

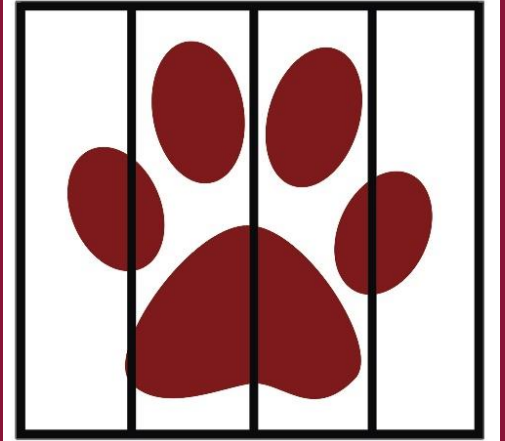


Providers of Assistance Dogs

Theory Track Manual



PRISON PUP PROGRAM



Editor: Donna Shawver

Contributing Authors:
Shara Butterworth
Donna Shawver

2019 Edition



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Chapter 1

Introduction and Objectives: About our Program

Reading Canine Body Language

- How dogs communicate

Signs of Stress in Dogs

- Learn how a dog exhibits stress

Dog Calming Signals

- How dogs calm themselves
- Critical periods of development
- What we need to know about how a dog matures from birth to 4 years old

Does Your Dog Really Know It's Bad?

- Understanding anthropomorphizing behavior



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INTRODUCTIONS AND OBJECTIVES

Hi and welcome to an amazing program where you will have the opportunity to learn how to train wonderful dogs who have the potential to become service dogs that will assist people with disabilities other than blindness.

This program is not for everyone, as properly caring for, and training a dog requires time, commitment and attention.

As a participant in this program, we ask you to put aside any previous dog training experience you may have, as our training techniques are probably quite different. Our training is based on using scientifically proven training techniques through classical & operant conditioning, which means we use toys, treats and praise to motivate the dogs to make the right decision and perform requested commands. We will “discourage” dogs from making incorrect choices by the use of vocal corrections as well as some aversion techniques.

The main objective of this program is to train dogs for service.

The first segment of this training program will consist of a “Basic Obedience” track where you will teach your dog basic obedience commands and begin working with them in distracting environments.

The second segment is the “Advanced Training” track where the dog will learn more advanced commands necessary to become service dogs for people with disabilities other than blindness.

All the dogs coming into this program are depending on you to help them reach their full potential.

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Reading Canine Body Language

While dogs cannot speak, they do display their state of mind via their body language. By taking careful note of ear position, pupil dilation, facial tension (particularly around the muzzle and forehead), tail carriage and body weight distribution, an observer can detect whether a dog is relaxed, fearful, or acting in a submissive or dominant manner toward the observer.



Arousal

The dog has been stimulated by something in his environment. When the dog is excited by something nonthreatening, the hackles will be down, and the tail will likely be a bit higher and wagging.

His focus will be on whatever has caused his arousal.



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Aggressive Attack

This threatening posture is used to chase another away or, if need be, to attack in order to protect possessions, pack or self.



Active Submission

This pacifying posture is used when a dog acknowledges another dog or human's higher social ranking, or to inhibit another's aggression.



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Passive Submission

Belying up indicates surrender, a pacifying gesture offered to a more dominant or aggressive individual.



PASSIVE SUBMISSION

Defensive Aggression

When fearful, a dog will give warning signals to indicate he does not wish to be approached. If unheeded he will bite to protect himself.



DEFENSIVE AGGRESSION



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SIGNS OF STRESS IN DOGS

- Excessive panting or drooling
- Avoiding touch
- Lip licking or smacking
- Yawning
- Excessive whining
- Resistance (passive or active)
- Extreme fatigue after working
- Diarrhea or vomiting
- Hanging head
- Swaying from side to side
- Excessive shedding
- Unusual lethargy or hyperactivity
- Refusal of meals and/or food rewards
- Exaggerated startle response (may seem fearful)
- Hyper vigilance (highly aroused / excited)
- Full body shake, like they have just had a bath
- Excessively drinks water; need for frequent potty breaks



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DOG CALMING SIGNALS

- Looking away
- Turning away
- Blinking eyes
- Licking nose
- Walking slowly
- Sitting down
- Yawning
- Sniffing the ground
- Submissive urination
- Full body shake
- Play bow
- One paw raised up



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Critical Stages of Development-According to UC Davis

Neonatal Period (0-12 Days):

- The puppy responds only to warmth, touch, and smell. He cannot regulate body functions such as temperature and elimination.

Transition Period (13-20 Days):

- Eyes and ears are open, but sight and hearing are limited. Tail wagging begins and the puppy begins to control body functions.

Awareness Period (21-28 Days):

- Sight and hearing functions well. The puppy is learning that he is a dog and has a great deal of need for a stable environment.

Canine Socialization Period (21-49 Days):

- Interacting with his mother and littermates, the pup learns various canine behaviors.

Human Socialization Period (7-12 weeks):

- The pup has the brain wave of an adult dog. This is the best time for going to a new home. He now has the ability to learn, bite inhibition, simple behavioral responses: sit, stay, come. Housebreaking begins. He now learns by consequence and association. The permanent man/dog bonding begins.

Fear Impact Period (8-11 Weeks):

- Try to avoid frightening the puppy during this time, since traumatic experiences can have an effect during this period. As you can see, this period overlaps that of the previous definition and children or animal should not be allowed to hurt or scare the puppy -- either maliciously or inadvertently. It is very important now to introduce other humans, but he must be closely supervised to minimize adverse conditioning. Learning at this age is permanent. This is the stage where you wonder if your dog is going to be a lazy all of his life. Also introducing your puppy to other dogs at this time will help him become more socialized.



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Seniority Classification Period (13-16 Weeks):

- This critical period is also known as the "Age of Cutting" - cutting teeth and cutting apron strings. At this age, the puppy begins testing dominance and leadership. Biting behavior is absolutely discouraged from thirteen weeks on. Praise for the correct behavior response is the most effective tool. Meaningful praise is highly important to shape positive attitude.

Flight Instinct Period (4-8 Months):

- During this period, puppies test their wings- they will turn a deaf ear when called. This period lasts from a few days to several weeks. It is critical to praise the positive and minimize the negative behavior during this time. However, you must learn how to achieve the correct response. This period corresponds to teething periods, and behavioral problems become compounded by physiological development. Great age to start a puppy class!

Second Fear impact period (6-14 Months):

- Also called "**The fear of situations period**", usually corresponds to growth spurts. This critical age may depend on the size of the dog. Small dogs tend to experience these periods earlier than large dogs. **Great care must be taken not to reinforce unwanted behavior. Force can frighten the dog and soothing tones serve to encourage his fear. His fear should be handled with patience and kindness. Training during this period puts the dog in a position of success while allowing him to work things out while building self-confidence.** In this period there can be a fear of new environmental situations. Dog may become more reactive (Flakey Teenager Phase.)

Maturity (1-4 years):

- Many breeds, especially giant breeds continue to grow and physically change well beyond four years of age. The average dog develops to full maturity between one and three years of age. This period is often marked by an increase in aggression and by a renewed testing for leadership. During this time, while testing for leadership, the dog should be handled firmly. Regular training throughout this testing period, praise him for the proper response. Giving him no inroads to affirm his leadership will remind him that this issue has already been settled.



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DOES YOUR DOG REALLY KNOW IT'S BAD?

Dogs are not mechanical creatures, nor are they humans. Their brains do not work in the same way that a human's does. They lack human reasoning and some of our more complicated human emotions, but this is replaced with their own unique abilities that we would not trade for the world. That is what makes dogs so special; they differ from humans. Taking the time to learn how they think and what makes them tick will help you successfully communicate with your dog. Give your dog what THEY need, rather than only taking what YOU want from your dog. Those who do for others are, generally, happier than those who only focus on themselves.

If you had a snake as a pet, you would more likely see the snake as the animal it is and try to give it what it instinctually needs; for example, a hut to hide under. But for some reason people humanize their dogs and perceive them to have human tendencies. In doing so, the dog suffers because he does not get his instinctual needs met.

Dogs do not reason... they react. Dogs never premeditate their actions. Meaning, they never think, "I am going to go and bite that mailman today."

Dogs and animals in general have a universal language. They read one another's energy/emotions and body language. Although humans have this ability too our modern world has dulled our instincts so most humans cannot do this to the extent that other animals can. Your dog will know you are displeased if you walk into the room angry. They feel and see the anger that is produced by this emotion. They do not understand why you are displeased by them chewing up your couch or peeing on the floor but they will recognize you are upset and offer appeasement gesture. People often mistakenly misinterpret that the dog feels guilt while the dog is actually reacting to the angry humans body language as a threat. The only way to make a dog truly understand a behavior is unwanted is to catch him at the moment they are committing the deed and provide an unpleasant consequence.

- Tip: Don't use his name when correcting him. His name should only be used for positive reinforcement.

