



Chill Out

A frantic dog or one who jumps or mouths your arms or hands can be a problematic behavior for many people. We want to be sure to teach your dog more human appropriate ways to say hello and learn to relax in a confined area.

Ignore Excitement/Reward Calmness

The best way to teach your dog what's appropriate and what's not is to reward the stuff you like while ignoring everything else.

Teaching the Behavior

1. Stand with your dog on leash and wait for any calm behavior, such as:
 - a) Four paws on the floor
 - b) No barking
 - c) Sit or down
 - d) Eye-contact
2. Click and reward with a treat each time these behaviors occur, regardless of why they are occurring. (Example: Your dog was barking but only stopped because they got distracted by a noise outside the yard.)
3. Ignore your dog if they bark at you, jump or mouth, or do any other unwanted behavior to gain attention.
4. Repeat steps 1-3 until the behavior decreases.
5. Be sure to reward throughout the day outside of set aside training sessions as well. If your dog is lying quietly while you work, read a book, watch TV, etc., be sure to toss them a few treats for doing a good job.

Troubleshooting

- Are the behaviors not decreasing and your dog seems stressed? Try moving to a different area. If you're in a yard and there's a lot of stimuli amping the dog up (noise from wind, people or other dogs passing by, etc.), then move inside or somewhere quieter and less overwhelming. If you're inside or somewhere quiet already, then try moving outside where you might be able to use some distractions to your advantage.
- Does your dog seem to be getting frustrated? Try increasing the rate of reinforcement, rewarding them more often, even up to one treat per second!

Touch & Go

This protocol will help teach your dog not to jump on you for attention, and not to jump as they approach you by giving them an alternative behavior to perform instead.

Notes

- Prerequisite: Touch cue
- Make sure your dog has a really good touch cue before beginning this protocol. It would also be a good idea to run through some touch cues on their own to get your dog warmed up and make sure they are ready to work.
- No need to use the verbal cue for “touch” in this protocol, just the hand signal
- After your dog knows both the plans below, be sure to stay fluid as you’re working with them. It’s ok and expected that you’ll need to weave through the protocols a bit!

Teaching the Behavior

1. Begin walking through a room in your home or a yard at a slow walking pace, with your dog following either close behind or next to you
2. As you are walking, hold your open hand out by your side, giving the “Touch” hand cue.
3. When your dog approaches and touches your hand, click, give them a reward, then continue walking.
4. Repeat the process as your dog continues to follow you and remains with their paws on the ground while targeting your hand.
5. As your dog gets really good about following alongside you and is performing an almost constant touch, then you can start tossing treats off to the side for them to have to walk away to eat, then come back to you to target your hand and repeat the process.
6. As your dog continues to do well increase the speed in which you are walking, going from a slow walk → normal pace → fast walk → light jog, etc.

A second part to this protocol incorporates using the touch cue in addition to a recall. You can use this separately as a “part B” of this protocol and/or you can use it when your dog inevitably either runs ahead of you or falls behind you during the above plan.

1. With distance between you and your dog, call them to you and hold your hand out either in front of you or by your side.
2. When they approach and target your hand, click and then reward.
3. After they finish eating the treat, take another and toss it a few feet away from you so the dog has to move away to get it.
4. Once they’ve found the treat you tossed, call them again and repeat the process, gradually increasing the distance you throw the second treat as they get better at the game.

Troubleshooting

- Is your dog jumping to target your hand? You may be holding your hand too high. Try lowering it so it’s no higher than eye level to your dog.
- Is your dog not following or focused on you? Make sure you’re using treats that are high-value and enough to keep your dog’s focus. Or, if you are out in a yard and there’s too much going on in terms of smells, other dogs or people, then try moving to a different area.

- Feel free to hold the leash as you do this activity so you have better control if your dog is more difficult to handle due to making contact as they jump, mouthing or any other reason. You may want to clip them to a longer line so they have more room to move about if you're outside
- Are they not coming when called, or too excited when they get to you and unable to focus on your hand target? Try tossing the treat closer to you so it's not as far for them to go, and they won't lose too much focus. The shorter distance also means your dog will not build up as much speed or excitement to build up on their way to you.

Therapeutic Play: Fetch

Nothing better than a good ol' ball game! And just like with any game there are a few ground rules we need to abide by.

