THE DOG WHISPERER™
BEGINNING AND INTERMEDIATE DOG TRAINING

Fast Start Training Tips
by Paul Owens
with Norma Eckroate

Complete Interactive Step-by-Step Training Available on DVD at www.dogwhispererdvd.com

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“How we treat our animals is directly linked to how we treat each other”
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Remember: These training topics and instructions as well as many others are presented step-by-step on the “Dog Whisperer DVD.” The “original” dog whisperer Paul Owens has recorded his years of experience and expertise on this colorful, interactive DVD. Solve all of those annoying canine problems and, at the same time establish and develop an even stronger bond between you and your precious friend.

Available at http://www.dogwhispererdvd.com/

“How we treat our animals is directly linked to how we treat each other”
The Debate over “Positive” Versus “Negative” Dog Training

Dog training is ever-evolving, with new training ideas and tools popping up every year, helping us to educate our dogs and make the learning process easier and more fun. A bit of controversy has swirled as the term “Dog Whisperer” has been used by a number of trainers around the globe. It is at this point that I must make a distinction, however, because not all trainers agree on what the term Dog Whisperer means. To me, the word whisperer connotes the use of gentle and positive methods. Some trainers include negative, physical-force methods in their training which are in stark contrast to the positive, nonviolent methods that I and other reward-based trainers advocate.

What I’ve found is that most people who wouldn’t pin a dog to the ground, hang a dog in the air by a leash or collar, or jerk a dog to force him to submit, wouldn’t do those things anyway, even after attending a dog training class or viewing a TV show that promotes physically aversive methods. There’s a reason that these methods are not even considered in the training of kittens, birds, primates, horses or our children. The reason is that they are considered abusive and cruel. And, the truth is, without these methods, we can educate all of these animals (and our children) to live with us harmoniously through positive methods of education. So, why would we even consider using these methods with dogs? No dog training method should ever be used if it conflicts with how you feel about your dog and how he should be treated. And no advice should ever be heeded if it supersedes your own common sense and intuition.

From the practical point-of-view, more and more scientific studies are emerging to support the use of positive training over negative training. Top behavioral scientists at the leading veterinary schools, including the University of Pennsylvania, Tufts University, Cornell, the University of California at Davis, and many others promote only positive behavior modification methods and believe that negative training and physical force methods are unsafe, unnecessary and ineffective in the long run.

While it is true you want to be a leader of sorts for your human/canine family for safety reasons, physical force or punishment or the threat of force or punishment are not necessary. Today, many dog trainers have adopted the gentle, non-force, positive methods that are presented in The Dog Whisperer DVD.

Dr. Karen Overall, director of the Behavior Clinic of the School of Veterinary Medicine at the University of Pennsylvania, sums up the path to a great relationship with our dogs with the following overview:

- Practice deferential behaviors.
- Do not use physical punishment.
- Teach the dog that you are not a threat.
- Reward good behaviors, even when they are spontaneous.
- Don’t worry about minor details—none of us are perfect.
- Always let the dog know he can have treats, love, or toys if he sits quietly first.
The Dog Whisperer Fast Start Training Tips

- Never do something just because you can.
- Talk to your dog. Use his or her name. Signal clearly.
- Be reliable and trustworthy

The History of Positive Dog Training

The birth of modern, user-friendly, dog-friendly training began with the methods used in the training of military dogs by British Army officer Colonel E. H. Richardson during the First World War. However, the introduction to the masses of what is now recognized as scientific dog training came with the work of Karen Pryor, a former head trainer at Hawaii’s Sea Life Park. In her work with marine mammals, Pryor found that positive reinforcement was a powerful tool in training killer whales, dolphins, and other sea animals. In 1986, she introduced these scientific behavioral principles in her book *Don’t Shoot the Dog*, which presents tools for training your dog as well as ways in which these principles work for other animals, including humans. In her book Pryor not only shows you how to shape your dog’s behavior without strain or pain, she also shares how to combat your own addictions to alcohol, drugs, cigarettes, and overeating; how to deal with problems such as a moody spouse, an impossible teen, or an aged parent; and even how to improve your tennis game. In short, Pryor’s work helps the layperson understand why people and animals

“The Alpha Dog” and Dominance

The definition of dominance is “who controls access.” Using physical force is not necessary to accomplish this. If a three-year-old child has her hand on the doorknob, she is dominant because she controls whether the dog goes in or out. If she is holding a ball, in the dog’s eyes, she is dominant because she controls access to the ball. So dominance doesn’t mean who is bigger or stronger …although that sometimes plays a part. It simply means setting up your environment so that you control access to things your dog wants and he has to look to you to get what he wants. You control the food, affection, toys, social freedom, climate control, and everything else in his universe. There is no negotiation. In effect, you are saying, “I’ll give you the world, but you’ve got to do something for me first.” When the dog figures this out, you simply ask the dog to do something before providing the reward, whether it be food, chasing a ball, going outside, etc.

