

should be able to participate in lengthier fifteen-minute training sessions.

Remember: At this early phase, your puppy's training should be informal and enjoyable. Try sticking with your program, but don't advance his training beyond your puppy's particular capabilities. Be certain he can do each exercise you're teaching him correctly, before moving on to the his next one.

Do remember these important points:

- Take a comfortable time to get your puppy familiar and confident about his lead/leash and whatever collar you decide for him to wear.
- Keep his training segments rather informal and use a variety of the exercises listed in this section so he doesn't get bored but still learns.
- Do no more than three sessions a day with each lasting only five minutes for the first two to three weeks, until your puppy's tolerance for and interest in learning builds up.
- Rest at least twenty minutes between each training session.
- Feel free to train your dog for up to five days a week, just make certain to take at least two days' rest.
- Conduct his training in an open area free from distractions.
- Set the rules and commands for dealing with your puppy and pack family. Stick to them!

WEEK	EXERCISE	SESSION LENGTH	REFRESHER
1	Sit - <u>Phase 1</u> , Come, Okay, No.	15 minutes <u>a</u> day, 3 sessions of 5 minutes each.	
2	Sit - <u>Phase 2</u> , Hold, Leave.	15 minutes <u>a</u> day, 3 sessions of 5 minutes each.	Come, Okay, No.
3	Sit, Stay.	20 minutes <u>a</u> day, 2 sessions of 10 minutes each.	Come, Okay, No.
4	Down (Drop) - <u>Phase 1</u>	20 minutes <u>a</u> day, 2 sessions of 10 minutes each.	Sit, Stay.
5	Down (Drop) - <u>Phase 2</u>	30 minutes <u>a</u> day, 3 sessions of 10 minutes each.	Sit, Stay.

[EDIT]

- 3) Release his muzzle. As he attempts to get the food, command "Catch." He may drop the food downward or just miss if he flips it up the first few times, so quickly pick it up and throw it to him while repeating the command "Catch."

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Comment [T2]: Do you want t ... [2]
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4) Praise him every time he catches the food, whether caught off his nose or from you tossing it to him.

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5) Start again, from "Sit" position.

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Once he connects between your command and his action, try starting him from "Beg" position or make him "Wait" until you give your command before he is permitted to take his food.

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I. "Shake"

This command is normally easily.

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1) "Sit" position.

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2) Command "Shake" simultaneously while grasping your dog's forepaw.

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3) Repeat your command while actually shaking your dog's paw.

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4) Release with "Okay" and praise him.

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It shouldn't take long before your dog is volunteering his paw to you.

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J. "Climb"

Some dogs love climbing ladders, others are absolutely scared of being near one. Which is your dog? The best way to find out is to try test him.

Deleted: absolutely ... and...resolutely ...going ...anywhere which type of dog you have (... [71])

Use a ladder with flat, wide steps rather than slippery round rungs, so it'll be much easier for your dog to climb. Also, be certain that once he arrives at the top of your ladder that he can easily get down the other side.

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You may need a wooden ramp or place the top of the ladder at a flat roof space.

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□ Be certain that your ladder is stable. A children's playground slide will also do well. But do be careful, as you want to set a good example as a responsible dog owner for the children and also not take away from their play time and territorial rights.

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Deleted: Make sur...e...the ... You could t...ry a... if you do not have the necessary gear yourself...Be ... of the childre (... [74])

□ With your dog on leash in "Heel" position, Command "Climb" as he approaches the lower rungs. Climb the ladder yourself. You'll probably need to persuade and coaxingly pull him up with you the first few

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rungs, until he comprehends what you want of him. Command "Climb" again as he does so.

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If he acts frightened or doesn't like the ladder, absolutely do not force him to climb it. He should enjoy his activities with you, and just like a human, he can be terrified. So, again, don't force.

Deleted: your dog...and does not... then ...go up...After all, it is as much, if not more, about the dog's enjoyment rather than your ov (... [77])

K. "Crawl"

When crawling, your dog assumes the "Drop" or "Down" position and crawls to you when you command him to do so.

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Your dog will need to know "Drop" command well, before doing this.

Deleted: For this trick, y...the (... [79])

1) "Drop" position.

Deleted: Put your dog in the (... [80])

2) Kneel down on his right side, slightly in front of him.

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3) With your left hand gently on your dog's back, CLICK the fingers of your other in front of him, to coax him forward. Once he makes the correct movement, command "Crawl".

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4) Praise him if he does any little part of this command movement.

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This will take patience, but if you're consistent and follow the method you'll achieve good results.

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L. "Jump"

Move dogs love this. Jumping is getting your dog to jump through the upright circle formed by your arms.

Deleted: Chances are that your dog will love being taught and doing this trick...when you ... when you have formed them into a circular sh (... [84])

1) Place a low barrier across a doorway, gateway, or hall so your dog must jump over it to reach the other side.

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2) Make him "Sit" and "Wait" for you before the barrier. Command "Come" to call him to you from the barrier's opposite side. When he's about to jump, say your command "Jump."

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Deleted: on one side of... of the barrier... i...take off over the barrier...the (... [86])

3) Praise him after he successfully jumps your barrier.

Deleted: when ...the (... [87])

4) When he's successfully completed this activity ten to fifteen times, move on to his next stage.

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For the next phase, you'll need another member of your pack family, or a helper.

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1) Stand over or kneel beside your barrier. Standing or kneeling will depend on your dog's height and jumping capability. Form your arms into a large arc.

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2) The other person calls him to entice your dog to jump over the barrier and also jump over your lower arm. Remember to command "Jump" when the dog takes off.

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3) Each successful jump, gradually close in your arms so they eventually form a circle.

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4) Remove the barrier and complete more jumps.

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You may need to use an incentive for this exercise: if you do as soon as your dog starts responding to your "Jump" command gradually decrease the food incentive and increase the your verbal praises and hugs.

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Practice this entire procedure twice per day for five or six days.

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Deleted: Jump little guy, Jum (... [94])

M. "Roll Over"

"Roll Over" means your dog must roll 360 degrees completely when he is on the ground. Your dog must have know the "Drop" or "Down" commands BEFORE learning this one.

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1) "Drop" position.

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2) Roll him onto his side.

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3) Keep him from rising and gently roll him over onto his back and to his other side while commanding "Roll Over."

Deleted: Push

Deleted: Hold the two legs that are closest to the ground...the As he is rolling, say the.... (... [96])

4) Praise him once the roll is completed.

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5) Repeat the process several times until he connects between your command and his action.

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N. Part 7 Review

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We used check chain and gentle leader training to teach the following advanced commands:

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- Advanced "Sit" and "Stay"
- Advanced "Come" ("Recall")
- Advanced "Seek" ("Find")
- "Beg"
- "Fetch" ("Retrieve")
- "Catch"
- "Shake"
- "Climb"
- "Crawl"

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- ~~“Jump”~~
- ~~“Roll Over”~~

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Deleted: **“Put an End to the Stress and Annoyance of Your Dog’s Behavior Problems! Why do you want to train your dog? ¶**

- Do you have an aggressive dog that likes biting and nipping? ¶
- Are you worried that whenever you take your dog for a walk that you won’t be able to control him? ¶
- Does your dog whine and bark at night, no matter what you do to stop it? ¶
- Do you have any other problem with your dog’s behavior that needs sorting out now? ¶
- Or, perhaps you just want the absolute best relationship with your dog that you can *possibly have!* ¶

Whatever your reasons are, I’ve designed my cutting-edge dog training package with YOU in mind, so that you will get immensely satisfying results FAST... ...I designed *this guide* to be the easiest to follow system for learning how to change your dog’s behavior available. It is jam-packed with information, including every dog behavior problem you can think of, case studies, and training methods that will boost your dog’s learning AND step-by-step instructions.....*this guide* will teach you how to train your dog like a professional, so you can truly understand what it is that drives your dog and makes it behave the way it does - this is truly cutting-edge material!¶ Thousands of people worldwide, just like you, have used my course to fast-track their and their dog’s learning, whilst having piles of fun in the process. Will you be next? ¶ ¶

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Page 1: [1] Comment [NS1]	Neale Sourn	10/3/2006 12:30:00 AM
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Page 1: [3] Deleted	Neale Sourn	11/5/2006 12:44:00 AM

*****NOTE (Part 1 was formerley DOG 103... Part 2 formerley DOG 201,Part 3=DOG 202,Part 4=DOG 203,Part 5=DOG 301,Part 6=DOG 302,Part 7=DOG 303.- ammdments may also be need in text also)

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1: Training Methods Revealed

Over the years, a myriad of different training techniques have been touted as the best 'new' thing and usually they just fade away or have cycles where they come back into vogue and go out again. In this chapter, we look at the pluses and minuses of the different training methods that are used today, and make our own recommendation as to what method is best for you and your dog. Then we give you the secrets to transforming your dog's behavior. It is my belief that these techniques combined with understanding your dog's psychology will complement the training method that you choose to use. Further on, we look at the proper way to use crate training and then how your dog's training regime should change with age. Finally, if you decide that you need to employ a trainer, we give you our recommendations for choosing one.

A. Types of Training There are many different forms of training that can be used on your dog or puppy. Some people utilize a variety of these methods, whereas others pick out the most effective one and concentrate on that. At the end of this section, we give you our choice as to the most effective training technique. There are pros and cons to all types of training, and the ones that you use the most will often depend upon which ones your

dog is most responsive to as well as which ones you feel most comfortable about using. One thing all dog owners should remember is that training does not happen overnight, and you must exercise patience and understanding throughout. Below you will find some of the forms of training used on puppies and dogs, and an overview of what these training methods entail:

Dog Whispering

This type of training is strongly based around understanding the body language and behavior of your dog. Dog whispering will enable you to 'talk' to him in a way that he understands. This training is based upon positive association, and can help owners to really understand their dog's problems. Dog whispering uses calming signals to train animals rather than the traditional shouting of commands, which is far more soothing for both the owner and the dog. Dog whispering is a relatively new form of training and is fast gaining popularity with those that want to understand their pets, as well as train them effectively. The dog whispering technique is detailed in the bonus supplement, part 5.

Reward Training

This is one of the most popular types of dog training at present, and works through rewarding your dog with a tasty treat whenever he does something he is supposed to. This is usually coupled with praise and fuss, enabling your dog to associate that particular action with goodies and lots of love from his owner. It works in the same way as aversion therapy, but the other way around. With aversion therapy, humans are trained to associate something they should not do with something bad, hence this is supposed to discourage them from doing it again. Reward training will teach your dog to associate something he should do with something good, hence encouraging him to continue to do it. Some people can make this type of training ineffective by giving their pets treats at inappropriate times rather than just throughout training. This will make your dog think that treats will come his way whatever happens, rather than when he has done something good. Some people are not too keen on this method of training because the dog is clearly reacting to the prospect of a treat rather than out of respect for his owner. One thing to remember about reward training is that it is just that – *reward* training and not punishment training. You should never smack or shout at your dog for *not* doing something you want him to do, simply reward him when he does do it.

Choke or Check Collar Training

Using a check collar to train your dog can be very effective, and is particularly suited to more dominant dogs as well as large, strong breeds. You should be careful with check collar training on smaller, weaker or reserved dogs, as it may prove a little too harsh in these cases. No matter what dog you are training, the idea of a check collar is not to inflict pain. You are using it to get your dog's attention – please keep this in mind. It is important to have a good fitting, quality check chain and a lead to help train your dog. You should ensure that you are very familiar with how to use a choke collar before you start training with it. Be very gentle with your corrections, especially when you first start using the check

collar:

Check chain and leash

The metal check collar consists of a length of chain with a metal ring at each end. Try to get the smallest size of chain links possible so that the links will slide over each other easily. The lead should be about six foot long and made of canvas or nylon. If the lead is any longer, it can make controlling your dog more difficult than it needs to be. It is possible to get smaller check collars for use specifically with smaller dogs; these usually have nylon rather than chain linking the two metal rings. Position the check collar so that the chain forms a "P" shape, as pictured on the previous page. If the chain is not put on this way the chain links will not release easily which may lead to a choking injury for your dog. The check collar is placed over the dog's head and the lead attached to the spare metal ring on the collar. When you pull on the leash, you cause the check chain to tighten around the dog's neck. The idea of a check collar is not to choke the dog, you only want him to feel a sharp pull. Only use the check collar for training purposes, as it can be dangerous to leave it on at other times. When your dog is in his kennel or crate, he should not be wearing any type of collar.

Gentle Leader Training

The gentle leader is a harness-type lead, with a strap that goes over the dog's muzzle and puts pressure around your dog's nose and mouth when the leash is pulled. The aim of this training device is to enable you to teach your dog who is boss, and teach him some basic commands such as sitting. It can also help to control lunging and pulling when he is out with you. The ability to close your dog's mouth with a pull on the lead means that it can control barking, snatching of food and other similar problems, as well as reduce the risk of biting and snapping. It is important to give your dog a positive initial impression of the gentle leader, as many dogs will have a strong dislike of it. You can impart this positive impression by taking your dog for a walk or run straight after you put the halter on for the first time. This device may not be suitable for all dogs. Some pets will not respond well and therefore should not be forced in to wearing a gentle leader. However, for a responsive dog, the gentle leader can be an effective training tool when used correctly.

Correct use of a check collar

Prong Collar Training

Prong collars are a newer type of training collar, but are shrouded in controversy with regards to whether they are humane and safe to use as training tools. These devices are apparently designed not to cause trauma to the dog's neck during training. However, many trainers, breeders and dog owners refuse to use this type of training, branding it as dangerous and painful for dogs. If you do decide to use this type of training device, it is important to remember that prong collars are not suitable for all dogs. Very aggressive or excitable dogs should not be trained with this device as they may incur injury. The device is thought to be a little too much for reserved dogs, and very young puppies should not be trained with this device either. The pinch collar itself consists of chain links, like the check collar,

but with two short prongs attached to each of the links. The collar works pretty much like a check collar with the prongs giving an extra sharp correction to the dog. The fit of the collar should be quite tight but not so tight that the prongs are digging into your dog's neck when the lead is slack.

