



# Training Behavior Review & Homework

## Table of Contents

Introduction .....	2
SIT .....	3
DOWN .....	3
PLACE .....	4
GENTLE .....	4
COME .....	5
OFF .....	5
LOOK .....	6
WAIT .....	6
LEAVE IT .....	7
CALM LEASH WALKING .....	7
Training Tools & Techniques .....	8
Treats.....	8
Duration .....	8
Distance .....	8
Distractions .....	8
Patience.....	8
Corrections.....	9
Positive tools to reinforce positive behavior: .....	9
Tools to help correct a dog's inappropriate behavior:.....	9
Training Homework Checklist.....	10



## Introduction

Your dog has learned a lot during his/her training time at Wiggles. Now is the time to pass the baton (or leash) to you and anyone else in your family willing and able to continue the process. Like other mammals, canines in particular need a leader who gives them direction and follows through in a positive way when they do what is asked or expected. It's also important for you to follow through when they don't listen to you (but we'll get to that later).

We strongly encourage you to have your dog wear his/her collar and short leash during the day. This minor inconvenience will be well worth it and a huge tool in your ability to follow through. To avoid getting caught on anything, the collar and leash should be removed when the dog is in a crate or at night.

Every dog in our training program has been introduced to and worked on the following behaviors. Each dog's age, breed and attention span are all factors in their development and solidness with each behavior.

## Behavior

### SIT

Enables calm behavior when chatting or greeting someone.

## How to Practice

1. With your hand directly in front of your dog's nose, encourage them to follow the treat in your hand.
2. Once they're readily following the treat, put your hand (with the treat in it) directly in front of their nose while slowly moving your hand directly upwards.
3. Say your dog's name and then "SIT"
4. As soon as your dog's rear touches the floor, say "YES" or "GOOD" and immediately give them the treat.
5. Encourage them to stay in the sit position by giving treats at a frequency that encourages them to stay in the sit.



### DOWN

A comfortable resting position.

1. Start with your dog in a sit.
2. Hold your hand (with a treat in it) directly in front of their nose. Slowly lower your hand to the floor. Move slowly enough that your dog follows your hand with their nose all the way down.
3. Slowly pull the treat forward along the ground to encourage the dog to lower the front of their body until their elbows touch the floor.
4. Say "DOWN"
5. As soon as their elbows touch the floor, say "YES" or "GOOD" and give them the treat.
6. Encourage them to stay in the down position by giving treats at a frequency that encourages them to stay down.



## Behavior

### PLACE

Builds self-control and confidence.

### How to Practice

1. Use a raised cot or bed as a target for the 'place' command.
2. With your dog standing next to you, put your hand (with a treat in it) directly in front of their nose and lure them onto the target.
3. Say "PLACE"
4. Once they're on the target, lure them into a half circle so they're facing you.
5. Lure or ask them into a down.
6. Once they're in a down on the target, encourage them to stay there by giving them treats at a frequency that keeps them down on the target.
7. Build the duration (time they stay in place), distance (the distance you move from them), and distraction (interesting or distracting things that occur while the dog is on the target).



### GENTLE

Encourages your dog to take treats more 'gently' (reducing rough chomping)

1. Start with a treat or food that isn't very exciting to your dog, but that they still want.
2. Place the treat where your fingers meet your hand between your first and second fingers. Cover the treat with your thumb.
3. Present your hand flat towards the dog's face, say, "GENTLE," and let the dog try to get the treat
4. Do not remove your thumb to allow the dog to get the treat until they are very gentle
5. If they are very rough, you can also say, "NO, GENTLE" and move your hand away from the dog
6. As your dog learns that being gentle allows him to have the treat, you can progress to more appetizing treats.



## Behavior

### COME

Greatly  
improves safety.

### How to Practice

1. Show your dog you have tasty treats and hold one in front of their nose.
2. Toss the treat low to the ground away from you. Ensure your dog sees it being tossed.
3. They should chase the treat. As soon as they pick it up, say their name and "COME"
4. When your dog returns to you, reward them with a treat close to your knees.
5. If they don't automatically, tell them to sit and give them another treat.



### OFF

Corrects the  
dog when  
jumping on  
people or  
furniture.

1. NEVER encourage your dog to jump up on you if you don't want him to jump on you or others.
2. It's best to prevent or solve this behavior by having your dog on a "drag leash" in the house and giving them a short tug on the leash while saying, "OFF," if they jump up on a person. You must do this every time they jump up.
3. When people enter your home through the front door, hold the leash and ask your dog to "SIT" to greet people instead of jumping up. Instructing people to be calm will help😊!
4. Do not pet or touch them if they jump up. Do not attempt to hold a happy, wiggly, jumping dog down with your hands (they actually like this and it encourages jumping!).
5. BEFORE you think they are going to jump up on you, tell them to "SIT" and then you can interact with them.



## Behavior

### LOOK

Improves focus  
&  
communication.

