



## Speak

Keep practising what you have learned in Week 1, 2 and 3 this week.

Let's have a bit of fun! Let's make your dog bark on command. You don't have to do this exercise if you don't want to do this. I consider this somewhat of a bonus class. However it can actually be a very useful exercise to also make your dog NOT bark when you don't want him to bark. He learns that only when you tell him to bark he can bark. You can use terms like "Speak", "Bark" or "Talk", to have your dog make some noise. In this case you want your dog in a bit of a playful mood. You may have to play a bit of tug-of-war or tease him with a ball; however you excite your dog a bit.

### *Exercise*

- ❖ Have some playful time with your dog, where he wants to bark.
- ❖ As he barks, use the word "Speak".
- ❖ You may have to... ahem... "bark" with him to get him going if you are comfortable to do this. ☺
- ❖ As soon as he barks, click/mark the behaviour and give him a treat.

Very soon your dog will realize he gets rewarded as soon as he barks on command. As weird as this sounds you can actually also make him NOT bark as he will learn he will not get rewarded when he barks when you didn't give him the command. So to enforce this behaviour and get him to do it ONLY when you tell him to:

- ❖ Make your dog "Sit". This is so we can make this a calm behaviour and not uncontrollable.
- ❖ He can not make a sound yet. Use "ah-ah" if necessary. I often raise my index finger to stop unwanted behaviour.
- ❖ As he calmly sits, say your dogs' name. Then say "Speak".
- ❖ As your dog barks on command click/mark this behaviour.
- ❖ Then reward him and release him.

If you have a dog who likes to bark, you can actually stop him from barking a lot. Just give him a short moment in the day where he IS allowed to bark so he gets it out of his system and then the rest of the day he is not allowed to do it.

### *Troubleshooting*

To get your dog to bark on command, if you are comfortable doing this, you may have to "bark" with him to get him going.

### *Goal*

To have your dog bark on command when you tell him "Speak".

### *Practical application*

"Speak" on command can be used if you want to show off your dog. But it can also be used to teach your dog only to bark when he is allowed and outside of that command he is not allowed to bark.





## Adding Distractions To Stay

In a previous lesson we taught your dog to "Stay" in the same spot without moving or getting up. Now it's time to add some distractions to that to ensure that he still remains on the same spot without moving or getting up.

### *Exercise*

- ❖ Start with your dog in the Heel position. ("Beside" you and "Sit").
- ❖ Then tell your dog to "Lay down".
- ❖ Hold your open hand -palm down- in front of him, just above his face and tell your dog to "Stay" - don't move away.
- ❖ He will stay beside you the entire session.
- ❖ Have a toy or a tennis ball in your hand.
- ❖ Bounce the ball or play with the toy casually in a way that he would want to get up and get the toy, but he must "Stay" and "Leave it".
- ❖ If he gets up from the down/stay position say "ah-ah" and "Lay down"/"Stay" and then continue.
- ❖ Click/mark the behaviour, reward him and then release him.

As he gets better at staying increase the excitement of the distraction (squeaky toys, throw toys around him) until he can stay lying down for a while. Gradually build up the duration starting with a few seconds to at least 30 seconds.

Don't walk away from your dog yet. We are expanding on this in a future exercise. Right now he must remain where he is - beside you - and "Stay" and not get up and try to get the ball/toy.

### *Troubleshooting*

For this particular exercise we want your dog to be calm and you need to stay calm as well. Too much excitement will make him get up. We want him to remain in the same position for a while. Using "ah-ah " and calmly repeat the "Stay" command with your hand signal.

### *Goal*

To have your dog "Stay" in the "Lay down" position beside you and not get up no matter what distractions are happening around him.

### *Practical application*

You want to be able to have your dog "Stay" laying down for a while even when things happen around him. You want to be able to increase the time he remains in the "Stay" position over time.





## Adding Distance To On Your Bed

Now that your dog is consistently going to his bed or pillow, we want to be able to achieve that command from a distance. To do this we will need the doggie bed or pillow again for this exercise.

### *Exercise*

- ❖ Place the bed/pillow a short distance away from you and your dog.
- ❖ Tell your dog to "Go to your bed".
- ❖ Your dog should be crossing the short distance, not towards you but to his bed and lay down on his own. (you may have to tell him to "Lay down" if he doesn't do it on his own).
- ❖ Click/mark the behaviour and go to your dog.
- ❖ Reward your dog for going to his bed and lying down and release him.

Practice this a number of times so your dog is learning to go the distance to the bed and laying down before you move on to the next step.

- ❖ Tell your dog to "Go to your bed".
- ❖ Make sure he is lying down and staying.
- ❖ Once he is lying on his bed, take some steps away (4-6ft away) from him, slowly walk around him, adding distance between you and your dog.
- ❖ He should remain on his bed and "Stay".
- ❖ When your dog is successfully lying down on his bed, click/mark the behaviour then go to your dog to reward and release him.

You must always go to your dog to release him for him to properly learn this stay part of the behaviour (this is where "Stay" is different from "Wait").

### *Troubleshooting*

If your dog still has some trouble going to his bed, refer back to Week 3 where you learned to "Go to your bed". Some dogs get up too quickly. He can only get up when you get right back to your dog and give him a treat, till then he must remain laying down.

### *Goal*

To tell your dog to go to his bed, wherever it is in the house, and lay down and then stay there till you release him.

### *Practical application*

What is the point if your dog goes to his bed but gets up shortly after he has done what you asked? Kind of like telling a child to go to his room means: "go and stay there until I tell you that you can come back". And not "go to your room and come right back...". He must remain in that position till you release him. Over time he will learn he has to stay there for a while. For now, don't push the duration too far. For now it's already quite an achievement to stay for 10 minutes!