Notes

- Prerequisite: Sit
- Use a toy your dog will enthusiastically retrieve: balls, plush squeaky toys, etc.
- Never move toward, chase after or follow the dog when they have the toy. Your dog should come to you.
- Do not put your hand on the toy until the dog has dropped it.

Teaching the Behavior

1. Show your dog that you have a toy, get the dog excited, and then throw it.
2. When your dog returns, pick up the toy after they drop it.
3. Hold the toy and cue your dog to "Sit."
4. Click and then throw the toy after they sit. The toy, and the continuation of the game, becomes the reward.
5. Repeat.

As your dog gets better at the game and is readily offering sits upon returning, try switching over from a cued sit to a default sit. See plan in Advanced Basic Manners and Tricks, if needed.

Troubleshooting

- Is your dog not dropping the toy upon returning? Look to the Drop It training plan below.
- Is your dog not chasing the toy or not showing much interest in it? Try a different toy. Some dogs will really like chasing tennis balls, other stuffed toys, etc. Still not showing any interest? Then maybe fetch just isn't a game they like to play. No need to force it!
- Chasing the toy and playing with it but not bringing it back? Get excited and start calling them back to you. You can also try to entice them to come back with another toy.

Drop It

Some dogs may be more motivated to “Drop It” with a second ball (or toy) as a lure instead of treats.

Teaching the Behavior

1. When the dog returns with the toy, hold a treat directly in front of the dog’s nose.
2. When the dog releases the ball, pick up the ball at the same time you deliver the treat into the dog’s mouth. If you feed the treat before picking up the ball, the dog might pick the ball up again before you can get to it!
3. Throw the ball again.
4. Once the dog starts quickly releasing the ball every time the dog returns, start saying “Drop It” before presenting the treat.
5. Once the dog starts releasing the ball as soon as you say “Drop It,” start producing the treat as a reward (ie, comes from your treat bag) instead of as a lure (put right in front of dog’s nose).



Relax on a Mat

Providing a specific place and rewarding them for laying down in that place will help give your dog a place to go to so they can calm down and decompress. You'll also be using capturing and shaping techniques, so it will help provide extra mental stimulation and allow for problem-solving skills.

What You Will Need

- A "training" mat: This can be any sort of blanket or sheet that will be the area of reinforcement for your dog
- Treats
- A room indoors to work in

Teaching the Behavior

1. Set up the room before bringing your dog in with the blanket on the floor, and make sure any toys or other interesting items are picked up. Once your dog is in the room, allow them to explore, giving them a few minutes to walk and sniff throughout.
2. Once they have acclimated to the room, typically 1 to 3 minutes depending on the dog, toss a few treats onto the blanket you've laid out for them. Click once they touch the blanket to begin eating the treats and repeat once or twice more.
3. Click and throw treats onto the mat any time your dog approaches the mat. After a few times, they should begin to realize that good things happen when they are on the mat.
4. As you progress, wait for additional behaviors such as putting their paw on the mat, then two paws, then all four, etc., and as the dog progresses, the previous step is no longer good enough to receive a reward.
5. Once they are fully standing on the mat, wait for them to sit before clicking and rewarding. After your dog is consistently sitting on the mat, wait for them to lay down before rewarding.

Helpful Tips and Tricks

- Do not interact with your dog while working on the protocol. The goal is for them to learn to regulate themselves and provide them with an alternate behavior when they are feeling anxious or overwhelmed.
- Be sure that you toss all the treats on the mat, as you want the dog to learn that the mat is where all the good stuff is happening!
- Your dog may perform an array of behaviors throughout the training in attempt to try and understand what warrants the reward. Reward only the behaviors you want, and ignore all others.
- If your dog does not begin to settle or relax, remaining highly stressed and aroused, after approximately 10 minutes, then stop and take a break. You may want to provide them with something to chew on for a little bit to act as a stress reliever before trying again.
- It's best to do this protocol in 10- to 15-minute intervals.

Enrichment

Be sure to offer plenty of enrichment throughout the day to your dog. What they like varies from dog to dog, so offer an array of different things and then eliminate the ones they don't seem to like much.

Common types of enrichment include

- Sniffing
- Eating meals or treats out of puzzle toys
- Chewing:
 - Hard rubber toys such as Kongs, Starmark, etc.
 - Pig ears
 - Bully sticks
 - Frozen treats

