



## *Happi Dawgs I* *Orientation Information*

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*Happi Dawgs Profession Dog Training ©2019*

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### **Equipment Needed:**

#### **Collar/Harness:**

Any kind of pain free collar. These include, Gentle Leader Head Harness (my favorite if a dog pulls on leash), Halti, a plain flat collar, any kind of harness, Sensible harness or Gentle Leader Easy Walk Harness

**6ft leash** that can be made into a hands-free leash utilizing a carabiner. Or a hands-free leash like The Buddy System. Visit [www.happidawgs.com](http://www.happidawgs.com) Dog Products section to purchase The Buddy System through Amazon.

**Any dog food treat bag** that you prefer or big pocket in clothes to hold dog's food/reward

**Yummy, very small, training treats/food.** Make sure your dog gets mainly their dog food and treats. Treats shouldn't be more than 20% of their total intake of food per day. Integrate other rewards throughout the day, not just food while training. Tug toy, tennis ball or squeaky toy may also be used if your dog is more motivated to work for that than food.

**Poop bags:** please pick up after your dog

Optional: long line leash 20 feet or longer for the recall games or if you want to do more hands-free leash working and letting your leash drag on the ground

### **Homework:**

**Find a motivator:** What is a motivator? A motivator is anything that your dog is motivated to work for. Remember your dog is working for you, so you will find out what your dog will work for best. It's most likely food because we can manipulate it better so our dogs are hungry and we can change it up and make it very enticing. For some dogs, a tennis ball is extremely motivating. For other dogs a toy is the best reward. Keep in mind rewards for your dogs can be pets, smiles, games, play, food and voice praising, or any other things that your dog deems are rewards. When working with your dog you will find out what is the best motivator for your dog that will allow

your dog to be focused on you for the reward. It's extremely important if you're using food to use very small pieces of soft nutritious food. Your homework will be to find out what that is. I suggest utilizing your dogs meals and add no more than 20% of their total intake of food per day of nutritious treats that are similar to what they are eating in their diet. You want to be careful of not overloading their systems with very rich food or treats and/or a high quantity of food that might upset their stomachs. Start off by giving your dog just a few treats and double-check their stool. If it gets a little loose, that treat might not agree with them.

**Practice Using the Positive Word Marker:** The positive word marker is the word, “yes”, it let's the dog know the precise moment they are doing the right thing. The positive word marker lets the dog know that you like what they are doing and a reward is coming. You want to get familiar and practice using a positive word marker or Clicker that allows your dog to learn the precise moment they are doing the right thing. The word YES is what is used as a positive word marker. The words "Good dog" are not as an effective, positive word marker because when you say Good Dog, you can more easily change your tone and speed and it is not as clear to your dog as the word YES. The word yes, is one syllable, and is typically spoken with the same tone and sound to your dog. (Using a clicker is the purest marker). You want to use the word YES, once, at the precise moment the dog is doing the behavior you are trying to create. The positive word marker lets a dog know that you like what they are doing and a reward is coming. If you're using a clicker whenever you click you must always reward with a food treat immediately after the click.

Be aware dogs have different timing compared to us mostly because they live in the present. So if you say YES and then the dog does something you don't like, make sure not to reward at that later moment because the dog will think the reward is for whatever behavior they were doing the second you feed them. For example, you ask your dog to sit and you say yes when your dog's butt hits the ground. But when you go to deliver the treat, they stand up. If you feed them at that moment they think you are rewarding the standing up.

**Choose a Release Word:** You are going to practice making sure that every time when working with your dog on a drill, exercise or lesson and it's over, you must let your dog know the lesson is complete by releasing him. The release word will be just that. The release word lets your dog know that that exercise is over. You will pick a word that you like the best. A release word can be: okay, take a break, that'll do, free, all done, thank you or basically any other word that you will use consistently and only use for releasing your dog. I find it best to connect stepping backward and clapping your hand on your thigh as you step away and say the release word. It signals to your dog that they can get up and move. Once you released your dog, you ignore them because the lesson is over. You don't want to give them a whole bunch of pets and be all excited because then, you will confuse them. Because they live in the present, they might think that you're super excited because they were released. Our Focus needs to be on positive energy and rewards when the dog is doing the behavior we want, not once they are released.