For many years, concepts about hierarchy within the canine world led to the idea that one dog in the pack is the top ranking “alpha dog” and that that dog is dominant in all situations. In recent years this concept has been researched extensively by leading animal behaviorists who now consider it to be outmoded and simplistic. Still, the perception that dogs look up to the alpha in the pack as some sort of tyrannical dictator and that humans should take on this role has been perpetuated by the authors of many mainstream dog training books and trainers on television. They use this theory to teach you to mandate your authority as the physical-force leader of your dog’s pack—the boss, the head honcho, the big cheese, the numero uno. Woe to him if he doesn’t obey. Unfortunately, this outmoded idea has some trainers perpetuating the myth that humans should use physical displays with the family dog including physically forcing dogs to walk behind them, standing over them, pinning them to the ground, always entering a room first, and so on, supposedly to mimic the behaviors of packs in the wild. Well, none of these things actually exist in the wild except around food or procreation issues.
The most frequently repeated phrase by trainers who endorse this outdated “dominance” theory is. “You must always win when training your dog.” If you think about it, the phrase “you must always win” conveys that there is a competition going on. And a competition means there is a “win-lose” mentality. How can you and your dog become a behavioral team when you are caught up in an environment of having to compete and win at all costs?

Dogs are social animals but there is no “one dog rules all” pack mentality. L. David Mech, one of the world’s leading experts on the pack behavior of wild wolves, prefers to associate the term alpha with parenting. Parents understand the importance of protecting and educating their children. After all, the parenting role requires not just providing food, shelter, and clothing, but also setting boundaries. What you want the dog to do and the child to do is to take their cues about the appropriateness of their behavior from you and that is the context within which you guide and protect them. A child can’t just run out into the middle of the street or steal a toy from another child in the schoolyard without consequences. In the best of circumstances, the parent acts as a loving, nonviolent guardian; he is the source and provider of safety and comfort, and he educates the child through the use of examples, boundaries, and limits. In the same way, you must educate and act as a loving, nonviolent, benevolent guardian in your dog’s life.

Mech says: "In natural wolf packs, the alpha male or female are merely the breeding animals, the parents of the pack, and dominance contests with other wolves are rare, if they exist at all.” Mech continues, “Breeding wolves [only] provide leadership because offspring tend to follow their parents' initiative…. The point here is not so much the terminology but what the terminology falsely implies: a rigid, force-based dominance hierarchy.” Mech’s research shows that, while breeding wolves provided the most leadership, wolves who had subordinate roles also provided leadership during travel. He says, “No “alpha” [emphasis mine] would suddenly run to the front of the pack and force the subordinate to get behind him.”

The following excerpt from the book Ain't Misbehavin' by John C. Wright, PH.D (2001) further elucidates the new understanding on the myth of dominance, “Well, I hate to admit this---since I was one of the handful of people trying to correctly understand and document real behavioral characteristics of dogs and cats in the 1970s---but we had it wrong.

“The theory was that people should behave like members of the pack, and the animal needed to be controlled by its dominant member. So I was among those behaviorists gripping a young dog by the fur on its neck to hold the too-assertive pup down in a moment of discipline, just like the mother wolf was supposed to do. This technique turns out to be infrequent even for mommy wolves, and it is clearly not an appropriate method of instruction for a dog or cat owner. You won't hear that from many gung-ho "alpha animal" trainers because the word hasn't really gotten out yet. But now it's time to move on to the next level of behavior training.....our role is not to dominate, but to lead and enable pets in our household to fulfill their needs.