Clicker Training

This type of training is a gentle, conditional training method that works through association. The clicker is a plastic box with a clicking metal strip built in to it. It is normally paired with something that your dog really desires such as treats. Although your dog will initially react to the treat, which is known as the primary reinforcer, if the giving of the treat is coupled with clicking of the box, this will become a secondary or conditioned reinforcer. Your dog will soon learn to relate to the clicking, and when he hears the clicks after certain actions he will know he has done something good. Again, some people are not keen on this type of training because they want their dogs to do as they are told out of respect rather than out of desperation for a treat. Some people see clicker training and similar training methods as akin to bribery or brainwashing. However, others have found clicker training to be a very useful and effective tool in dog training, and one that does not use punishment or any harsh methods to train dogs.

Electric Collar Training

This type of training is undoubtedly shrouded in as much if not more controversy than prong collar training. With electric collar training, the handler or trainer is able to administer a small electric shock to the dog in a corrective capacity. The intensity of the shock can be adjusted with some collars, although the minimum is the setting suggested by most trainers that use this method. This method of training can be both ineffective and painful for the dog if it is not performed with the utmost care and attention. It is vital that anyone thinking of using this training method gets adequate training himself or herself before they go ahead and start administering electric shocks to the family dog! Also, bear in mind that if you use this method on a reserved or nervous dog, you could do him some real psychological damage, which can be difficult or not impossible to reverse. To balance the argument, there are benefits to using electronic collars in some situations. These collars can be very useful if you have a larger dog with aggressive tendencies that is hard for you to physically control. You can perform a correction with the collar without having to put yourself in the firing line. The timing of your reprimand is very important, any longer than three to four seconds and your dog will probably not associate his action with your reprimand. The electronic collar allows you to reprimand him instantly no matter where he is. Anyone thinking of using this method should make sure that they think long and hard before making their decision. Bear in mind that you could cause both physical and psychological problems for your dog through such harsh training methods. With so many other training methods available, there are far more gentle and suitable training methods for your dog.

Ultrasonic Whistle Training

A dog's sense of hearing means that he can hear sounds at frequencies that are totally inaudible to humans. This has given rise to a training tool known as the ultrasonic whistle – a device used by many professional and novice dog

trainers. The sound is not designed to harm a dog, but simply to get his attention for training purposes. You can also use the whistle for training and getting his attention from a distance. Whistle training is not always easy, and you may need some training yourself before you get it right. However, once you have the hang of it you may find that it is an effective addition to other dog training tools.

Our Recommendation

Dog whispering is a fantastic option for the owner who has a smart and responsive dog. We detail the dog whispering technique in part 5. While dog whispering is an extremely humane option, it can be difficult to implement and will require persistence on the trainers part. For most dogs and their owners, the use of a check collar or a gentle leader, perhaps combined with the minimal use of treats, will be the best bet for dog training. We use these methods throughout part 4 and part 7 "Command" sections of the guide. The most important techniques to get your dog to respond to you are actually in the next section. These techniques should be used in conjunction with whatever method of training that you decide to use.

B. Secrets to Training Your Dog ~~Outlined below are the critical techniques that you MUST use when training your dog, no matter what training method you follow. Adhering to these techniques will aid the training process immensely and ensure that you get the most out of your relationship with your dog.~~

Bonding

Perhaps the most important aspect of building a successful relationship with your dog will be your rapport with him. If you make your dog into a close friend by doing such things as talking to him, playing with him and taking him for long walks, he will be much more responsive and attentive when you are training him. Spending QUALITY TIME with your dog is the key.

Consistency

~~Delivering consistent messages to your dog will help him to view his world as black and white rather than various shades of grey. By consistent messages, I mean the commands that you decide to use to train, praise and reprimand your dog with should always be the same. It is important that all members of the family are aware of this and use the same commands themselves, as you would not want to undermine the hard work that you have put in to training the dog by having other people confusing him. For your dogs early training sessions it is worthwhile having one person train him, whether that person is yourself or another family member. The reason for having a sole trainer is that while the commands may be the same the body language can be quite different between different people, which just adds another layer of confusion into your dog's mind.~~

Timing

By timing I mean the amount of time that passes between your dog's action (or inaction) and corresponding praise (or reprimand). This time should be no more than two to three seconds. If the time is any longer, the chances are your dog will not associate your words with his actions. Remember that your dog only has the mental capacity of a toddler. In the same vein, it is important that any physical correction to your dog's response to your training command occurs within the same time frame. For example if your dog is not responding well to the command to sit then reissue the command as you are pushing his hindquarters down (see the Sit command in part 4). Do not fall into the trap of calling your dog to you to reprimand him. As mentioned above, by the time he gets to you he has long forgotten what he has done wrong and now thinks that you are telling him off for coming to you! Always praise your dog when he comes to you.

Repetition

Dogs are creatures of habit and learn by repetition. It will take several repetitive training sessions for your dog to get the response you require implanted into his brain and for the action to become automatic. Dogs do not have an elephant's memory and will require refresher sessions throughout their lives so that the conditioned response that you want is not lost. As part of this, note that you should always praise your dog when he has correctly done what you have asked of him. It makes sense not to introduce any bad habits into your dog right from the start, otherwise you could be in for a hard time trying to rectify those habits later on. An example would be that having your puppy on the couch is cute but when he becomes a fully grown dog, it probably will not be! Remember prevention is far better than having to correct the action at a later stage.

Session Length

Keep sessions short and enjoyable so that your dog maintains concentration throughout. Quality not quantity is the golden rule. In addition, you should always finish a training session on a positive note if you can. part 4 and part 7 outline specific exercises that you can use to stimulate and keep your dog's interest.

Attitude

Be reasonable in your expectation of what your dog can achieve. It will take time to get results. You should ensure that you have the dog's full attention and that you are giving your best when performing a training session. You may wish to settle yourself or the dog down by taking a long walk before the session commences.

Praise

Use praise whenever your dog has completed an exercise correctly. Praise should also be delivered to your dog as soon as the desired act has been done (remember the section on timing). When delivering praise look directly into the dog's eyes so that he understands the connection between your voice or touch and his action. Deliver praise verbally or with the hand by either patting or stroking him. Try not to over praise your dog as excessive chatter will only serve to confuse him and may disrupt his concentration for the rest of the training session. Generally speaking, try not use food as a reward or bribe. However, alternating treats with displays of affection can be a useful way of overcoming problems that your dog may have in learning some of the exercises. Some types

~~of dogs, like Beagles, do not often care for displays of affection in which case using food, as a reward, will produce much better and quicker results.~~

Eye Contact

Using eye contact can be more effective than using the spoken word more so if there is a close bond between dog and owner. If a dog wishes to communicate with you, he will look directly into your eyes trying to read your intent. It is well known that dogs that do not make good eye contact can be difficult to train.

Good eye contact

Hand Signals

~~Using a specific hand motion, while at the same time giving a vocal command, can be an effective way of training a dog to respond to different stimuli and is useful for getting your dog to respond at long distances. Eventually you can wean your dog off the vocal command so that he responds to the hand signal alone. Give hand signals in front of and above the dog's head as that is their best field of vision.~~

Voice Signals

~~Dogs, while being intelligent animals, will only be able to understand a few words, even this is more of an association between the sound you make and an action the dog has learnt to respond to the sound with. Use one command for one action and pronounce that command with the same tone and inflection. You should gain your dog's attention by saying his name before stating a command. For example, "Fudge.... SIT!" will attract your dog's attention to the command to follow. It is important to know that your dog will not understand everything that you say and may misunderstand the meaning of what you say. For example if you have trained your dog to respond to the command 'Down' it may perform the same action if you said the word 'Drown' due to the vocal similarities between the words. Similarly if your dog is lying on the furniture and you say 'Get Down' the dog will probably not move as he has recognized only the 'Down' part of the command.~~

Punishment and Correction

The importance of the trainer being seen as the pack leader in the dog's eyes is imperative (see part 2 for more detail about pack behavior). In a pack situation if a dog steps out of line it is chastised and made aware of its transgression immediately by dogs that are superior to it in the pecking order. For general disobedience, use the "Alarm-No-Command" method. This method has three steps that you take when your dog does not respond as you wish. □ Use something to alarm your dog, such as a squirt from a water pistol or shaking a pebble filled can. Make sure that you do this while he is in the act of

misbehaving. □ At the same time say a loud “No!” or “Bad” or utter a sharp growling sound like “Aaahh”. Use a stern voice so that the dog recognizes the difference in tone from your normal voice. It is important that the voice correction is sincere and that the delivery is consistent so that the dog associates the harsh word or words with stopping the behavior. □ Then redirect your dog with a command. Sit and stay is a very good choice. Try to make your dog hold the stay for 5 minutes. A check collar or gentle leader offer easier, yet more physical, ways to give a correction, however general disobedience usually occurs in non-training situations when your dog does not have a collar and leash on. A third option is to exile your dog out of the pack. In the wild, the alpha dog would growl and chase the offending dog away from the pack. The ostracized dog would not be allowed back until the alpha dog lets him. You can do this by growling at your dog and chasing him away from the family area, say, outdoors and into the backyard.

C. Crate Training ~~Crate training is an effective method used by many dog owners to house train their pet as well as keep him safe from the potential dangers around the house. A crate is a metal pen-type construction, and comes in a variety of sizes. You should ensure that you have the right size crate for your dog, otherwise he may start feeling restricted and anxious. All good pet stores should be able to offer advice with regards the best size and type of crate for your dog, depending on his breed, size and age. Your dog should be encouraged to think of his crate as a safe area—somewhere that he can go to get some rest or some peace and quiet. You should therefore make the crate as comfortable as possible for your dog, putting in some toys and perhaps a comfort blanket to put him at ease. Crate training is not always easy and can take time, so patience and commitment are vital in order to successfully crate train your dog.~~

Choosing Your Crate

~~□ I would recommend are either a wire cage or a plastic crate with a wire grate door. Listed below are some factors that should be taken into account. □ The first consideration is the size of the crate or cage. Remember your puppy will grow and it may be better for him to grow into a larger crate than out of a smaller one. You should ensure that there is enough room for a mature dog to maneuver around and a few inches of headspace. □ A plastic crate is easier to clean. Lining the crate or cage with newspaper or old sheets and blankets will make your dogs home more comfortable and make cleaning easier. □ The crate or cage that you buy should have a secure catch so that, if you wish, your dog is restricted to his own space and not allowed free reign of the house or a particular room. □ If your dog is easily frightened or of a nervous disposition then a wire crate gives your dog the best view of his surroundings. However, the wire grille can frighten some dogs and in these cases, a plastic crate would be more appropriate. □ The plastic crate is a good option if you are traveling with your dog, especially as it is a requirement on aircraft. □ Remember to remove your dog's collar and leash before putting him into his crate or cage. There is a possibility that he could be caught by the collar, panic and choke himself to death. Similarly make sure that you do not leave soft toys or anything that he can chew on (even some forms of bedding) as they may become choking hazards.~~

Keeping Your Dog out of Mischief

Not unlike a human toddler, you cannot watch your dog at all times, not even when you're in your home and preoccupied with other matters. Meanwhile, he's getting into mischief and endangering himself; this is when giving him a time out in his crate (crib) to rest or play with his toys is a fine idea, even for only a short time, while you're on the phone or in the bath, for instance. His crate is also ideal for when you must go out for a short time, although a puppy should only be left entirely alone in his crate when he's completely used to it and is comfortable with it. Try confining him to it for short periods of time while you're at home, so he can get used to it and you can see his comfort or panic level while being confined. ~~It is not always possible to keep an eye on your dog. For example, if you are cooking or on the phone, your puppy could get up to all sorts of mischief, and he could put himself in danger. This is a good time to put him in his crate, where he can have a rest, play with his toys and generally chill out whilst your get on with what you have to do. You can also use the crate if you have to go out for short period of time, although this should only be when your puppy is totally used to the crate and enjoys being in it. You should confine him to the crate for short period whilst you are actually in the house before trying it when you go out. Without doing this, you will not know what your puppy's reaction is to being confined for a period of time.~~

House Training Your Puppy

Your puppy is unlikely to soil his own play or rest space, so keeping him in his crate to teach him how to hold his eliminations until you take him to the designated for it is a good idea. It will teach him control of his body functions and reinforce that he's only to "go potty" in that designated space. However, don't leave him in his crate for too long with out checking as, like a toddler in diapers, he may need to go and want to go where you've designated, but since he can't get out or you haven't taken him, he will have to go in the crate, making both you and him miserable. Plus, once the mistake is made he may become lax and start using the crate more and more, making it harder for you to retrain and break his bad behavior.

~~A puppy is unlikely to soil his own rest and play area, so the crate is a good way to teach him to hold it in until you take him to the designated area to do his business. This will teach him control of his bodily functions and reinforce the fact that he should only do his business in the designated place. Be careful not to let your puppy go for too long in the crate, as he may need to go to the bathroom and if he is not let out will be able to do little else but go in the crate. Once this has happened, you could find that he starts to do this more and more and it may become a hard habit to break.~~

Getting Your Puppy Used to the Crate

Positive association is the best method for getting him used to his create, with food, toys, or treats [edible or of affection]. Put his food near his crate or just

inside it to get him used to food and crate and comfort. Put his food bowl farther back gradually by the by as he gets used to the crate, until he's eating at the back of the crate. Also, reward him with a treat when he gets in his crate, reinforcing his association of his crate as a good and positive place to be. Gradually shut the door, usually closing it while he's concentrating on eating, and leave shut for longer periods until he's comfortable staying right in his crate after his meal, without panic attacks of fear.