**Read and practice The Tip for Treat Training Handout.** You will practice this at least 25 times per day. The important part of this exercise is to connect your smile, your verbal praise and

petting your dog your petting with a reward. Food works the best and you could do this game each time you feed your dog.

**Read and practice The Sit For Something Special Game:** (See Handout). The Sit For Something Special Game will help To improve your dog's manners and build a great foundation for sitting, not jumping up, being calm, checking in with you and not pulling on leash. The Sit For Something Special Game is something you will do a minimum of 25 times a day. This is a very simple easy drill. It will help build your relationship with your dog and is a very important foundational building block for almost every behavior you will be teaching your dog. You want to have practiced this often and in many different places in your home and outside your home, along with different levels of distraction. Always starting easier and focus on being successful and then building your skills with harder and harder drills until it becomes an automatic response for your dog to check in with you, be calm and sit. This will build a great relationship with you and your dog, as well as teach your dog that when they are paying attention to you and sitting that is, by far, the best choice they can make in any situation. This is a pivotal game to help you train your dog not to jump up.

**Practice Off** all the time. Set the standard early, that your dog cannot jump on you!. You accomplish this by having your dog on leash and standing on that leash and playing the sit for something special game. You want to stand on your dog's leash with just enough slack so they can sit or stand, with no tension on their collar. If your dog jumps and you are standing on the leash you won't have to add any energy or body language to the moment. The dog will feel a pull from the ground and will stop jumping. When all four paws are on the ground you are going to praise and reward your dog. If your dog jumps, cross your arms and look away. It's going to give a very clear message that jumping gets them no attention and sitting or standing on all four paws gets the reward.

If your dog jumps up a lot you may also utilize the tie down when you are home. See Tie Down Handout. When your dog is on tie-down, you may approach and praise as your dog keeps all paws on the ground, if they jump, turn away and walk away. If they don't jump, keep walking towards your dog, smile praise and pet their chest, then give the a treat. Be proactive, consistent and persistent, on this exercise and before you know it, your dog will learn that you move away and not give them any attention if they try to jump. If they don't jump, you move toward them, pet then and give them a reward. Once you and your dog get good at this drill, you can expand on your training and just have your dog drag a leash while they are in the house with you. You will practice the same drill but stand on the leash, when necessary. **The leash is a great management tool.** If you think something might go wrong, have that leash on. Keep practicing, and before you know it you will be doing the same exercise with the leash off because your dog will be choosing not to jump up because you have put in so much practice on rewarding calm, and sitting.

When you're standing on the leash they cannot jump up on you. If they try, they will fail because your foot is on the leash and it will pull down on their collar without you saying anything, without you looking at them. and Without You reacting. This will help them understand that jumping gets nothing. Next phase of working with your dog not jumping will be knocking on

the door and ringing the doorbell. When you practice that exercise enough, the doorbell won't mean get super exciting because there is someone at the door. Instead, it will mean, calm and sit.

**Pack Leadership Handout:** Read the pack leadership handout and keep practicing good leadership skills. Make sure you're a good leader / parent to your dog.

Set up good Leadership and become aware of how your dog decides how they fit in your household. You should be aware of these behaviors and ALL the humans in the family should set clear examples in these categories so that your dog respects you.

**You want to be proactive, not reactive.** Keep in mind your dog is learning from you 24 hours a day 7 days a week! It is imperative that you stay consistent and realize how your dog is learning from you on a daily basis. So throughout the day you want to catch your dog doing the right things and manage them if they aren't doing the things you like. Very important for a dog, is learning what the humans rules are and what behaviors that they can do that get the most reward. Remember, they live in the present. So if they run and grab your shoe and you chase them, they believe running and getting your shoe gets your attention and that's what they want. Even if it's negative attention. You want to set up your dog as many times a day that you can for a quick 30-second to 90 second training session. Catching your dog doing something right as many times a day as possible and giving them attention at that moment is pivotal. Whatever behavior you reward the most or whatever behavior gets the most attention will be the behavior that will become most prevalent. And that is what we want. We want to let our dogs know what they do that we like and We Want To Praise them highly for it. Be careful, this works against you if you're giving attention and reacting to a dog that is doing things you don't want.