In order for dogs to successfully live among humans, the humans must be the leaders. In the wild, pack leaders do not give affection to lower members of the pack unless it is earned by exhibiting wanted behavior. What they do give are rules the pack must follow, limits to what they are allowed to do, and boundaries that the pack must not cross. This social structure makes the dog feel safe and secure. When dogs live with humans they experience a human trait called affection. Love is embedded in all animate creatures and affection is the exhibition of that love.

Affection is wonderful and dogs thrive on this human characteristic. However, too many times we give our dog only affectionate love and we overlook the most important canine instincts. The thing that keeps the pack solid and the members secure is consistent, firm, confident leadership. When a dog is lacking in the latter, they lose their direction, become

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unstable, confused, insecure and unhappy. The lower dogs look to the leader for guidance and direction. Their instincts tell them that without a strong, consistent leader, they will not survive. Therefore, it is instinct for a dog to try to take over if they do not see you as a consistent strong leader.



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➤ Chapter 1 Test

1. What body language would an aggressive dog display?
2. What body language would a relaxed dog display?
3. What body language would an aroused dog display?
4. What is a dog communicating that goes belly up when confronted?
<input type="checkbox"/> Aggression
<input type="checkbox"/> Active Submission
<input type="checkbox"/> Arousal
<input type="checkbox"/> Passive passion
5. List 4 signs a dog would display when stressed?



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6. List 4 calming signals.
7. At which critical period does a pup learn bite inhibition?
<input type="checkbox"/> Seniority classification period
<input type="checkbox"/> Awareness period
<input type="checkbox"/> Human socialization period
8. At which critical period does a dog start to act like a flakey teenager?
<input type="checkbox"/> Maturity
<input type="checkbox"/> Second fear impact
<input type="checkbox"/> Canine socialization
9. How would you work with a 10-month-old dog displaying fear?
10. If you come into your house and your dog has chewed up one of your shoes, does he understand he has done something wrong?
<input type="checkbox"/> Yes <input type="checkbox"/> No
11. You should always yell your dog's name when you are correcting them. <input type="checkbox"/> Yes <input type="checkbox"/> No



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Chapter 2

- **Classical & Operant Conditioning**

Classical and Operant Conditioning are terms that describe learning in humans and animals. Understanding how dogs learn can assist you in getting inside the minds of your four-legged friends to help you get the behavior you want from your dog while eliminating behavior that is unsafe, unhealthy or unwanted. Once you know how he learns, you'll have much more success with your training.

- **Classical Conditioning:**

Think "Associative Learning" - or the fact that dogs learn through association. For example: Imagine you pick up your dog's leash and he starts doing the happy dance. A strap of cloth or leather has no intrinsic value to a dog (other than maybe something fun to chew on), so why does he respond so excitedly? Here's the answer. He's excited because he has learned through repetition that when you pick up the leash, you are going for a walk. This creates an association. Fido has an involuntary response (excitement) which leads to the happy dance. He didn't decide to be excited - it is just his involuntary reaction. The association is leash = walk. If your dog loves to go on walks, it makes perfect sense why he would get excited with anything associated with a walk, like picking up the leash.

- **Operant Conditioning:**

Think "Consequences" - or the fact that dogs learn through actions resulting in rewards or punishments. For example: You have trained your dog to sit and become calm before putting the leash on to go for a walk. In this case the dog must perform a voluntary action of sitting and relaxing. If he complies, Fido enjoys the reward of going for a walk. If he doesn't sit and relax, he is denied the walk (which is a punishment). Either way, Fido's behavior has a consequence. This is a trained or learned behavior where an operation or series of operations will yield either wanted or unwanted results.



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CLASSICAL CONDITIONING IN DOGS

Most of us have heard of classical conditioning. Pavlov demonstrated how a neutral stimulus could become meaningful to a dog when followed by something that elicits a natural response. So when a bell, meaningless in itself, is consistently followed with food, the sound of the bell alone triggers salivation. This discovery had a major influence on how we understood learning and was a key element of Behaviorism, the most influential school of thought in the early 20th century. Even though today our understanding of behavior has broadened to also include cognitive, genetic, biological, and environmental influences, classical conditioning still plays a major part in our dog's behavior. And it's not limited to training! All through the day, no matter how old, our dogs develop new associations that will influence how they feel, react and interact with the world around them. As their guardians and the source of most of their basic needs, we play a fundamental role in what our pooch learns and how he feels about the world he lives in. A good understanding of classical conditioning can make a significant difference in influencing Fido's behavior.

In every interaction between our dog and us or between our dog and the environment lies the potential to develop an association, positive, negative or neutral with the event. Since there is no need to learn to like food, dislike an electric shock or run away from a loud noise, this category of stimuli is said to be unconditioned. In other words, they didn't require any prior learning to elicit a reaction. The principal behind classical conditioning is very straightforward. **Anything neutral, like a sound, place, word or event, followed with something naturally meaningful to the dogs, (unconditioned), like food, an electric shock or loud sound can become associated with either good or bad things.**

In training we routinely use the dog's ability to learn through this type of association. A clicker for instance is meaningless to the dog, until it's consistently followed by food. In the same way, when we ask our dog to sit and give her a treat for putting her butt on the ground, just like the sound of the bell, after a few repetitions, the word 'sit' has become associated with food. Of course, classical conditioning is not the only association happening and operant conditioning is also taking place: as is the case in most situations. **What's important here is to understand that part of the reason our dog is willing and happy to sit, is because the word 'sit', along with the action itself, are now associated with food.** If instead of using treats, we decided to resort to choke chains or prong collars, the dog would still learn the behavior, but as a side effect, it could also develop an unpleasant feeling with sit.

How about when we're not training? How does classical conditioning impact my dog's behavior? Let's take a few examples in humans first. If you wear glasses, you've probably been asked to sit in front of a device that blows a puff of air in your eye. It's quite unpleasant and generally triggers a blinking reflex. Let's imagine now that the doctor says the word 'blue' right before the air puff. The word blue generally doesn't elicit any kind of emotional response, so we shouldn't react to the word alone. How many repetitions would it take for you to start blinking to the word 'blue' alone?

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Let's imagine now that you heard the word blue right before being hit in a car accident? Sometimes, when the intensity of the event is very strong, especially when fear is involved, it only takes once to have a lasting effect on us. That's how many phobias start.

In a famous experiment, Watson presented a white rat to a young 9 months old boy, little Albert. The boy wasn't afraid of rats so he didn't have any particular reaction in its presence and even played with it. During the experiment however, any time the baby reached out to touch the rat, loud steel clanging noises were made right behind the child. After only a few trials, when they brought the rat back in the room, even without the noises, little Albert was in a panic. The white rat, originally neutral, was now a conditioned stimulus (learned through association with the sound). Albert's fear reaction later generalized to other white and fluffy things, like a white rabbit or a Santa Claus beard.

Let's look at some common examples in dogs:

You open a bag of chips and give one to the dog. It won't be long before the dog runs to you when hearing the rip of the bag (this would also apply to the refrigerator door).

When taking the dog to a vet clinic, initially neutral, the dog is handled, carried and poked by strangers. The sight of a vet clinic quickly becomes a source of stress for many dogs.

We notice that our favorite pair of shoes has been shredded so we call the dog to express our anger. The dog has now associated us with the outburst and may display signs of fear and avoidance when we call our dog

When on a walk, anytime we notice another dog, we brace ourselves and tighten the leash, anticipating our dog to pull harder towards the other dog. With repetition, our pooch learns that the presence of other dogs, when on leash, is source of discomfort and may develop reactivity.

We can go on and on with examples of how this type of associative learning affects our dog in all situations and throughout his life. What's important to remember is that classical conditioning is almost always at play. What type of experience, however neutral, pleasant or unpleasant, is highly dependent on the choices we make and on the temperament of the dog. Some dogs are naturally more confident and friendly than others. We can, for instance, avoid potential fears and anxieties by preventatively pairing food or other pleasant stimulus with certain events that are likely to be otherwise unpleasant, such as a vet visit, nail trimming, grooming, crating, grabbing of the collar, strangers, other dogs, etc.... It's much easier to prevent the occurrence of fears from the beginning rather than having to treat them once they're established. Nonetheless, classical conditioning is the only way to help an animal get over certain fears once acquired. By pairing food for instance (or another primary drive) with the situation we can sometimes diminish the dogs fear.

INTRODUCTION TO OPERANT CONDITIONING

Operant conditioning forms an association between a behavior and a consequence.

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Four Possible Consequences:

- Something Good can start or be presented. +R
- Something Good can end or be taken away. -P
- Something Bad can start or be presented. +P
- Something Bad can end or be taken away. -R

Consequences have to be immediate, or clearly linked to the behavior. With verbal humans, we can explain the connection between the consequence and the behavior, even if they are separated in time.

Example:

You might tell a friend that you'll buy dinner for them since they helped you move, or a parent might explain that the child can't go to summer camp because of her bad grades. With very young children, humans who don't have verbal or reasoning skills, and animals, you can't explain the connection between the consequence and the behavior. For the animal, the consequence has to be immediate.



