games**

**Hansel and Gretel:** As you walk away from your dog drop little pieces of treats on the floor behind you. You are pairing the behavior of following you with food.

**Hide and Seek:** The beginner version is played with two people and your dog. A helper holds on to the dog while you go and hide. Then after a few seconds your helper releases the dog while telling the dog "find (insert your name)!" When the dog finds you, click and reinforce with food or toy. The advanced version is played with only one person and your dog. Ask your dog to stay. Then go and hide. When you are hidden, release the dog with "okay" and click and play when he finds you. It may be necessary to give the dog some help by sporadically calling his name.

**Ping Pong:** Played with two people and one dog. Person A and person B both have treats. Person A and person B stand 50-feet apart. Person A calls the dog, clicks and reinforces, then Person B calls the dog, clicks and reinforces. A variation of this game is when one person starts hiding while the other person is reinforcing the dog.

Increase distance and level of difficulty as your dog progresses, building on success. The most important thing is for both you and the dog to have FUN!!!!

### **Stand for Grooming**

Stand is a useful cue for grooming, vet visits, and obedience exercises. Teaching your dog stand also allows you to make training practice more fun by being able to combine other cues such as "sit" and "down" with the stand cue. This can help your dog respond better to the important sit and down cues.



to

To teach your dog to "stand":

1. Ask your dog to "sit".
2. Take a yummy food treat and pinch it between your thumb and forefinger.
3. Move the food treat to your dog's nose then slowly move the treat forward, prompting the dog's body into the stand position.
4. Use the food prompt three times and then repeat the same body movements but with no treat in between your fingers.
5. Click and reinforce each time when your dog is standing.
6. Give your dog the treat while your dog is standing.
7. Build duration as you did with the sit and the down. Play the same distraction game, holding the treat out at the length of your arm, click and reinforce for success. Gradually increase the level of difficulty of the temptation as your dog is successful.

### **Leave it!**

"Leave it" means for your dog to back away from and stop interacting with an object, person, or dog. If you are walking your dog and he sees a moldy sandwich, "leave it" will cue your dog to move away from it.

While training the "leave it" cue, do not allow the dog to eat the leave it temptation. If you do, you are teaching the dog "get it" instead.

### **Doggie Zen Leave It Training**

Hold the treat in your closed fist at your dog's nose; the dog will likely lick and paw at your fist. Ignore all of this. Click when the dog moves away from the treat.

Next, hold the treat on your open palm. When the dog backs away, click and treat your dog. If the dog attempts to snatch the cookie off your palm, close your fingers around the cookie.

Place the treat on the ground, click and treat your dog for moving away from it. Once you have gotten the dog to move away from the treat three times in a row you are ready to cue the dog "leave it."

Ask for longer periods of "leave it." Silently count to yourself for 2-5 seconds before clicking and treating the dog. Ask your dog to "leave it" while you are in different body positions and in different locations.

Next, drop a cookie on the floor. Cue the dog "leave it." Pick the treat up, click and treat your dog.

Begin using "leave it" for other things, such as other dogs, excessive sniffing, barking at something, or toys on the ground. Remember to click and treat your dog for every successful "leave it," then as she is consistently doing well go to clicking every other "leave it," then every third, and then randomly click and treat.

### **The Leave it Fried Chicken Challenge**

Test day. Drop fried chicken on the floor and say "leave it." If the dog does leave it, pick up the chicken, click and reinforce him with a piece of fried chicken, and celebrate! Your dog now truly understands the cue "leave it".

### **Loose Leash Walking**

The behaviors you want to click and reinforce are:

- ❑ Puppy is moving within the length of the leash on one your body.
- ❑ When you put light pressure on the leash, such as you are signaling the dog to move with you, your dog toward you.
- ❑ While you are walking, the dog stays within the area determined by you to be the hot spot zone. Pick one your body and a specific area for the hot spot zone. your dog is in the zone, click and reinforce your dog.



side of

when  
moves

side of  
When  
As the

dog becomes familiar with the zone, decrease the number of times you click and reinforce until ultimately you only sporadically click and reinforce.