~~The best way to get your puppy used to his crate is to use positive association—get him to associate the crate with treats, toys or food. It is a good idea to put his food near to the crate or just inside the crate. As your dog gets more and more used to his crate, you can push the food bowl further and further back until he is readily eating his meals right at the back of the crate. Likewise, when he gets in to the crate, reward him with a treat, as this will help him to associate the crate with tasty treats. Shutting the door of the crate should be done gradually; you should close it just whilst he is busy eating at first, and then leave it closed for longer and longer periods, so that he is comfortably staying in the crate after his meal, without getting anxious and frightened.~~

Things to Remember About Crate Training

- All training can take more time than you want it to, so never rush crate training, as it can take your dog a while to get used to it. Be understanding and patient with him, it's can be more trying than it was when you got your first work cubicle.
- Monitor and limit his time in the crate to keep him out of your way and out of living his life. It's not a place for him to spend all of his time day in and day out, while you come and go, work and sleep.
- Remember that puppies will need to relieve themselves more often than a more mature dog. Take him to his designated potty area about once an hour, to avoid accidents in his crate.
- Collars. Remember to remove his collar before he's left in the crate, to prevent him snagging his collar and choking himself.
- Just like you and your favorite chair, bed, or area of your house, his crate is his comfort place, make it cozy for him. It's his safe place, a place of his own where his toys, blankets, and anything your particular animal enjoys will make him feel at home. Remember to always have fresh water near and accessible to him.
- Punishment. Don't use his crate as punishment, unlike with teenaged humans, this will give you negative results. Never send him to his crate as punishment and, also, make certain no one can harass or taunt him while he's in his crate. Remember, it's his safe, secure, and comfortable place.
- Get a new crate. A second-hand crate will have the scent of the previous occupant, whether you can smell it or not, but your dog will and most likely will

not like it. It will be equivalent to unwashed second-hand clothes for you. Get him a new crate.

~~□ It can take time: Never try and rush crate training, otherwise you will make things more difficult for you and your pet. It can take your dog a while to get used to it, and you should be patient and understanding with him. □ Monitor how long your dog is in the crate: The crate is not meant to be a place where your dog spends all of his time. Having a dog is pointless if you are going to put him in a crate all day whilst you work, all evening whilst you have dinner and get the house tidied, and all night whilst you sleep. The crate should be used as and when you need it, not as a permanent measure to keep the dog from under your feet. □ Be careful with young puppies: When you are using the crate for your puppy, remember that he will need to relieve himself quite often. You should let him out and take him to his designated area around once hourly to avoid accidents inside the crate. □ No collars: Make sure that you take his collar off before you put him in the crate, otherwise you may cause a choking hazard. □ Make the crate comfortable: Your dog should see the crate as a safe area—a place of his own. Therefore, aim to make it as comfortable as possible, with toys, blankets and anything else that will make the dog feel more at home. In addition, remember your dog always needs access to fresh water so make sure that this is provided. □ Do not use the crate as punishment: Your dog should never be sent to his crate as a form of punishment. Similarly, you should make sure that he cannot be harassed by anyone while he is in his crate. Remember you want his crate to seem like his safe haven. □ Do not use a second hand crate: You will have a much better chance of getting your dog to successfully use a crate if it is brand new. A second hand crate will have the residual smell of its previous occupier, which your dog will probably not like.~~

D. Obedience Training and Age

Training Puppies

It's best to start a puppy's training at age six to eight weeks and onward, as this is when he's most receptive to learning, but it will take until he's five (5) months old before fully understanding what you're teaching him. His first training sessions should only be for a few minutes, although you can have several of these spread out throughout his day. Lengthen his training time over the months as he grows and adjusts to your training patterns and improves his ability to concentrate on the exercises. Start with the early training exercises from Part 4: Commands to Start. Particularly Sit, Stay, and Recall.

~~Puppies are most receptive to training from the age of six to eight weeks onwards and it is at this stage that basic obedience exercises should start taking place. It may take until the dog is 5 months old before it fully understands the training exercises that you are trying to teach him. Initially training sessions should last only a few minutes a day, although you can have several sessions per day. Build up the length of training time over the next few months as your~~

~~puppy adjusts to the training patterns and gets better at concentrating on exercises. Introduce the early training exercises to your puppy that are covered in part 4: Commands to Start, particularly Sit, Stay and Recall.~~

Training at 6 Months Old

At age six (6) months, he'll be ready for more formal training. With your help and the basics in Part 4 he should be well-behaved and controllable in several situations. His next training will not only help you relate better to your dog but will provide him with much needed mental stimulus. Think preschool for your puppy.

It's preferable to teach him his new exercises in an open area or park where there are as few distractions as can be arranged. Make these training sessions as enjoyable for you both as you can, as this will encourage his desire to work with you, please you, and readily learn what you're teaching him. Enjoyment is key, without it his ability to learn will slow or he may even balk, making it harder for him to work with you. Just like when you were in school, a great teacher made the lessons interesting and quickened the desire to learn.

~~When your dog reaches the age of 6 months, he will be ready for the more formal training that he needs. If you have adhered to the programs outlined in part 4: Commands to Start, then your dog should be well behaved and controllable in a variety of situations. Further training will help you relate to your dog better as well as providing much needed mental stimulus for your dog. When teaching new exercises it is preferable that you find a park, or other such open land where there are as few distractions as possible. Try to make the sessions as enjoyable as possible for yourself and your dog. That way he will want to work with you and you will get the most out of each session. If your dog decides that he does not like the training session that you are trying to make him perform then chances are that you will have great difficulty in getting him to learn anything.~~

Training an Older Dog

If you're training an older dog, your older dog will already have formed habits, good and bad, and if your new, older dog has bad habits, you may have many months of retraining work ahead. So, be extra patient and committed to the long haul. Some of the more common bad habits and possible ways of fixing them are provided in Part 3: Dog Problems Solved.

Common bad habits include:

~~Older dogs have well and truly formed their habits, both good and bad, and if you have acquired a dog with bad habits, you could be in for months of remedial work. You will have to be prepared to spend a lot of time and have a lot of patience with your dog. Some bad habits and possibilities for fixing them are given in part 3: Dog Problems Solved. Common bad habits include:☐~~

Over-aggression☐ Cat chasing☐ General disobedience☐ Excessive barking☐ Biting

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; usually through fear☐ Destructive behavior, generally manifested as chewing☐ Disobedience towards specific family members (dominance problems)56

www.sitstayfetch.net^[T1]

Most people obtain older dogs through adoption from the local pound or from a previous owner who can't take the animal with them. This older dog will normally take more time than a new puppy in adjusting to his new home, especially if he is an abused animal. Always make him feel safe and secure. Start with his own place to eat and sleep. Make certain he cannot get loose, he may not come when called, especially if his previous owner was abusive and has traumatized him.

Keep a collar and leash on him at all times, unless he's shut up in a room, his kennel, or crate. Only use a check collar when walking or training him.

If he has a history of biting, a muzzle may be the only way for him.

Establish a strong routine for your dog so he'll know when it's feeding time, play time, or walk time.

Make your older dog comfortable and relaxed in his new home, but if he's a nervous or stressed avoid situations that aggravate him; such as noisy, grabby children, loud televisions and stereos, or other dogs, especially nervous, jumpy dogs.

~~The usual method that people come to own older dogs is through adoption from the local pound or perhaps when the previous owner moves on and is unable to take their dog with them. However you come across your older dog, he will take more time than a younger dog to adjust to his new home, especially if he came from an abusive environment. It is important that you make him feel safe and secure. A good start is to give him his own place to eat and sleep. Make sure your~~

~~dog cannot get loose as if he does get loose he may not come when called, especially if it has been traumatized by a previous owner. Keep a collar and leash on your dog as often as possible unless he is shut in a room or in his kennel or crate. Make sure that you do not use a check collar unless walking or training your dog. If he has a history of biting, a muzzle may be appropriate. It is important to establish a routine for your dog so that they come to know when feeding time is, when you will be taking them for a walk. In general, make them comfortable and relaxed in their new environment. If the dog is particularly nervous or stressed then avoid putting him in a situation that will aggravate him such as with noisy children, loud televisions, stereos or other dogs.~~

E. Selecting a Dog Trainer This text is to enable you to train your dog yourself, without classes, but there may be situations in which you'll require a professional dog trainer's services; like for dog competitions or if there are independent obedience problems not mentioned herein. Do consider these suggestions before hiring an outside trainer:

- Obtain recommendations from those you know or your local pet store or dog owners club.
- Take private lessons, if you can afford them. It's a good value, and your trainer will focus only on your dog and you and not a large class with other dogs and owners.
- Stay personally involved in the training, don't send him away to be trained and expect him to come back "fully" trained and with his relationship with you intact. This kind of training can challenge and even break your personal bond with your dog. Stay involved and hands on.
- Check beforehand what methods the professional trainer intends to use, and be happy and comfortable with it before they handle your dog's training.

~~While the information in this book will enable you to train your dog without the need of classes, there may be occasions when you will require the services of a professional dog trainer. If you are specifically looking at entering your dog in competitions or have an obedience problem with your dog that is not outlined in this book are two such occasions that spring to mind. You should consider a few things before you hire a dog trainer for your dog. Get recommendations from other people; either your local pet store or dog owners club should be able to give you good information. If you can afford it, take private lessons you will get much better value for money as your trainer will be focusing solely on your dog and not having to battle with ten or twelve other dogs and their owners at the same time. Make sure that you are personally involved in the training. It does not make sense to send your dog away for training, to be given back to you "fully" trained. Some dog trainers do offer this service and it should not be taken up on, as at the end of the day the relationship that you are trying to form is between yourself and your dog. Check what methods your dog trainer is intending to~~

~~use. Make sure that you are happy and comfortable using that method.~~

F. Review of Part 1 We've given different training methods available and the plusses and minuses of each, and the secrets that ensure your dog behaves and responds to you at his best. We listed the benefits of crate training and how your dog's training routine changes with his age.

~~In part 1, we revealed the different types of training methods available and the pro's and con's of each method. We looked at the secrets to making sure that your dog behaves and responds to you in the best possible way. We looked at the benefits of using a crate and how your dogs training regime should change with age.~~

Types of training

Our preferred method for truly bonding and understanding your dog is the dog whispering technique. This, however, does take commitment, and the use of a check collar or gentle leader with a treat reward for the inexperienced dog trainer may be easier.

~~Our recommendation for the owner who really wants to bond with and understand their dog is the dog whispering technique. However, as this method does require persistence, the combination of using a check collar or gentle leader with food as a reward may be easier for the inexperienced dog owner to train their dog.~~

Secrets to training your dog

- Spend personal time with your dog, this will help you both bond together.
- Keep your behavior and commands consistent. Black and white for him not many shades of gray.
- Praise or chastise him within seconds of his misbehavior, so he'll connect your praise or reprimand with his action.
- He learns by repetition of action and sound, so give him time to learn what you want him to do.
- Quality sessions over quantity of sessions
- Keep reasonable expectations for your particular dog, his breed, and his age.
- Praise him when he does it right.
- Use eye contact as often as you can, he understands them better than he does your words.
- Communicate with him with hand and voice signals, but remember to keep your tone consistent and your words specific.
- Remember to use Alarm-No-Command method when chastising a disobedient

dog.

~~□ Bond with your dog by spending quality time with him, □ Be consistent when dealing with your dog. Make his world black and white rather than shades of grey, □ Be aware that you must praise or reprimand your dog within a few seconds for him to associate it with his actions, □ Dogs learn by repetition, it will take time for him to get a hang of what you want him to do, □ Quality not quantity is the best way for you to approach training sessions, □ Have a reasonable expectation of what your dog can do, □ Use praise whenever your dog does something right, □ Use eye contact as much as you can, □ Hand and voice signals are good ways to communicate with your dog, □ Use the Alarm No-Command method to reprimand a disobedient dog.~~

Crate training

Crate training can help your dog become comfortably used to his new surroundings, to aid training, and to housebreak. Don't leave him in his crate for over extended periods and never send him to his crate as punishment. ~~Crate training is a useful method of helping your dog's transition into your household. You can use it to aid training and house breaking. Remember not to leave him in his crate for too long and that he should not be sent to his crate as a form of punishment.~~

Selecting a dog trainer

When selecting a professional trainer, make certain of the methods they intend to use, and get recommendations from other owners, a good pet store, or your local dog club.

~~If you feel that you need a trainer, then make sure that you know what methods they are intending to use. Get a recommendation for a trainer from other owners or your local dog club.~~

Part 2: Secrets to Understanding Your Particular Dog

Understanding your particular dog is the most important thing of everything; how his mind works, how he reacts to you, and accepting his natural instincts will make your entire relationship deeper and more satisfying for you and your dog. The following chapter will look at your domestic dog's transmutation of his pack animal influences into his action as one of your family. We'll look at how dogs' senses work and how they communicate by scent, body language, facial expressions, and vocalizations. We'll also describe how ancient world instincts are yet an integral part of your domestic dog's nature.

For the dog owner, this section is one of THE most important sections in this entire book. Understanding how your dog's mind works and accommodating his natural instincts will make your relationship with him much more fulfilling for the both of you. In this chapter, we look at how the domestic dogs' development from a pack animal influences his behavior and actions towards your family. Then we look at how dogs communicate using scent, body language, facial expressions and vocals and also how their senses work. Finally, we show you how ancient wolf instincts still play a large part in today's domestic dog's nature.