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Technical Terms

Anything that *increases* a behavior - makes it occur more frequently, makes it stronger, or makes it more likely to occur - is termed a *reinforcer*. Often, an animal (or person) will perceive "starting Something Good" or "ending Something Bad" as something worth pursuing and they will repeat the behaviors that seem to cause these consequences. These consequences will increase the behaviors that lead to them, so they are *reinforcers*. These are consequences the animal will work to attain, so they strengthen the behavior.

Anything that *decreases* a behavior - makes it occur less frequently, makes it weaker, or makes it less likely to occur - is termed a *punisher*. Often, an animal (or person) will perceive "*ending something good*" or "*starting something bad*" as something worth avoiding, and they will not repeat the behaviors that seem to cause these consequences. These consequences will decrease the behaviors that lead to them, so they are *punishers*.



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Applying these terms to the Four Possible Consequences, you get:

- Something Good can start or be presented, so behavior increases = **Positive Reinforcement (R+)**
- Something Good can end or be taken away, so behavior decreases = **Negative Punishment (P-)**
- Something Bad can start or be presented, so behavior decreases = **Positive Punishment (P+)**
- Something Bad can end or be taken away, so behavior increases = **Negative Reinforcement (R-)**

or:

	Reinforcement (behavior increases)	Punishment (behavior decreases)
Positive (something added)	Positive Reinforcement Something added increases behavior	Positive Punishment Something added decreases behavior
Negative (something removed)	Negative Reinforcement Something removed increases behavior	Negative Punishment Something removed decreases behavior

➤ Remember that these definitions are based on their actual effect on the behavior in question: they must reduce or strengthen the behavior to be considered a consequence and be defined as a punishment or reinforcement.



➤ For example, if a dog were barking and it was sprayed with a hose

- One dog may not like the water and so it is a punishment, the dog will decrease barking around hose.
- One dog may love the water and so it is a reinforcer, the dog will likely increase barking around hose



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Positive Reinforcement

This is possibly the easiest, most effective consequence for a trainer to control (and easy to understand, too!). Positive reinforcement means starting or adding Something Good, something the animal likes or enjoys. Because the animal wants to gain that Good Thing again, it will repeat the behavior that seems to cause that consequence.

Examples of positive reinforcement

The dolphin gets a fish for doing a trick. The worker gets a paycheck for working. The dog gets a piece of liver for returning when called. The wolf gets a meal for hunting the deer. The child gets dessert for eating her vegetables. The dog gets attention from his people when he barks. The elephant seal gets a chance to mate for fighting off rivals. The child gets ice cream for begging incessantly. The dog gets to play in the park for pulling her owner there. The snacker gets a candy bar for putting money in the machine.

Secondary positive reinforcers and Bridges

A ***primary*** reinforcer is something that the animal does not have to learn to like. It comes naturally, no experience necessary. Primary reinforcers usually include food, water, the chance to engage in instinctive behaviors, and for social animals, the chance to interact with others.

A ***secondary*** reinforcer is something that the animal has to learn to like. The learning can be accomplished through Classical Conditioning

Animal trainers will often create a special secondary reinforcer they call a ***bridge***. A bridge is a stimulus that has been associated with a primary reinforcer through classical conditioning. This process creates a ***conditioned reinforcer*** or CR for short. Animals that have learned a bridge react to it almost as they would to the reward that follows.



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Cautions in using positive reinforcement

If the animal is acting out of fear, you may be rewarding the fear response. This can happen when you coddle a shy dog. The timing must be good. If the animal did a great "stay" and you reward after the release, you are rewarding getting up. The reward has to be sufficient to motivate a repetition. Mild praise won't be enough for some animals. Others require the richest of food rewards, etc.

Reinforcements can become associated with the person giving them. If the animal realizes that he can't get any rewards without you present, he will not be motivated to act. Animals can get satiated with the reward you're offering when they've had enough, it will no longer be motivating. You always want to leave the dog wanting more.

Negative Punishment

Negative punishment is reducing behavior by *taking away something the dog likes*. If the dog was enjoying or depending on something good, she will work to avoid it getting taken away. They are less likely to repeat a behavior that results in the loss of a Good Thing. This type of consequence is a little harder to control.

Examples:

The child has his crayons taken away for fighting with his sister. The window looking into the other monkey's enclosure is shut when the first monkey bites the trainer. "This car isn't getting any closer to Disneyland while you kids are fighting!" The dog is put on leash and taken from the park for coming to the owner when the owner called (this causes the unintentional result of the dog being less likely to respond to the recall). The teenager gets phone taken away for misbehavior. The dolphin trainer walks away with the fish bucket when the dolphin acts aggressive. "I'm not talking to you after what you did."



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Positive Punishment

Positive punishment is something that is applied to reduce a behavior. The term "positive" often confuses people, because in common terms "positive" means something good, upbeat, happy, pleasant, and rewarding. **Remember, this is technical terminology we're using, so here "positive" means "added" or "started"**. Also keep in mind that in these terms, it is not the **animal** that is "punished" (treated badly to pay for some moral wrong), but the **behavior** that is "punished" (in other words, reduced). **Positive punishment, when applied correctly, is the most effective way to stop unwanted behaviors. Its main flaw is that it does not teach specific alternative behaviors.**

Examples:

Our society seems to have a great fondness for positive punishment, in spite of all the problems associated with it. *A dog's barking is punished with a startling squirt of citronella. The driver's speeding results in a ticket and a fine. The baby's hand is burned when she touches the hot stove. Walking straight through low doorways is punished with a bonk on the head. In all of these cases, the consequence (the positive punishment) reduces the behavior's future occurrences.

Secondary Positive Punishers

Because a positive punisher, like other consequences, must follow a behavior immediately or be clearly connected to the behavior to be effective, a secondary positive punisher is very important. Many dog trainers actively condition the word "**AH AH!**" or "**Don't!**" with some punisher, to form an association between the word and the consequence. The conditioned punisher (CP+) is an important part of training with Operant Conditioning.

Cautions in using Positive Punishment

Behaviors are usually motivated by the expectation for some reward, and even with a punishment, the motivation of the reward is often still there. For example, a predator must face some considerable risk and pain in order to catch food. A wild dog must run over rough ground and through bushes, and face the hooves, claws, teeth, and/or horns of their prey animals. They might be painfully injured in their pursuit. In spite of this, they continue to pursue prey. In this case, the motivation and the reward far outweigh the punishments, even when they are dramatic.



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The timing of a positive punishment must be precise. It must correspond exactly with the behavior for it to have an effect. (If a conditioned punisher is used, the CP+ must occur precisely with the behavior). If you catch your dog chewing on the furniture and you hit him when he comes to you, you are suppressing **coming to you**. The dog will **not** make the connection between the punishment and the chewing (no matter how much you point at the furniture).

The punishment must be sufficient to stop the behavior in its tracks - and must be greater than the reward. The more experience the animal has with a rewarding consequence for the behavior, the greater the punishment has to be to stop or decrease the behavior. If you start with a small punishment (a stern talking-to) and build up to a greater one (full-on yelling), your trainee may become adjusted to the punishment and it will not have any effect.

Punishments may become associated with the person supplying them. The dog who was hit after chewing on the furniture may still chew on the furniture, but he certainly won't do it when you're around!



Physical punishments can cause physical damage, and mental punishments can cause mental damage. You should only apply as much punishment as it takes to stop the behavior. *If you find you have to apply a punishment more than three times for one behavior, without any decrease in the behavior, you are not "reducing the behavior", you are harassing (or abusing) the trainee.*

Punishers **suppress** behaviors. Use positive punishment to train an animal *not* to do something.

Negative Reinforcement

Negative reinforcement increases a behavior by ending or taking away a punisher. By making the animal's circumstances better, you are rewarding it and increasing the likelihood that it will repeat the behavior that was occurring when you ended the punisher

In order to use negative reinforcement, the trainer must be able to control the punisher that is being taken away. This often means that the trainer must also apply the punishment. Applying a punishment might reduce whatever behavior was going on when the Punishment was applied. And reducing a behavior by applying a punishment is **positive punishment**.

*One of the major results of taking away a positive punishment is often **relief**. So another way to think of negative reinforcement is that you are providing relief*

Examples:

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The choke collar is loosened when the dog moves closer to the trainer. The reins are loosened when the horse slows down. The car buzzer turns off when you put on your seatbelt. Dad continues driving towards Disneyland when the kids are quiet. The hostage is released when the ransom is paid.

"No Reward Markers" and "Keep Going Signals"

There's a fifth possible consequence to any behavior: nothing. You push the button, and nothing happens. You raise your hand and the teacher doesn't call on you.

You get no response to your e-mail, your proposal, or your job application. The question you then have is; did no one notice your behavior? Or was it just not worthy of reinforcement?

