The DogSmith ®

Management Tools

for You and Your Pet Dog

Copyright The DogSmith ® 2010

All Rights Reserved Worldwide. May not be copied or distributed without prior written permission

The DogSmith ®

Helping Dogs Become Family!

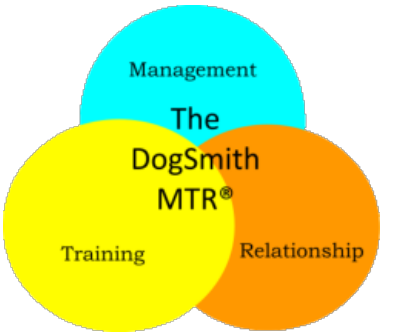
Castle Creek's Chloe, SH, CGC
Owned by Rachel Williams & Corne Kruger

www.DogSmith.com 1-888-Dog-Smith

DogSmith®
Management Tools

Tool #1: Teaching a 'Target'

Goal: To create a 'target' cue that you can use to manage your dog's behavior and help develop new training behaviors.



Resources: You will need a ball and a tug-toy that you can play tug with. You will also need a bowl filled with treats the size of your little fingernail and your training word ***('yes').***

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Hold the palm of your hand toward your dog. If your dog looks at your palm, touches it, smells it or just moves toward it, say ***'yes'*** and give it a treat. Repeat this 10 times or until you see that your dog recognizes that it must touch your hand with its nose to get the '***yes***' and a treat.
- Once your dog is actively and consistently tapping your hand with its nose to get a treat, we want to attach the verbal cue ***'touch'*** to its behavior. Do this by saying ***'touch'*** as your dog touches your hand with its nose. Then say '***yes'*** and give it a treat. Repeat this 10 times.
- The next step is to only say ***'yes'*** and deliver a treat to your dog for touching your palm **after** you ask it to by saying ***'touch***.' Repeat this 10 times.
- Put your hand down, then put your hand back up and say '***touch.***' As your dog touches your hand, say ***'yes'*** and give it a treat. Your dog should now touch your hand on request. Repeat 20 times.

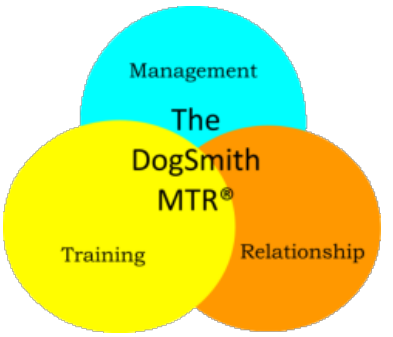
Tips: You can now generalize this behavior to many different objects such as a tennis ball or a toy.

.

DogSmith®
Management Tools

Tool #2: 'Let Me Out'

Goal: To teach your dog to ring a bell when it needs to go outside.



Resources: You will need a short rope with a couple of small bells on the end, a bowl with treats the size of your little fingernail and your training word (**'*yes*'**).

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Using the skills you learned from *Management Card #1*: **Teaching a 'Target'**, teach your dog to touch the bells you have positioned by the door.

- Once your dog is actively tapping the bells with its nose to get a treat, attach the verbal cue, *'go out,'* to its behavior. Say '*go out' to your dog* and as it touches the bells with its nose, say '***yes'*** and give it a treat. Repeat this 10 times.

- Now when your dog taps the bells, say ***'yes'*** and reward it with a treat - then open the door and take your dog outside. Repeat 10 times.

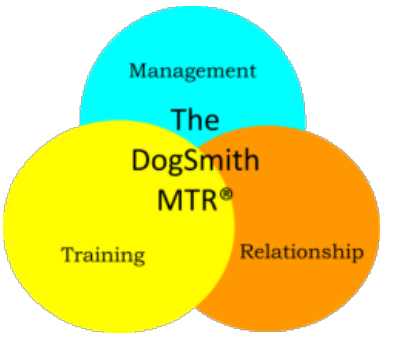
- Consistently have your dog ring the bell before you let it out. Your dog will learn that ringing the bell opens the door.

Tips: If your dog has accidents in your home download our free housetraining e-book, '*Ten Steps to Housetraining Your Dog*,' from The DogSmith website.

DogSmith®
Management Tools

Tool #3: 'Keep Me Busy'

Goal: To keep your dog mentally active and stimulated.