A. Understanding *Your* Dog

Pack Animals

Dogs are direct descendants of the wolf, a species well known for their pack animal nature. A pack animal being one that operates within a group of animals to form a single unit. A lesser known fact is that dogs, even ones that have been domesticated for generations, have retained many of the pack animal instincts passed down by wolves. In a pack, there is a well-defined social structure where each member knows their role and position within the pack hierarchy. The personality and actions of each pack member is influenced and determined by the other pack members. This means that in a pack situation each dog knows whom he takes orders from and whom he is superior to. The individual pack member's position in this hierarchy will determine where it sleeps, when it eats and if it gets the best or the worst food. The effect of these pack animal instincts influences dogs as much today as it did thousand of years ago. For instance, when two dogs meet for the first time they need to identify which one is superior to the other. The subordinate dog will usually adopt a submissive posture, perhaps crawling up to the superior dog and rolling over on his back to expose his underbelly. If two dogs consider themselves equal, there can often be a short tussle to determine which dog is the superior one. They do this because a pack animal society cannot operate with equals, there must be a chain of command. Once formed, this chain of command will usually stay that way when the dogs next meet. If you own more than one dog then make sure that you read the section on "Two Dogs in the House", as the techniques in this section will prevent the owner from inadvertently changing the hierarchy. It is quite common for fights between dogs to occur if the owner and family do not reinforce the natural hierarchy.

The Alpha Dog

With every pack, there is a pack leader, who is obeyed by everyone. The pack leader is usually a male (although not always) and is commonly referred to as the "alpha dog". In the wild, the alpha dog will get to eat first and eat the best portions of the food, thereby helping to maintain his physical condition as the best in the pack. The alpha dog will also get to sleep at the highest vantage point so that he

can keep a lookout over the pack's territory and the surrounding area. He makes the decisions for the pack and is aggressive to strangers that venture into pack territory.

Your Dog and Your Family

How do these pack animal instincts relate to your dog and your family? It is important that you are seen as the pack leader for a healthy relationship to prosper between your dog and your family. Your dog should see itself as being subservient to you and the rest of your family. If this pack order exists in the home then your dog will happily obey orders and be much more responsive to training. It is very important to establish and maintain the proper hierarchy early on in the owner-dog relationship. If this relationship is not established or maintained correctly then dominance problems may well arise, as a dog's natural tendency is to try to exert its authority and dominance over other family (pack) members. Of course, you cannot just tell your dog that you are superior to him, so you must convey this by other means, more specifically your actions and attitude towards your dog. There are several ways to ensure that this pack order and, contrary to what some dog trainers and owners think, being physically or mentally abusive towards your dog is NOT one of them. Please review the bonus E-book entitled "Secrets to Becoming the Alpha Dog" for the best methods of setting and maintaining the pack order in your household^[NS2].

B. Dog Senses

Their association with their wild ancestors has given domestic dogs the benefit of keen senses, although some of the senses are more developed than others. For example, a dog's sense of smell is far more advanced than his vision. Like other mammals, a dog will use his senses as a means of communication with humans and other animals.

Sense of Sight

Dogs tend to be able to focus far better on things that are further away than on those really close to them, although they are very good at noticing sudden movements. The position of a dog's eyes means that they can have a wider visual scope than humans can but they cannot focus as well as humans can. This means that they can see more of what's around them than a human can; they just cannot see things as well as a human can!

Sense of Smell

Dogs are known for their keen sense of smell, and this is the most efficient of their senses. Dogs have evolved to use their sense of smell to seek out food and prey—and even people. In fact, dogs can be trained to sniff out just about anything; this is why you find dogs employed by the Police Department and Customs. A dog's sense of smell is invaluable to him, as he uses this to communicate and learn about what is going on. Everyone has a distinctive smell to a dog—he does not differentiate between you and your brother because you have different color hair...he uses his sense of smell to identify who's who.

Sense of Hearing

Dogs can hear in frequencies that are way beyond human capacity, and they can

also hear sounds for much further away than we can. Whistle training utilizes this capacity for hearing high pitched noises, making it in to an effective tool for training purposes. All dogs have a keen sense of hearing, but those with erect ears usually have enhanced hearing because the erect ears amplify the sounds that they come across. The acute sense of hearing of some dogs may make some noises painful for them to listen to, and this is something you should bear in mind around the house. If your dog looks uncomfortable when you are vacuuming or using other noisy appliances, put him in another room in the future until you have completed your task.

Sense of Touch

Like humans, sensitivity to touch can vary from dog to dog. Some pets will love being stroked and tickled, whereas others will either not respond or will turn away. The chest, back and head are the areas where dogs appear to be touched the most, although some will rejoice at the prospect of a tummy stroke or tickle. Like other mammals, dogs are sensitive to pain or extreme temperatures, and shorthaired dogs are particularly sensitive to intense heat or cold. Dogs often use their paws to communicate—for example, when he lifts his paw to ‘shake hands’ with you or when he scratches at the door to go out. However, you may find that your dog pulls his paw away quite quickly when you touch it, and this is because their instincts tell them that they need their paws to hunt and dig—an instinct that comes from their wild ancestors who did have to use their paws in order to survive on the wild.

Sense of Taste

Dogs will often use their sense of smell in combination with their sense of taste in order to determine whether they like a food or not. This is in the same way as humans do—if we smell something burning, we do not find it appetizing. On the other hand, if we smell something really nice being cooked, we’ll often want to dip in the spoon and try some of it. It is then over to the taste buds to verify whether this is something we like. Your dog may sniff at food and then take a bite, but he may then look totally unimpressed and abandon it. On the other hand, he may sniff it, and then wolf it down—in which case you can safely assume that he likes it. Either he may sniff the food and then turn away immediately, in which case he is not hungry or he has decided that he is not even prepared to try food with a dodgy smell!

C. How Dogs Communicate Using Scent

Dogs use scent to learn more about what is going on as well as to communicate with one another. Most people are aware that dogs will ‘mark’ their territory by urinating on a certain place: a lamppost...a fence...or if you are really unlucky, a favorite chair. This is instinctive behavior, and is designed to let other dogs know that he is around and that this is his patch. Of course, another more dominant dog may then come along and deposit his scent on top if your dog is thus marking the territory as his own. The urine, or in some cases the fecal matter, left behind by your dog will also convey information. For example, the deposits left behind by a female dog can tell other dogs a lot about her heat cycle. All dogs also use scent to find out more about one another as well, and you will notice that whenever your dog meets other dogs they will sniff around one another as a means of finding out

information and communicating.

D. Guide to Body Language and Signals Dogs have a very distinct and unique way of communicating, and there are many expressions and poses that they may use. A dog may use everything from his ears and fur to his tail and rump to express what sort of mood he is in, what he wants and how he feels. In order to bond better with your dog it is a good idea to learn what some of the more common body language postures and signals mean. It can really be a big help to know when your dog is scared, excited, playful, low or anxious—or when he simply needs to be let out to do his business! Below, you will find a selection of common postures and signals that your dog may use when trying to communicate with you.

Use of his Body to Communicate

Backside in the air and tail wagging: This means that your dog is keen to play and have some fun, so it's time to get his favorite toy and spend some time giving your dog the play and exercise he needs. **Tail right between the back legs:** This indicates that your dog is scared of something or someone. If he is slinking around with his tail like this, you should try and work out what is affecting him. **Wagging tail:** This is what everyone imagines the perfect dog to be doing to indicate he is happy. In fact, a wagging tail can mean a number of things from playfulness and happiness to excitement or aggression. If the tail is wagging loosely, he is probably feeling friendly and happy. However, if his tail is high up and wagging rapidly, it could mean aggression. If the tail is relaxed and still, your dog feels contented. **Raised hackles:** This means that your dog is either frightened of something or that he is ready to go into battle with whatever or whoever has caused his hackles to be raised. **Rolling over:** This is normally a sign of submission and may occur in the presence of humans or in the company of other dogs or animals. **Sniffing:** This can occur for one of a number of reasons. Your dog may sniff because he smells something unusual – something he is unfamiliar with – and he may be trying to work out what it is. He may sniff to identify a person or other animal, as dogs use their noses rather than their eyes to differentiate. He may sniff to find out more about a new person or dog. In addition, if he is sniffing the floor, fence or lamppost outside he may have caught on to the scent of another dog that has marked the territory. If your dog is sniffing the floor in the house and is also pacing or circling, he may need to relieve himself so you should get him to his designated area. **Tense posture:** If your dog's body is tense and slightly lowered, this indicates anxiety. This may be coupled with a partially lowered tail. **Crouching:** A tense body coupled with a crouching position usually means that your dog is ready to charge and attack, and is what is known as a predatory position. He might react like this with anything from his favorite squeaky toy to a squirrel or an intruder. **Prancing:** If you notice that your dog is prancing back and forth, bouncing around with his tail wagging, he is usually feeling happy. He may be happy and playful or he may just be happy and

excited because you have just come home from work. These are just a selection of the body postures and actions your dog may display to convey the way that he is feeling. Making yourself familiar with these actions will help you to identify and bond with your dog far more closely.

E. Guide to Facial Expressions and Vocals Although your dog will use his body to convey his moods and feelings, his head, face and vocals also play a very important part in his communication methods. Your dog's ears alone can tell you a lot about the way he feels. It is well worth learning more about your dog's facial expressions and vocals, and how he uses his head for communication (ears, nose, eyes etc.). Coupled with the use of his body language, facial expressions are an effective tool for dogs to communicate with humans, other dogs and other animals. By familiarizing yourself with both body postures and facial expressions, you can learn to pick up the danger signs—when your dog is aggressive, scared, stressed, anxious etc., as well as when he is content, excited or happy.

Use of the Head and Face for Communication

Ears: The ears can tell you a lot about how your dog is feeling. Here are some common ways in which your dog will convey his feelings using his ears: □ Ears close to the head, pointing back or forwards could indicate aggression, □ Perked up ears, with his head turning from side to side indicates that he is alert, □ Slightly flattened and partially back ears indicate that he feels anxious, □ Ears perked up and pointing forward means that he is curious or excited. However, this can also be coupled with a predatory position, in which case he may be just about to start the chase, □ Ears pointing straight up may display a degree of dominance, □ Ears flattened and laid back against head usually indicate fear, □ Generally, perky ears usually indicate friendliness.

Eyes: The eyes are also a giveaway of how your dog is feeling, and coupled with his posture, can enable you to work out what your dog is thinking and what he is trying to say: □ Narrowed and staring eyes can indicate aggression and challenging behavior, □ Wide open eyes may mean that he is on alert or that he is curious, friendly or excited, □ Slightly narrowed eyes coupled with partially back ears can indicate anxiety, □ Wide open and staring eyes are often coupled with a dominant posture and ears up straight to convey his dominance, □ Eyes narrowed with lots of white showing indicates that he is afraid or submissive, □ Wide open, sparkly eyes usually means that he is ready for a game and some playful fun, □ Wide open eyes that are intently focused on something are part of the predatory position.

Mouth: Your dog will also use his mouth as part of his communication, and here is what to look out for: □ Lips drawn back to expose teeth, coupled with snarling, indicates aggression. This could also be coupled with snapping, □ Mouth closed or slightly open can indicate alertness or dominance, depending on his posture, □ A slightly open mouth that makes him look as though he is grinning can actually indicate anxiety, □ An open mouth coupled with panting can indicate excitement and curiosity, □ Mouth open to expose teeth with drawn back lips can indicate fear, □ A relaxed mouth that is slightly open is normally a friendly and

relaxed gesture, □ A slightly open mouth with bared teeth may indicate that your dog is on guard, □ An open mouth coupled with excited panting can indicate playfulness and eagerness.

That is one relaxed dog!

Use of the Vocals for Communication

Your dog will also use his voice to convey his feelings, and this will be used in conjunction with his posture and expressions for you to get an overall picture of how he feels. Here are some of the common vocals your dog may use: □

Snarling or growling usually indicates aggression, □ A low whine or gruff bark means that he is on alert, □ A low whine coupled with a moan usually means that he is anxious, □ Excited yapping and barking indicates eagerness and curiosity, □ Low growling and grunting usually indicates dominance, □ Yelping and whining coupled with growling can indicate fear or submission, □ Yapping and high-pitched barking are usually signs of friendliness, □ Loud barking, growling and snarling can mean that he is on guard, □ Excited barking and soft growling indicate playfulness. You should bear in mind that your dog's vocals and facial expression should be linked in with his posture in order to get a true picture of what he is trying to say and how he is feeling. For example, a dog may growl under a variety of circumstances, but by observing his posture and other facial expressions you can ascertain whether he is feeling frightened, aggressive or whether he is simply on guard.

F. Wolf Instincts ~~Dogs have very strong natural instincts, which are inherited from their wild ancestors. The wild dog was thought to be very like the wolf as we know it today, and as such, many dog instincts resemble those of the modern wolf. Of course, hundreds of years of evolution coupled with selective breeding means that your pet dog is going to act in a far more domesticated way than you would expect a wolf to act; nevertheless, it is easy to notice some of the domestic dog's wolf-like instincts.~~

General Characteristics

There are a number of general similarities between domestic dogs and wolves. Some dog breeds have even maintained that wolf-like appearance, both in color and in physical appearance. Some of the basic similarities between dogs and wolves include: □ Their strong sense of smell and hearing, developed for detecting and hunting prey □ Their vocals, such as howling and whining, to communicate in certain situations □ The way they communicate through body language using their eyes, tails, ears etc. □ Their need to pant in order to keep cool □ Their basic instincts, such as hunting, territorial behavior, sexual instincts and pack instincts

Pack Instincts

~~We have all heard the term 'a pack of wolves' and this is because wolves do live and hunt in small packs, where one takes on the job as leader (alpha) and the others follow. Dogs follow this wolf like instinct and like to be part of a pack—although their pack consists of human and perhaps other family pets. Also, the~~

pack of wolves will communicate with one another by means of body language and vocals, and you will notice that your dog also communicates with his 'pack' using the same sort of methods.