To differentiate between these two possibilities, a trainer can use a **no reward marker** (NRM). The NRM tells the animal that its behavior will not gain it a reinforcer. A lot of dog trainers use "No" as NRMs. For example, if you're teaching your dog to sit in response to the cue "sit" (it's not as obvious to the dog as it is to you; after all, dogs don't have the experience of verbal words being labels for actions), and the dog lies down or barks, you can give a NRM. The purpose of the NRM is to get the animal to try something different. It is not a conditioned punisher and should not be used when the dog does something you don't want it to **ever** do. It's for when a behavior might be correct in a different circumstance but not in this one.



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Some trainers also have developed a **keep going signal** (KGS). This signal tells the animal that it's on the right track and that its behavior is leading to something that will gain it a reinforcer. For example, if you're teaching a dog to roll over and it will lie on its side, you can use a KGS like, "**that's it**". to tell it that it's close to a behavior that will get it a reward, but not there yet. Be careful not to use the KGS when dog has completed behavior

	Reinforcement (behavior increases)	Punishment (behavior decreases)
Positive + (something added)	Positive Reinforcement Something added increases behavior	Positive Punishment Something added decreases behavior
Negative - (something removed)	Negative Reinforcement Something removed increases behavior	Negative Punishment Something removed decreases behavior



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➤ Chapter 2 Test

1. What is Operant Conditioning?

2. What effect does Reinforcement have on behaviors?

3. What effect does Punishment have on behaviors?

4. Which one is Positive Reinforcement (R+)?

- A. Something good can start or be presented (increasing behavior)
- B. Something bad can start or be presented (decreasing behavior)
- C. Something bad can end or be taken away to increase behavior
- D. Something good can be taken away so behavior decreases



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5. Which one is Positive Punishment (P+)?
 - A. Something good can start or be presented (increasing behavior)
 - B. Something bad can start or be presented (decreasing behavior)
 - C. Something bad can end or be taken away (increase behavior)
 - D. Something good can be taken away (decreasing behavior)

 6. Which one is Negative Reinforcement (R-)?
 - A. Something good can start or be presented (increasing behavior)
 - B. Something bad can start or be presented (decreasing behavior)
 - C. Something bad can end or be taken away (increase behavior)
 - D. Something good can be taken away (decreasing behavior)

 7. Which one is Negative Punishment (P-)?
 - A. Something good can start or be presented (increasing behavior)
 - B. Something bad can start or be presented (decreasing behavior)
 - C. Something bad can end or be taken away (increase behavior)
 - D. Something good can be taken away (decreasing behavior)
-

Consider the following scenarios and explain which operant conditioning behavioral influences you think are taking place. (There could be more than one)

Example:

Joey gets excited and jumps up on his owner, when he comes home. His owner crosses his arms over his chest and turns his back to Joey. Joey stops jumping.

Answer: Negative Punishment or P-



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Joey's owner used Negative Punishment on Joey. He took something positive away (his attention) when Joey jumped, decreasing: Joey's jumping behavior.

8. Kari takes her dog to the dog park. Her dog has a blast. When it's time to go, Kari calls her dog and clips the leash on. They immediately leave. Now her dog won't come when called. Explain what happened?

9. Tiffany's dog trembles and shakes when she hears a vacuum. Tiffany immediately stops vacuuming and comforts her dog. Explain what is happening?

10. Ryan lets a dog pull him to the play yard. The dog loves to play in the play yard. Why won't the dog walk nicely?



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11. Spot loves water; from a hose, in the pool, anyway he can get it. Spot is having a barking problem and Sally is trying to stop him by using a squirt bottle but it's not working, why?

12. What is the definition of Primary Reinforcer?

- A. Anything that is naturally rewarding to the dog
- B. A way to change behavior
- C. The main trainer in the puppy program

13. What is the definition of Conditioned Reinforcer?

- A. Shaping a behavior with each successive approximation
- B. Anything that signals the arrival of a Primary Reinforcer
- C. A reinforcer that has conditions

14. What is the main Primary Reinforcer we use in training?

15. What Conditioned Reinforcer do we use in training?

16. How and why does the clicker work?



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CHAPTER 3

Social Styles

- **Anthropomorphizing** is something we all do with animals; it means giving animals human traits or explanations. Hollywood does this a lot in animated movies featuring animals. For instance, Pepe Le Pew the skunk is portrayed as a French Lover or Lassie is portrayed as an intelligent hero that can problem solve and rescue Timmy.

DOG SOCIAL STYLES

Behavior is determined by various factors such as socialization, genetics, environmental stimulus or lack of, and human contact. It affects how they learn, relate, and process information.

Dog social styles are a bit harder to define than human types. Each breed will have certain traits specific for that type of animal. For instance, breeds in the hound group tend to be more independent and motivated by scent versus a retriever type. Others will have a tendency toward specific behaviors such as vocalizing (Arctic breeds such as Huskies, Malamutes, and Samoyeds), or excessive mouthing or carrying of objects (Retrievers), or by movement (Sight hounds). Each breed will need certain handling to compensate for some of the behavioral traits that are developed through the particular breed and genetics.

Where most people have difficulty is recognizing that dogs are different. "My last dog was a wonder. I just can't seem to get this dog to do what I want." Different factors will influence your dog. Some of them are specific as to breed traits or sex, and sometimes to age. However, there are other factors that come into play as was briefly mentioned above.

Most animals, like children, will blossom in the right environment. Where a dog is housed, how they are treated, diet, litter structure, and age when removed from the litter, play a big part in how the dog will react later in life. Socializing, environment, toys, games, early training, and incorporation into the family will develop a well-rounded and responsive animal. Human raised dogs are experts on their human's behavior, as are most family dogs, and learning the way they do, will respond to their handlers according to what is reinforcing and what is punishing.

To try and give you an idea of the types of social styles there are, here is a general list. Remember, just as with the different social styles of owners each style will have shades of others, and each breed will have different shades of other social styles. None are bad; they just require different handling and living situations. Young puppies can usually become more balanced in their style with proper training, socializing, and influence.



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ANALYTICAL DOG

Analytical dogs are slower acting more inhibited in movement, more cautious in new environments, generally a sensitive dog that does not enjoy too much environmental stimulation. They are typically less motivated to work (not easily reinforced). Analytical dogs are generally great at obedience or any behavior that requires more self-control. Analytical dogs can be a challenge to train task work. Trust must be established, and work drive and motivation must be increased through small highly rewarded training sessions. These dogs make great companions in the household as they tend to be calmer and quieter.

DRIVER DOG

Headstrong dogs are commonly enrolled in dog classes and usually excel. They tend to be exceptionally bright and their owners are extremely motivated to change their naughty behavior! These dogs manage to shape what the owner does and when they do it. Owners must provide very consistent guidelines for them. These dogs are fairly outgoing and friendly, but they often become desensitized to their owners since they tend to be more persistent than the owners are!

These dominant dogs usually run the household. They nudge or vocalize when they want something and demand the owner do something about it. They will go through doors and gates first and knock an owner over if they try to change that. Often, they sleep on the bed with the owner, even taking over their bed! Left unchecked they can become aggressive. These dogs are generally not the best service dogs or pet dogs but make great working canines for search and rescue work, protection work, narcotics dogs, scent work, agility and competition obedience. They love to work but aren't good at relaxing at home until they are seniors.

AMIABLE DOG

Very sweet social dogs, they usually have a midlevel tail carriage and are accepting of strangers. They enjoy touch and can often be very fawning. They tend to be submissive in interactions with people and other dogs and go belly up frequently. They usually need work on focusing and can be a bit needy. They can resist training and work at times. They make excellent therapy dogs. Building up work drive and motivation is usually important for this type. Using their need for social interaction combined with treats is a great way to motivate these dogs. Absent minded petting can unknowingly reinforce some unwanted behaviors, trainers need to be aware of this with all dogs but especially with amiable dogs.

EXPRESSIVE DOG

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Life of the party! These dogs have lots of energy, they can be easily stimulated by other expressive dogs or people. Owners without experience can become very frustrated with their energy level. These dogs excel in training and are quick to learn when positive reinforcement is used to direct their energy into desired behaviors. They are bouncy and excitable!

Super fun for experienced trainers as they have plenty of drive and motivation. They are usually excellent at task work. Behaviors that require self-control can be more of a challenge. Trainers should be able to deliver reward and corrections quickly when working with these dogs.

TRAINER SOCIAL STYLES

Why write about trainer social styles in this manual? To help trainers understand some of the difficulties and frustrations they are having and why.

Most people have unrealistic expectations of dog training. They think it is going to be easy. Cries of "He does it so well for you" are answered with a joking statement of "That's because I'm the dog trainer". Reality is that this is what the trainer does. Of course, they are good at it! What they may not be good at is golf, piano, computer programming, or whatever your profession or hobby may be. Dog training is like going to school all over again. Frustration of learning a new skill will surface. It takes humans 30 days to change a habit, so after practicing for 30 days, assess how you are doing. In the meantime, knowing your social style will identify areas you may be having difficulty in.

Take the test and see where you fall.