“Over the last decade, this wolf-envy among dog owners has become the "in" theory, tossed around by everyone who could tune in a daily talk show. This concept became so popular in recent years that the phrase "alpha male" came to replace the earlier "macho man" as the trendiest concept in the social fabric of our culture. Unfortunately, thinking of our male dogs-or cats-as alpha animals can stir up a lot more trouble than the original behavior problem.”
According to Dr. Karen Overall, many animal behaviorists believe that although each member of a group works in his own self interest, that self interest manifests in shared responsibilities. It would be abnormal for one animal to constantly have to demonstrate through force that he was dominant. In reality, each situation in the group dynamic entails a collaborative effort. In the wild, these social interactions are dependent on what’s going on in the environment because success for the group is dependent on working together. Studies suggest the only situations that trigger an absolute rank hierarchy are around disasters or stressful situations relating to resources like food and sex (procreation).

So the question arises, why do some trainers seem to elicit almost miraculous results in getting dogs to do what they want through what they call “dominance” training. The truth is, it isn’t miraculous, nor is it related to dominance. The results are due to using physical force in order to suppress behaviors, which is done by using positive punishment and physically forcing fearful dogs into overwhelming situations until they “shut down,” which is called flooding, leading to, depending on the situation, behavioral suppression and learned helplessness. Calling this dominance training is simply incorrect and its practice can be dangerous for both dogs and humans, especially when aggression is involved. It’s pure abuse when used with fearful dogs.

Animals defer to one another to keep their group safe, strong, and healthy. If one individual threatens the group’s collaborative efforts by asserting himself in ways contrary to the group’s well being, he is thrown out. There are many examples of animal packs ousting members who tried to rule by brute force. Wolves have banished individuals who constantly used undue physical force to exert their authority. Monkeys also have been shown to attack and oust brutish members who used their strength and size against other members of the group.

Asking your dog to lie down before releasing him to go up the steps or out the door presents terrific everyday training opportunities. So does asking him to sit before being fed, or asking him to jump off the couch so he can be rewarded by getting back on the couch to sit with you. But asking for these behaviors and rewarding your dog is much different than “showing him who’s boss” and physically forcing him to sit, lie down, and obey you in all things under the threat of punishment.

So when you read about or hear about how important it is to control your dog by showing him who’s boss through physical force or punishment, I ask that you reconsider. Don’t compete; instead educate. Show him how the world provides his food, affection, and freedom—and ignores him when he behaves inappropriately. (Of course, use common sense here—don’t ignore him when doing so would cause harm to him, to others, or to the environment.) Educate your dog about the appropriateness of his behavior. Create an environment in which you can guide and protect him, yourself, and the environment.

2. Ibid.
3. Ibid.
Solving Problem Behaviors

Every dog is an individual with his or her own unique personality. Age, temperament, diet, health, history and lots of other things including your skills and consistency effect the speed your dog learns. Simply summarized, educating your special dog “takes as long as it takes.” Reliable behavior normally becomes established once your dog reaches emotional maturity, that is somewhere between 1½ and 4 years of age. That being said, an 8 week old puppy can learn almost all of the behaviors shown on this DVD within days. But a puppy won’t be reliable until much later.

So progress step-by-step, keeping the process fun and safe for you and your dog. A good rhythmic saying goes: “If your dogs won’t do what you want them to do, go back to the point where they’re successful.” This means it isn’t necessary to have your dog learn to lie down or go to his spot or stay for a long time in just one training session. Build up to the final behavior and think of the smallest accomplishment as a success in itself. Remember: baby steps! Session by session, day by day and week by week, gradually add more and more challenges and you’ll obtain the reliable behavior you are looking for.

The Dog Whisperer DVD demonstrates how you can positively teach your dogs to do behaviors you want them to do instead of having to correct behaviors you don’t want. It isn’t how you want your dog to stop doing something (jumping, barking, digging, chewing) …think of what you want your dog to do to keep them occupied. For example, if your dog jumps on you when you walk in the door, what do you want your dog to do instead? Lie down when you walk in the door? Run to his bed? Fetch a toy? This is accomplished in two steps: first begin by setting up the environment so your dog can’t jump on you and so you don’t have to correct him. Use a baby gate, a tether, a dog run, or a kennel. Second, step-by-step, teach your dog the behavior you want. Presto, a dog can’t jump and lie down at the same time!