### How to Practice

1. With your dog in a sit or standing calmly near you (in a non-distracting setting), say "LOOK!" in a happy and upbeat tone.
2. If they look up directly into your eyes, happily say, "YES!" and give them a treat
3. If they do not look up, make a kissing noise to encourage them to look up. As soon as they look up directly into your eyes, say, "YES!" and give them a treat.
4. Repeat regularly as part of your daily routine until you feel they are looking up at you whenever you say "LOOK!"
5. Incorporate "LOOK" into other obedience commands and release them from the command with "FREE!" as soon as they look at you.



### WAIT

Improves self-control and safety at home and in the car.

1. Start with your dog on a leash.
2. Walk towards the door. Before you reach the door, stop and ask the dog to sit.
3. Say "WAIT"
4. Reach your hand towards the door. If the dog gets up from the sit, step between them and the door and remind them to sit.
5. Try to reach for the door again. If they wait, slightly open the door. If they get up, repeat the previous step.
6. Once the dog is sitting near the doorway and the door is wide open, say "FREE" to release them to go outside.



## Behavior

### LEAVE IT

Promotes safe interactions and increases self-control.

### How to Practice

1. With your dog in a sit, down, or place, put a treat on the ground a good distance in front of them (and definitely out of their reach).
2. If they get up to grab the treat, say, "LEAVE IT" and either quickly pick up the treat or cover it with your foot and then pick it up. DO NOT let your dog get the treat!
3. Say, "LOOK!" and as soon as they look into your eyes, say, "YES," pick up the treat, and give it to them.
4. Practice in various locations so the dog will understand they must leave treat alone
5. Slowly progress to more tasty treats and increase the amount of time the dog must ignore the treat before getting it.



### CALM LEASH WALKING

Better for the dog's freedom and human safety.

1. Start with your dog on the leash. They should be on your left side.
2. Show them you have tasty treats in your right hand.
3. While holding the leash and with your dog still on your left side, say "WALK" and encourage them to walk along with you. Use luring with the treats to keep their attention on you.
4. When they're walking nicely next to you, stop. Ask (or lure) them to sit. Reach across your body and give them the treat from your right hand.
5. Start walking forward again while luring the dog with a treat from your right hand.
6. If the dog loses focus on you, do a 180 about-face turn while encouraging and luring the dog to follow you.







## Training Tools & Techniques

### Treats

Dogs are generally food motivated. Therefore, we encourage you to use your dog's meals as their treats. This will ensure the dog is hungry and avoid overfeeding. Kibble, of course, is easiest to handle but use whatever you feed your dog. Using their meal as treats also shows him/her that you are really in charge.

*Once your dog learned how to do the behavior(s), we began to slowly start working on the following. Remember it's important to take your dog's age, breed and drive into account and be patient.*

### Duration

This is the time you ask your dog to hold the position. Start with very small (time) increments. You want your dog to win and be rewarded (verbally and with treats). You don't want him/her to fail (break before being released with "Free").

### Distance

This is the physical distance you can step away from your dog while he/she stays in the behavior. Start with a very small distance, like a small step backwards. Again, you want your dog to win and be rewarded (verbally and with treats). You don't want him/her to fail (break before being released with "Free").

### Distractions

Try to start your training in a quiet, distraction-limited place. As your dog begins to have success with duration (time) and physical distance, you can begin to introduce small distractions. A distraction could be you quietly knocking on the wall or door while your dog is in a place. Maybe someone in the house walks by. If your dog holds their behavior, praise verbally (and with treats).

### Patience

Your dog wants to please you. This is great advice from The American Kennel Club:

*"Remember that you are communicating with an animal that speaks a different language. Your dog wants to understand what you want her to do, but it will take some time and patience to make the*





*objective clear to your canine companion. Be fair to her by giving her plenty of time to understand what you expect from her. Be persistently patient!"*

## **Corrections**

When puppies are in the litter, as they grow, their mother needs to let them know when they are doing something wrong. She communicates corrections using different verbal cues (growling), tactile (her paw) and sometimes even places her teeth around their neck (not to hurt but as if to say "I'm not kidding around").

## **Positive tools to reinforce positive behavior:**

- Verbal: Your happy voice "Yes!" or "Good!"
- A small amount of food or treat

## **Tools to help correct a dog's inappropriate behavior:**

- Verbal: Your voice. When your dog makes a mistake you can say "Ah-Ah" or his/her name and "No"
- Preemptively having a collar and short leash to prevent your dog from (jumping or leaving a "place." As inconvenient as this may seem it's a fabulous tool to help with follow through.



## Training Homework Checklist

Practice each command with your dog twice daily at mealtimes using their meal as a reward.

	Sit	Down	Place	Gentle	Come	Off	Look	Wait	Leave It	Walking
Day 1										
Day 2										
Day 3										
Day 4										
Day 5										
Day 6										
Day 7										