

Exercising Your Dog

You must walk your dog twice a day for a minimum of 30 minutes each time. Different dogs need different amounts of exercise. Your dog should be tired and want to lay down after the walk. This is a good time to train, or introduce them to new things.

Feeding Your Dog

Feed puppies under 5 months of age 3-4 times a day. Adults feed twice a day. They will often need to eliminate 15 minutes after eating. Do not play intensely with your dog after eating it can be bad for them. Schedule: Wake up, walk your dog, short rest, feed your dog, take him out before you go to work. Come home from work, exercise, feed him an hour later. Have your dog do a command or a quick training session before getting his food. You can vary the time he waits between command and getting food.

Crating

8 – 16 week puppy should not be crated more than an hour at a time (except at night). At this age the dog will need to eliminate ever 2 – 3 hours. 4 – 5 months old it should not be crated longer than 3 hours. While your dog is a puppy keep him up 2-3 hours before bedtime so he sleeps longer. Ignore whining at night. If its night and he's a pup and he has been quite but then starts whining he may need to eliminate. Let him out, then put him right back. No playing.

Only Reward Good Behavior,

Always reward your dog when doing something correct during training. Initially with a treat and praise, then with praise and randomly a treat. Never reward your dog for negative behavior. Don't feed your dog when he is barking, don't let him out when he is barking and scratching, don't pet him if he is scared or acting up. Don't pay attention to him if he is jumping or begging for attention.

Correct Bad Behavior

If your dog is doing something you don't want say "No" then correct the action. You must be there exactly when it happens otherwise there is no point in trying to correct it at that time. Stage a situation to catch them in the act. Like putting out food if they jump up on the counter. Be there to say No and correct them. Do not use your dog's name when saying No, disciplining, or anything negative.

Chewing

As a puppy and while your dog is new to your home you must be around it whenever it is not in the crate. If it starts to chew something it is not supposed to chew. Quickly say No, and then give it something it is allowed to chew.

Housebreaking

If you catch your dog about to eliminate indoors or during elimination slap a wall or stomp to startle him and take him outside. Don't let him see that you made the noise. His focus will hopefully change from eliminating so you can then take him outside and he can eliminate. When your dog eliminates outside successfully praise him enthusiastically. Take your puppy out every 45 minutes, just after a play session, shortly after eating. Have a term "Go Potty" to tell your dog to get on with it, helpful as they get older. When taking your dog out you walk out first (pack leader).

Walking Your Dog

Slowly get your dog used to the leash, let him drag it around and get used to having it. As a puppy get it used to being on a lead indoors first. Have it follow you around and be near you in your home. Let's Go No-Pull to teach heeling: "Let's Go" give a treat, when your dog walks in front or pulls stop. When he looks back praise him and begin walking again with leash slack. If he pulls stop. Treat him for walking at your side. (Not sure if this is all correct) The time walking your dog is a particular type of exercise that is also establishing you as the pack leader. You are walking it, not the other way around. Don't leash your dog for a walk until it is calm. Add a back pack with weight to give your dog more exercise and a job to do. Dogs love to work.

Visitors & Greeting Your Dog

Instruct your visitors not to pet your dog during a greeting unless he is calm and is not jumping. When greeting your dog do not be overly excited and energetic.

Coming Back Home & Leaving

Come home and ignore your dog or act like it is no big deal. If you come in overly enthusiastically it will get your dog all jacked up and feel that is how it should be. Casually come in, do a thing or two and let your dog out if it is not barking or going crazy. Leave for

different durations, and fake leave as well, go upstairs or do something else for a short period of time and then release your dog from the crate. Never make a big deal about coming or going. Don't say good bye or make eye contact.

Off-leash Training

Do not attempt off-leash training until your dog has the command mastered under many distraction levels with a leash on.

Running

Hydrate your dog. Dogs under 18 months of age should not regularly run as their bones and joints are not yet fully developed.

Training Commands

Say your dog's name for attention and then the command. When training always end it on a good note. For your dog to learn commands you must be able to enforce it. If you say 'Come' and your dog does not then it learns it doesn't always have to Come. Teach this with your dog on a leash so it must Come. Then use longer leashes, then areas it is distracted, then off-leash. Until then say "Here Puppy." Train initially in 5 – 10 minutes session multiple times a day. When training you must always give the praise / treat at the right time for the right thing. One your dog gets the hang of it start phasing out treats just giving phrase and using treats randomly. When you say a Command when training your dog must do it, train with leashes until they learn it. Say the command only once.