Territorial Instincts

Wolves are well known for their territorial instincts and will go to any lengths to protect what they see as their territory and pack from outside dangers. Likewise, domestic dogs are also known to be highly protective of their territory and family, and whether it is the postal worker or a burglar that is 'intruding' on their territory, most dogs will make a point of trying to see them off. However, if they met the same person on the street or in the park, most dogs would not look twice. It is simply the fact that the outsider is invading the dog's territory that puts the dog instinctively on guard.

Hunting Instincts

Wolves are predatory animals, and use their senses—namely their sense of smell—to sniff out prey before giving chase and pouncing. Thankfully, most domestic dogs have no need to hunt out and pounce on wildlife, but you will probably see signs of the hunting instinct when they see a squirrel or rabbit in the field and go wild in their eagerness to be let off the leash and give chase. Dogs will often display their hunting instinct when playing with toys. For example, the rubber squeaky toy is a firm dog favorite, and one that many dogs like to pounce on and bite repeatedly until they have 'killed' the squeak. Likewise, they like to chase moving objects such as people running, Frisbees, balls and sometimes even cars and bikes.

Sexual Instincts

Wolves have strong sexual instincts. The alpha male and the alpha female of the pack tend to mate, with the lower male members of the pack left to harass the lower female pack members whenever the females come in to heat. The female could even be forced to avoid the males until she is no longer in heat. Likewise, male dogs will easily notice the scent of a female that has come in to heat, and will allow their sense of smell to lead the way to find the female in question. Unfortunately, if you have a female dog in heat you could find many prospective canine suitors hanging around your property.

Roaming Instincts

Wolves are known to roam for many reasons. These include roaming to gather information about the food and resources in the area, roaming to mark their territory through urine and fecal matter, and their basic need for freedom. The dog has natural roaming instincts, but these can be curbed by neutering, which will also help with the strong sexual instinct.

G. Review of Part 2

Part 2 revealed how your dog's instincts developed from thousands of years ago when they were pack animals and how dogs communicate with humans and each other.

Understanding your dog

The importance of the alpha dog in your dog's mind should not be

~~underestimated. You should take steps to ensure that you are always seen as the top dog in the relationship.~~

Dog senses

~~Dogs tend to have keen senses that have developed from their days in the wild and through selective breeding to bring out certain senses (e.g. sniffer dogs) in more recent times.~~

Using scent to communicate

~~Dogs use scent to mark their territory and discover what other dogs have been in the vicinity.~~

Using body language and signals to communicate

~~Dogs have numerous poses and signs that they use to communicate their feelings and emotions to humans and other dogs. Knowing more about these characteristics will let you understand your dog much better.~~

Using facial expressions and vocals to communicate

~~Understanding how your dog communicates using his ears, eyes and mouth will also give you an insight into his feelings and attitude.~~

Wolf instincts and your dog

~~Your dog has several strong instincts that are derived from its wolf ancestors. □ Pack instincts, □ Territorial instincts, □ Hunting instincts, □ Sexual instincts, □ Roaming instincts.~~

Part 3: Dog Problems Solved

The problems listed in this chapter generally affect older dogs that have not been trained well or at all. If your puppy is trained correctly, he should be well adjusted and not prone to committing these types of actions.

A. Aggression Problems Centuries ago, when dogs were still part of packs, an aggressive attitude was a prerequisite to survival, as territory and food had to be fought for on a daily basis. These days, even though food is delivered in a bowl and dogs generally do not need to defend their territory, they still have an innate sense of aggression that can manifest itself, usually at the most inappropriate of times. Several factors may account for a dog becoming aggressive. □ He may think that he is the alpha dog (dominance aggression), □ He may be defending himself from other dogs, □ He may be defending his territory, □ He might feel possessive of his belongings, such as his food or toys, □ He could be afraid of other dogs, □ He might be in pain, for example, he may be suffering from arthritis, □ He could be scared of new situations. ~~The treatment program involved with attempting to correct~~

~~aggressive behavior is different depending on the cause of the behavior. However, there are a few techniques and pitfalls that you should consider, not only in over-aggression cases, but also as part of general good dog management.~~

Take Precautions

~~If you have concerns about how your dog will act in certain situations then take precautions to keep everyone safe. Supervise, confine and/or restrict your dog's activities so that; □ He is not subjected to whatever the cause of his aggression is, □ You can control him with a leash or by confining him to a specific area. For example, you may need to keep him confined to a safe room or his crate when you have people over, if he shows aggressiveness towards visitors.~~

In Public

~~While an aggressive dog's behavior can be embarrassing and upsetting if it occurs in a public place, of greater concern is the possibility of having an incident where someone is bitten. If you are at all unsure of your dog's temperament then keep him on the leash and use a muzzle when out in public.~~

Physical Checkup

~~I would recommend that you get your dog a thorough physical check up to make sure that he is not suffering from any physical problem. If he has a physical problem, that is causing him pain, then that could well explain the aggressive behavior, especially if the behavior has come on relatively suddenly.~~

Neutering and Spaying

~~Neutering or spaying your dog is a good idea. Intact dogs are more likely to display dominance, territorial and protective aggressive behavior. Please note that fixing your dog will most likely not be a quick solution as it can take several months for them to settle down after the surgery. In addition, spaying and neutering does not work in all cases.~~

Don't Let Him Start

~~As we have mentioned several times before, prevention is always better than the cure. When there are many people around, it may pay to tether your puppy so that he feels involved but his movements are restricted.~~

Punishment

~~Physically punishing your dog for showing signs of aggressiveness is unlikely to work, in fact, it is more likely to make the problem worse. Punishing territorial, possessive or protective aggression is likely to elicit additional defensive aggression.~~

Time Out

~~The "time out" method works well with unruly children and can work well with~~

your dog. With this method when your dog is overly aggressive, banish him to a room where he is by himself for five to ten minutes. As dogs do not like being alone it should calm him down relatively quickly.

Play Fighting

Do not encourage aggressive behavior. Playing tug-of-war or wrestling games encourages your dog to attempt to “best” you or “win” over you, which can exaggerate an aggression problem. When dogs are encouraged to “go get ‘em” or to bark and dash about in response to outside noises or at the approach of a person, territorial and protective aggressive behavior may be the result.

Food as a Bribe

As a rule, do not use food bribery as a reward. This tends to make dog's increase their respect for the reward but lose respect for their owners.

Social Skills

It is important that you get your dog used to strangers when he is a puppy, as this will lessen the likelihood of aggression problems occurring later on in his life when they may be harder to train out. Introduce him to the postal worker and the milkman early on, as well as your friends and extended family. It can be a good idea to leave your dog in another room or his kennel when people arrive so that you can introduce him when you are ready. If you are still encountering problems, then keep him on a collar and leash when introducing him to visitors.

Professional Trainers

Sending your dog to a professional trainer is no guarantee of success. Depending on the methods they use it could well exacerbate the problem, as well as costing a lot of money.

Fear Biters

A nervous or shy dog will usually only become aggressive as a form of self-defense. Use the methods detailed in the “fear biting” section of Biting and Nipping further on in this chapter.

B. Aggression: Treatment for DominanceNote: This treatment program is only for serious cases and when all of the other recommendations have been attempted without success. With this type of aggression, you must put him back in his place within the pack. You will need to train him so that he sees all family members as being higher in the pack hierarchy than himself. As well as the treatment program outlined below, make sure that you review the bonus book “Secrets to becoming the alpha dog” so that you can maintain your position of

authority. The main parts of a dominance aggression treatment program are the need to correct and discipline any aggressive displays without triggering yet further aggression. Then you will need to actively reward submissive behavior and tighten his obedience responses until they are razor sharp.

The First 2 Days

Get everyone to completely ignore your dog for a full 48 hours, except for feeding and letting him go to the bathroom. ~~The aim is to put your dog into an emotionally deprived state after which he will most likely do whatever you want so that he can get some attention. When you are ready to pay your dog some attention, make him sit first and only give your attention when he is not actively seeking it.~~

The Next 5 Weeks

Regardless of his current obedience level, it is vital that from now on he earns all of his attention. Any petting, eye contact, playing, feeding and freedom must be earned by having him respond to one or two obedience commands first. ALL family members must enforce this rule. For the first week, predominately use the sit command. For the second and third weeks use the sit, down and stay commands. If your dog has not previously been trained then use the techniques in **SitStayFetch** to teach your dog these commands. Ideally, at the end of four to five weeks, you would want your dog to be sitting and staying for 10-15 minutes. You must not only adhere to the principles in "Secrets to becoming the alpha dog" but also the following points. □ Do not let him have any chew toys or bones, □ Do not play tug-of-war or other rough housing type games with him, □ Only give him attention when he is not seeking it. If you respond to your dogs call for attention when he wants it then you are lowering your position in the pack. This is VERY important, □ Do not pet him around the head or face, □ Do not let your dog roam or run around off the leash. ~~Any poor behavior by your dog, such as growling, barking or biting, should be disciplined WHILE they take place. Startle him with a water pistol squirt, or a shake of a pebble-filled can, and then make him sit and stay for 5 minutes. After this time, ignore him for the rest of the day.~~

After 5 Weeks

After 5 weeks, you can re-introduce some of his toys and chew bones. You can also start taking him outside, as long as he is well supervised and you are in a position of control (with a leash). □ Make sure that you have your dog sit and stay before giving him anything. □ Teach him the 'Leave' command **as described in DOG 203**. If he does drop the object, as you command, then make him sit and praise him. □ If he refuses to drop the object then take it off him, put the toys and

chews away, and ignore him for the rest of the day. Try again the next day. Correcting aggressive behavior will mean that you will have to be on your toes all of the time. By the end of 8 or 9 weeks, you should notice significant differences in your dog's behavior.

Physical Correction

If this program does not work then as an absolute last resort you may wish to try physical correction. In my opinion, use these corrections only in severe cases where the previous methods have not worked. You may wish to consider using a muzzle on your dog before doing this correction, as you do not want him to bite you. For a dog showing aggressive tendencies, grab hold of the scruff of his neck and lift his front feet off the ground. Look him in the eye, shake him and give the command "No". This will enforce your position as the dominant dog because in the wild a dominant dog would grab a subordinate dog by the scruff of the neck to show his dominance. You can also roll your dog over onto his back and pin him there. Growl at him, say "No" until he stops wriggling and trying to get away. I must reiterate that physical correction is a last resort as it could make the situation worse rather than better.

C. Biting and Nipping Dogs bite and nip for a variety of reasons including, but not limited to, the following. □ Fear □ Agitation and excitement, for example your dog may have been teased by children. □ Aggression, see the Over Aggression section at the start of this chapter. □ Jealousy through competition over food, territory or affection, see the section on Jealousy in part 6: More Common Dog Problems Solved. □ Pain and illness, such as arthritis. If you suspect this is the case take him to your vet immediately.

Fear Biting

Fear biting is when a dog is so overcome by fear that he lashes out by biting whatever is causing the anxiety. Dogs with this problem have usually either been abused or are naturally very timid and shy dogs. Whatever the reason, with care and patience, most dogs can be successfully trained not to bite. Punishing a dog that bites because of fear is not a good idea, as the punishment will make things worse by increasing his fear. It can take months or even years of rehabilitation for an abused dog to overcome the bad experiences that he has had. Be careful to ensure that your dog is not exposed to the root cause of his fear, for example if children beat or tormented him, he may forever hold a deep-seated mistrust of them. Some rehabilitation methods that work well are: □ Try feeding your dog with his food bowl in your lap. Place your hand close to the bowl but do not attempt to touch him, just talk quietly to him. □ Quietly sit nearby and talk quietly to him without approaching him. Try to gain his trust by mimicking a dog's tail

wag by moving your fingers against your leg in the same motion. □ If he has specific fears, then try gradually reintroducing the object or situation that brought on the fear. For example if he is scared of people then utilize some dog loving friends to approach your leashed dog without attempting to touch him. Once his confidence has built up you can increase the amount of time that he is exposed to different people and start physical contact. □ Using a muzzle is a good idea if you are unsure of how your dog might react in a certain situation and especially if that situation involves children. It may take some time for your dog to get used to wearing one, make sure that the muzzle you use allows him to breathe and drink freely. If none of these methods prevents your dog from biting then you should consult a professional dog behaviorist. He or she may be able to delve deeper into your dog's individual psyche and help retrain your dog's behavior. It is imperative that a biting problem is dealt with immediately as the consequences of having your dog, say, bite a child could well lead to a criminal conviction for you and a death sentence for your dog.

Nipping

Nipping is quite a common complaint that is particularly prevalent in, but not limited to, puppies. I believe the best thing that you can do is to encourage acceptable behavior and discourage the unacceptable behavior. The following bullet points outline some techniques that you can use. □ Take the focus away from your hands when you pet him. Do this by offering him a chew bone or similar when you go to pet him. Pet your dog behind the ears with one hand while offering the treat with the other. Pet him for short periods of time at the beginning, as you do not want to overexcite him. This technique will help him form a positive association with petting. □ Try wearing gloves coated with a foul tasting substance. You should be able to buy some specific puppy "aversion" substances from your vet or pet store. The drawback with this method is that you must have the gloves on every time he tries to bite and he may form the negative association with the gloves rather than the hands. □ If you are sure that he will not bite you too hard then you can discourage the biting by loosely holding your puppy's lower jaw between your thumb and forefinger after he has taken your hand in his mouth. Do not hurt him by squeezing too hard, just gently hang on so that wherever his mouth goes your hand goes too. I hope that this will quickly become tiresome for him and he will try to pull away. After ten seconds of him trying to pull away, release his jaw and continue to offer your hand. If your puppy licks it or ignores it then praise him immediately. If he tries to bite your hand again then repeat the exercise. □ It is important to teach your puppy that biting turns off any social interaction and attention that you may be giving him. When he nips you, look him in the eye and yell "Ouch" or "Arghh", then ignore him. Leave your puppy until he has calmed down. □ Make sure that you do not slap or hit your puppy in the face for nipping as this action is almost guaranteed to backfire. He may think that you are playing and get more excited, he might respond in a defensive manner or he may just become afraid of you. □ Also, never play tug of war games with your puppy if you are having nipping problems.