Resources: You will need interactive toys, Kongs™, balls, tug toys, and The DogSmith training cards. Be creative, you can use any number and type of toy.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Each day give your dog a stuffed frozen Kong™ (or any ‘stuffable’ chew toy). To make a stuffed frozen chew toy simply fill the stuffable toy with your dog’s kibble, topped off with peanut butter or cream cheese (to stop the kibble from falling out) then put the toy in the freezer for a couple of hours.

- Schedule a weekly doggy play-date with a friend so your dog continues to socialize with its ‘own kind’.

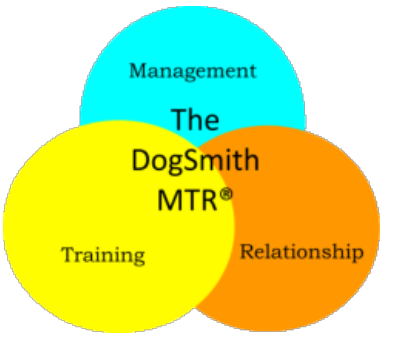
- Incorporate the DogSmith training card skills into your dog’s daily life to keep its mind active. You should train your dog for 5-minutes, twice each day. This will keep your dog’s mind active, learning and solving problems.

Tips: Continually train your dog by teaching it a new trick every week. This will keep your dog thinking and sharpen its vocabulary (if you do not teach them new things then they will teach themselves!).

DogSmith®
Management Tools

Tool #4: 'Keep Me Tired'

Goal: To keep your dog well exercised. An exercised dog is a tired, well behaved dog. Give your dog a minimum of two 20-minute, high energy, fun exercise sessions each day.



Resources: You will need a tennis ball or any toy your dog likes. You will also need an area of secure, fenced land so you can throw a toy for your dog to fetch and retrieve. If you do not have a safe fenced area then attach a 20-foot line to your dog for safety.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Have your dog 'target' (see Management Card #1) the toy. When your dog is tapping the toy consistently stop rewarding it. Your dog will eventually grab the toy hoping to get a '***yes***' and a treat from you.

- Repeat the exercise of letting your dog grab the toy, then say ***'yes'*** and give it a treat. Repeat this 10 times while you are holding the toy. Next, put the toy on the floor and when your dog grabs it, say ***'yes'*** and give it a treat. Repeat this 10 times.

- Now throw the toy about 3 feet from you and repeat the last step above. Your dog should go to the toy. When your dog grabs it, say ***'yes***.' Your dog should now return to you with the toy to get its treat. Repeat this 10 times.

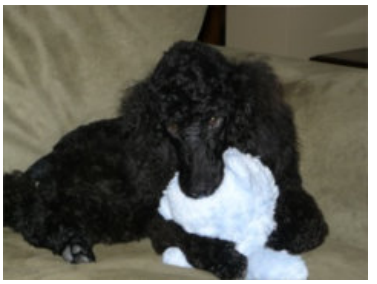
- Gradually increase the distance you throw the toy. Only give your dog a treat every third time it brings the toy back to you. On the other occasions, throw a different toy for your dog to retrieve.

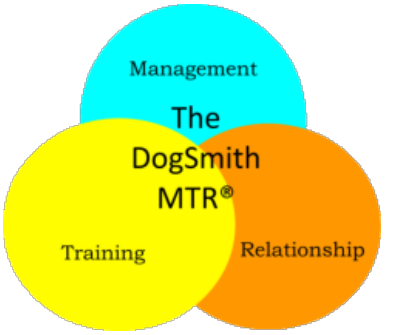
Tips: Make this a game for your dog. Have fun and be animated. It is very easy to exercise a dog, even in a small yard, if they will run and retrieve a toy.

DogSmith®
Management Tools

Tool #5: 'Keep Me Safe'

Goal: To create a safe and comfortable place where your dog is happy to call its own. Crates are great management tools and can prevent your dog from developing inappropriate behaviors by keeping it safe when you cannot directly supervise it.





Resources: You will need a dog crate that is large enough for your dog to stand up, turn around and lie down in when it is relaxed. You will need a selection of interactive toys including a couple of Kongs™ (or similar chew toys) that you can stuff with goodies. The crate will need a comfortable crate matt and room for a water bowl.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Feed your dog in its crate. Initially place your dog's food bowl at the front of the crate but over a few days gradually move the food bowl toward the back of the crate.