Here are a few examples of behaviors you might want to use for ones you don’t want:

<table>
<thead>
<tr>
<th>If your dog:</th>
<th>Choose one or more of these:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jumps</td>
<td>substitute: find-it, sit, down, stay, go-to-your spot</td>
</tr>
<tr>
<td>Digs</td>
<td>substitute: dig in sandbox, chew treat-filled toys that will help keep her occupied, provide exercise and games</td>
</tr>
<tr>
<td>Steals &amp; chews things</td>
<td>substitute: leave-it, go-to-your-spot, down, chew appropriate toys</td>
</tr>
<tr>
<td>Bolts out door</td>
<td>substitute: go-to-your spot, down, stay, come</td>
</tr>
<tr>
<td>Barks</td>
<td>substitute: down (or bark three times and then lay down), come to get you when someone comes to the door</td>
</tr>
</tbody>
</table>
Using Food Treats in Training & Weaning Off Food Treats

**Always use common sense.** If your dog is possessive, out-of-control or overly excited whenever food is used, err on the side of safety and contact a professional trainer before starting any training program.

*Never let a child train with or without food without adult supervision!*

In the beginning of the dog training process, you need to keep your dog interested in interacting with you rather than the distractions in the environment. Using food treats is very effective in keeping your dog’s attention and then as a reward for behaviors so he will repeat them. Because food is highly desirable to a dog, it is called a primary reinforcer…something hooked up to his physical and emotional "hard drives," so-to-speak.

The goal is to eventually wean your dog off treats. This is done in two ways. One way is to gradually form a “behavioral chain.” That is, asking your dog to do one behavior after another. For example: sit, treat. Then add another behavior to the chain. Sit, down, treat. Then sit, down, stay, treat. And so on.

The other way to wean your dog off food treats is to use life rewards instead. A life reward is anything other than food that your dog wants. Chasing a ball, going for a ride, going outside, and being petted are all life rewards. Before giving a life reward, simply ask her to do something like sit or lie down. Then you can reward your dog with the life rewards of chasing the ball, going for a ride, letting him go outside or giving him a luxurious petting session.

It’s important to use common sense whenever your dog is around food. If your dog is possessive, out-of-control or overly excited when food is used, err on the side of safety and contact a professional dog trainer before starting any training program. *Also, it is especially important that an adult supervises when a child is training a dog, whether with or without food!*

We use chicken, turkey, cheddar and mozzarella cheese, high quality dry treats like "Liver Biscotti," carrots, and anything else our dogs really like. You can even use dry kibble as a treat if it's high quality and something your dog really loves. You can also make some homemade treats. There are several books on the market that give recipes. (Check for them at www.dogwise.com)

If your dog isn't used to getting a certain food, acclimate the digestive system by adding a few bits of the new food to his meals for a few days before using it a lot in the training process.

**FOOD ADVISORY**

We recommend staying away from most commercial training treats as they contain corn, wheat, sugar, by-products, artificial colors and preservatives and aren’t very healthy. Also, stay away from greasy foods and chocolate. Some dogs have allergies or intolerances to certain foods so be sure to monitor for safety.
Daily Routine

A daily routine is very helpful in helping a dog develop a sense of security and confidence AND it is great for housetraining! Here is a sample of what you might try with your dog. Select the parts that are realistic for you and your family and try your best to be consistent.

7 AM- 8 AM
- Take Sparky out of his kennel. Have him lie down or sit before opening the kennel. (The reward is the door opening.) Say “OK” before releasing him. Begin by asking for a 1 second sit or down and gradually increase the time
- Take Sparky outside. As he begins to circle/sniff/gets that gleam in his eye that tells you he needs to urinate, call or “label” the elimination process with a phrase like “Hurry-up.” Praise and offer him a treat when he is successful. Bring him back inside the house and let Sparky investigate and say hello to people. Everyone should ask Sparky to sit or lie down before getting petted. Ignore him until he does. Some dogs, especially those who enjoy being out in the yard, learn quickly that elimination means all the fun ends, as they are brought inside right afterward. Those dogs then take longer and longer to eliminate! The trick is to wait until the dog eliminates, then play with him for at least two minutes so he disassociates elimination with the end of freedom.
- Feed Sparky. Be sure to practice come, sit or down before putting his dish down.
- About 15 minutes after he's done eating, take Sparky outside to eliminate again and then take him for a walk. (Note: Puppies must have vaccinations before being walked outside of your own yard.) Practice walk without pulling, sit, and down, especially at streets.
- Take Sparky back inside and allow him to explore a little. Practice the “magnet game” throughout the day. Put him in a kennel, exercise pen or tether* him in a supervised, social area. Give high quality, yummy chewies like Bully Sticks, chicken strips, or toys filled with treats, such as a “Kong.” (Avoid pigs' ears, hooves and rawhides.)

