

## **Week 2**

## Class Outline

### 10 **Introducing the Clicker**

Clicker distribution and individual coaching: click and treat  
Explanation: the clicker as another way of saying “Good job”  
Instruction: request attention to name, click and treat, release to play  
Group coaching of attention to name  
Stuffed and regular toys on the floor during playtime  
Gotchas to conclude playtime

### 10 **Push-up Contest**

Demonstration: one push-up  
Individual coaching  
Contest

### 15 **Sit / Down / Stand – Step 2: Getting Rid of the Lure**

Demonstration with runner-up from push-up contest  
Individual coaching

### 15 **Settle – Step 1: Settle in Arms**

Settle in arms: demonstration, explanation of panic versus tantrums and the importance of avoiding punishment  
Group coaching: alternating Settle and playtime  
Sound desensitization during playtime

**5 Pee Break**

**10 Off and Take It – Step 1: Food in Hand**

Demonstration

Individual coaching

Explanation: work up to 10 seconds at home, use “Off” only during homework practice for now

**10 Pass the Puppy**

Instruction: participants seated on the floor, in a circle, with leashed puppies on their laps

Participants recall handling activities

Spook items

**15 Pulling on Leash**

Explanation: pulling as normal behaviour

Head halter: demonstration, explanation (pros and cons)

Body harness: demonstration, explanation (pros and cons)

Explanation: risk of associating people or dogs with pain if choke or prong collars are used

Demonstration: loose-leash walking

Explanation: anti-pull device helps prevent pulling habit and helps train loose-leash walking

Demonstration: interested owners can hold the leash of a large dog wearing an anti-pull device

Homework and special instructions for puppies not yet fully vaccinated.

Optional: general information on safe areas for the off-leash following exercise

## Class Plan

Activity & Time Allotted	Instructions for Teachers	Information for Participants
<p>Introducing the Clicker 10 minutes</p>	<p>Hand out clickers – have each owner click and treat their puppy once.</p> <p>Once the dogs are all off leash playing you can explain to owners that whenever they see their puppy do something they like they can click to say “Good job” and then reward the job well done.</p> <p>Place chew toys on the floor for the puppies to play with.</p> <p>Stuff some of the toys with food. Owners will see that stuffable toys become much more interesting to puppies once stuffed. Watch out for <b>resource guarding</b> between dogs. Normalize it and only intervene if necessary. Intervention can consist of training using <b>negative punishment</b> (i.e. a 3-minute time-out), and/or <b>management</b> (removal of stuffed toys from the floor).</p>	<p>Today we will try a new way of telling the puppies when they have done a good job. You will click your clicker as a way of saying “Good job” and then give your puppy a reward for the job well done. In a moment you will say your puppy’s name, click as soon as she looks at you, treat, and let her off leash to play with her friends. So, just to repeat, you will say your puppy’s name first, then wait until she looks at you, then click and treat, and let her go play. Go ahead and call your puppy’s name.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>Point out meta play signals. Also point out and normalize other social communication, as it arises, especially communications that the owners may be concerned about, such as screeching during rough play, snarling/growling to increase social distance, and resource guarding between dogs.</p> <p>End the play session with 2 Gotcha-n-gos (catch ▶ treat ▶ release) followed by a Gotcha-n-stay (catch ▶ treat ▶ leash).</p>	
<p>Push-up Contest 10 minutes</p>	<p>Borrow a large food-motivated dog for demonstration.</p> <p>Demonstrate Sit, give treat, reload hand.</p> <p>Demonstrate Down, give treat, reload hand.</p> <p>Demonstrate Sit from Down, give treat.</p>	<p>We are going to warm up our Sits and Downs and then have a little contest.</p> <p>Recall from last week – you asked your dog to sit by moving your hand with a treat upwards and forwards. You held the treat under your thumb in your palm.</p> <p>You also asked your dog to lie down by moving your hand down to the floor, between her paws.</p> <p>We can do another Sit...</p> <p>...and that completes a puppy push-up!</p>