- Every now and then throw a treat into the crate so if your dog wanders in it will find a yummy surprise. Store your dog's toys in the crate so it will have to go into the crate to get one.

- Send your dog into the crate to target something and then call it back out after it has successfully touched the target. (see Management Card #1)

- Attach a verbal cue to the 'going into the crate' behavior such as '*load up*', '*crate', 'bed'* or whatever you want to use. Make this fun and high energy.

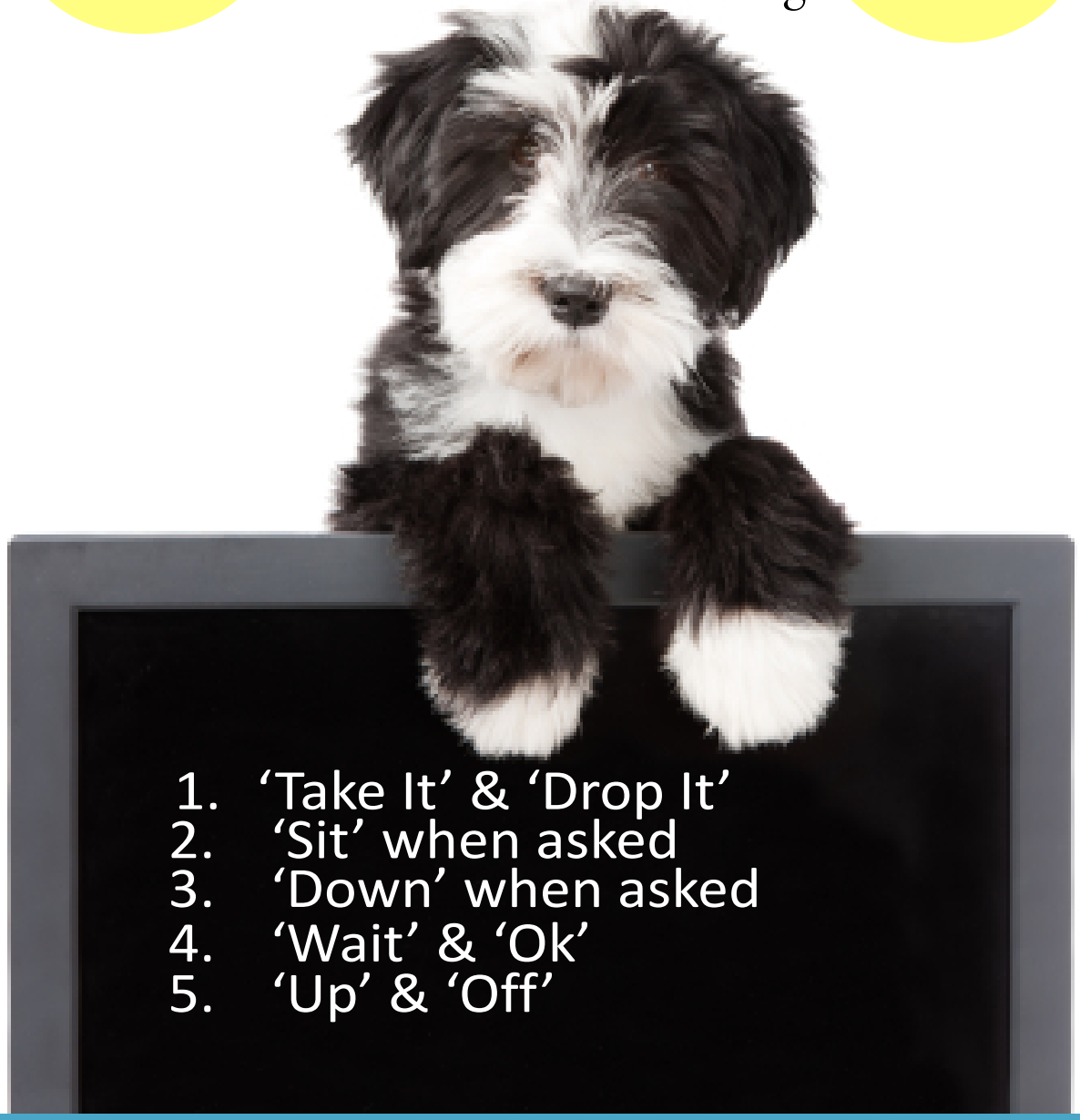
- Every third time your dog goes into its crate, have it 'sit' or 'down' in the crate before you call it back out. Gradually have your dog spend longer periods in its crate with the door closed. Be sure to give it chew toys or toys stuffed with kibble.