- When you slow down, your dog slows down. When you speed up, your dog speeds up.

If your dog's pulling doesn't decrease or you need more control, you may want to purchase a Sensation harness. This harness is designed to have the leash attach on the dog's chest. When the dog pulls, the dog is turned toward you. The harness is a humane and effective tool that almost all dogs can use.

### **Training Your Dog Using Magic Cookies**

Using Magic Cookies means the cookies are always somewhere, but the dog can't tell where. Sometimes they are in your pocket. Sometimes they are hidden off your body in a container. Your dog can't predict if food in your hand or near your body means that she will get to eat it. Sometimes your dog doesn't even know where the cookies are. Magic cookies enable you to reliably get your dog to respond to your cues, even if you don't have your food or clicker handy. As far as the dog is concerned, your cookies are magic and they may be hidden anywhere!

### **The Learning Stage**

While the dog is learning a new behavior, she is asked to perform the behavior with the cookie visible. You are using the food to help prompt the behavior that you want. To avoid food dependence, dog only performs the new behavior if you hold food in your hand. You want to quickly get the food out of your signaling hand and begin moving it around.

### **The Behavior is On Cue Stage**

Once the behavior is on cue, immediately make the cookie invisible by hiding it in your non-signaling hand, off your body, and even in hidden containers. Sporadically, click and treat. For the rest of the dog's life, sporadically click and treat all her behaviors on cue to help keep them fresh in her mind.

### **Keep Hope Alive**

Training your dog is all about hope. You always want your dog to have the hope of reinforcement. In order for this to happen, you want to vary not just how frequently you reinforce, but also what you reinforce with. Sometimes use cookies, sometimes praise if your dog likes it. Sometimes reinforce by playing a game with a toy. This way, no matter what, your dog always has the "hope" of getting a reinforcement. If you want, you can teach your dog to tug on her leash. Then no matter where you are,

you have a toy with you and your dog has the hope that you may give her the cue to start tugging on her leash.

Using magic cookies means you are unpredictable and that is fun for your dog. Fun for your dog means better training results! Happy training with magic cookies!

### **The Bank Account**

Dogs are like accountants, they are constantly keeping score of dozens of bank accounts. Here is a sample chart of accounts for the average dog. In the table below, the name of the account is listed in the right column and the bank account balances are listed in the left column. The higher the number, the more deposits have been made to the account, the more "reinforcement history" the dog has with that person, object, cue, or activity.

<b>Spot's Bank Accounts: People, food, objects, food, cues, other dogs and activities</b>	<b>Spot's Bank Account Balances</b>
Betty, human mom	200
Going potty outside	100
Sit	50
Down	20
Come	50
Chasing lizards	500
Neighbor's scary kid	-50
Sniffing	300
Ball	700
Hotdogs	800
Other dogs	500

Bank account balances can rise or fall. If a lizard bites Spot on her nose, she may lose interest in lizard chasing and that account may drop to zero. Likewise, if you are rough with your dog or force her to do something, your account balance will drop. If you play ball with her, both the account balances of the ball and of you will increase. The reason you don't want to use punishment in your training is that it will always cause your bank account balance to drop. This is the opposite of what good training wants to create. High account balances with people act as a buffer and prevent aggression. Low account balances can set a dog up to bite.

Create your dog's chart of accounts by listing people, food, objects, cues, other dogs, and activities that relate to your dog, then give each bank account a number that

corresponds with how much your dog likes the person, food, object, cue, other dog, or activity.

The cool thing about analyzing your dog's chart of accounts is that you can understand what is causing your dog to make the decisions she is making. And, more powerfully, you can alter the bank account balances so that your dog will make better decisions. Analyzing Spot's bank account we can see that at this moment in time the account balances for chasing lizards, sniffing, ball, and other dogs are all very high. To train Spot, we will want to use her ball or hotdogs since she values those more highly than anything else in her bank account.