Activity & Time Allotted	Instructions for Teachers	Information for Participants
<p>Sit Down Stand</p> <p>Step 2: Getting Rid of the Lure</p> <p>15 minutes</p>	<p>Borrow the runner-up for demonstration.</p> <p>Demonstrate Sit ▶ Down ▶ Sit ▶ Down ▶ Sit with a food lure.</p> <p>Quickly take the treat out of the signaling hand using the other hand.</p> <p>Hand signal “Down”.</p> <p>Treat as soon as the dog is in a down position.</p> <p>Repeat this sequence two or three times (people will find this concept difficult to grasp).</p> <p>Practice.</p> <p>Circulate and provide individual attention. Privately encourage anyone who got fewer than five push-ups in the contest to stick to Step 1 for a few more days. Look out for the common errors.</p>	<p>Now that they are getting the hang of what each of the hand signals means, we need to teach them to obey hand signals when there is <i>no</i> treat in the hand. Here is how we do it: I am putting a treat under my thumb and warming Rover up with a few push-ups.</p> <p>Now I am taking the treat out of my hand...</p> <p>...and asking for one more move...</p> <p>...and then giving her a reward from the <i>other</i> hand.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
<p>Settle</p> <p>Step 1: Settle in Arms</p> <p>15 minutes</p>	<p>Demonstrate with a dog that is wiggly and not frightened of being held by you. Sit down on the floor with your legs crossed and hold the dog upright on your lap.</p> <p>Continue holding the dog and respond to the dog as you just described.</p> <p>Release the dog after a short period of settling.</p>	<p>Today we will start to teach the dog to settle on command. Being settled means being relaxed and quiet. To teach Settle we use a holding technique to <i>help</i> them relax, and eventually we pair the word “Settle” with <i>being</i> relaxed. In a moment, you will hold your dog upright on your lap, with her bum well supported, your arms under her armpits and your fingers interlocked over her chest.</p> <p>Some dogs will find this a bit scary at first and may panic, other dogs will have a bit of a tantrum because they would rather be playing or sniffing the floor. Scared dogs need to learn that nothing bad will happen to them when they are restrained in this way. We do not want their first restraint experience to be at the vet clinic when they are 60 pounds and have adult teeth! And “tantrum dogs” need to learn that tantrums do not work.</p> <p>When Rover is settling well we will repeat the word “Settle” over and over again. It feels a bit silly, but it will become an association for her – she will learn that “Settle” means to relax and stay put until she is told “All done”.</p> <p>When Rover struggles, whether it is because she is afraid or because she is having a tantrum, we do <i>nothing</i>. That is right – nothing. We certainly do not want to punish a scared dog by scolding her, and “tantrum dogs” will give up trying tantrums because they will learn that they never get what they want by throwing a tantrum.</p>



Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>Practice a short Settle.</p> <p>Teaching Tip:</p> <ul style="list-style-type: none"> <li>✓ Some owners may need an assistant at first. Large dogs may try to nip at their owners' face – having the owner hold their chin up will help with this problem.</li> </ul> <p>When all dogs have been settled for at least 15 seconds have the owners say “All done” and release their dogs.</p> <p>Repeat Settle ▶ Play ▶ Settle ▶ Play as time permits.</p> <p><b>Sound desensitization</b> tracks can be played during playtime. Scout for noise sensitive dogs.</p>	<p>Let's try together.</p>
<p>Pee Break 5 minutes</p>		
<p>Off and Take It</p> <p>Step 1: Food in Hand</p> <p>10 minutes</p>	<p>Borrow a food-motivated dog of any size.</p>	<p>Today we will teach the first step of Off and Take It. “Off ” means “no paws, no jaws”, on whatever the puppy is heading towards and wants to eat or touch. “Take it” gives permission for them to eat or touch the thing they are interested in.</p> <p>This is a really fun command to teach because they learn it <i>so</i> fast.</p>