Don't get locked up into the fact that you must always feed your dog. Whenever you are training, you must be variable with your rewards and you must be fun. That is why you are doing the Tips for Treats Training Drill. By praising, smiling, and petting your dog and then giving them food, you are connecting food with those three actions. After awhile, (just like the Pavlov dog who thought the Bell meant they were going to get fed and would salivate even if they didn't get fed), you too can be praising, smiling or petting your dog in any order you want and because your dog connected those actions to food they will feel rewarded. And because you are variable, your dog never knows if they are going to get a verbal praise and a treat, or a pet and a belly rub or whatever.

**Don't repeat your words:** I can't say enough about the fact that your dog does not know the English language! Dogs are pack animals and are hunters, reading body language is key to their survival. They also are opportunistic and try things to see what works for them. So remember, when you do your training sessions, say whatever command you want once. If you repeat yourself many times it confuses your dog because they don't have any kind of association with a word, how it's spelled, or what it looks like. It's all just tones to them. So think about if you're trying to learn the Chinese language and you only speak English. When someone is speaking Chinese to you and you only speak English it sounds like tones. If someone is to teach you Chinese, repeating the word over and over to you won't help you learn it. They must connect the Chinese word to something that you know in English. So remember that with your dogs. You

have two eyes, use them twice as much as your mouth. Watch your dog and see if they're understanding. If they're not, make sure you stop talking and use a hand signal/ body language to help them understand what you are trying to teach them.

**Practice The Watch Me Game:** This exercise is the precursor to having your dog come when called. You want to teach your dog to look to you when you say their name one time. You should practice this several times a day. It doesn't take very long and it will build a great response when your dog hears their name.

**The Watch Me Game:** Start with holding a treat in your fingertips and holding that treat at the bridge of your nose, between your eyes. Say your dog's name. As soon as your dog looks in your eyes say "yes", (even if the dog only looks in your eye for a second) then give the dog the treat. The goal of this exercise is for the dog to look at you whenever you say his name. Work in a distraction free environment. After your dog looks in your eyes 100% of the time when you say his name, with the treat at the bridge of your nose, then change the lesson. Now hold the treat in your fingertips and put your arm straight out to your side. The dog will watch the treat in your hand. Say your dog's name then wait and be patient. The dog will eventually look back in your eyes to see why he isn't getting the treat in your hand. Immediately tell the dog "yes" when he catches your eye and give him the treat. This will teach the dog that looking at the treat is not the reward, looking at your eyes is the where he gets the reward. Once this is mastered, do the same lesson, but this time with the treat in your hand, behind your back. Then, do it with a treat on a table. Finally, do it when the dog is just wandering around not looking at you. Say his name and when he looks at you say "yes" and reward. Never go to the next level until your dog has mastered the prior level. Once you have this down indoors, move outdoors and then to more distracted areas. This is a great step for you and your dog. By having your dog look to you each time you say his name you now have his attention, which is half the battle when it comes to training your dog. Remember, don't chant/repeat your dogs name more than once. If your dog won't look at all go back and start at the basics. Make sure your dog is hungry, you have treats he likes and there are no distractions. When you achieve good response inside, take this game outside. You can use a long line as you progress with distance. If your dog doesn't look at you, pull and release the leash to get your dog's attention, don't repeat their name.

**Practice Sit, and Down:** Use a motivator (a ball or toy or treat in your hand) to lure your dog into a sit or down. Make sure to use your positive word marker, reward your dog then use your release word. If you didn't release your dog from the exercise do it again. Don't let your dog decide when to end the exercise. Remember your timing is critical. **See Happi Dawgs Basic Dog Training Exercises Handout for these exercises and others you will learn in class**

Remember: Practice, practice, practice and have FUN! You will eventually have an incredible recall!

Utilizing the Find It Game and The Watch Me Game will build a great relationship with your dog and your dog will always pay attention to you when you say his name. This will help you train

your dog in all types of distracting situations like cats running by, other dogs, skateboards, bikes, cars, birds or anything your dog might focus on and engage with. By having your dog pay attention to you, you are his true leader and your dog will relax and trust you

#### Helpful Hints:

On the Watch Me Game: Remember to say your dog's name ONLY one time and say "yes" EVERYTIME your dog looks at you. If your dog doesn't look at you, use body language, move or pull and release the leash. The second they look to you, after you move or use the leash, say "yes" and follow through to the end of the game so you stay consistent.

