



## Loose Leash Walking

The most common form of walking your dog is "Loose Leash Walking". This will be used in your every day walk with your dog. Learning how to do this right will make your daily walks very enjoyable. Use a 6 foot leash and a regular collar, NOT a retractable leash and DON'T use a harness.

### *Exercise*

- ❖ Have a few treats ready.
- ❖ Have your dog calmly stand beside you.
- ❖ Keep a calm "J"-shape in the leash (see video).
- ❖ Praise your dog for staying calm and paying attention.
- ❖ If your dog starts to pull already, WAIT for him to come back.
- ❖ Don't move and don't pull the dog back.
- ❖ When he comes back on his own, reward him.

Now you are ready to move on.

- ❖ Take your first step. You can say "Let's go", to start the walk.
- ❖ If your dog dashes out and pulls you, immediately STOP and WAIT for the dog to come back to your side.
- ❖ When he comes back, you start over.
- ❖ The reward is a continued walk and not a treat in this case.
- ❖ It's okay to use your dogs' name to call them back to your side if they keep sniffing something.
- ❖ Make sure to praise your dog verbally for listening.

You can practice this around your house or your backyard if you feel that your dog is not ready for walks around the neighbourhood.

### *Troubleshooting*

It is very normal for dogs to run out the door when it's time to go for a walk. They are so excited to go out and sniff new things and spend time with you. But that often means that they pull you, sometimes so hard that you may have trouble controlling them. This is NOT acceptable behaviour and right from the beginning you MUST make them aware that ONLY when they walk calmly with you the walk continues. If they are about to pull you, a quick "ah-ah" often makes them realize to slow down a bit, before pulling. You can bribe them with a treat to have them come back to you. It is important for you to stay calm, as they can sense our frustration and continue to misbehave.

### *Goal*

To have your dog walk calmly beside you without pulling and the leash in a "J"-shape. They are free to explore a little, as long as they don't pull you.

### *Practical application*

Your dog will learn that as long as he doesn't pull you, the walk continues. This is called a Life Reward. Practice this every time you go for a walk. Your dog must learn that pulling you and dashing out is not acceptable.





## Wait

Making your dog wait when you open the door or when you cross the road and similar situations will help keeping your dog safe. Waiting means: Not yet but soon, till I release you.

### *Exercise*

- ❖ Have your dog on his leash and get ready for a walk outside.
- ❖ At the door, make your dog sit.
- ❖ Tell him to "Wait".
- ❖ Calmly open the door. If the dog moves, close the door and say "Wait".
- ❖ Try opening the door again. Your dog **MUST** stay sitting when the door opens. You can use "ah-ah".
- ❖ Only when the dog stays sitting you step outside. It's important you step out first, you are the alpha.
- ❖ Release your dog with your release command. You can use "Let's go", "OK", "Come on" etc. The reward is to continue for a walk.

Now you are going to practice Loose Leash Walking again, but now you are going to make your dog sit and wait at the curb before you cross the road.

- ❖ When you want to cross the road have your dog sit at the curb.
- ❖ Tell your dog "Wait", your dog must stay in the sit position.
- ❖ Wait a few seconds.
- ❖ Now tell your dog "Watch me" and have him look at your eyes for permission.
- ❖ Check the road for traffic.
- ❖ When it is safe tell your dog "Let's go" and cross the road.

### *Troubleshooting*

It is very normal for most dogs to be super excited to go for a walk and may have a hard time focussing on sitting at the door. You may have to get them to sit by using a treat. They will learn quickly to sit and wait, because the only way you go for a walk is when they sit first. As soon as they move you may have to use "ah-ah" to keep their bum on the ground.

### *Goal*

Your dog must sit before you open the door. As the door opens up, they must wait and not get up till you go through the door first and release them. Secondly they must sit at the curb and wait for your command before crossing the road.

### *Practical application*

It is very normal for most dogs, when you go out for a walk, that they want to go through the door before you. You are the alpha and they come after you. They will learn to respect you by making them sit and wait at the door. You are setting up a boundary and provide a structure. Your dog learns not to run out the door and keeps your dog safe. At the curb your dog will learn to stay off the road unless you direct them.





## Sit For Greeting (Down)

Dogs love your attention and are super excited to see you when you come home and often jump up at us. When you greet your dog and pet them you actually reward them for the jumping behaviour and your dog now thinks it's the right behaviour. You may not mind the jumping, but many people don't appreciate your dog jumping up at them. So, let's teach your dog to sit down every time you come home. They will learn to have respect for you and others.

### *Exercise*

- ❖ Every time you come home or first thing in the morning, you need to make your dog sit before petting them.
- ❖ If your dog doesn't sit when you are greeting them, turn away from and/or ignore your dog and tell them to sit.
- ❖ Only pet them when they sit.
- ❖ If they get up again before you are ready, make them sit again before continuing to pet them.
- ❖ All four legs must be on the floor for greeting at all times.
- ❖ Make sure friends, guests or strangers are only petting or greeting your dog when the dog is sitting.
- ❖ Everyone in the household needs to be consistent in having the dog sit for greeting/attention to help the dog learn.

Because they really want our attention, your dog will quickly learn that ONLY when he sits he gets attention.

### *Troubleshooting*

If you have a dog that particularly likes to jump, it will take some time to stop them from jumping. Only by being consistent they will learn. It may take a few weeks before they "get" it. What I often see happening is that they will sit when you tell them to and then they get pet and as soon as you stop petting them they jump up again to get more attention. You have to be more stubborn and ignore them and tell them to sit again. And then calmly go do something else. Over time they will learn the right behaviour.

### *Goal*

Every time you come home or first thing in the morning; your dog needs to sit and not jump in order to get pet. All four legs must be on the floor for greeting at all times.

### *Practical application*

Not everybody appreciates a jumping dog. Some people are scared of dogs and panic when dogs come near them, especially ones that jump at them. A jumping dog can push people off balance and even cause them to fall or make them dirty with their paws etc. It is courteous to not have your dog jump at them. They will learn to respect you and behave better.

Keep practising what you have learned in Week 1.