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➤ Chapter 3 Test: SELF-ASSESSMENT OF SOCIAL STYLES

Use the questionnaire & following pages to assess Social Styles. Total your score on Assertiveness & divide by 15. Then total your score on Responsiveness & divide by 15. Determine your combination of score to identify your Social Style.

Assertiveness Ratings The degree to which a person attempts to control situations or the thoughts and actions of others.				Responsiveness Ratings The readiness with which a person outwardly displays emotions or feelings and develops relationships.			
Quiet.....			Talkative	Open.....			Reserved
1	2	3	4	4	3	2	1
Slow to Decide			Fast to Decide	Impulsive.....			Deliberate
1	2	3	4	4	3	2	1
Going along.....			Taking charge	Using opinions			Using facts
1	2	3	4	4	3	2	1
Supportive.....			Challenging	Informal			Formal
1	2	3	4	4	3	2	1
Compliant.....			Dominant	Emotional.....			Unemotional
1	2	3	4	4	3	2	1
Deliberate.....			Fast to Decide	Easy to know.....			Takes time to know
1	2	3	4	4	3	2	1
Asking questions			Making statements	Warm.....			Cool
1	2	3	4	4	3	2	1
Cooperative.....			Competitive	Excitable.....			Calm
1	2	3	4	4	3	2	1
Avoiding risks.....			Taking risks	Animated.....			Poker-faced
1	2	3	4	4	3	2	1
Slow, studied			Fast-paced	People-oriented			Task-oriented
1	2	3	4	4	3	2	1
Cautious.....			Carefree	Spontaneous			Cautious
1	2	3	4	4	3	2	1
Indulgent.....			Firm	Responsive			Nonresponsive
1	2	3	4	4	3	2	1
Nonassertive.....			Assertive	Humorous			Serious
1	2	3	4	4	3	2	1
Mellow.....			Matter of fact	Impulsive.....			Methodical
1	2	3	4	4	3	2	1
Reserved.....			Outgoing	Lighthearted.....			Intense
1	2	3	4	4	3	2	1
Total Score = _____ / 15 = _____				Total Score = _____ / 15 = _____			

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Less than 2.5 Assertive + Less than 2.5 Responsive = Analytical (Controlled Asking)
 Less than 2.5 Assertive + More than 2.5 Responsive = Amiable (Emotional Asking)
 More than 2.5 Assertive + Less than 2.5 Responsive = Driver (Controlled Telling)
 More than 2.5 Assertive + More than 2.5 Responsive = Expressive (Emotional Telling)

Analytical	<i>Thinking</i>	Logically organizing and analyzing data
Amiable	<i>Feeling</i>	Emotional and personal reactions to experiences
Driver	<i>Sensor</i>	Quick reactions to here and now sensory input
Expressive	<i>Intuitive</i>	Imagination and thought

FOUR SOCIAL STYLES: OVERVIEW

ANALYTICAL: Low Responsiveness, Low Assertiveness

Analytical people can appear unsociable, especially to Amiables and Expressives. They may seem serious and indecisive. This is because they need to look at every conceivable angle before they feel satisfied. A consequence of this is that they are persistent in their questioning and focus on detail and facts. However, once they have made a decision, they stick with it as they invariably feel that it is infallible. In conflict, they can socially withdraw while they work through the conflict in their minds.

SUMMARY:

Characteristics: Serious, mull matters over. Can seem indecisive. Persistent, asks questions. Known for heightened attention to detail.

When in conflict: May withdraw socially. Communication style to help: Keep to the facts, listen attentively. Basic Need: To understand theoretically before they move forward

AMIABLE: High Responsiveness, Low Assertiveness The amiable person likes other people's company, usually is more of a listener than a talker. Expressive people find them useful, because they are prepared to listen to what they are saying. They are loyal, personable and show patience when dealing with other people. They may however not be perceived as people "who get things done" because they spend more time developing relationships with others. They are also unlikely to take risks as they need to have the feeling of security. In conflict, they are likely to avoid the situation and if pushed likely to make promises that they cannot keep. Drivers often find them frustrating because they want a straight answer and the amiable can find this difficult to deliver.

SUMMARY:

Characteristics: Loyal, personable, and patient. Uncomfortable with risk, typically, dislikes pressure. Enjoys the company of others. When in conflict: Likely to be "passive". Can Use avoidance to reduce conflict. Communication style to help: Reassure and support, confirm commitment. Basic Need: Security



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DRIVER: *Low Responsiveness, High Assertiveness*

Drivers are task orientated and expect efficiency from everyone they come into contact with. Little emphasis is placed on building relationships with other people. They can be perceived as aggressive and uncaring, especially by Amiables, Drivers are often needed to take risks and push things through. In conflict, they can try to "steam roller" over anyone who comes in their way.

SUMMARY:

Characteristics: Task-orientated. Typically prefer clearly defined goals. Perceived as committed, determined risk takers. Efficiently uses time, energy, and other resources.
When in conflict: Tends to be seen as aggressive, rude, or abrupt.
Solution to help: Be assertive and firm, have a solution to the problem, listen.
Basic Need: To be in control

EXPRESSIVE: *High Responsiveness, High Assertiveness*

The expressive likes the company of other people, though unlike, the amiable this is because they need to "express" themselves. Amiables complement them very well, unless the expressive becomes too aggressive and puts them off. They can be good people to have at a party, because they're enthusiastic, dramatic and interesting people to have around. However, if they don't receive the attention they crave, they can get upset and even "difficult" to deal with. In conflict, they can become emotional, prone to exaggeration and unpredictable. The best way to deal with this is to let them calm down. Try not to fuel the fire by saying anything controversial.

SUMMARY:

Characteristics: People-orientated. Most comfortable when they are the center of attention. Typically, positive, emotional, talkative, enthusiastic, and can be dramatic.
When in conflict: Tend to become unpredictable, emotional.
Solution to help: Allow them time to gain composure. Ask questions. Engage them to participate in solving the problem.
Basic Need: Recognition



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COMPARING THE FOUR SOCIAL STYLES

The key to utilizing the Social Styles information is better understanding both your behavior tendencies as well as those you interact with. Remember that Social Styles are externally (behavior) based – not always reflective of what internal thoughts and emotions are occurring at the time.

Analytical	Driver
Low responsiveness Linear thinker Likes organization and structure Dislikes involvement Asks specific questions Prefers objective, task-oriented, intellectual work Wants to be right, so collects much data Works methodically, precisely, and alone Seeks security and self-actualization Has good problem-solving skills Technique	High assertiveness Low responsive Decisive in action and decision making Likes control; dislikes inaction Prefers maximum freedom to manage self and others Competitive with others Low tolerance for feelings, attitudes, and advice of others Delegates Seeks esteem and self-actualization
Amiable	Expressive
Low assertiveness High responsiveness. Support specialists. Slow in making decisions or taking actions Likes close, personal relationships Dislikes interpersonal conflict Supports and actively listens to others Weak in goal setting and self-direction Seeks security and identification with a group Has good counseling and listening skills	High assertiveness High responsiveness. Social specialists. Spontaneous actions and decisions Likes involvement Exaggerates and generalizes Tends to dream and get others caught up in those dreams multitasker Works quickly and excitedly with others Seeks esteem and group identification Has good persuasive skills



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THE INTERACTION OF STYLES

Style flexing is the ability to adjust your style to meet that of your colleague/dog. Consider how you are alike and/or different.

Type	Shared Dimension	Conflict	Agreement
Analytical vs. Amiable	Low Assertiveness	Priorities	Pace
Driver vs. Expressive	High Assertiveness	Priorities	Pace
Analytical vs. Driver	Low Responsiveness	Pace	Priorities
Amiable vs. Expressive	High Responsiveness	Pace	Priorities
Analytical vs. Expressive	None	Both	None
Amiable vs. Driver	None	Both	None

STYLES SUMMARY

The following is an overview of the four Styles and issues that tend to influence each. Use this table to better understand yourself as well as those you interact with (including dogs) in order to achieve the best results.

	DRIVER	EXPRESSIVE	AMIABLE	ANALYTICAL
Backup Style	Autocratic	Attacker	Acquiesce	Avoider
Measures personal values by	Results	Applause	Security	Accuracy
For growth needs to	Listen	Check	Initiate	Decide
Wants climate that	Allows to build own structure	Inspires to reach goals	Provides details	Suggests
Takes time to be	Efficient	Stimulating	Agreeable	Accurate
Support their	Conclusions actions	Dreams intuition	Relationship & feelings	Principles & thinking
Present benefits that tell	What	Who	Why	How
For decisions give them	Options	Testimonials incentives	Assurances	Evidence
Their specialty is	Controlling	Socially	Supporting	Techniques

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Chapter 4

Canine Motivators: 3 T's (Talk, Touch, Treats)

- What gets you to do something?

Distractions: Odor, Sound, Movement, Touch

- What distracts you away from something that you are doing?

Leadership

- Who's in charge?