9 AM- 12 PM
- Rest time.

12 PM-1 PM
- Take Sparky outside to eliminate. (Remember to ask him to “sit” or “lie down” before going in or out the door.)
- Inside or outside, practice 1 to 2 minutes of sit, down, stay, come, go-to-spot, or hide-and-go seek. Make it fun! Vary the routine. Vary the treats.
• Throw toys and play with him. Have him chase you; do not chase him. Interact with other people in friendly, positive ways. Remember, Sparky must **earn** treats and affection.

**1 PM- 5 PM**
• Rest time. If your dog is left alone for long periods of time, consider having a dog walker visit.

**5 PM- 6 PM**
• Take Sparky outside to eliminate.
• Repeat the activities listed above. Take him for a walk in the neighborhood; however, be watchful of stray dogs.
• Practice heeling, walk without pulling, sit, come, down, stay.
• Interact with people. Ask them to follow “approach and greet” protocols, such as those presented in *The Dog Whisperer* book. (Explain to other people that he's in training). Praise his good behavior!

**6 PM- 10 PM**
• Give Sparky **supervised** free time or keep him kenneled or tethered in a social area of your home. Watch TV (especially *The Dog Whisperer* DVD!), read *The Dog Whisperer* book, or work on your computer while practicing the magnet game. Give high quality, yummy chewies like Bully Sticks, Chicken Strips, or toys filled with treats, such as a “Kong.” (avoid p igs' ears, hooves and rawhides).
• Attend dog training class once a week.

**10 PM**
• Take Sparky outside to eliminate.
• Keep him in a kenneled area or tethered* in your bedroom for a good night's sleep.

* If you have adopted a new dog, be careful not to distress him if he is unused to kenneling or tethering. Call a professional trainer for advice.
Training Tips

- **Be consistent.**
  All family members should use the same signals. Also, remember, don’t pet your dog unless she is sitting or lying down. Set aside quality time daily for your dog.

- **Play the Magnet Game.**
  Spontaneous training should be up to 50% of your daily training. In other words, watch your dog throughout the day and reinforce (reward) any unasked for behavior you would like your dog to repeat in the future. For instance, when you catch your dog lying down, resting in her bed, chewing appropriate toys, etc., reinforce that behavior by throwing her a treat.

- **Use prevention and management.**
  Create an environment where your dog can be successful and safe. Use baby gates, leashes and kennels appropriately.

- **Use “no-reward” markers.**
  Say “oops,” or “uh-oh” when your dog does something other than what you’ve asked. You can also interrupt inappropriate behavior with an “ahh-ahh” and then redirect to the appropriate behavior.

- **Remember the one-second rule.**
  Catch your dog in the act or forget about it. Dogs don’t remember what they’ve done a couple of seconds after they’ve done it. So your reward needs to come as quickly as possible after your dog exhibits his “star” behavior.

- **Shorter training sessions are better than longer ones.**
  Make training part of your everyday activities. Train sessions can last anywhere from 15 seconds to 3 minutes and can be done while watching television, cooking dinner, reading the newspaper, eating dinner, etc. Use life rewards, praise, food, petting.

- **The 80% Rule.**
  Don’t ask for a behavior unless you’re 80% sure your dog will do it. If you just keep repeating a word, such as “come” and the dog ignores you and doesn’t do it, the word looses its power. Always go back to the step where your dog is successful.

- **Never jerk, hit, pin, shock or shake your dog.**
  If you get frustrated, call a professional.

- **Go with the flow.**
  For dogs that are very energetic, present a calm demeanor. For those that are more laid back and need encouragement, be more energetic. For both, make learning fun! Tell your dog a joke!

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**Quotable Quotes**

“‘If peace is our goal, then our means must be peaceful.’” MLK

“‘How we treat our animals is directly linked to how we treat each other.’”

“It’s not what you want your dog to stop doing, it’s what you want your dog TO DO.’”

If you don’t give your dog a job to do, he/she becomes self-employed.” (NILIF: Nothing in Life is Free)
Housetraining

**Set a schedule** so your dog learns there are definite times she will be taken out. This schedule will be maintained for the rest of her life. After the age of 7 months of so, she should only need to eliminate four times a day. These times would be: first thing in the morning, after breakfast, after dinner, and just before bed.