<b>Activity &amp; Time Allotted</b>	<b>Instructions for Teachers</b>	<b>Information for Participants</b>
	<p>Say “Off ” once. The dog will continue sniffing and may paw, jump, bark etc. Ignore all efforts and keep your hand still.</p> <p>As soon as the dog is not making contact with your hand say “Take it” and open your palm so she can eat the treat.</p> <p>Repeat, and depending on how fast the dog catches on, increase the length of the Off accordingly. Usually you can get a 3-second Off within 5 trials.</p> <p>Practice. Common errors include owners repeating the command, moving their hand around, and holding their hand out of reach.</p>	<p>To teach the meaning of these words, you hold a treat in a closed hand, at your dog’s nose level, then calmly say “Off ”... and then wait.</p> <p>Rover has no idea what the word means – she just smells a goodie and goes for it, which is normal. Eventually she will try a new strategy, because paws and jaws are not working.</p> <p>Isn’t she smart? She tried a new strategy: staying off it to get it. Watch what happens when we do this a few times in a row.</p> <p>Let’s practice together. Remember to calmly say “Off ” only once, and to keep your hand still, at doggy nose level.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>For more information on why, at this point, “Off ” should only be used in this exercise, see <b>generalization</b>.</p>	<p>At home you can gradually get your pup to wait longer and longer, staying Off for up to 10 seconds. You will have lots of fun teaching this command! Until we practice other exercises with “Off ”, <i>only</i> use the word “Off ” when you are practicing your homework. Rover will not yet understand what “Off ” means if you use it in other situations.</p>
<p>Pass the Puppy 10 minutes</p>	<p>Conduct the activity but, this week, prompt owners to call out each of the handling exercises.</p> <p>Remind owners that their puppy’s socialization window is closing rapidly!</p> <p>Introduce one or two spook items (umbrella, mask) and emphasize that exposure gets their puppy used to weird and scary things.</p>	
<p>Pulling on Leash 15 minutes</p>		<p>Most dogs will pull on leash. Horses would pull too; that is why riders use a bridle. Just as horses are introduced to a bridle, dogs should be introduced to either a head halter or body harness while they are still young so that they get used to an anti-pull device early on, and so that they do not develop the sort of pulling habit that would make a sled dog proud.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>Show a head-halter. A foam dog head or stuffed animal is very helpful to illustrate the mechanics of head-halters. Alternatively, large dogs that are not likely to fuss can be used for this demonstration. Owners can be invited to hold the leash of the dog wearing a head halter and who is trying to pull forwards, in order to see how effective the device is.</p> <p>With the Gentle Leader type head halter, the head is averted to the side, however, with the NewTrix type head halter, pressure is exerted on the back of the neck which lifts the dog's front body upwards and off balance. Explain accordingly.</p> <p>Show a body harness. Demonstrate the mechanics with either a stuffed animal or real dog.</p>	<p>The head halter works so well because it gives you extra leverage. As the dog pulls forward, her head is turned (or lifted – depending on the model). You must not, <i>ever</i>, yank the leash of a dog with a head halter; you could injure her very badly because you have such good leverage.</p> <p>The good thing about head halters is that they work very well, the bad part is that dogs sometimes <i>hate</i> them at first. You can get most pups used to it by putting it on at mealtime, and feeding kibble by hand while it is on. For big dogs being walked by children, using a head halter is not optional; it is necessary for the safety of both the dog and the child.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>Adjust dialogue accordingly if promoting other types of anti-pull harnesses.</p> <p>Owners can be invited at some point to hold the leash of the dog wearing an anti-pull harness and who is trying to pull forwards.</p>	<p>The other option for reducing pulling is using an anti-pull harness. It works by tightening itself under the armpits when the dog pulls forward (or shifting the dog's center of gravity, depending on model). This does not feel good, sort of the way a belt that is on too tight feels, but it does not cut off the dog's airway or bend her windpipe and it does not cause sharp severe pain the way the yank of a choke collar or prong collar would.</p> <p>Using head-halters and anti-pull harnesses in place of choke or prong collars prevents the dog from associating pain with what they are pulling towards. Creating a pain association can cause aggression in some dogs, and is dangerous and unkind.</p> <p>It is pretty crazy to expect dogs who only go out for one or two brief walks a day to <i>want</i> to stay right next to us, especially when there are so many neat things to do like chase squirrels or smell dog pee spots on the grass. So, we need to use either an anti-pull harness or head halter to help teach them to walk with us safely, and with good manners.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>Demonstrate with a borrowed dog.</p> <p>Give Rover a few feet of leash, and start walking with the leash in one hand, and your clicker and treats in the other hand.</p> <p>Begin walking briskly forward, and as soon as the dog is within a semicircle area on your left that has a diameter of about two body lengths (described as the “magic spot”), click and treat and then carry on walking.</p> <p>Keep walking in random directions and as soon as the leash gets tight, move in the direction opposite to where the dog was pulling. Click and treat when the dog is in the “magic spot” beside you.</p> <p>If the dog is food-motivated, this exercise makes for a phenomenal demonstration.</p>	<p>The goal is to teach your dog “loose-leash walking”, which means she has to keep the leash loose. Using an anti-pull device while your pup is young will help prevent her from developing a bad pulling habit. We also need to train her to <i>want</i> to keep the leash loose. Here is how.</p> <p>I use my better hand to click and treat and my other hand to hold the leash, with my thumb hooked into my pocket or over my waistband to keep my hand still.</p> <p>Watch Rover and see how long it takes her to find the “magic spot” that makes the click and treat happen.</p>