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Canine Motivators: 3 T'S (TALK, TOUCH, TREATS)

What gets you to do something? That depends on what it is you need to do and who is defining it as needing to be done. If it is something at home that you have defined you need to do, usually getting it done is reward in itself. However, what happens when someone else tells you what to do? Then, unless you yourself are buying into it in a really serious way, you are going to look to them to appreciate the end results because they are the ones who defined the need.

The same is true for your dog. Since you are in the position of defining the job, then you are also in a position of letting the dog know that it did what you wanted done and did it well; but not only are you seeking to have that dog recognize that you are appreciative of the task the dog performed, but you want to make sure that the dog has enough of a taste of your appreciation to want to respond to your next request to get more of it.

In order to insure that you are properly "motivating" your dog, you need to identify those motivators that are available to you, the ones that your particular dog will respond to, the individual responses and relationship to the mood and the circumstance that your dog is in, and a level at which each of these motivators needs to be applied.

We will start by identifying different types of motivators that may appeal to your dog.

- Light physical touch
- Hard, encouraging pats
- A bright smile on your face
- An enthusiastic, encouraging voice
- A soft, gentle voice
- A food treat
- A game or play
- Rough housing
- An enthusiastic, hearty voice response.

A combination of one or two of the above (for example, a light, physical touch with a soft, gentle voice or a hard, encouraging pat with a hearty, enthusiastic voice)

To identify the correct motivators for your dog, one of the things you need to recognize is whether it is more physically involved or aurally involved or kinesthetically involved or which combination of factors your dog seems to be the most responsive to.

Some dogs are so soft and sensitive that a hearty pat and a loud voice will only serve to make them shrink and avoid the interaction while some dogs are so strong minded and physically insensitive that it would take a really hearty pat and a loud enthusiastic voice to gain the recognition than an interaction had even occurred.

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In addition, depending on the environmental circumstances and the stimuli in the area, it may be that the soft, gentle voice that would normally be sufficient with that particular dog's temperament would end up not gaining the recognition or having the motivating value necessary, because the environment was extremely stimulating and the dog's reception to it had increased to the point that a soft voice would not break through and into that dog's psyche. Thus, in that situation, a heartier voice might have been required or a good strong, enthusiastic pat would have to be enacted. It is important to identify the environmental and other stimuli in relation to the identification of the correct motivator.

Also, your dog's moods shift. Perhaps it's been a long hard day and your dog is very tired. His normal responsiveness to you has declined due to this fatigue. What previously might be acceptable, a soft, gentle voice interaction would not be stimulating enough to arouse in the dog an interest in your responsiveness to him. Thus, you may need to apply a different motivator, for example, a food treat or a game or a more invigorating interaction through physical touch or voice control.



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You may have an entirely different circumstance whereby your hearty, body-insensitive dog had enough physical exertion to settle it down and make it more responsive to a quieter tone or a gentler pat, in which case it would be inappropriate to use the more invigorating methods because it would not be matching your dog's mood at the moment.

Sometimes you need to apply the motivator not just at the conclusion of a command but as a stimulant to encourage your dog to do the command. In that case, you would have to match the circumstance and the dog's mood to the need. For example, if your dog were fatigued and you needed your dog to pull your wheelchair at a rapid pace through the streets of town, you certainly would not quietly and gently encourage your dog to do it because that would not kindle the spirit in your dog to put that effort into it. You would need to be very loud and boisterous and encouraging, and since your own interactive mode was stimulated, you encouraged the outcome that you were seeking.

Another critical concept to be aware of is that whatever style of interaction you used or motivator you applied two minutes ago is not by any stretch of the imagination going to be the correct application right now. Your dog will selectively hear, selectively smell and selectively respond to you based on the variety of circumstances that are supplied. If you are repetitive in your application, the fact that the dog responded to you one minute before is no assurance that he will respond to you again because there is not enough variety and excitement generated by your use of motivators.

It is your responsibility in the trainer/dog relationship to motivate and encourage the animal's response, and it is through the application of motivators that this is done. The correct application of motivators will increase the dog's responsiveness and the dog will be more enthusiastic in following commands. A deeper bond will also be created between you and the dog.

Remember, the work concept of a person, is to do a job defined by himself. The completion of the job and the outcome provide motivation, but a job designed by someone else requires someone to show appreciation. For your dog, you always want to assign the tasks to the dog. You do not want your dog selecting and choosing tasks. Therefore, you will always be in a position of needing to provide that motivator and that stimulation.

Variety is the spice of life, and you must continue to always apply variety in your involvement with your canine.



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Rules for Praise (application of motivators):

- Praise should encourage the dog to repeat the action.
- Praise should be given in relation to the individual dog's temperament and mood at the moment.
- Praise should be varied so it does not get old or become the norm.
- Praise should stimulate and encourage responses and variations should be used to keep the dog interested.
- Praise for approximations in task performance when you are teaching something new or when your dog is fatigued. Require more precision if it is an old command or if your dog is energized.
- Praise must make the dog happy and feel good about himself, so you must identify the dog's motivation and relationship to each mood, to each energy level, to each circumstance and to each situation.
- Praise must be sincere. Your dog must know that you are very happy and appreciative of his effort. A dog can tell if you are not sincere, not really being truthful or caring or enthusiastic about the outcome. Your sincerity or lack of sincerity will affect the dog's response for the next application of that command.
- Praise with a variety of emotions and feelings:
 - ❖ Sincerity
 - ❖ Gratitude
 - ❖ Delight
 - ❖ Joy
 - ❖ Pleasure
 - ❖ Importance
 - ❖ Appreciation
 - ❖ Happiness
 - ❖ Success



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Since dogs are so different or respond differently at different times, it is possible to generalize a few rules of praise:

- If the dog is in a fawning mood, praise with the voice – not touch.
- If the dog is showing fear or has been frightened by a circumstance or situation, use an encouraging, loud, confident voice with strong “hands on” attention.
- If your dog is hyperactive or in a very energized mood, use a firm, calming voice and a light touch or no touch at all to provide motivation; your dog is already highly motivated.
- If your dog has a tendency to be resistant or is in a resistant mood at that moment, use an excited, vibrant voice with a strong touch but do not acknowledge your dog's mood at the moment.
- Do not develop a patterned response with food rewards, vary the delivery of treats once a dog is proficient at behavior.

YOUR RESPONSIBILITY IS TO APPLY THE RIGHT MOTIVATION TO THE RIGHT SITUATION.



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DISTRACTIONS: SOUND, ODOR, MOVEMENT, TOUCH

A dog is a domesticated animal, which means that it is an animal from the wild that has been, over a period of years, bred by man to be more acceptable in civilized environment. That does not, however, mean that the dog's responsiveness to the wild has been totally eliminated. A wild animal notices things because it needs to secure its safety through its awareness of the environment, so things like sound attract the animal's attention and dogs have acute hearing. Odor is a method of identifying who or what has passed by or what has occurred within the environment, and dogs have an acute sense of smell. Movement attracts attention because it could be either prey that needs to be killed for sustenance or an enemy approaching. Touch is used for grooming and social interactions of wild and domesticated animals.

Sound: In general, the instinct of animals to respond to their environment is a critical part of each one of us. It is through training and learning that we define which things take precedence and our responsiveness to them. Civilized man has learned selective hearing or smell or movement to the extent that we are not even conscious of our reactions to many of the stimuli anymore. That is not as true for the dog. Those behaviors, while still capable of being trained and being selectively applied, are much more a part of the consciousness of the animal than with man. The dog's ability to hear a range of sounds is greater than ours, and their responsiveness to sound is considerably better than ours. Thus, as you work your animal, you will note the ease with which it can be distracted by a sound. You will note how rapidly they adapt to a sound that may have caught their attention initially, but which will easily lose its power of attraction on a second or third try.

Odor: Odor is an informational source to the canine, and you will notice as you travel with your canine over the new turf it is sniffing both the air and the ground to gather knowledge about its environment. Odor is of tremendous stimulation to a dog and its olfactory ability far surpasses any that man is capable of. In some instances, dogs' interest in odors reaches beyond the social levels of acceptability by man: such curiosity must be squelched. As with sound, the dog will also learn to become selective, and it will be predominately the newer odor or unusual odor that will gain attention.

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Movement: Movement is another method for gaining your canine's attention. Move any part of your body, or move your entire body by taking a step, as it will serve to gain the canine's attention.

Touch: Touching the canine is another approach that can be used successfully. If it is a sudden, surprising touch rather than a gradual, growing touch, it will serve to cause the canine to focus on the source of the touch. Petting it, scratching its chest, a light playful slap on its shoulder or rear end are possible approaches using this stimulus.

You need to be extremely aware of the fact that once having gained that canine's attention, **you have only a moment in which to enact a command or the attention may be immediately riveted on something or someone else.** Thus, having prepared your approach, you must expect to follow it immediately with action.

Motion also implies chasing after prey. Since there is much more fight instinct and chase instinct in the dog than, for example, in a horse which couples fight with flight, you will find the canine extremely responsive to the movement with the temptation always present to go to the chase.