We can also see that being in a group class will likely be distracting to Spot since other dogs are also rated high. We can also predict that if Betty calls Spot while she is sniffing, she probably won't come because the sniffing bank account has a higher balance than the come bank account.

Now that you know the truth about how dog's think, you have the power to make deposits to the bank accounts that you want. Clicking and treating your dog for cues makes deposits to those bank accounts and into your account. Gently preventing your dog from chasing lizards prevents that bank account from getting an even higher account balance.

May the force of the dog training bank accounts always be with you!

### **Teaching Your Dog to Tug**

Tug is a great way to motivate your dog, reinforce your dog, and teach your dog that YOU are the fun! A dog can't tug by himself so tugging with you is a great way to make deposits the "you are fun" bank account.



to

Playing tug does NOT cause aggression. There has actually been a study done on this. However, if playing tug is done incorrectly it can potentially cause problems, therefore it is important to play according to guidelines.

### **Tug Safety and Control**

While playing tug with your dog, you want to be in control of the game. If at any point you don't feel in control of the game, stop. Any teeth on skin, stop the game. Even if the dog's teeth accidentally touch your skin, the game of tug stops.

## Teach "Give"

Teach your dog to "give" by gently taking the dog by the collar and pushing the tug toy into your dog's mouth. NO TENSION should be on the toy. It is as if the toy has gone limp and is dead. Eventually the dog will spit the toy out. When this happens, click and bring the toy back to life and play again. Do NOT attempt to teach a dog "give" by continuing to tug or by prying the teeth off the toy. Both of these are great games that don't teach the dog to give. Periodically click and reinforce your dog for "give" to keep the give cue fresh in your dog's mind.

## Tug as Reinforcer

A reason to use tug as a reinforcer is it lasts for as long as you want it to. If you give your dog a food treat as a reinforcement, he eats it and the reward period is over. By using tug, you can continue reinforcing the dog for seconds or for minutes depending on the situation. A fast recall away from squirrels can get two minutes of tugging. And a simple sit can earn a couple of seconds of tugging.

## Proper Tugging Technique

Always move away from your dog while you are playing tug. Part of the game is that the dog chases YOU. You have this great toy and you tease the dog with it and when he comes to get it you start to tug. Do not push or shove the toy into the dog's mouth. This is not fun for the dog and does not build the dog's interest in tugging.

## Tug Games

1-2-3 okay tug: This game is about delaying gratification and waiting until released. Your dog politely sits and waits while you count 1-2-3 and then release your dog with "get it" to initiate tugging. The tug acts as a reinforcement for patiently waiting to be released while you are counting.

I want that tuggie: This game is played while the dog is already tugging. While the dog is tugging with you, attempt to pry his teeth of the toy and keep telling the dog "I want that tuggie." This game can build tugging intensity for some dogs.

Experiment and see what your dog likes.

Tug and pat: While tugging with your dog, reach forward and pat the dog on the side. Some dogs really enjoy this game and start tugging harder or even play growling. That is great! Happy tugging!





## **No Alpha Rolls or Scruff Shakes, Please...**

Alpha rolling, grabbing a dog and forcefully rolling her over on her back is another form of punishment that is not recommended. There is no scientific data to support the use of alpha rolling a dog. It is likely that alpha rolling your dog will teach her that you are scary and it may cause your dog to become aggressive. Scruff shaking, the act of grabbing your dog by the scruff, is another potentially dangerous form of punishment. Neither alpha rolls nor scruff shakes are recommended by educated professional dog trainers.