Activity & Time Allotted	Instructions for Teachers	Information for Participants
	<p>Hand out homework.</p> <p>Comment on special precautions for puppies who are not yet fully vaccinated (who should avoid areas frequented by unknown dogs).</p> <p>Optional: Advise on safe areas for practicing off-leash following (or edit the homework sheet to include specific locations).</p>	<p>Whenever Rover tightens the leash we go in the opposite direction.</p> <p>This exercise works well for two reasons: by tightening the leash she <i>loses</i> the chance to get to what she was pulling towards; by my heading her in the opposite direction, she has a chance to get into the “magic spot”. Once she is in the “magic spot” she gets a click and a treat.</p> <p>However, if I have just crossed a highway and she tightens the leash I cannot go in the opposite direction – Rover or I could be hit by a car! So, if Rover tightens the leash by pulling ahead right after crossing an intersection you can do a time-out instead of changing directions. Do this by saying “Time-out” and stepping on the leash in such a way that it is just taut. How boring it is to be in a time-out in the middle of a walk. After 1 minute of no tantrums, carry on walking again. You will each have a chance to try loose-leash walking if you want to in class next week, but no one will <i>have</i> to do this in front of the class unless they volunteer.</p>

## Homework Sheet – Week 2

### Handling and Grooming

Practice handling your puppy daily and invite others to participate. Open her mouth, handle her ears, fiddle between her toes, tug her tail, and give her tight hugs. Also begin getting her used to grooming (brushing her coat, brushing her teeth, trimming her nails) by making it fun with treats and praise. Start out with a mini-version of the sort of grooming you will be doing when she is older, and give her lots of praise for cooperating. Start getting her used to having your fingers in her mouth, and to tooth brushing, by rubbing her gums. Introduce her to having her coat brushed, and feed her supper in the bathtub in preparation for baths. See the handout titled “Grooming Tips” for more information on getting your puppy used to grooming.

### Settle – Step 1: Settle in Arms

At least once a day cradle your dog on your lap and practice settling like we did in class. Ignore whining and squirming, and say “Settle” when she is calm and relaxed so she learns the association. When she has settled nicely for 15 seconds, release her by saying “All done” and reward her with playtime. Alternate play sessions and settle breaks so that you will be able to turn on and off her energy when you need to.

### Off-leash Following

Go to a safe new place, far from traffic, for an off-leash walk with your puppy. If your puppy has not been fully vaccinated yet, choose an area that is not frequented by unknown dogs. Encourage her to stay close to you by talking to her or clapping your hands, but if she heads off, just walk away from her (do not follow her, unless she is in danger). We want her to learn to stay in your general vicinity while exploring the environment. Try hiding behind a tree when she is not looking, and when she thinks she has lost you, let her panic for a minute before letting her know where you are. She will learn that you are easy to lose, and she will want to keep a close eye on you! This is a great bonding exercise if done while your puppy is still young.

Some safe areas nearby are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### **Off and Take it – Step 1: Food in Hand**

At least once a day, hold a treat in your hand at your dog's nose level and calmly say "Off ". When she has not sniffed or pawed at it for 3 seconds, tell her to "Take it" then open your hand so she can eat the treat. Gradually build up to 10 seconds. Remember to keep your hand still, avoid repeating the command "Off ", and be sure to wait a second after saying "Take it" before you open your hand to let her eat the treat, so that she learns the meaning of "Take it".

### **Sit Means "Please"**

Have your puppy sit before meals, walks, throwing a ball, invitations onto the couch, and playtime with other dogs. Do not let her have any of these until she sits. If you give these things away for free, rather than using them as a reward for good behaviour, your dog is much less motivated to behave well!

### **Sit / Down / Stand – Step 2: Introducing Empty Hand Signals**

Use hand signals *with* a treat to get your puppy to do the following sequence: Sit ▶ Down ▶ Sit ▶ Down ▶ Sit (but do not let her eat the treat). Quickly use your other hand to remove the treat from your signal hand, and ask for one more Down with an *empty* hand. Give her the treat as soon as she is down. This teaches her to obey empty hand signals.

If you feel keen do this exercise for all 6 combinations of Sit, Down and Stand.

Getting a treat *after* she completes a behaviour is a "pay cheque" – if she is getting "pay cheques" she will work for you whether she sees a treat in your hand or not; seeing a treat *before* she completes the behaviour is a bribe – if she is getting bribes she will only do what you ask if she sees a treat in your hand first!

### **Reliable Recall – Step 2: Attention to Name From Another Room**

Three times a day say your puppy's name from another room, then praise or click and give her a treat when she arrives. You will only do this when you know that she is not distracted, and is likely to come to you when she hears her name. If you do not like using the clicker, you do not have to use it. If you want to learn more about why a clicker can be a helpful tool in dog training read the one page "Clicker ABCs" handout (included in your course package).