Since the dog is a social animal and engages in grooming practices, both on himself and with other dogs, you will note that the interest in being touched, scratched, and petted is high in a dog. It would be much more difficult for you to gain your dog's attention if another individual was petting and scratching the dog and certainly even more difficult to call the dog to you. The end result of your dog's responsiveness, to the stimuli just mentioned, is its interactive interest in the environment. The dog has an innate and instinctive need to explore its environment to ensure its safety and security, and to identify aspects of the environment that may impact on that. Consequently, you will find in any new circumstance that your dog's attention will be intensified. Off leash the dog will explore, play, look around for ways to get in and out of the environment, and display a lot of intensive curiosity about it.

Knowing these distractions are ever present, your job is to turn this knowledge to your advantage by applying them to your current situation. By using sound, odor, movement and touch to gain your dog's attention, you will be approaching your problem with a solution.



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LEADERSHIP

In order for you to make progress in training, you will need to earn the dog's trust and respect as his leader. Following is a list of some non-verbal, non-physical ways for you to begin to establish this leadership. While YOU must be the human leader, within reason allow the dogs in your care to work out their own "pecking order". Remember dogs don't care what their rank is, as long as it is clear.

Dos & Don'ts:

- Train regularly. Training will remind the dog that you are in control and will teach him what TO DO as well as what NOT TO DO. Remember to "go easy" at first. Work on familiar commands, keep sessions short and expectations realistic, and always end with a success.
- Give absolutely NO food treats that are not earned. Ask the dog to "sit" or "down" to earn a reward. "Nothing in Life is Free"
- Do not "absent-mindedly" pet or stroke your dog. This is often over-stimulating, sometimes inadvertently rewards unwanted behavior and may encourage the dog to "mouth" your hand.
- Do not allow the dog to train you to give physical attention on demand. When he nudges your arm for attention, make him "sit" before responding.
- Precede your dog through doorways and upstairs. Use the door, if necessary, to stop him from rushing through. Teaching the dog to "wait" at doorways may also, someday save his life.
- You should be in charge of the dog's toys. Give them to him to play with and then, when you decide he is done, take them away.
- Do not play physical games with the dog that pit his strength against yours. If you do end up in a tug-of-war, always make sure that you end up with the "prize". Teach "give."
- If you are walking through the room and the dog is in your way, do not walk around him. Make him move! As leader, you have the right to free run of the territory. This distinction is psychologically very important to the dog
- Do not "free-feed"; control of food is another leadership/trainer responsibility. It also helps to ensure good health and will provide you with valuable information for your vet when the dog gets sick.



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- Stand up straight and give commands once, in a clear, firm voice. (do not yell or beg) Do not give a command that you do not intend to enforce. The dog will respect you if you are fair, firm and consistent.
- Belly Up is subordinate; include a belly rub as part of the dog's regular petting/grooming. Get the dog accustomed to handling of paws, brushing of teeth & ear checks.
- Know what constitutes appropriate play. If possible, provide opportunities for him to socialize with other dog-friendly dogs this is important the first 6 months for a dog.
- When you take your dog out in public, remember to begin slowly with "low impact" outings. Keep the stress to a minimum. (Don't bring him to the chow hall for a while work him up to it slowly)
- To help the dog adjust to his new environment, provide him with a regular routine of eating, sleeping, exercise, training and play. Remember that dogs "synchronize" or take on the emotional pitch of their pack members, so, when things go wrong, try to remain calm. This is, after all, a stressful transition for you as well.



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➤ Chapter 4 Test

1. List the 3 T's of Canine Motivation

2. What are 4 different types of Canine Motivators

3. List 3 rules for praise

4. What would be the best praise for a dog that is fawning?

5. List 4 types of distractions

6. List 2 do's and Don'ts of Leadership



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Chapter 5

Training “Tools” and Appropriate Toys

- Items you need to train your dog.

Training Terms

- The terminology of training

Clicker Training

- Using a clicker to achieve your training goals

Training Comments

- Words of wisdom



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TRAINING “TOOLS” AND APPROPRIATE TOYS

- Leash
- Collar
- Treats
- Voice
- Kong, Nylabone
- Clickers
- Jumballs – oversized tennis balls
- Squeaky Toys
- Long Lines – extra-long leashes
- Treat bags/pouches
- Poop Bags – “Don't leave home without them!”
- Collapsible Water Bowl
- Squirt Bottles
- Prong collar or other appropriate training collar



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TRAINING TERMS

LURE

- Raising your hand with a food treat over your dog's head to get him to sit is a type of lure. A Lure is taking a treat in hand and leading the dog into desired position with it.

SHAPING

- Shaping consists of taking a very small tendency in the right direction and shifting it, one small step at a time, toward an ultimate goal. It is creating a new behavior by rewarding in small increments. It also allows the dog to learn problem solving by figuring out on his own what works and what doesn't.

CATCHING

- Wait for your dog to do something you like. It can be anything: lifting one paw, a "sit", touching your hand with her nose, even looking at you or standing with all four feet on the ground. When you see it, click the clicker during the behavior and give the dog the treat. Every time your dog does the behavior again, reward.

MODELING

- A technique used in traditional training to get behavior. At the outset, the dog is physically guided, or encouraged, into doing the behavior. Pushing a dog's rear into a sit is "modeling." Clicker trainers don't use modeling because we want our dogs to be active participants in the training process, using their own brains to figure out what will earn them clicks. It can build resistance in dog & stop them from enjoying training.

CHAINING

- The process of combining multiple behaviors into a continuous sequence linked together and maintained by a reinforcer at the end of the chain. Each behavior serves as the marker for the next behavior.

TARGETING

- To teach targeting you can use a long stick, your hand, or even a post-it note as your target. Place your target stationary and teach your dog to hit the target with its nose.



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CLICKER TRAINING

A clicker lets the dog know the exact moment they do something right. This allows you to more precisely communicate what behaviors you would like the dog to repeat and reduces the time it takes for a dog to learn something new.

Step 1. "Charge up" your clicker

- Click the clicker once (in-out) and give your dog a treat (press on the end of the metal tab that does not have the dimple).
- Hint: Use something your dog really likes at first. Small pieces of soft and yummy food/treats (dog cookies, hot dogs, cheese) are best because the dog can enjoy them and be ready for the next thing quickly.
- Repeat this until your dog reacts to the clicker (by startling, pricking her ears, or suddenly looking for the treat). If she does, you're ready for the next step...
- Hint: Try to keep your timing precise.
- Technical Note: This is called establishing a "secondary reinforcer" but most people call it "charging up the clicker"! (The food treat is the primary reinforcer.)
- Remember, click first, then treat.

Step 2. Train the behavior using one of the following techniques:

- LURE
- SHAPING
- CATCHING
- MODELING (Caution: can build resistance)
- CHAINING
- TARGETING



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Step 3. Add a Cue Word/Command

When your dog is doing this task reliably and presenting it to you without your involvement, known as "**Throwing the behavior**", to the point where *you* can predict when she's about to do it, start adding a cue/ command word.

For example, if you know she's about to sit, say "Sit". If you know she's about to lift her paw, say "shake or high 5".

Match this cue with this behavior many times.

Hint: dogs don't know what "commands/cues" are. But your dog *will* learn that if she does this task when she hears this cue/command, she'll get a reward.

Warning: if you get in the habit of repeating the cues, your dog will think the cue is "Sit-sit-sit", and she'll *always* wait for you to say it three times before responding! Make sure you only say the cue one time.

Step 4. Test the Cue

Try saying the cue word. If your dog does the task, click and give her a "jackpot" — a whole bunch of really good treats! (wait a few seconds for dog to comply it can take a few seconds)

Hint: Whenever you really like something your dog does, identify it with one click and reward it with more or better treats.

Jackpot: feed the dog **MANY** treats from one hand or give the dog multiple treats, delivering them from both hands.

Ignore Un-Cued Behaviors. When she's reliably doing her task when you say the cue, stop clicking-and-treating her for **Throwing the behavior** at other times. Just ignore these "spontaneous" behaviors. Continue to click-and-treat when she does it when you give the cue.

Step 5. Become a Variable Reward Giver

Now, try to get your dog to do 2 or 3 repetitions of the task before you click and treat it. Mix it up.

Hint: it's still a good idea to say, "Good dog!" each time, just to let the dog know she's getting it right.

This is called "putting the behavior on a variable reinforcement schedule". The dog doesn't know when she'll get the big reward, so she keeps trying — just like people playing a slot machine.



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Important: Since you're rewarding less often, you can also get picky — only reward the straightest sits or the highest paw-lifts. This is where behaviors get perfected.

Step 6. Generalize It (add the “3D’s” distraction, distance, duration)

Now teach your dog that this cue will work everywhere. Move to different locations in your house and try it. Go outside and try it. Try it with the leash on, and with it off. Try it in the car, in the park, and at the vet.

Hint: You may need to go back a few steps, if the distraction is too high.