Remember running away from your dog is the best way to get them to run toward you.

Never chase your dog. Remember running away from your dog is the best way to get them to run toward you. They are prey driven animals and they like things that move and run away from them.

Be Fun! Lots of praise and rewards for your dog doing the right thing!

**Management Tools:** Ok, I get it, we don't always have time to work with our dogs and we can't watch them and "baby sit" them all the time. So it's most important to have these Management tools in place so that when you need a break your dog doesn't get into trouble and do things you don't want. Remember we are being PROACTIVE and setting our dogs up for success so they can achieve the behaviors we want. **Read the K.I.S.S. Handout.** If your dog is going to practice behaviors you don't like there are several great management tools that you should be utilizing throughout the day. The tie-down is a great management tool when you are home. **Read the Tie Down Handout.** The crate is another good management tool. **See the Crate Training Handout.** An exercise pen setup in a room is helpful. A baby gated, small room in your house is also a good management tool to use. Dogs do better in smaller spaces where you can teach them what you want and as they prove that they are doing well then they get a little more privilege and a little more space. All of these tools are great for house training as well.

The number 1 management tool is **EXERCISE! EXERCISE! EXERCISE!** A tired dog is a good dog, usually. Exercise your dog daily for at least an hour.. You just want to make sure if you are walking that your dog is not pulling you. If your dog pulls you immensely and you still are in the process of learning how to utilizing the leash walking tools make sure to use Gentle Leader Head Harness or non pulling harness, so that your dog doesn't practice the behavior you don't like when you walk. The most important thing with walking is the dog never pulls you and you follow. The minute the leash gets tight you must never follow them. **See the Loose Leash Walking handout.** In the beginning, your dog will be distracted and you haven't gotten to that point in your training yet so you must make sure you have the leash walking management tools

so you are in control and your dog cannot practice any behaviors you don't want while on a leash.

**Let your dog drag their leash when you are home.** Utilizing the leash allows you to control your dogs jumping, running away, taking something etc. You can stand on the leash or just pick it up and bring your dog with you without touching them or saying a lot to them in moments when they shouldn't be getting inadvertently rewarded by you talking or touching them.

**Practice often during each day:** Set yourself and your dog up for success by doing short training sessions when your dog is hungry or is motivated to play and there are no distractions. Practice often during the day. You have a dog in your household and you want them to be well-behaved you're going to have to spend time working with them. Remember, rewards can be toy playing too! Utilize the time in your day efficiently for little training sessions. TV commercial time (or just pause your TV often), computer time, phone time, your dog's breakfast and dinner time, and play time are just a few examples of moments in time where you can do a little bit a training with your dog. Utilizing times whenever you can, throughout the day, will get you those repetitions you so badly need to train your dog. Look for opportunities to do a 30 second to 90 second training moment with your dog. For example on a commercial break, you can put your leash on your dog and walk around your house practicing the loose leash walk and rewarding your dog for having a loose leash, on the side that you like, looking up to you. For your dogs meal you can do 10 sits, 10 downs and practice ringing the door bell and rewarding not jumping, all under 5 minutes time total.

Use your imagination. Training should be fun and done many times per day. Training can easily fit into any schedule by putting you dog first on the list and just changing your routine a bit by using little niches of time during the day.

Most people think dog training is based on how smart their dog is. The truth of the matter is you and your dog are learning a new sport basically. Think about all the rules of baseball. When you're a little kid you don't get caught up in all the rules of baseball first. You start to learn the foundational skills of baseball one skill at a time. As you get better at each skill you add more. Same for your dog. Kids start with a t ball to hit. It can't be any easier than that. The ball is on a stick that isn't moving. You want all the new skills you teach your dog to also be that easy to begin with and then build on it. You cannot put the cart before the horse. You personally have to learn all the basic skills first and get good at your dog training skill set so that you can in turn teach your dog.