## **Why Do Dogs Disobey?**

Actually, dogs don't disobey. There is a wide variety of reasons why dogs may not respond to cues. Some of the reasons are:

- The learning has not generalized. What you have taught him isn't understood in various contexts. You only practiced in the kitchen and your dog now doesn't understand how to "come" in any other room, only in the kitchen. Dogs don't generalize as well as we do.
- The cue wasn't sufficiently proofed - something else is more interesting to the dog. This is a training issue, an indication that an adjustment is needed to the training program.
- A distraction was too overwhelming to the dog. Dog was set up for failure. Avoid this and if it happens, make adjustments to set the dog up for success.
- The dog does not feel well.
- The dog is confused. Maybe your training was confusing? Have you been consistent? Dogs can't learn without consistency.
- The dog has misunderstood - hey, they are only human. 😊
- The dog was not paying attention. Trainer needs to work on attention.
- The dog forgot what the cue meant because the cue had not been practiced in a while, a training issue.
- The trainer accidentally gave two conflicting cues at the same time, a handling error that requires the human to adjust.

## **Proper Dog Care**

Dogs don't come with instructions. Feel free to contact us at anytime with any questions, [Info@CourteousCanine.com](mailto:Info@CourteousCanine.com) or 813-949-1465. We will do our best to help you or to refer you to a veterinarian for medical issues.

### **Ears**



Check your dog's ears daily. If you notice a bad odor coming from one ear or both ears, take your dog to the vet as soon as you can. Excessive head shaking or tilting of the head can also indicate a possible ear infection.

You can clean your dog's ears simply by wiping them gently but thoroughly with a cotton ball. If your dog has long or floppy ears, you should clean his ears once a week with an ear-cleaning solution that you can purchase from your vet or pet supply store. This liquid is gently squirted into your dog's ears and then the ears are massaged to loosen any dirt and earwax, which can then be removed with cotton.

### **Eyes**

Check your dog's eyes every day. Look for your dog rubbing his eye or eyes and for tearing that is more than usual. All these things can indicate potentially serious problems and mean that you need to take your dog to your vet.

It is easiest to clean your dog's eyes of sleep by using warm water and a cotton ball, soft towel, or facial tissue. Never make contact with the actual eyeball. Always be very gentle when cleaning your dog's eyes.

### **Nails**

Proper and frequent nail trimming is very important for your dog. We suggest checking your dog's nails once a week and shortening them if necessary. Long nails can cause serious injury that may even require expensive surgery. Long nails scratch people! You can either clip nails with nail trimmers or file them down with a Dremel® tool. If you clip nails, you gently snip off the tip of the nail that is below the quick. Have your dog trainer or vet show you the proper location of where you need to make your cut. The other option is to use a Dremel® tool to shorten your dog's nails. Some dogs may object to having their nails ground, but grinding can be easier. If your dog has black nails that make it hard to see the quick, grinding is an ideal solution.

### **Coat**

Depending on your dog's coat, you may need to groom daily or weekly. If you have a short-coated dog, you may need to brush only once a week to remove dead hair, but if you have a dog with a double-coat and long hair, you may need to groom several hours a week.

Generally, dogs with long hair require more grooming and dogs with short hair require less. Brushing your dog is very important to prevent matting. Matting is ugly and potentially a health problem.

Note the condition of your dog's coat. A healthy dog that is getting nutritious food should have a shiny and gleaming coat and healthy pink skin. Flaking of the skin can be a sign that your dog may not be getting proper nutrition. Check with your vet if your dog's skin is flaking, as it can also be a symptom of some medical problems.

### **Bathing**

Bathe your dog at least once a month or once a week, depending on how dirty your dog gets. Ideally use doggie shampoo. Using people shampoo can dry your dog's sensitive skin. Be sure to keep shampoo out of your dog's eyes, ears, nose, and mouth. To be safe, use tearless dog shampoo when bathing your dog's head. When rinsing, avoid getting water into your dog's eyes, ears, nose, and mouth. You can blow dry your dog, but be sure to constantly check the temperature and to use the dryer on the coolest setting. It is possible to scald a dog with a hot dryer.