This will just encourage out of control behavior. □ A word of warning: Be careful with young children practicing this kind of behavior modification. A child's first reaction to being bitten is to push the puppy away with their hands. Your puppy is likely to interpret that action as being play, which in turn causes the puppy to nip more.

D. Coprophagia (Poop Eating) Coprophagia is the technical term for eating feces. The habit is usually first observed in pups 4-9 months old. The habit tends to decrease in intensity after the dog is 1 year old. Coprophagia is a real concern for the dog that is not up to date with their vaccinations, and a dog that is known to eat other dog's feces, should be wormed at least once a month, as disease and internal parasites are often passed on when dogs sniff or eat feces. Coprophagia has been studied in dogs by several people with no definitive answer for "why" being found. However, some theories have been put forward. □ Female dogs eat their puppies' droppings to keep the nest clean. □ It must taste good, at least to them. □ Searching for feces is a self-rewarding hunt. □ Eating other species droppings may be nutritious. □ It may be a vitamin or mineral deficiency. □ Anxiety or boredom may be factors. □ Young dogs may grow out of the habit. It has some "natural" roots in the fact that dams often eat their pup's stools, apparently as a method of hiding their presence from predators. Dogs will eat the stools of other species, especially cats and rabbits, too. Dogs obviously do not find the taste of feces objectionable or the behavior would be self-correcting. Therefore, I think of this as a natural behavior that upsets people. Since dogs have to live with people, it becomes an issue. Here are a few techniques that you can try to overcome the problem. □ There is a product sold that is supposed to help with this habit -- Forbid. It does not work in all cases (it might not even work in most cases). □ Another alternative is putting meat tenderizer in the dog's food. This works for some dogs. □ Walking a dog on a leash and working hard to keep it from turning and eating its stool is helpful. □ It is sometimes possible to distract the dog by running a short distance after the dog has a bowel movement or by taking a couple of rapid steps then telling the dog to "sit" and giving it a treat. These behaviors may stay on as substitutes to eating the stool. □ If you can keep the dog from eating stool for a month or so, it is sometimes long enough to break the habit. Picking up stool to prevent its ingestion works in dogs that do not quickly eat their own stool but do so when put in the yard alone. □ "Booby trapping" a sample of stool by cutting it in half lengthwise, and putting some Tabasco type sauce or lemon juice on the inside of the stool, then putting it back together so that the dog is not aware of the hot sauce or juice until it eats the stool can help in some cases. Find out what your dog does not like before using it. □ Keep the pup's bathroom area as clean as possible. Be sure that the puppy is checked for worms and other possible problems such as something lacking in the dog's diet. □ It is a good idea to have the dog's diet approved by your vet, or switch to a nutritionally complete dog food sold by your vet or pet store. Be certain the dog receives a good quality diet -

high in protein and low in carbohydrates. The addition of vegetable oil to the diet is helpful. Dietary changes maintained for two months arrest this behavior in many cases. □ Many owners have had success in stopping this behavior by supplementing their dog's diet with one spoonful of canned pineapple or a teaspoon of spinach. □ If the dog is still fond of feces, try teaching your dog not to touch it using the command 'Off.' Put your dog on leash and walk him by some feces. If he shows any interest in it, tell him, 'No, off.' If he continues to go for it, then loudly scold him, 'OFF!!!' and pull him away from it with a short, sharp tug on the leash. When he stops, praise him. Continue walking and keep returning to different piles of feces over and over, repeating the off procedure until he gets the idea that you disapprove of his dietary interests. Whenever he shows no interest in the feces, be sure to tell him how happy you are through praise and reward. □ Over the years, we have found that a few dogs that were on antibiotics started the poop eating afterwards. It has been suggested that the antibiotics killed the good stuff in their stomachs. Supplementing the dogs feed with enzymes from the health food store or the pet store seemed to work in most cases.

E. Chewing and Other Destructive Behavior Being left alone is unnatural for dogs and the resulting destructive behavior usually results from mental and physical boredom brought on by this loneliness. As a descendant of pack animals it is no wonder that dogs get anxious and agitated when the pack (their human family) leaves them. Puppies should not be allowed to develop this habit, as it can become a big problem when they are older. Here are some tips to cure your dog's destructive habit.

Limit His Space

Confine your dog to his crate or room while you are out and make sure that there is nothing that he can destroy. Another option is to give him a dog run in your backyard. Loop his leash around your clothesline so that he can move up and down the length of the line. Obviously, you will have to take the washing off the line first!.

Reprimand

Do not bother telling your dog off for destroying property unless you catch him in the act. He will not associate the telling off with his behavior if you arrive home, find the house in a mess and chastise him. However, you may be able to set him up by leaving a tempting item for him to chew on, such as a shoe, then leaving the house. You will need to be close enough to hear or see him without him detecting you. As soon as he starts chewing the shoe, rush in and reprimand

him. A good idea is to put a small bell on the shoe or other item so that you can hear it rattle when your dog starts playing with it.

Good Flavor

You may want to make your dogs own toys much more desirable than anything else in the house. Flavoring his toys with either cooking oil or garlic salt can do this, as dogs love the taste of these things. Spray the oil and sprinkle the salt onto his toys before you leave the house.

Bad Flavor

Use an aversive substance to make the taste of the object unpleasant for him. The best way is to restrict his access to the object (if that is possible) and only let him have access after you have used one of the following substances sprayed or applied to the object to deter him from playing with it. □ Bitter Apple or a similar spray available from your vet or pet store. □ Cayenne pepper □ Aloe Vera gel □ A hot Tabasco sauce or similar

Radio

When you leave the house leave a radio on that is playing soothing music, this may reduce his anxiety and allay his fears.

Toys

As a puppy, or as an older dog being left alone for extended periods, you should give him plenty of toys (especially chewable ones) that are his own and kept in his immediate area. Do not give him items to play with that may cause problems later on. How is your dog to know that the shoe the two of you were playing tug of war with is any different from any other shoe? If you feel that your dog has destructive tendencies then make sure that when you go out there is nothing except his own toys that he can chew on or tear apart.

Exercise

Giving your dog plenty of exercise and training BEFORE you leave your dog alone will help immensely. He will be tired from the exercise yet mentally stimulated by the training, which means that he will rest and reflect on the lessons that he has learnt thereby reducing the chances of him becoming bored. If you have to leave him alone all day then you should at least get someone to exercise him at lunchtime.

Serial Destroyers (The Last Resort)

A dog that is a serial destroyer and does not respond to any of the methods set out above could be placed in an indoor kennel for a few months to break his habit. If you decide to use this method then make sure that the kennel is a good

size and that he has adequate food and water as well as a good selection of toys in his kennel. You should still try to exercise him at every opportunity, as it is unfair to keep him completely cooped up all day. □ You could use one of these “surprise” techniques if you catch him in the act. □ You can try spraying him with a spray gun, full of water and a little vinegar, □ Startle him with a rattling sound from say a can full of pebbles. □ Use a sharp whistle or horn. The surprise techniques do run the risk of overly frightening your dog and you do not want to make him fearful. So be careful if your dog is of nervous temperament.

F. Digging Problems Digging is a form of mental and physical stimulation that dogs have been doing for centuries both in the wild and, somewhat more annoyingly, in their owners backyard. Food storage was one of the reasons that dogs dug holes. They would store food underground for times when food was not so plentiful. In addition, when they were in the wild, dogs would hunt rodents by digging into their burrows. Therefore, the instinct is bred into dogs and for that reason can be difficult to stop.

No Bones

Do not give your dog bones. If you do, there is a good chance that he may revert to his base instincts and try to bury it for later use. Rawhide bones, available from your pet store, are a viable alternative as they do not smell as much as real bones, hence your dog will not be as inclined to bury them.

Boredom

Boredom is one of the main reasons that dogs dig. They find it stimulating to find out what is under the earth and see if it is edible. Keeping your dog mentally active plays an important role in preventing this type of behavior. Make sure that you are giving your dog a good amount of exercise so that he would rather spend his day resting than digging. Toys are also a good idea, try alternating the toys that you give your dog each day.

Reprimand

If you catch him in the act then a stern reprimand of “No” and shaking a can filled with pebbles should have the desired effect. Spraying him with the garden hose is a very effective alternative to shaking a pebble filled can.

Other Methods

A good idea is not to let him be with you when you are doing the gardening. He may decide that what is okay for you to do is okay for him as well. You could try

neutering or spaying your dog which will have the effect of reducing the drive that they have for digging up your garden. A clever method is to bury a couple of balloons in your backyard. Lead your dog to the area and get him to dig. The noise of the balloon exploding should deter him from digging!

Serial Diggers

If your dog is a serial digger then the best option may be to give him a set fenced area where he is allowed to dig as much as he wants. Initiate his association between the fenced area and digging by starting digging yourself, burying one or two of his bones in the soil and then encouraging him to dig them out.

G. Disobedience Generally, the cause of disobedience is due to your dog believing that it is higher up in the hierarchy than you are or other family members. This is an unacceptable situation and can be solved by putting you (and other members of your family) in the dominant position. All of these tips and tricks to maintain your dominance over your dog should be adhered to from the first day that the dog arrives into your household. □ If your dog is sleeping indoors then make him move when you wish to pass. In the wild, the pack leader would have this authority. □ Similarly, when you pass through an open door do not let your dog go through first. Make him wait or sit until you have passed through first. □ Make your dog eat last. Make sure that all of the other family members eat first and then feed him. Do not feed him morsels of food from the table. Again, in the wild the pack leader will eat first with the dogs further down the chain eating after him. □ When you arrive home do not greet your dog, instead make him go to his kennel or basket. Only call him when you are ready. □ When he wants to go outside make him wait or even go to his kennel or basket. Let him out on your terms not his. Your dog should obey any command that you give him within two or three seconds, if he does not obey you then he either is ignoring you or does not understand what the command means. If he responds to your command in some situations and not others then it is likely that he is plain ignoring you. To prevent this from happening reissue the command and then make sure your dog performs the action that you require. In the case of your dog not understanding the command you will have to go back a step in his training to refresh or train his memory to what is required. In this situation you should not use physical force to make your dog comply with your wishes, give him a chance to learn first.

H. Fear of the Leash As with most cases of fearful behavior in dogs, the best bet is usually to desensitize the dog to whatever it is that is causing him anxiety and stress. Use the following 3-step program to get your dog to form a positive association with the leash. □ Begin by exposing your pup to the leash in a non-threatening (for him) situation. Leave the leash out in his play area so that he gets used to the sight and smell of it, only do this when you are present. Depending on how badly he is reacting, you may have to leave it on the outskirts of his area for a start and build up over a couple of weeks to the point that you

can approach him with it in your hand. Be very gradual in how you do this, try not to get his gander up at any stage. Do not attempt to put the leash on him unless he is 100% relaxed about the deal.□ You will have to be on the lookout for when he is showing non-fearful behavior towards the leash. Reward him with praise and perhaps treats (although personally I am not a big fan of using treats as bribes).□ Try teaching him a few commands without the leash, particularly sit and stay, which you should be able to do just as effectively without a leash. Once he has a grasp of these commands and can stay for four or five minutes then introduce the leash to him. Praise him for performing the commands while you have the leash in your hands. Again, do not attempt to put it on him unless he is 100% relaxed about it. The idea behind this exercise is that he will form a positive association with the leash due to being rewarded for fulfilling the commands while the leash is in his presence. There are several things not to do, as they may well increase your dog's poor response to the leash.□ Do not punish him for reacting poorly to the leash,□ Do not inadvertently reward his behavior either. Do not reassure him or give him treats, just behave normally and ignore him as if you do not notice his fearfulness,□ Do not force the leash upon him.

I. Fights between DogsFighting is a behavior that you must either prevent happening or eradicate immediately if it does occur. While certain breeds are more prone to fighting than others, the behavior usually stems from an incident in your dogs youth when it may have been attacked by another dog. Once this fighting instinct has been activated, it can be extremely difficult to train it out of your dog. Usually a professional dog trainers services are required although you can help the situation by building a loving and respectful relationship with your dog.If your dog does get involved in a fight with another dog be careful about breaking it up as when dogs become frenzied they will probably not listen to your commands and may lash out at anything holding them back (including you). In a lot of cases it is recommended that you let the fight run its course so that they can sort out who is the more dominant dog but if the fight goes on for too long or becomes one sided then something will have to be done.Do not attempt to grab either dog by the collar as you run a good chance of being bitten. The owner of the other dog should try to separate his dog from yours at the same time that you do, one person trying to break up a fight between two dogs is asking for trouble. Some methods for breaking up dogfights are:□ Throw a heavy blanket over them.□ Grab them by the leash and drag them apart.□ Lift their back legs up above your waist and pull them apart.□ Lift their tails up, so that their hind legs are off the ground, and drag them apart.□ Another good

method, that may be safer for the owners, is to spray the dogs with water from a garden hose or throw a bucket of water over them.□ If one of the dogs has the upper hand in the fight, is biting the other dog, and will not let it go (particularly breeds like Bull Mastiffs) then throw a glass of hot water into the dog's mouth to make him release.□ You could also try using a broom handle to pry the dog's jaws open. When you do manage to separate them put the dogs in separate rooms or take them right away from each other so that they have a chance to calm down. If you own both of the dogs in question, then read the section on Two Dogs in the House in part 6. If your dog has gotten into fights, you can help the situation by making sure that he is on a short leash and a check collar when you take him outside. If a dog approaches and your dog shows some intent by growling or advancing on him then give him a stern reprimand of "No". Command him into the sit position so that you can maintain control of him. Note that your dog is more likely to pick a fight with a dog of the same sex and build so keep an extra careful watch on any dogs that fit that description. Be alert for any potential problems.