The same goes for your dog. in the next six weeks in this class you are going to learn a lot. To become a good teach to your dog, you're going to have to practice at your skills. In the meantime, you have to also teach your dog and your dog needs to practice to get good at their skills. Basically, you and your dog are like DANCE partners. You are working together. The steps you make have to be the same steps your dog makes. The communication bond between you and your dog will build as you practice. In a dance, if one of the partners is not following the dance routine criteria then the dance isn't going to work. And the more we work together the better we will become as a team. You and your dog are a team.

Basically, you are learning how to become a good dog trainer to your dog. So all these foundational games are extremely important. Not only for you, but for your dog as well. We always think some of these drills are too easy and we don't work them enough. And yes they are easy. However you want to work these drills over and over again until it's an automatic response for both of you. That is how your dog will begin to be able to handle distractions and still do the training you want because you practiced it so much it becomes automatic and your dog ignores the distraction and does what you want. If your dog isn't understanding, step back and reevaluate how you're training him. It could be you're going too far too fast. It could be you haven't done enough repetitions or you didn't diversify enough. Dogs don't generalize from place to place. You have to practice in all sorts of situations. Starting easy then getting a little harder each time. But you don't make the exercise harder if your dog wasn't able to do the exercise at least 80% of the time you practiced at the easier level. That is a key downfall of most dog training situations. We practice a lot at home and then we get discouraged when we are outside and our dogs are distracted. And we think it's the dog's fault. Because they're distracted. It is not! It's hard for them. And they don't have enough repetitions where the behavior becomes automatic. So great news, you can practice more!

Don't get overwhelmed. Do what you can consistently, clearly, and proactively. It's one baby step at a time.

A peek into the future:

### **Second Week homework:**

**Find it Game:** (do this game AFTER you and your dog have practiced the Watch Me Game and have become proficient at it) This game establishes a good foundation for recalling your dog and loose leash walking. (See Recall Games Handout too).

Make sure your dog is hungry.

Start in a small area, with few distractions.

Get treats that you can toss on the ground and that your dog will eat.

Toss a treat no more than two feet away from you and tell your dog to "find it."

Once your dog starts chewing the treat, call your dog by name. (one time only see Watch Me Game above)

The second your dog looks at you say "yes" (the positive word marker). This excites your dog, and lets your dog know that he is doing something you like.

Once the dog looks at you, start moving backwards quickly.

As the dog is approaching you say "come" or the word you will use to call your dog to you.

Praise your dog the entire time he is coming toward you.

Give your dog a treat when he comes to you.

Play this game over and over.

Once your dog retrieves his treat and runs back to you 100% of the time, move to a slightly bigger area, with more distractions.

As you begin to move outside with more distractions use a long line (a 20-40 foot long leash.) Attach the leash to your dog's flat collar. DO NOT attach a long line to a Gentle Leader, Halti, choke chain or prong collar.

Never let the long line get out of your reach.

If you throw a treat and your dog eats it but doesn't respond to you when you call, then give a gentle pull on the long line your dog should look up to you at this point, say YES when he looks to you and make sure to praise him as he approaches you. Lots of praise and treats when he reaches you.

Running backwards, away from your dog, usually entices him to run toward you. Typically, when you run at a dog they will run the other way.

**Read the Loose Leash Walking Handout and practice.** See Handout

**Practice the Stay/Place drill with you dog for longer time and distance**

**Practice Sit Stay and Down Stay**

**Qualifications to graduate:**

a one-minute sit stay, standing near your dog with a loose leash.

A three minute down stay, standing near your dog with a loose leash.

Utilize the place or go to bed command and your dog goes to that spot and sits or lays down

No jumping up when a person approaches you and your dog and asks permission to say hi

Recall your dog to you, across an aisle at Pet Food Express

Loose leash walking around the store, where your leash is loose your dog is on one side and periodically checking in with

We will do all of this in 6 weeks! You will be able to accomplish this by practicing and coming to class.

Call me with questions. You get a free phone consult with this class. Visit [www.happidawgs](http://www.happidawgs) for helpful videos. Also Happi Dawgs You Tube Page and Facebook Page have some helpful videos as well.

And if you are just struggling, private lessons are also available.

I am here to make sure you are successful!

**Most of All Have Fun! And enjoy this incredible bonding, learning experience with your dog!**