Most puppies up to the age of 3 months need to be taken out **8 to 10** times per day, especially **after eating, playing and sleeping**. A puppy's ability to "hold it" during the day relates to his age and activity.

Dogs hate to soil their own area. This includes the area the puppy sleeps in as well as any other area in which she is left alone. If you leave your dog in a kennel, it should be large enough for her to comfortably stand and move around but not too large. If the area is too big, the puppy will go to the furthest area from the sleeping and eating area in the crate and eliminate.

For a newly adopted pup that is 7 to 10 weeks old, set your alarm to wake up in four hours the first night and take her to urinate. Add 15 minutes every two days to gradually increase your pup's muscle control. Some young puppies can "hold it" for seven or eight hours already, in which case this night-time routine can be omitted. It's important to provide opportunities for the puppy to eliminate and avoid the chance he or she might eliminate in the kennel!

If you are housebreaking an older dog, do not put him in a kennel if he has not been acclimated to it. (Read *The Dog Whisperer* book to learn how to acclimate your dog). Use baby gates and install them in your bedroom or kitchen area instead. Over time, you can get almost any dog use to a kennel.

- Designate one area outside for elimination.
- "Call" or "label" the elimination behavior something such as "Hurry-up," "Go potty," "Go outside," etc. But do not add the verbal cue until the dog is circling, sniffing and looking like she's about to go.
- As she eliminates, gently reinforce her with a phrase such as "Good girl" or "Yay, you!" or some other words.
• When she finishes, reward the behavior with a great treat and lots of praise. Great treats include chicken, turkey, cheese, liver, etc.

• If your puppy doesn't eliminate within 5 minutes, bring her back in the house and supervise. You can tie her to you or put her back in her sleeping area. Try again 10 minutes later and take her to the spot outside.

It's important to remember that dogs have a less than two to four second window in which they make associations. In other words, you must catch your dog in the act. Interrupt the behavior as it is happening indoors with an “Uh oh!” or “Oh no!” and quickly escort her out. Once outside, immediately begin to gently encourage her to eliminate.

Many people think that their dog “knows” she has done something wrong because “she acts guilty,” and they put their dog's nose in the elimination and say “bad dog.” In reality, the dog has indeed made an association, but the association has to do with pee or poop being linked to something bad happening to her. But she has no idea who the pee or poop belongs to! So either catch your dog “in the act” or forget about it. Some trainers also suggest you clean up the pee or poop out of sight of the dog.

Never hit, kick, jerk, shake, shock, hang, swat with a newspaper, roll over or pin to the ground or pinch your puppy. A puppy is a baby and should be treated with love, compassion, and understanding.

Never call your dog to you and then do something negative. For example, if your dog does not like being put in her sleeping area, do not call her into the house after she eliminates and then put her immediately in her sleeping area. (In her mind this would be punishment for coming when called.) Instead, play with her a short time and then put her in the sleeping area.

If your dog doesn't like going on wet grass or if you are having problems, call a professional dog trainer who uses only positive training methods. Call a vet as well to determine if there are any physiological issues contributing to the problem.
Nothing in Life is Free

Adapted from article by Dumb Friends League and used by permission

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Does your dog: Get on the furniture and refuse to get off? Nudge your hand, insisting on being petted or played with? Refuse to come when called? Defend his food bowl or toys from you? "Nothing in life is free" can help. "Nothing in life is free" is not a magic pill that will solve a specific behavior problem; rather it’s a way of living with your dog that will help him behave better because he trusts and accepts you as his leader and is confident knowing his place in your family.

How To Practice "Nothing In Life Is Free:"
Using positive reinforcement methods, teach your dog a few behaviors and/or tricks. "Sit," "Down" and "Stay" are useful behaviors and "Shake," "Speak" and "Rollover" are fun tricks to teach your dog. Once your dog knows a few behaviors, you can begin to practice "nothing in life is free." Before you give your dog anything (food, a treat, a walk, a pat on the head) he must first perform one of the behaviors he has learned. For example:

<table>
<thead>
<tr>
<th>YOU:</th>
<th>YOUR DOG:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put your dog’s leash on to go for a walk</td>
<td>Must sit until you’ve put the leash on</td>
</tr>
<tr>
<td>Feed your dog</td>
<td>Must lie down and stay until you’ve put the</td>
</tr>
<tr>
<td></td>
<td>bowl down</td>
</tr>
<tr>
<td>Play a game of fetch after work</td>
<td>Must sit and shake hands each time you throw</td>
</tr>
<tr>
<td></td>
<td>the toy</td>
</tr>
<tr>
<td>Rub your dog’s belly while watching TV</td>
<td>Must lie down and rollover before being petted</td>
</tr>
</tbody>
</table>
• Once you’ve given the signal, don’t give your dog what she wants until she does what you want. If she refuses to do the behavior, walk away, come back a few minutes later and start again. Be patient and remember that eventually she will do what you ask in order to get what she wants.
• Make sure your dog knows the behavior well and understands what you want before you begin practicing "nothing in life is free."