J. Barking Problems Dogs generally bark because of the following reasons.□ They want to alert the other pack members of any signs of danger, a role that is shared by all members of the pack. So he may bark when he hears unfamiliar noises (remember his hearing is about 4 times as sensitive as ours is),□ They want to express their needs,□ They want a response from their surrounding humans,□ They are staking out their territory. Barking is quite normal, however, your dog needs to be encouraged to bark in the appropriate place and at the appropriate time, for example to discourage any would-be burglars. On the other hand, excessive barking in the middle of the night can be a nuisance for both you and your neighbors. Nuisance barking is quite a different thing to the normal barking that a dog would normally do. There are usually quite separate reasons as to why nuisance barking occurs.□ If your dog is trapped behind a barrier, usually a fence, that he can't see through and is being stimulated by something, or someone, that he can smell or hear then this may cause him to bark inappropriately,□ Similarly to barrier frustration, if your dog is looking out the front window at people walking by all day then it is quite likely that he will have the urge to bark,□ Isolation and separation anxiety are probably the main reasons why dogs bark inappropriately. They get anxiety attacks through being left alone. They may also start chewing things, digging holes, mutilating themselves, etc.□ Most dogs that bark at inappropriate times have actually been inadvertently rewarded for their excessive barking. The owners (or others)

often reward the dog by;○ Petting him or holding him to calm your dog down,○ Yelling or barking back at the dog,○ Giving him something else that he wants like freedom or treats.

The 4 Step Anti-Barking Program

1) Remove all triggers for your dogs barking. This may not be easy to do, but, for example, limit his access to family members or let him only have access to one at a time.2) Make sure that when he does start barking that EVERYONE ignores him. NO petting, talking, treats, etc. Besides barking, make sure that you do not respond to any vocalization (e.g. crying, whimpering, grunts, etc) that your dog may make. If you have limited success with a fortnight of this approach then use Step 4. 3) Notice and acknowledge good, quiet behavior. Praise him and pet him when he is quiet around the children. Remember to only give him attention when he is not seeking it.4) Catch him in the act straightaway. As soon as he starts barking spray him with a water pistol and tell him “No”.This program can be very effective but it does require a high degree of consistency and application by all family members to make it work. The next few paragraphs outline other techniques that have also been successful in preventing nuisance barking.

Reprimanding

If your dog has been well trained then your command of “No” along with a short sharp jerk of his leash should make him understand that barking is not desirable. This method may well make him not want to bark at anything so you might want to consider training your dog to bark a warning and then to be quiet until he gets your okay to continue. “Quiet” or “Stop” are useful commands that can be introduced to a problem barker. Make sure that you have your dog’s attention before you use the command. It is also important that he stop barking when you issue the command so you may have to drag him away from whatever is causing him to bark while repeating the command.

Citronella Collar

A citronella collar, which you should be able to buy from your local pet store, squirts a burst of the essential oil citronella into the air whenever your dog barks. Dogs do not like the smell of citronella so the collar can be quite an effective and safe way of stopping him from barking.

Environment

Consider your dog’s environment as such things as loud action movies may put him on edge to start with and then any excuse to bark is taken. Relaxing surroundings will help comfort your dog and make him less prone to barking on a whim.

Loneliness

If a young dog is barking because of separation anxiety (being separated from his mother or owner) then ignore him until he stops barking. When he is quiet go to him and praise him. This course of action will teach him that not barking is what he is supposed to do. If you go to him while he is still barking then he will quickly associate barking with your presence, which will make stopping him barking extremely difficult. Another method you could try is this one. 1) Leave your house in the normal way, for example wearing what you normally wear and taking what you normally take. Also take a water pistol or glass of water. 2) Go far enough away that you can hear when he starts barking. 3) When he does rush back in and spray him with water while saying "No". 4) Leave straight away without praising or comforting your dog. 5) Repeat the above process until he goes five minutes without making a sound. Then go back inside and praise him. Not too much though as you do not want him to think that you arriving or leaving is any special matter that is worth having a bark about.

Please Bark!

There is the odd shy and timid dog that will not bark at all. If your dog will not bark then you could use this method to attempt to get him to bark when people are at the door. 1) Get a friend to knock loudly on your door or use the doorbell. 2) With your dog with you in the front room, start barking yourself to show him what the required behavior is. If he starts barking or even makes a sound, then praise him and keep barking. 3) You may have to repeat this exercise a few times until he understands what you expect of him.

K. Off Leash Problems Another common problem is when your dog responds extremely well on the leash but as soon as he is let off the leash, he becomes uncontrollable. Usually the traits are that he will not come to you when called and runs off. It may be worth considering whether you have inadvertently caused him to have a negative association with the command "come". A few things may have caused this that you should be aware of are. □ If you called him to you to punish him, □ If you called him to you to isolate him or put him somewhere that he does not like to go, □ If you called him to you for grooming or going to the vet. The fact that your dog may respond well when he is on the leash and not at all when he is off the leash suggests that he is not focusing enough on you and your commands when you give them. It is a priority that you are able to reinforce your commands, otherwise he will run roughshod over you and your commands. Try the following tips and techniques to overcome off-leash problems.

Training!

Continue with on-leash training sessions so that your dog's obedience skills

become razor sharp. Consider where these training sessions take place. If he performs well on-leash at your home then take him to a dog park or somewhere where there are a few more distractions, but keep him on-leash. If you can, slowly build up the amount of distractions that are around during your training sessions. When you are satisfied that he will respond (on-leash) to you under a variety of distracting situations then try him off-leash at your home or the place that he responds to on-leash training the best. This place should have minimal distractions, by that I mean there should be no other people, dogs or other animals in the vicinity. If you only train your dog in the relative quiet of your own home then if you let him off-leash or put him in a new environment then it is not surprising that she responds poorly.

General Tips

Generally dogs love to chase things and be chased, which can lead to problems when you are outdoors with a variety of fast moving objects and noises that catch his attention. Some simple tips that you can try, to alleviate this part of the problem are: □ Do not stand still and give commands. Move around so that you can gain and hold his attention. □ Do not pull on the lead when you do have him on-lead □ When he does come towards you drop down to one knee and hold your hand out to him.

The Long Leash Method

An advanced method that has worked well for members of the SitStayFetch team is as follows: 1) Put him on a long leash that is 20 to 30 feet long. 2) Let him walk away from you. 3) Wait until he is near the end of the leash and not paying attention to you. 4) Loudly and encouragingly, call him to you. Do not pull on the leash. 5) When he gets close to you drop down onto one knee to appear less threatening. 6) Give him lots of praise. 7) Try these eight to ten times per session and 3 times a day.

The Ultrasonic Whistle

An ultrasonic whistle may be worth a try for serious off-leash problems. The "Puppy Trainer" (or a similar product) is one such device and should be available from your local pet store. I have heard of quite a few people getting good results, but they do have downsides. If your dog is of nervous temperament it might make the nervousness worse, also some dogs seem to get used to it after a while. However if you are desperate to control a large dog off-leash then it may be worth a try.

L. Thieving Dogs do not have morals, therefore when they see food they are not interested in stealing it, but more in eating it. This perfectly natural reaction can be trained out so that they do not take food that is not theirs. Here are some anti-theft measures. □ Avoid feeding your dog morsels of food at times other than his actual meal times. It is important that he have regular meal times so that he comes to expect food at those times and not start hunting for it beforehand. The entire family must be quite strict on these rules for the retraining to work. □ When you have the time, try leaving food on a low table where your dog can access it easily. When he shows an interest in taking the food reprimand him with a strong “No”, then take him away from the food so that he does not just sit and look at it. Continue with this procedure as long as you are able to watch over the food. □ If your dog is a scavenger who likes poking around in your rubbish bin for food then it is a good idea to remove the bin so that he cannot get to it while you are out. If you are present, then leave the bin out and in the open, when your dog starts becoming interested in the bin reprimand him sternly. This is an extremely effective method of teaching your dog that the rubbish is off limits. □ Set your dog a booby trap whereby you tie one end of a piece of string to food and the other to a pebble-filled tin can on a table. When he takes the food, he will pull the can off the table causing a loud noise that will frighten him. There are of course several other similar types of traps that you could set him limited only by your imagination. □ As a last resort, you may try setting up your dog with food that he will not like the taste of. You could fill food with Tabasco sauce or chili peppers and leave it on the table when you go out. Many dogs will just eat it anyway.

What? Me? Steal? No way!

M. Travel Problems The three common problems associated with dogs and vehicles are that he gets motion sickness, he becomes agitated and frantic or he is frightened of traveling in a vehicle.

Motion Sickness

The usual warning signs that your dog may be feeling unwell when he is in your car are that he starts to drool and his stomach starts rumbling. Generally, motion sickness is more common in younger dogs and it is something that they outgrow.

Some preventative measures are listed on the following page: □ Your local pet store or veterinarian should have motion sickness remedies available that your dog can safely take. □ Do not let your dog eat for four to eight hours before you leave. If you feel that you have to feed him, then give him a quarter to a third of his regular portion. □ Try lowering a window to let in some fresh air. Do not let him hang his head out of the window, as it can be dangerous. □ Let him look out the car window. Like humans, he may find it less nauseating to be able to watch scenery pass by. □ Use a dog harness to tie him into his seat. This will also prevent him from jumping out the window if he is that way inclined.

Agitation and Excitement

There can be a variety of reasons why your dog becomes agitated or excited when he is in your car. A common explanation is that your dog associates the car trip with a pleasant experience, like going to the park to play. Therefore, he knows that when he is going on a car trip that good times are ahead. Your dog may well not bark at all on the return journey to home. A good way of lessening your dog's excitement about taking a trip in the car is to take him on more mundane excursions, such as to the petrol station or local shops. Once he realizes that just because he is going in the car he is not necessarily going to have an exciting time he will calm down. Another reason for his agitation could be that he starts barking to try to get your attention, as he is unused to looking at the back of your head and expects your attention when he does bark. When you shout at him, he is likely to get even more agitated as he thinks you are playing with him. A common method for dealing with a barking dog is to tie him up with his leash (do not use a check collar) so that he cannot see you or outside of the car. Ideally, when your dog is a puppy you should be taking him on short trips to get him used to the car. You should also sit him in the back seat from an early age so that he does not begin to think that he owns the front seat!

Fright

Some dogs learn to associate a ride in the car with bad experiences, for example if the only time he gets to ride in the car is when he goes to the vet then it is little wonder that he will be fearful of the car. To overcome his fears take him in the car to places that he likes to go like the park. In severe cases, you may want to just park the car in your driveway without the motor running and leave him sitting in the back seat for thirty minutes or so. Repeat this exercise for a few days then try it with the engine switched on. Once he has gained confidence, you can start taking him on short trips and gradually increase the journey time.

N. Review of Part 3 In this chapter, we gave tips and techniques to help solve the following dog problems. □ Aggression, □ Biting and nipping, □ Coprophagia, □ Destructive behavior, □ Digging holes, □ Disobedience, □ Fear

of the leash, □ Fights between dogs, □ Nuisance barking, □ Off leash problems, □ Thieving, □ Travel problems

Part 4: Commands to Start

This section outlines the basic commands that you can use to train your puppy using either a check chain or a gentle leader, and sometimes sparingly using food as a reward. The photographs in this section tend to show how to teach the commands with a check chain, of course a gentle leader can be used instead. If you are interested in a more innovative training technique, then check out part 5: Dog Whispering. Ideally the training outlined in this chapter will take place between the time that you acquire your puppy (at six to eight weeks old) until he reaches six months of age and is ready for more advanced training (see part 7: Advanced Commands and Tricks). If you own an older untrained dog then start him off with the exercises and commands in this chapter. You will have to use these exercises and commands more regularly, and with more patience, than with a puppy because older dogs are beyond the prime-learning phase of their lives. As mentioned in part 1: Training Methods Revealed, at this stage of your puppies training the emphasis is on fun, however remember that you do have to be consistent in your commands to your puppy. Start with the most basic commands first and do not be tempted to move on too quickly. Also, remember to refresh your puppy's memory about old exercises every now and again.

A. "Come" (Recall) This is an exercise that you will be doing inadvertently from the very first time that you lay eyes on your puppy. You need to form the association between the word "Come" and the puppy moving towards you. Make sure that he hears the command and his name clearly. Also, ensure that you make a fuss over him and act pleased to see him when he does come. As a puppy, he needs no more training than this, the next stage of the Recall command is detailed in part 7: Advanced Commands and Tricks.

B. "Sit" – Stage I The Sit command is very useful in the early education of your puppy. An informal method of implanting the association between the word "Sit" and the action of sitting is to say, "Sit" every time that your puppy sits on his own accord. You can also try this basic method. Hold a

treat in your fingers where your puppy can see it in front of his face. Move the treat up and over his head so that as he follows the treat he automatically sits. As he is doing this, give the Sit command. Give him the treat once he has sat down correctly. It should not take long for you to be able to just say the word "Sit" and give him praise other than the food reward.

1. Hold treat in fingers
2. Hold treat over head
3. Say 'Sit' and give treat
4. Well done!

C. "Okay" and "No" "Okay" is the command that you should use to inform your puppy that he is released from training. By this, I mean that he no longer has to perform the last command that you gave him. For example, if you have told your dog to sit then when you say the command "Okay" he knows that he can move. At this stage, it is an informal command that you can get your puppy familiar with just by using it. "No" should be the only command that you use to express your displeasure at your puppy's wrongdoings. If possible, you should use this command along with a short sharp jerk on the leash to enforce the connection between the command and his offence. After a period of time, the command itself should suffice. Remember that once your dog stops the poor behavior that you are correcting you should praise him so that he can make the link between the proper behavior and your pleased response.