### **Teeth**

It is important to brush your dog's teeth to prevent the build up of tartar just like with our own teeth. It is ideal if you brush your dog's teeth every day, but even once a week will help prevent tartar from building on your dog's teeth. Tartar is a thick layer of bacteria that will attack your dog's gums and internal organs if not removed. Even with regular brushing your dog will need a yearly dental treatment at your vet. During this treatment your vet will remove tartar and inspect your dogs teeth. An important part of a dog's dental health is providing your dog with chew toys on a daily basis. Every day your dog must have toys available to him that can be chewed to keep the gums and teeth in good shape. This chewing will also help prevent tartar buildup. Keeping your dog's teeth healthy is very important. Please make a commitment to your dog's teeth.

If you have problems grooming your dog, please tell your instructor. Grooming problems can be an indication of some fear or aggression issues.

## **Dog Behavior Challenges**

### **Urine Marking**

Some dogs mark inside your home with their urine. If you suspect your dog is doing this, please discuss it with your instructor. Placing a leash on the dog inside the house so that you can take the dog outside if he/she begins to sniff or engage in other pre-marking behaviors is critical to modifying this behavior. Click and reinforce the dog for urinating outside. Keep the dog in a crate if you can't supervise. Consider using a belly band with a feminine pad in it to either absorb the urine or, in some cases, to prevent the urine marking.

### **Destructive Chewing**

Discuss any destructive chewing with your instructor. Does the destructive chewing occur while you are home or in your absence? If it happens in your absence, you may want to have your dog evaluated for separation anxiety. Your instructor can help you. If the chewing occurs when you are home, keep your dog on leash when inside the home to help you supervise your dog. Be sure to provide plenty of Kong® stuffed toys,

available online at [www.KongCompany.com](http://www.KongCompany.com) as well as other safe chew toys. Rotate your dog's toys so that the toys seem new and fun to the dog. Keep one-third of the toys stored in a box and another one-third in a second box. The remaining toys stay available to the dog. After one week rotate the toys by picking up all of the available toys and switching them out for a group of boxed toys. This helps prevent boredom. Dogs should have constant access to chew toys. Special toys used for training are not part of the toys that are placed out for the dog to have free access.

### **Separation Anxiety**

Is a potentially serious problem that involves the dog destructively chewing, peeing, or pooping in your absence. If you suspect your dog suffers from separation anxiety, speak to your instructor about scheduling a private. Private instruction is \$55 per hour and \$30 per half hour. All of our instructors work to be fired so that our clients are able to modify their dog's behavior cost effectively.

### **Fear Aggression**

Many dogs suffer from fears. Whenever a dog is fearful, there is an increased risk that the dog may bite. This does not mean the dog isn't a good dog, it means the dog has some emotional issues that need to be addressed to help build confidence and hopefully modify the fear. We have three instructors on staff that specialize in aggression and are available for private consultations. Private instruction is \$55 per hour and \$30 per half hour. All of our instructors work to be fired so that our clients are able to modify their dog's behavior cost effectively.

No matter what behavior challenges you face, Courteous Canine, Inc. is here to help you. Please call our office at 813-949-1465 or talk to your instructor so that we can help you and your dog live happier lives.

### **The Win/Win Training Game**

There are four possibilities when interacting with your dog.

1. Win/Lose. You get what you want and the dog does not get what she wants - you win, but the dog loses.
2. Lose/Win. Your dog gets what she wants and you don't get what you want - the dog wins, you lose.
3. Lose/Lose. You don't get what you want, and the dog does not get what he/she wants. This is a lose/lose.

4. Win/Win. You and your dog both get what you want! Win/Win is about cooperation. Your goal is to make every interaction with your dog a Win/Win.

### **Avoiding Lose**

Win/Lose situations occur when owners physically punish their dogs. Just like we owners don't like to be the losers, our dogs don't like it either! If you physically punish your dog - scream at her, hit her, or throw things at her - you are destroying the bond that your dog has with you, you are training Win/Lose. Make a commitment to treat your dog with love and respect.