Tips: Never use the crate as a punishment. The crate should be a safe place for your dog.

The DogSmith ®

Training Skills

for You and Your Pet Dog



Copyright The DogSmith ® 2010

All Rights Reserved Worldwide. May not be copied or distributed without prior written permission

The DogSmith ®

Helping Dogs Become Family!

Sagenhaft's Colter S. Zehner
CGC, RN, CD &
Delta Society Therapy Dog

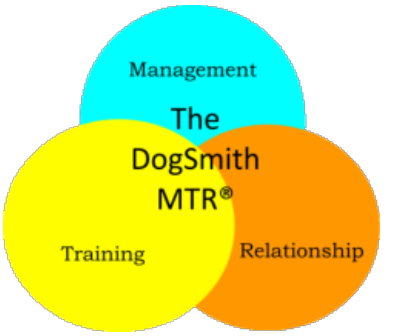
www.DogSmith.com 1-888-Dog-Smith

DogSmith®

Training Skills

Skill #1: 'Take It' & 'Drop It'

Goal: To teach your dog to take something or drop something when asked.



Resources: You will need a tug toy and a large chewable treat . The treat needs to be large enough that you can hold it in your hand while your dog nibbles on the end . You will also need some small yummy treats about the size of your little fingernail.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Offer a chew stick to your dog and say “Take It”. Let your dog chew on the stick but do not let go. Just before or as you present a high value treat say “Drop” and move your hand in straight away with the high value treat and take the chew stick. Please try not to pull on the chew stick as we want your dog to “Drop It” rather than it be pulled out of his mouth.

- Let your dog eat the high value treat and then give back the chew stick

- Repeat x 10 in lots of different locations

- When your dog understands the game with a treat play the game with a toy, rewarding it with the small yummy treats

- Gradually get more animalted as you play the game. you want your dog to be able to “Drop It” and “Take It” even when excited

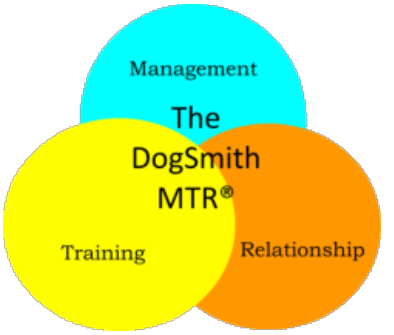
Tips: Generalize the ‘take it’ and ‘drop it’ to other things such as its toys or when you drop something on the floor.

.

DogSmith®
Training Skills

Skill #2: 'Sit' When Asked

Goal: Your dog will sit when you ask it to 'sit'. We don't teach our dogs how to sit since they already know *how*. Our goal is to have verbal control over the 'sit' behavior so when we ask it to sit without food in our hand it will comply.



Resources: You will need to have some small yummy treats (the size of your small fingernail) and a toy.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Hold a treat just above your dog's nose. Move your hand - holding the treat - slightly up and back so your dog's nose will follow the treat until its bottom hits the ground. As your dog moves back and starts to sit, say '***sit***'. When its butt is on the ground say ***'yes'*** and give it the treat. Repeat 5 times.

- *Repeat above with no treat in your hand.* Repeat 10 times.

- Now without using your hand, say ***'sit'*** to ask your dog to sit and as its bottom hits the ground say ***'yes'*** and stroke it. Every fifth time you successfully get your dog to sit in this way, say ***'yes'*** and give it a treat. Repeat 5 times.

- To increase the duration of the 'sit' behavior ask your dog to 'sit'. Once it sits, count to 4 and then say '***yes'*** and give it a treat. Increase the duration of the 'sit' in this manner until you can have your dog sit for 30 to 60 seconds.