The Benefits Of This Technique

• Most dogs assume a neutral or submissive role toward people, but some dogs are a little more challenging. Requiring a strong-willed dog to work for everything she wants is a safe and non-confrontational way to establish control.
• Dogs who may never display aggressive behavior such as growling, snarling, or snapping, may still manage to manipulate you. These dogs may display affectionate, though "pushy" behavior, such as nudging your hand to be petted or "worming" their way on to the furniture in order to be close to you. This technique gently reminds the "pushy" dog that she must abide by your rules.
• Teaching reliability helps build a fearful dog's confidence; being a calm, confident leader helps to make a fearful dog feel more secure.

Why This Technique Works

Animals that live in groups, like dogs, establish a social structure within the group. This serves to maintain order, reduce conflict and promote cooperation among pack members. Dominance means ‘who controls access to things’...not necessarily who’s bigger or stronger. e.g. You control access to affection, toys, freedom to move around the house or go in or out doors, food, etc..

In order for your home to be a safe and happy place for pets and people, it’s best that the humans in the household assume the leadership role and control access to everything your dog wants. Practicing “nothing in life is free” effectively and gently communicates to your dog that he or she can get whatever they want simply by doing something for you first. With the supervision of an adult, it’s a good idea to encourage children in the household (aged eight and over) to also practice "nothing in life is free" with your dog.

NOTE from Paul:

*If you find yourself constantly correcting your adult dog, it’s because your dog doesn’t know what you want her to do (she’s confused) or there is a leadership problem. Set up your environment so your dog can be successful and step-by-step teach your dog what you want, rather than having to correct what you don’t want. Tethers, baby gates, etc will help set up a successful environment.*

*You should never have to hit, kick, shock, shake, jerk, hang or pin your dog to the ground.*
# The 3 Easy Steps to Shape Reliable Behavior

## Warm Up

- Make sure there is very little distraction in the environment and you’re close enough to your dog so she will pay attention to you.
- Set your goals.
- Check negative attitudes at the door.
- Breathe!
- **Rev up your clicker (if using one).**
- Gather $10,000 rewards.

## Get the Behavior

1. **Attach a word along with the hand signal**
   - Encourage your dog and get her attention by using vocal sounds such as “tch-tch,” whistling, or using her name if you know she’ll look your way. Or you can get her attention by clapping, patting your leg, waving your hand, etc.
   - Use a food lure in almost all cases when you begin to teach a new behavior.
   - Use your hand signal. Start with simple parts of the behavior and continuously reinforce baby steps.
   - Do 10 to 15 repetitions of each behavior in each session.
   - **Now increase the distance:** If you’re 80% sure your dog will do the behavior without using food as the lure, put the treat in your other hand, make the hand signal with the hand that’s not holding the treat, click and praise the behavior, and then reward with the treat that you’re holding in the other hand.

2. **Use the word only**
   - When you’re 80% sure your dog will sit each time you make the hand signal, begin to use the word “sit” immediately before making the hand signal.

   - Use only your voice, no hand signal. Then begin adding other criteria: adding duration, distance, distractions, introducing them one at a time. Go back to the point your dog was successful (including using a lure if necessary) each time you add something new. Reward each behavior every time. Then, when your dog is successful 80% of the time, ask for more by having your dog do the behavior 2 or 3 times in a row and then giving a treat. Finally, progress to a “Las Vegas-style,” intermittent reward schedule—reward your dog every once in a while so she never knows then the treat is coming.
   - Vary the rewards as you go along. Use turkey, cheese, freeze-dried liver, etc. Gradually progress to rewarding only the best behavior...such as speed. Eventually you’ll progress to a point where one behavior will actually become a reward for another behavior. This is called forming a behavioral chain. Also, remember to use “life rewards,” such as going for rides, playing Frisbee, getting to go in and out of doors, etc.