### **Fun Homework**

Play the Win/Win game every day. When your dog wants something, have her do something for it. For example, if the dog wants to go outside, ask her to sit and then release her to go potty. The dog wants food, ask her to do a few tricks and then feed her.

When you are playing the Win/Win game, the goal is to avoid either party losing.

Signs that you are playing Win/Lose:

You are feeling unhappy about something your dog is doing.

The dog is feeling unhappy, low tail, unhappy facial expression and/or signs of stress.

Ideally, you want to avoid all Lose situations, but at times a short term Lose will help you gain a long term Win/Win. If your dog is barking or engaging in other unruly behavior and you have taught her a substitute behavior such as quiet, it may be necessary to consider using a time out.

### **Hand Feeding**

Hand feeding your dog is an excellent way to bond with your dog, to teach your dog that hands are good, and to prevent food dish guarding and aggression.

To hand feed your dog, take your dog's empty food dish and set it on the ground. Now place your dog's food in your hand and hold it above the dish. The dog eats directly out of your hand above his dish.

The next meal, let some food fall into the dish. Gradually build up to having more food in the dog's dish, and less in your hand. Once you have all the food in the dog's dish, make sure you can take food out and drop food back in while the dog is eating. If you can't, back up one or two training steps. Find the step your dog is successful at, start there, and build up.

Next, start messing with the food dish while your dog eats. Pick up the dish. Move the dish to different locations.

For the life of your dog, periodically, like once a month, hand feed your dog. This will help ensure that the dog maintains a good attitude about people around his food dish. If you at any point during this training have problems, notify your instructor.

Some problems are:

- Dog growls
- Dog snaps
- Dog lowers head
- Dog gets stiff
- Dog seems tense
- Dog refuses to eat

For safety reasons STOP hand feeding if you encounter any of the problems listed above and ask your instructor for additional help.

### **Object Exchange**

To start playing this game, whenever your dog picks up an object with his mouth give him attention. You want to teach your dog that picking things up is a good idea. When your dog picks up objects, you are setting the foundation for playing fetch and teaching your dog useful tricks like picking up objects you have dropped.

If your dog grabs an object you do not want him to have, resist the temptation to chase him. Being chased is a usually a huge reinforcement to dogs.

Chase your dog when he is playing with one of his own toys. That way you are reinforcing him for playing with his own toys - that is excellent training!

When your dog has a toy in his mouth, gently take a hold of your dog's collar and when he lets go of the toy, click and give him the toy back. Repeat this until your dog is consistently dropping the toy, and then add the cue "give." Next, have him "give" toy A, and click and reinforce with toy B. This is object exchange. From the dog's perspective, giving up the toy A is not a big deal, because you are giving him toy B that is of equal or greater value.

### **Teaching Your Dog to Say Hi to Other Dogs**

Not every dog is friendly. Not every dog whose handler says he is friendly is going to be nice to your dog. Protect your dog, only allowing your dog to say hello to dogs that you know for a fact will be friendly. All it takes is one bad experience and your dog may decide that she doesn't like dogs. Don't allow that to happen.

### **How to Know If a Dog Will Be Friendly**

Observe the body language of dogs that your dog already plays with. Notice the positioning of their head in relation to their body. Notice the positioning of their ears. Notice exactly how their tail wags. If you find it challenging to read dogs' body language, ask your instructor to help you. Group classes are a great place to learn to read dogs.

<b>Signs that the dog may be interested in play</b>	<b>Signs that the dog is probably <i>not</i> interested in play</b>
Dog's body is soft and flexible	Dog's body is stiff - this dog may chose to be aggressive
Dog is play bowing	Dog turns away from your dog - this dog may chose to aggress if your dog approaches
Dog's tail is wagging rapidly including the rump of the dog	Dog's tail is wagging but the rump is still - this is NOT a friendly tail wag - Caution!
Dog is looking at your dog with soft eyes	Dog is staring at your dog - usually a sign that a dog is planning to aggress
Dog is happily whining in anticipation of play	Dog is growling.

