

Obedience Club of Daytona, Inc. Basic Manners Class – Week 1 Homework and Notes

Calming Technique – “Be Still” Exercise by Brenda Aloff:

- The goal is to have the dog be calm by being still. This first technique is what **Brenda Aloff**, (world recognized dog trainer) calls the “Be Still” exercise and is from notes published by Deborah Palman.
 - The idea is to teach the dog to calm itself and accept the person handling them.
 - The idea is to take the dog out of a reactive mindset, into a thinking mindset.
- You want the dog to include your input in their decisions.
 - This is achieved by training the dog to be mindful of their human protective leader.
 - This teaching must be done when the dog is calm, thinking and learning. A dog that is in a frenzied emotional state of mind cannot learn.
- The trick is to teach the dog to look for permission the second it sees the rabbit rather than trying to stop the dog after the dog has left on the chase.
- The Be Still exercise is used to calm the dog and connect with the dog when the dog is in a high anxiety state.
 - It helps to think of the Be Still exercise as pressing the “reset” button on a piece of machinery.
 - Use the technique and complete it (meaning use it until the dog relaxes) the exercise resets the dog from its high anxiety state back into a normal, thinking state of mind. U
 - Use it as soon as you see the dog begin to get anxious.
- You may practice this exercise before you need it so you both get accustomed to it. As you practice it, the dog will relax quicker and quicker until just taking hold of the dog and starting to massage will relax the dog.
- The Be Still exercise is also an extremely valuable exercise to teach the dog to accept handling for grooming and health issues.
 - If the dog has areas that are extra sensitive to touch, these areas should be massaged and worked into the Be Still exercise.
- Here is what you do:
 - Be quiet while doing this, no talking. May take upwards of 3 minutes or more.
 - Hold the dog’s collar with one hand.
 - With your other hand rub the dog all from shoulders to back to loin.
 - Use a FLAT HAND and a FIRM Touch. Steady and Firm, not rapid. The dog may be pressed up against you.
 - DO NOT stop the rubbing all over thing until TWO things happen:
 1. The dog’s feet STOP MOVING.
 2. In addition, *once the feet are still*, at least ONE of the following must ALSO be present:
 - The dog licks his lips
 - Blinks his eyes
 - Takes a deep breath
 - Or his feet are still for a count of five.
 - Now, Stand Up as you have been bending over the dog to rub. Count to 2.
 - Begin another repetition of the exercise using well-tolerated areas of the dog’s body, not sensitive areas.

- Eventually you should be able to rub the dog's legs, face, pick up feet etc. There should be **no** No-Go areas.
- With a highly aroused dog who dislikes being controlled in any way, at first the feet may be fleeting, and you need ask only for a couple of seconds as long as you see one of the other signs.
- Once the dog's feet are still and you get one of the other signs, STOP rubbing the dog IMMEDIATELY by lifting your hand off the dog.

Brenda Aloff's book "Get Connected with your Dog"

NAME GAME:

Goal: To associate the dog's name with looking at you and getting something good.

- Do not use your dogs name in a gruff tone of voice or to correct him
- You want your dog to like hearing his name.
- Say the dog's name, and you immediately give him a cookie. No other words.
- At this stage the dog doesn't need to do anything to earn the cookie! Repeat 10 times in a row and do this exercise several times a day.

DOG TRAINING TERMS!

Lure: is something the dog wants, like a piece of food or maybe the dog's favorite toy. The dog must want the lure for the lure to work! If the dog isn't hungry, food won't work!

Luring: food is visible, and you are using it to move the dog into giving you the behavior you want

LOOSE LEASH WALKING:

Goal: To teach the dog to walk "with" us, not out front and never ever pulling on the leash!

YOU are walking the dog; you do not let the dog walk you!

YOU as the handler MUST commit to teaching Loose Leash Walking. If you do nothing else in this class, commit to THIS!

IN CLASS to keep the dogs fully engaged in this exercise, we are going to have you use food as a lure to teach your dog that being next to your side is a great place to be!

1. The leash is held in your right hand, neatly gathered as needed.
2. Bring your right arm across your body to your left. We're all made differently, and this will be easier for some and not so easy for others. We will work with you to make individual adjustments.
3. The food, preferably white cheese or cooked hot dogs will be in your left hand held between your thumb and forefinger.
4. Walk slowly forward as you "lure" the dog to walk with you.
5. Only go 5 or 6 steps then stop and lavish your dog with praise and petting.

Do the above at home every day if possible, once a day doing four repetitions of 5-6 steps. Absolute minimum 3 times a week.

In addition to the above exercise, at home do the following:

Loose Leash Walking Exercise at home

- You do this exercise without a food lure. You may have food in your pocket to use as a reward. If you can use your dog's meals for this exercise all the better!!!!

- 1. With your dog on a collar and leash, you go out in the driveway, safe street area. Even getting out the door might be a challenge and you start this at the door then. The dog doesn't get to pull you EVER! YOU MUST remember that as soon as your dog gets out in front of you, STOP your forward motion, wait for the dog to come back a bit, then start to move again and not like a snail! Move when he is correct, stop when he is wrong. Try not to say anything.
- 2. Moving with your dog becomes the reward. NOT going in the direction he wants to go, is the correction for pulling. DO NOT go where your dog wants to go if he is pulling, EVER!

- Change your direction frequently, be unpredictable.
- Do this exercise at least three times a week, for about 5 minutes. STOP when the dog is along side you, and not pulling. Lavish with praise and then give several cookies, kibble, or his food bowl!

Using Markers to Train Your Dog

THIS week we are going to scratch the surface on using "markers"

- **A Positive Marker** is a word you will use to tell the dog they are right. It needs to be short and sweet and something you don't use for anything else.
 - Many of us use the word **"Yes!"**
 - **You say it only once and you deliver a piece of food** (something the dog really likes) **immediately!**

- **A Negative Marker** is a word you will use to tell the dog they are wrong. It needs to be short and firm, said without anger.
 - Many of us use one of these words either, **"No!"** or **"Ut-Oh"** or **"Aht-Aht"**
 - **You say it only once, there is no reward** and you do something that stops the wrong behavior.
 - **"No!" is paired with a correction**, which means take what is wrong and make it right.

Positive Conditioning:

"Put a Cookie on it!" – you are going to condition your dog to allow you to take hold of his collar, pick up feet, check toes, check ears, check tail etc.

- This week at home, using the dog's food kibble (use their breakfast/dinner) or cookies:
 - Touch collar – give a cookie
 - Touch feet – give a cookie
 - Touch ears – give a cookie

Got the idea? You want your dog to accept your hands etc. all over their body. You want to be able to take hold of your dog's collar with complete authority and control without your dog becoming defensive. This exercise will condition your dog in a positive way to accept examinations etc.