Go inside your crate

Say it and drop a treat in the crate. Slowly get them used to the crate then start closing the door. Need to make it a good experience. Give him a treat when he lies down. Say "Release" when he exits

Spot, Sit

Put a treat in hand back over your dogs head so he has to sit. Touch his but down with your hand and say "Sit" then when his but touches give him the treat.

Spot, Come

aka a Recall. First get your puppy interested in finding you and praised when getting to you in another room. Then work on the formal 'Come' command. On leash go to the long end of it, show the treat and say Spot Come. Give the treat. When advancing say the command only once, and show treat. Hold hand in same way concealing treat in the future. Then eventually phase out treats / random. Always say your dogs name first for attention then the command. Only on leash until it's nailed. Then increase distractions on leash / longer leash.

Spot, Give

Initially exchange a ball for a treat, eventually the dog should give it because you will give it back in Fetch.

Spot, Release

Command when releasing your dog from training or the current command. Raise both your hands palms up.

Spot, Down

Have him sit, praise him. Place a treat in your hand closed on the ground in front of him. When he lies down give him the treat immediately. Do this again saying from the start saying 'Spot, Down.' Hand signal is palm down, fingers pointed out to your side/hip.

Spot, Go Back

Move at your dog and he will back up. Move at him again and say "Go Back" when he does give him a treat. Use an arm gesture to go back.

Fetch

Get your dog interested in the toy then toss it 4 – 5 feet away. If the dog brings it back start using the word "Fetch" when throwing it. Each time throw it a little further. Alternate between two balls to get them to drop it initially. Or offer a treat for dropping it... Some dogs won't need a reward, the ball is enough reward. Don't move forward or chase for the ball. Fetch is fun in water.

Go Potty

Tell your dog to eliminate when you have taken him outside so he is not just goofing around.

Spot, Stay

Practice this kneeling next to your dog on leash. Put your hand in front of his face, not touching and say 'Spot, stay', if he tries and gets up say 'No, stay' and put him back into a stay. Praise him when he stays. After a few seconds "Release" him and praise. Repeat a couple minutes a day and increase time.

Leave It

Show a treat and keep it in your left hand and let the dog paw and scratch at it. Have another treat hidden in another hand behind you. Say 'leave it', immediately when he stops licking / sniffing toss the treat from the other hand onto the ground in front of him. Eventually work up to other things you put on the ground, his toys, etc for practice.

Bang Bang

After your dog knows the down command. Hold a treat and move it over his head so he rolls on to one side. Start doing this while repeating "Bang Bang"

Correcting Behavior

Jumping

When he jumps, walk into him, tell him to sit, when he sits give him a treat. Have him on a lead and take him away from people if he is jumping, then back to them when he doesn't jump give a treat.

Biting

When the dog bites your skin as a puppy or adult say Ouch in a yelp and pull your hand away. Then offer him something he can chew on. If he bites again leave the room, then come back.

Goals For Your Dog

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| <ul style="list-style-type: none">• Sit quietly before feeding• Lie in a certain location as WE eat• Gets a walk or exercise twice a day• Will enjoy it's crate• Walk and no leash pulling• Learn how to use a treadmill | <ul style="list-style-type: none">• Commands: Sit, Down, Stay, Leave It, Go Back, Bang, Heel, Come• Will not jump up on others• Will not get on couches or beds• Learn to wear a backpack | <ul style="list-style-type: none">• No barking or whining when alone• Be socialized with other dogs• Be socialized with kids & adults• Will not be destructive• Will behave off leash |
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Dog Psychology (Cesar Milan)

Dogs communicate with their nose, eyes and then ears. Dogs do not think like we do, they just react. React based on conditioned responses or phobias that can be de-conditioned. Dogs all live in the now, in the present. That dog isn't thinking about what it did yesterday or scheming on what it is going to do on the walk later. Dogs don't need our sympathy they need our leadership. Dogs don't feel sorry for themselves nor should you. Lots of energy and over excitement is not natural for a dog. Dogs jumping on you is an act of dominance, you cannot allow it. Provide your dog with exercise, discipline then affection. Affection creates excitement, only show affection once the jobs task is done – think seeing eye dog. Get your dog used to things before they are active. Comfortable in the tub before there is water in it. Comfortable around a vacuum cleaner before it is on... hear it in another room for awhile before being around it.