If you have determined that the other dog appears friendly using the information in the chart above, the best way to have to dogs "say hi" is to slowly allow them to approach each other keeping both leashes as loose as possible.

Continuously observe the body language of both dogs; it is possible that one or both dogs will change their minds about being friendly. After a few seconds of saying hello, ask for your dog's attention and continue to your destination.

If you do decide to allow your dog to play off leash with another dog, know that there is always a possibility of a dog fight. There is no safe way to break up a dog fight.

The first rule of dog fights is for the humans to stay calm. Screaming only increases the arousal of the dogs that are already fighting and makes serious injury more likely. If you reach into a dog fight, you are always risking serious injury to yourself. People reaching into dog fights have been seriously injured. The safest way to break up a dog fight is to reach for the aggressor's hind leg or tail. If the dogs are clamped on each other do NOT attempt to pull the dogs off each other -this will cause tearing injuries. Usually the jaws of the clamped dog will tire and eventually she will release.

### **Dog Misunderstandings**

Dogs of different breeds communicate differently. Herding breeds speak a different dialect of dog than sporting breeds. Herding breeds are usually interested in

maintaining some personal space. Sporting breeds have no sense of personal space. This can cause a potential dog fight.

Terriers are bred to be persistent and feisty, this can annoy some dogs. Look for patterns in what type of dogs your dog likes and adjust her circle of friends accordingly.

### Other Fun Classes at Courteous Canine

- **Canine Good Citizen and Advanced Canine Good Citizen and Pet Therapy Prep**

This class offers four weeks of practice classes for the week Canine Good Citizen test. If you think your dog's manners need additional work, then this is the class for [www.CourteousCanine.com](http://www.CourteousCanine.com) lists start dates and times.



6<sup>th</sup>  
you.



- **Trick Training for Fun, Fame or Pet Therapy Level 1 and 2**

Four weeks of group classes centered on teaching your dogs the tricks that you want him to learn. At left, Angelica is having her Jack Russell Terrier, Junior, jump through her arms. This trick is easily taught to most dogs and very fun. [www.CourteousCanine.com](http://www.CourteousCanine.com) lists start dates and times.

dates and times.

- **Intro to Agility Jumps, Tunnels and Chutes, Intro to Agility Contacts and Weaves**

Agility is dog obstacle course training. If that sounds fun to you, then this is the class for you! Pictured at left, one of our clients handling her dog over a jump.



Agility is confidence building for dogs. It is mental and physical stimulation for you and your dog. A six-week group class is \$149.





- **Introduction to Frisbee**

This class introduces dogs and handlers to the fun sport of Frisbee. Join the fun for only \$35 for a half hour private.



We also offer Swim lessons or Dock Jumping group and private training at our main location. [www.CourteousCanine.com](http://www.CourteousCanine.com) lists start dates and times.

### **Recommended Reading**

*Foundation Clicker Training* by Kay Laurence [www.Dogwise.com](http://www.Dogwise.com)

*Don't Shoot the Dog* by Karen Pryor available at [www.Dogwise.com](http://www.Dogwise.com)

*Culture Clash* by Jean Donaldson available at [www.Dogwise.com](http://www.Dogwise.com)

*The Other End of the Leash* and *For the Love of a Dog* by Patricia McConnell

[www.Dogwise.com](http://www.Dogwise.com)

*The Power of Positive Training* by Pat Miller [www.Dogwise.com](http://www.Dogwise.com)

Courteous Canine, Inc. DogSmith of Tampa provides Dog Training, Behavior Consults, Agility, Dock Jumping, Barn Hunt, Lure Coursing and a variety of other dog sports. We also provide Day Care, Boutique Boarding and Group Training classes!