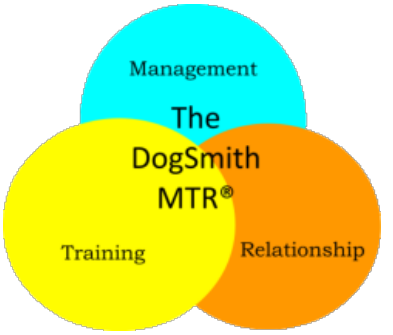
Tips:

To generalize the 'sit' behavior have your dog sit before you open doors to let it out, while it waits for its meals or while you put on its leash.

DogSmith®
Training Skills

Skill #3: 'Down' When Asked

Goal: To have your dog happily lie down when you ask it to. We don't teach our dogs how to lie down since they already know *how*. Our goal is to have verbal control over the 'down' behavior.



Resources: You will need to have some small yummy treats (about the size of your small fingernail) and a toy.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Hold a treat just under your dog's nose. Slowly move your hand straight down to a spot between your dog's front paws letting its nose follow your hand down. *Where the nose goes the body should follow*. As your dog's stomach hits the ground, say '***down***'. When it is completely down say ***'yes'*** and give it a treat. Repeat this process 10 times.

- *Repeat the above with no treat in your hand* 10 times.

- Next, say '*down*' to your dog while using just your hand signal. When its stomach hits the ground say '***yes'*** and stroke it (no treat). As you practice, give your dog a treat every other time it goes '***down***'.

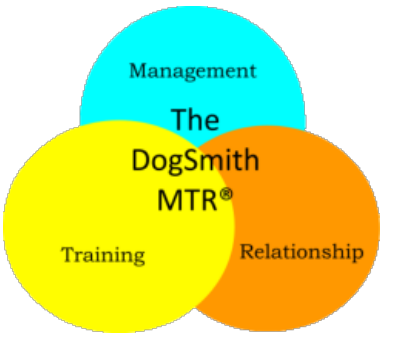
- To increase the duration of the 'down' behavior, ask your dog to 'down' then count to 4 before you say '***yes***' and give it a treat. Continue to increase the delay before giving it a treat. With practice you will soon be up to 30 to 60 seconds.

Tips: Practice the 'down' behavior in the evening when your dog is quiet. Put it into a 'down' next to your chair. Every few seconds give it a small treat or stroke it if it remains in the 'down' position.

DogSmith®
Training Skills

Skill #4: 'Wait' & 'Okay'

Goal: To teach your dog to stop in its tracks and wait when you say '*wait*' and will stay waiting until you give it the verbal release cue '*Okay*'.



Resources: You will need to have some small yummy treats (about the size of your small fingernail) and a doorway you can work in.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Take your dog, on a leash, to a door. Ask your dog to ‘sit’. Slowly open the door. If your dog begins to break the ‘sit’ to move through the door tell it ‘*wait*’ and quickly close the door. Repeat until you can open the door without your dog trying to go through the door.

- Now, put your dog in a ‘sit’ then open the door fully. Tell your dog ‘***okay***’ and encourage it to move through the door. As it moves forward, tell it **‘yes’** and give it a treat. Repeat 10 times.

- Next, take your dog outside on a leash and let it wander around. Randomly say *‘wait’* in a neutral but moderately loud tone. If it stops and looks back to you say **‘*yes*’** and give it a big jackpot (lots of treats thrown on the floor in front of it). Repeat 20 times over several days.

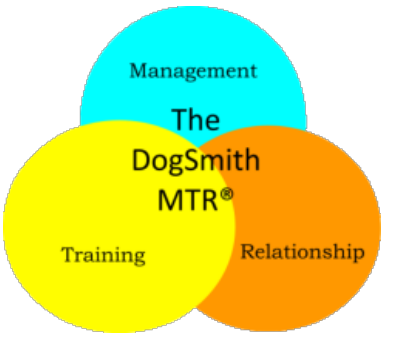
Tips: If your dog is crate-trained you can also train the ‘wait’ and ‘okay’ with your dog inside a crate. Take the time to practice this behavior outside the home on a leash. If you make this a fun game that your dog learns, you may save your dog’s life.

DogSmith®

Training Skills

Skill #5: 'Up' & 'Off'

Goal: To teach your dog 'off' so that you can get it off furniture or other items. The easiest way to teach 'off' is to make it a game incorporating 'up'.



Resources: You will need to have some small yummy treats (about the size of your small fingernail) and a piece of furniture you allow your dog on. You can also train this skill using your car.