D. "Hold" and "Leave" The Hold and Leave commands come in useful in a variety of situations, in particular as a precursor to teaching your puppy how to retrieve (fetch), see part 7: Advanced Commands and Tricks. You can help your dog become predisposed towards fetching by encouraging him to pick things up as a puppy. This extension of playing will be invaluable as your dog matures and becomes ready for training that is more formal with the Retrieve command. The Hold command is taught by taking a soft object, for example a tennis ball, and placing it in his mouth while repeating the command "Fudge.... Hold". Praise him while he holds it in his mouth. If he does not want to take the object then open his mouth by putting your hand over his muzzle and gently pressing his jowls near his back teeth forcing his mouth open. When his mouth opens place the object in it, say the command "Fudge.... Hold" and then praise him.

The Hold command

Nice "Leave". Well done!

When your dog has reached the stage where he will take the object and hold it for you, hold the object a few inches away from his mouth so that he has to move to get it when you command him to do so. A certain amount of coaxing may be required such as moving your dog's head forward with your hand. Gradually increase the distance between yourself and your dog. It is likely that you will have a harder time trying to get him to let go of the object than hold it in his mouth. The first few times that you try to get him to leave (or drop) the object you will probably have to force his mouth open. When he drops it, say the command "Fudge.... Leave" and then praise him.

E. "Sit" – Stage II You can teach the Sit command more formally by using the following method.

Place a collar and leash on your puppy.

Stand next to and to the right of your puppy so that you are both facing in the same direction and the puppy is on your left.

At the same time as giving the command, "Fudge.... Sit", push the puppy's hindquarters (just above his tail) down while keeping the leash upright and taut. If you are having difficulty, you may need to hold on to his collar to maintain your puppy's concentration and to prevent him from running away.

Ideally, you would like your puppy to remain in the sit position for around ten seconds. Repeat the command "Sit" over and over while he is sitting to reinforce the command. It is important that you maintain eye contact with your puppy.

Verbally release him by using the command "Okay" and be generous in your praise.

It is a good idea to make your puppy sit whenever you want to put his lead on and when it is time for his dinner. Make sure that he sits correctly before you give him his food. If everyone in the family follows these guidelines, he will understand what is required of him very quickly.

F. "Sit and Stay"

Get your leashed puppy to sit in front of you while you are holding the leash.

Raise your index finger and say, "Fudge.... Stay".

Look your puppy in the eye and take three steps backwards. If he starts to follow you then ask him to Sit again and start over.

If he has not followed you for the three steps then pause briefly before returning to him and praising him.

Gradually extend the distance that you walk away from him. You can also start taking your eyes off him and try turning around completely.

If at any stage your puppy does not perform the Stay correctly then go back a level in the progression.

Be sure not to use your puppy's name, as he will assume that you mean for him to come to you. You will have to be very patient with this command, as it will take time for him to differentiate between the Sit command and the Stay command. When your puppy reaches 6 months old, he will be ready for the next phase of the Sit and Stay command. This command is revealed in Part 7: Advanced Commands and Tricks.

G. "Down" (Drop) – Stage I The Down command is used to make your dog lie down, in a prone position upon the ground. It is a difficult command for dogs to learn, as it requires them to assume the most submissive canine position and is therefore going right against their very nature. The command is often used as part of the Down-Stay command, which can be extremely useful when you need to control your dog's excitement or if there is a threat of danger. Some trainers prefer to use the word "Drop" as the command word so that the dog will not get confused if you inadvertently tell it to get down from your furniture for example. If you do use the command "Down" for this exercise then make sure that you use a command like "Off" for these other situations. There are different ways of teaching your dog this command with the gentlest method being: Stand next to and to the right of your leashed puppy so that you are both facing in the same direction and the puppy is on your left. 1) Place pressure on his back with your left hand and use your right hand hold his front paws so as to place him in the down position. Say the command "Fudge.... Down" or "Fudge.... Drop" as soon as you are putting him in the correct position. Maintain eye contact with your

puppy.2) As per the “Sit” command, repeat “Drop” or “Down” over and over while your dog is in the correct position. Ideally, you would like him to hold the position for at least ten seconds. 3) At the end of this time release your puppy with the “Okay” command and be generous in your praise.4) Repeat this exercise ten times in a training session.

Down you go...

H. “Down” (Drop) – Stage II If after a week of using the previous method you are still having difficulty then you may wish to use a more forceful method.1) Place your leashed puppy in the Sit position on your left side.3) Kneel down so that your head is close to the dogs head and give the command “Fudge... Drop” or “Fudge.... Down” in a soft voice. At the same time, pull down on the check chain with your left hand to force him down while clicking the fingers of your right hand. Again maintaining eye contact with your puppy is important.4) Repeat “Drop” or “Down” over and over while your dog is in the correct position. Again, you would like him to hold the position for at least ten seconds. 5) At the end of this time release your puppy with the “Okay” command and be generous in your praise.6) Repeat this exercise ten times in a training session. For larger dogs instead of pulling his check chain downwards, you can get easier results by standing on the chain. You may even have to straddle the dog when it is in the sit position and force its front legs out so that it assumes the correct position with you on top of it.

Being forced down by the collar

I. “Heel” – Stage I The aim of the Heel command, at this stage, is to make your puppy walk beside you without him straining on the leash. This exercise is perhaps the most important one that you will need to teach your puppy. It is important because with this command you are training your puppy to pay attention to you and your requirements. A wide-open area, such as a park, is the best place to teach this command, as you will probably need a large amount of room. However, be aware that puppies are generally not allowed to go into public areas until ten days after their final vaccinations, which is usually at about thirteen weeks of age. The first stage of teaching your puppy to heel is to prevent him from pulling on the leash at all.

You will need to have the collar and leash on your puppy.

Stand next to and to the right of your puppy so that you are both facing in the same direction and the puppy is sitting on your left.

Bad dog!!

Start walking forward slowly in a straight line, leading with your left leg. As soon as your puppy takes off and starts pulling on the leash, stand still and pull the leash back towards you. Do not drag the puppy back towards you. All you need to do is halt his progress.

Wait until the puppy stops, praise him and then continue walking. No command needs to be given at this stage as you are just trying to teach him good manners so that he can more easily understand the Heel command when the time comes to teach him fully.

If you apply this method for ten minutes at a time and for three or four times per day then within four or five days you should be ready to move on to the next phase.

J. “Heel” – Stage II The next phase of teaching the Heel command gets your puppy used to you changing direction without him pulling at you with the lead. Remember to always lead with your left leg as this gives a visual signal to your puppy that you want him to come with you.

Start with the leashed puppy in the Sit position as before.

Walk slowly in a straight line, if your puppy starts pulling on the leash then stop and snap the leash. Turn around and walk in the opposite direction.

Praise your puppy when he walks beside you without pulling on the leash.

This teaching process should continue for four days with three sessions per day lasting fifteen minutes each.

Praise Puppy

The idea behind this method is that you want to teach your puppy to respond to your movements and that there is no “forward” position that your puppy can lead you to. The puppy will soon realize that you are changing direction and will watch you for your movement before he starts his. It is important that you do not yank

on the leash too hard as you want your puppy to respond to your movements and not when you tug on the leash.

K. “Heel” – Stage III The third and final phase of teaching the Heel command is to introduce the actual command “Heel” to your puppy.

Start with the leashed puppy in the sit position as before.

When you start walking lead with your left leg and say the command “Fudge.... Heel”.

Say the command “Heel” whenever the puppy requires a positive correction. This way he will form the association between “Heel” and walking by your left side.

There are several movement patterns that you can use to help teach this command and keep it interesting for your puppy. □ Walk in a straight line for 20 yards and then turn to your right and walk for another 20 yards. Keep doing this so that you end up walking around a 20-yard square. □ As above but turn to your left instead of your right. □ Zigzag between obstacles such as a tree line or buildings. Remember that whenever your puppy pulls the lead taut correct him by changing direction and calling him to Heel. When the puppy reaches your left side, praise him and continue walking. These sessions should last for fifteen minutes with four sessions per day over a period of two weeks.

The Heel position

L. “Stand” The Stand command is a useful command to use with the Stay command and in fact, the standing position is more natural for your dog than the sitting position. In addition, your dog will have to be well advanced with the Heel command to get the most benefit out of this exercise.

Walk with your leashed dog in the heel position. Make sure that you hold the lead close to your dog’s collar with your left hand.

Stop walking and say the command “Fudge.... Stand”. You may wish to place the palm of your right hand in front of his nose so that he has a visual clue to associate the command with.

If he decides to sit then take a pace forward forcing him to get up and follow. At this point, you want to hold the leash close to his collar with your right hand and use your left hand to hold his stomach up and prevent him from sitting. Ensure that you use the command while you are doing this action.

To start with, ten seconds of standing is enough. At the end of this time release your puppy with the “Okay” command and praise him. Repeat this exercise ten times in a training session.

M. “Wait” The Wait command is a useful controlling command in many situations, especially when you need your dog to think twice before, say, heading out an open door. The following method deals with controlling your dog in an open door situation, you can modify it for other situations. 1) Place a long leash (about ten feet long) on your dog. Attach the free end to a non-movable object by a doorway leading to outside, such as the doorknob. The leash length should allow him to go through the doorway. 2) Put him into the Sit position on the inside of the closed door. With the palm of your hand, gently tap his nose and say clearly “Fudge.... Wait”. 3) Open the door and back your way through it. If he tries to go through after you then return him to the Sit position and tap his nose harder. You will have to repeat this exercise a few times to get the correct result. 4) When you get to the stage that you can open the door and walk through it without your dog following, turn to him and say, “Fudge... Come” and let him come to you or use the lead to force him through the door. 5) Go back inside and repeat the exercise several times. The next extension of this training exercise is to teach your puppy to wait inside your car while you open the door. Use a similar method as above to get him to wait until you call him. Now that you have formed the word association for your dog, you can use the Wait command in situations that are more general.

A natural Stand position

N. “Seek” (Find) Finding items by scent comes naturally to dogs, as their sense of smell is far superior to ours. Encourage your puppies scenting ability by doing this exercise with his favorite toy. If you are in a park let him get a good smell of his toy and then throw it into some long grass so that he has to forage around to find it. You can use the Seek or Find command to get your puppy familiar with it, but again the emphasis should be on fun. His scenting ability can be developed further at a later age, see part 7: Advanced Commands and Tricks.

O. Training Program A training program is given in this section, but it should be used as a guide only, as you will have to modify it to your puppy's individual learning capabilities. Try to teach your puppy the same command for three to five days in a row, preferably three to four sessions per day. Initially each session should last for only five minutes until your puppy builds up his concentration levels. By the time he reaches six months of age, he

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the

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You could t

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ry a

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,

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if you do not have the necessary gear yourself

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Be

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of the children's rights

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attached to the

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and

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the h

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C

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up

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wi

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have

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for

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understands

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is required

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Say the c

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a

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approaches the lower rungs

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your dog

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and does not

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then

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go up

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After all, it is as much, if not more, about the dog's enjoyment rather than your own.

Page 3: [78] Deleted Neale Sournu 11/7/2006 11:22:00 PM
Crawling

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is when

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then

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wards

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call

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For this trick, y

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the

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Page 3: [80] Deleted Neale Sournu 11/7/2006 11:23:00 PM
the

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of your dog and

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click

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hand

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When

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say the

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”
.

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manages

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even a little

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the

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It

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a

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with your message to your dog

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outlined above

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wi

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Chances are that your dog will love being taught and doing this trick

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when you

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when you have formed them into a circular shape

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Put

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or

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that

Page 3: [85] Deleted **Neale Sourn** **11/7/2006 11:28:00 PM**

has

Page 3: [85] Deleted **Neale Sourn** **11/7/2006 11:28:00 PM**

to

Page 3: [86] Deleted **Neale Sourn** **11/7/2006 11:29:00 PM**

on one side of

Page 3: [86] Deleted **Neale Sourn** **11/7/2006 11:30:00 PM**

of the barrier

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i

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take off over the barrier

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the

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when

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the

Page 3: [88] Deleted **Neale Sourn** **11/7/2006 11:30:00 PM**

ha

Page 3: [88] Deleted **Neale Sourn** **11/7/2006 11:30:00 PM**

maneuver

Page 3: [88] Deleted **Neale Sourn** **11/7/2006 11:31:00 PM**

the

Page 3: [89] Deleted **Neale Sourn** **11/1/2006 7:04:00 PM**

stage

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wi

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the

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the

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(whether you s

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the

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)

Page 3: [90] Deleted **Neale Sourn** **11/7/2006 11:32:00 PM**
with

Page 4: [91] Deleted **Neale Sourn** **11/7/2006 11:32:00 PM**
family member

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the

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say,

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With e

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slowly

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that

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they

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food as

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,

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then

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start

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decreasing

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increasing

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amount of

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Complete

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the

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Jump little guy, Jump!

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As the name of the command suggests

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that you want

Page 4: [95] Deleted **Neale Sourn** **11/7/2006 11:36:00 PM**

to

Page 4: [95] Deleted **Neale Sourn** **11/7/2006 11:37:00 PM**

learnt

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(

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before

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command

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Hold the two legs that are closest to the ground

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the

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. As he is rolling, say the

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Page 4: [97] Deleted **Neale Sourn** **11/7/2006 11:38:00 PM**

when

Page 4: [97] Deleted **Neale Sourn** **11/7/2006 11:39:00 PM**

he completes

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forms the association

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the

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the

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In this section, w

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the

Page 4: [99] Deleted **Neale Sourn** **11/7/2006 11:40:00 PM**

methods

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more

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