

**The DogSmith®**

# **Relationship Building Exercises**

**for You and Your Pet Dog**



1. Hand-feeding exercises
2. Reinforcement exercises
3. Eye contact exercises
4. Name game exercises
5. Touch me exercises

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**Helping Dogs Become Family!**



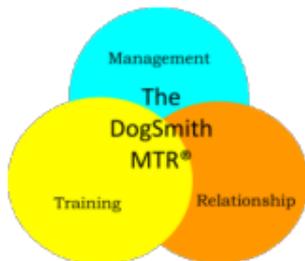
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## Relationship Exercises

### Exercise #1: Hand-Feeding

**Goal:** The goal in hand-feeding your dog is to strengthen your relationship. Spending quiet, quality time together while you provide your dog's most sought after resource is a very powerful bonding exercise.



**Resources:** Locate a quiet place where you can sit comfortably with enough room in front of you for your dog to sit and stand.

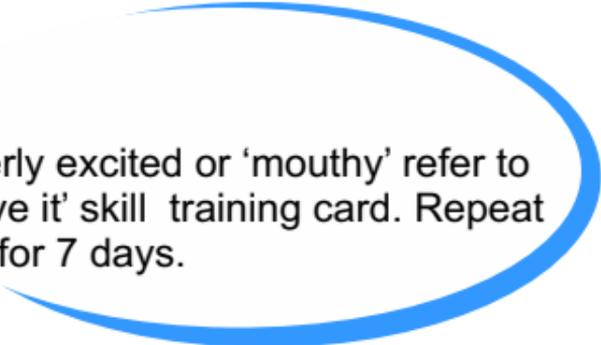


# Training Steps

-  Take one piece of kibble at a time from the bowl. When your dog looks at you, slowly feed it the piece of kibble. Continue doing this until you have given it 1/4 of its meal.
-  If your dog is in a 'sit' then lure it into a 'down' and continue to hand-feed it until it only has 1/2 its food left.
-  Next, have your dog 'stand' and continue to hand-feed in a 'stand' position. Continue feeding it in a 'stand' position until you have 1/4 of the dog's food left.
-  Slowly hand-feed your dog the last quarter of its food while telling it how wonderful it is. Stroke it and take your time feeding it the last pieces of kibble.

## Tips:

If your dog is overly excited or 'mouthy' refer to the 'take it' & 'leave it' skill training card. Repeat the hand-feeding for 7 days.



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## Relationship Exercises

### Exercise #2: Reinforcement

**Goal:** To reward and encourage appropriate dog behavior so you will spend less time nagging your dog and more time enjoying it.



### Resources:

Two bowls of small, yummy, moist treats positioned around your home. The word **'yes'** spoken in a soft, neutral, distinctive and consistent manner.

# Training Steps

-  Take ten small, yummy and moist treats in your hand. They should be about the size of your little fingernail. Sit down with your dog and say **'yes'** in a neutral tone and then quickly give it one small treat.  
Repeat 10 times, **'yes' then 'treat'**.
-  Each time you catch your dog doing something correctly or a behavior you want to encourage, tell it **'yes'** and give it a treat within 3 seconds.  
Repeat this for 7 days.
-  After 7 days replace the treats with 'life rewards' (such as strokes and toys). Catch it being good and stroke it, give it a pat or tell them 'good dog', (make its tail wag).
-  Occasionally give your dog a 'jackpot,' say **'yes'** and give them a yummy treat.

## Tips:

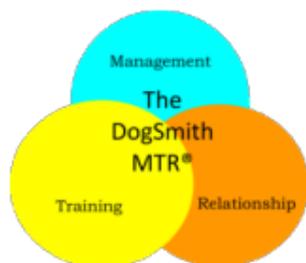
If you reinforce your dog's good behaviors then it will repeat them. Punishing bad behaviors does not help build good behaviors and it damages your dog-human relationship.

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## Relationship Exercises

### Exercise #3: Eye Contact - 'Watch Me'

**Goal:** To teach your dog to look into your eyes and 'watch you' on a cue.



**Resources:** You should be in a quiet room free from distractions. You will also need a bowl of small, yummy and moist treats.



# Training Steps

-  Sit in a quiet area with your dog. Touch your dog's nose with a small, yummy treat and then draw the treat up between your eyes to the bridge of your nose. As your dog's eyes lock on to yours, tell it '**yes**' and give it a treat. Repeat this 5 times.
-  Hold a treat just to the side of your eyes. Your dog should look to the treat and then to you. When its eyes lock on to yours tell it '**yes**' and give it a treat. Repeat this 5 times.
-  With no treat in your hand make the same hand motion as you did above. Say '**watch me**' to your dog. When your dog's eyes lock on to yours, tell it '**yes**' and give it a treat. Repeat this 5 times.
-  Once your dog is looking at you reliably when you say '**watch me**' take the training into a different location where there are new and varied distractions and repeat the exercises above.

**Tips** - To increase the duration of the eye contact behavior simply wait a few seconds until you say '**yes**' to your dog and then give it a treat.

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## Relationship Exercises

### Exercise #4: Name Game

**Goal:** To teach your dog to look at you with a happy demeanor when you say its name.



**Resources:** You will need a treat bag with some soft, moist and yummy treats. You will also need a training partner, spouse, child or friend to help you.



# Training Steps

-  To play the 'name game,' take your dog to a quiet place in your home. Say your dog's name and when it looks at you say '**yes**' and give it a treat. Repeat this step 5 times each day for a week.
-  Play the 'name game' with other family members and your dog. Have each family member, armed with small treats, go to different parts of the house. Then take turns calling your dog's name. When your dog finds the correct person and makes eye contact, say '**yes**' and give the dog a treat. Repeat this exercise each day for 3-days.
-  Now take the 'name game' outside. This time when your dog looks at you when it hears its name, say '**yes**' and pet them for 30 seconds. Limit the treats to every 5<sup>th</sup> time your dog makes eye contact when it hears its name.

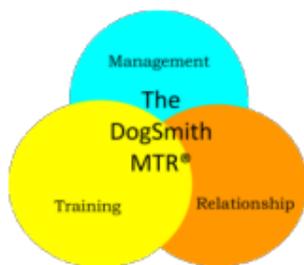
**Tips** NEVER use your dog's name harshly. Always use your dog's name in a happy and pleasant manner.

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## Relationship Exercises

### Exercise #5: 'Touch Me'

**Goal:** To make your dog comfortable and happy to be touched by you around its head and neck and to have its collar handled.



**Resources:** You will need a treat bag with some soft, moist and yummy treats. Your dog will also need to be wearing its collar.

# Training Steps



Sit on a chair with your dog in front of you and raise your left hand in the air. If your dog does not react fearfully say **'yes'** and give it a treat. Repeat 5 times. Now do the same exercise with your right hand. Repeat 5 times.



Slowly raise both your hands in turn just in front of your dog's face. If your dog does not react with fear say **'yes'** and treat.



Gently take hold of your dog's collar. If your dog doesn't react negatively, say **'yes'** and give it a treat. Repeat 5 times.



Stand and ask your dog to 'sit.' When it 'sits' gently take its collar in your left hand and say **'yes'** and give it a treat with your right hand.

Repeat this

**Tips:** At least once each day take your dog by its collar and reward a happy reaction. We want our dogs to enjoy having their collar touched.