© 2010 The DogSmith® www.DogSmith.com

Training Steps

- Using a treat and a happy voice, encourage your dog to jump up onto a chair. As soon as it is 'up' say '***yes'*** and give it a treat. Do the same thing to move them 'off' the chair. Repeat 10 times.

- Now, with your dog in a 'sit' and without a treat in your hand, pat the chair and say ***'up.'*** When your dog gets up on the chair say ***'yes'*** and give it a treat.

- Next, without a treat in your hand ask your dog ***'off'*** using your happy voice and body language to encourage it to get 'off' the chair. As it gets 'off' say ***'yes'*** and give it a treat. Repeat 5 times.

- Repeat the 'up' and 'off' sequence but only give a treat for every 3rd 'up' and every 3rd 'off'.

- Practice this behavior and gradually replace treats with the verbal reward '***good dog'*** and physical affection.

Tips: Practice the verbal cues ***'up'*** and '***off'*** using different pieces of furniture. You can even practice these cues by having your dog jump into and out of your car.

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

Copyright The DogSmith ® 2010

All Rights Reserved worldwide. May not be copied or distributed without prior written permission

The DogSmith ®

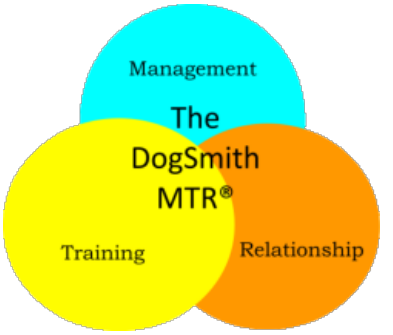
Helping Dogs Become Family!

www.DogSmith.com 1-888-Dog-Smith

DogSmith®
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.

© 2010 The DogSmith® www. DogSmith.com

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.

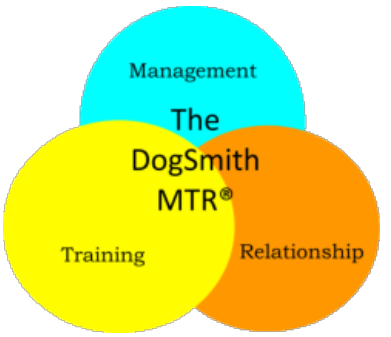
Tips:

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.

DogSmith®
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.

© 2010 The DogSmith® www. DogSmith.com

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.

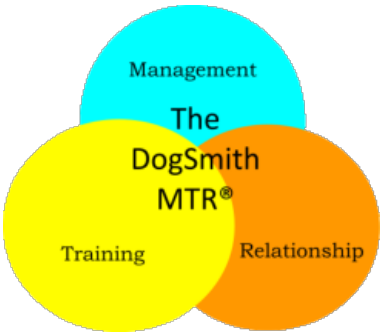
Tips:

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.

DogSmith®
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.

© 2010 The DogSmith® www. DogSmith.com

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.

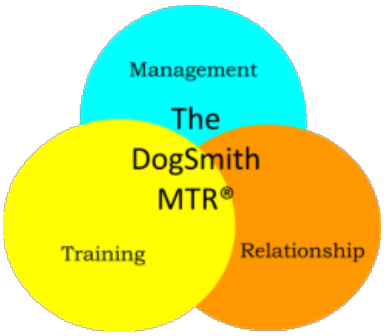
- Once your dog is looking at you reliably when you say '***watch me***' take the training into a different location where there are new and varied distractions and repeat the exercises above.

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.

DogSmith®
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.

© 2010 The DogSmith® www. DogSmith.com

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.

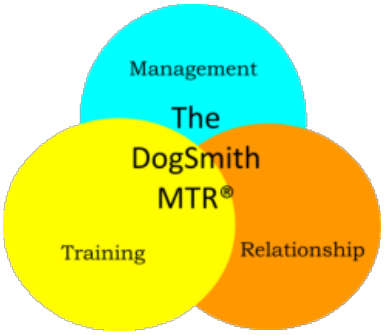
- Now take the ‘name game’ outside. This time when your dog looks at you when it hears its name, say ***‘yes’*** and pet them for 30 seconds. Limit the treats to every 5th time your dog makes eye contact when it hears its name.

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

DogSmith®
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.

© 2010 The DogSmith® www. DogSmith.com

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 tr[illegible]ht hand. Repeat th[illegible]

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.