Hint: You'll want to make the rewards “big” for each new accomplishment.

Your dog will "generalize" the behavior, and she'll learn that it's the cue word that's important, not the fact that she's in the kitchen or it's just before dinner or the leash is on.



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TRAINING COMMENTS

Break up training sessions by working one command for a few times, then moving to another, then perhaps to another or back to the first command. Work a dog until he is comfortable in one command, but don't bore him or yourself by fixating on only that command. The mind is clearer when little bits of information are given rather than having large amounts forced in.



- Each time you interact with your dog, it's a training opportunity, regardless of the amount of time.
- Teach the dog to respond to quieter commands and minimal corrections.
- Train under distractions. This cements the dog's ability to take responsibility for commands.

Identify the difference between resistance, confusion and a lack of confidence. (You should assume confusion first.)

- **Confusion:** the dog doesn't understand what you want or what you are asking. Commands can take on a different meaning depending on environment, trainer posture and voice inflection.
- **Resistance:** the dog is not willing to do what you ask. Why is the dog resistant? Fear, boredom, status, fatigue, stress, etc.
- **Lack of Confidence:** the dog does not trust their leader or is fearful of consequences.

Dogs are situational learners; if you change anything, voice, posture, environment, etc. you change the command until the dog is able to generalize the information.

Dog training requires working in increments. Strive for perfection with the dog, but don't forget to motivate by **finding success in the small steps.**

Work for quality, not quantity.

Work all commands while you are standing, sitting, lying down. Work with the dog on your left and right and in front and behind you. A good test is to see your dog's responses with your back turned to him.

Learn to recognize when your dog is acknowledging the praise you give.

If something isn't working (a technique or praise) examine to see if you are doing it correctly. If you are and it's still not working, CHANGE it find something that does work trainers need to be flexible with their techniques.



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Once the dog learns a command, train in situations that allow the dog to make mistakes, for learning to occur dogs need to make mistakes so they can eliminate the behaviors that don't earn reward which gets them closer to understanding what behaviors do work. Don't protect the dog by keeping him out of situations that may cause him to make mistakes. If you do, the dog will learn very little and you will become frustrated and disheartened.

Make every training session a positive and enjoyable experience for both you and the dog and always end on a "WIN!" That way your dog will enjoy learning new things and look forward to their next training/playing session!!! Remember, you're on the dog's program, not yours.



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➤ Chapter 5 Test

1. What training technique involves holding a treat in your hand and having the dog follow it until you've gotten him in the desired position?
 - A. Shaping
 - B. Targeting
 - C. Lure

2. When you wait for your dog to do a behavior on his own and then reward them for it, it's called?
 - A. Shaping
 - B. Catching
 - C. Modeling

3. Creating a new behavior by rewarding dog in small increments, in the right direction is called?
 - A. Modeling
 - B. Chaining
 - C. Shaping

4. What is placing hand or object and rewarding dog for touching called?
 - A. Shaping
 - B. Chaining
 - C. Targeting

5. Why would you use a clicker to train a dog?

6. When should you add a cue word?

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7. How many times should you give a cue?

- A. As many times as it takes
- B. 3
- C. 1
- D. 10

8. When would a “Jackpot” be used?

9. Explain what a Variable Reinforcement Schedule is.

10. What are the 3 D’s of training?

D

D

D

11. Each time you interact with a dog, it is a training opportunity.

- True
- False



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Chapter 6

The Importance of Play

- Fun & Educational

The importance of Exercise

- Healthy body, healthy mind

The Importance of Grooming

- A well-groomed dog is a happy dog

The Importance of Health & Safety

-



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THE IMPORTANCE OF PLAY

Playing with your dog is certainly fun, but it should also be educational for the dog. Playing does not mean that you get on all fours and roll around with your dog, though it is quite acceptable. You must have seen some dogs of your friends or neighbors, who always seem moody and you could not safely pat it without being snapped at or growled at. This is could be that the dog is not 'socialized' enough. Left to itself the dog is unable to inhibit its predatory instinct. A lonely dog is a sad dog. This can be prevented by playing with your dog daily. Not only will it be relaxing for you but it also will develop your bond with the pet. Through playing you can teach the dog what to do and what not to do. It will also help in channeling their energy into positive behaviors. Playing is an exercise in learning and so you should indulge your dog in it as often as you can.

For the healthy development of the dog, playing is an utmost necessity. Playing is necessary to strengthen the bond between the dog and the owner. Playing provides physical exercise and mental stimulation that is very important for the health of the dog.

In puppies, playing is important to develop the muscles and the coordination. Playing teaches all the skills that are required to become social and balanced. Puppies play a lot, and this helps in developing their instinctive and social behavior.

Playing also helps the dog to learn the submissive and dominant roles that they must adopt in different situations.

Dogs can learn effective communication when they are regularly played with as puppies. It helps the dog to learn new behavior and develop self-control.

Playing develops the brains and also teaches them to carry out a sequence of patterns. It is also a very good way to explore and develop their sense of sight, smell, touch and hearing.

It helps dogs to develop their social characters and as a result the dog will be less fearful and anxious. It enhances the dog's confidence by being able to explore and socialize with other dogs, humans and objects.

Playing mental games strengthens the brain and it has been found that dogs that play mental games regularly have a far healthier brain. This will also keep them healthy in the long term. The best games that you can play with your dogs are retrieving an object, coming to you when you call their names, playing "hide and go seek" or enjoying themselves while learning their basic obedience commands.



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THE IMPORTANCE OF EXERCISE

A healthy body results in a healthy mind, this is true of almost all animal species, and just as you benefit from regular exercise, so will your pup. Exercise is beneficial for all dogs, young or old; you just need to adjust the amount of exercise to suit your dog's age and fitness level. Exercise not only benefits all dogs on a physical level, but it will help him on a mental level too.

A dog that doesn't get enough exercise will not only run the risk of developing health issues such as obesity, heart disease and arthritis, he will also develop various behavioral issues. Lack of exercise results in boredom and frustration, the dog may try to deal with these feelings by developing destructive patterns of behavior such as aggression excessive barking, digging and escaping.

A dog that isn't allowed to work off excess energy and tension through exercise may develop aggressive tendencies. Boredom will lead the dog to try to entertain himself with stress relieving behavior such as chewing. To ensure that your dog lives a healthy and happy life, you should exercise him regularly. The play yard is a good place to play fetch but you must take your dog out for daily walks. Walking your dog daily will not only benefit him, it will be very good for you too!

Most dogs enjoy the great outdoors and are master explorers; it is in their genes after all. Try to walk daily, start slowly until you both build your fitness levels. Walking will allow your dog to become more socialized and accepting of new situations and environments which helps build his self-confidence.

More active people (and dogs) can jog together. You should only attempt to do this if your dog is physically fit enough to handle vigorous exercise. Most dogs will not turn down a game of fetch, and this is another great way to exercise your dog. Most dogs enjoy chasing a ball and your dog will love the opportunity to play with you.

The key to an effective exercise program is regularity; try to maintain a regular exercise schedule for your dog. Giving your dog regular exercise is one of the best things you can do for him and will help him live a healthier and happier life. Remember to make sure you consider your dog's fur coat and the hot sun too.



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The Purpose for Grooming and Handling Your Dog

The main objectives of your grooming your dog include:

- Examining your dog for injuries, problems or physical concerns that may arise.
- Stimulating your dog's circulation; which has been known to increase its life span.
- Identifying and/or removing parasites.
- Providing certain psychological benefits, such as giving the dog a sense of your care and concern for him. It enhances a physical relationship through your touch, and relaxes the dog, which gives him a sense of being cared for.
- It teaches your dog to tolerate handling. This handling process will also benefit you when he is taken to a veterinarian, because they will find that the dog is more easily managed.



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The Grooming Process

You need to develop a routine for grooming your dog in order to ensure that you systematically approach the grooming process

➤ **Coat**

Brush the coat and feel for any sores, growths or scabs in the coat. Also, do not allow the undercoat to tangle or build up. Brushing the coat also spreads the oils more thoroughly throughout the coat, very much like brushing your own hair.

If unchecked, mats enlarge and become unmanageable when wet. If a mat goes undetected or coat care is neglected, it may have to be shaved or cut. Severe matting can also pull the skin from the muscle! Short-haired dogs will probably only need to be gone over with a "Zoom Groom" by Kong or grooming glove, while medium- to long-coated dogs may require special tools like a slicker, a pin brush, or an undercoat rake. Whatever you use, it must effectively remove loose hair and distribute oils from the skin throughout the coat. Also, never use human shampoo on your dog, as its ph balance is not the same as humans and will dry out their skin.

Start brushing on his coat. Begin on his neck and move down his body, under his belly, and on his tail.

If you want, you may use a human comb or hairbrush when you first begin to groom your dog as it may help them get used to being handled with a strange object. Stroke his coat gently with it to make the hair lie flat.

When you are finished, praise your dog and give him a treat or two for standing still.

➤ **Eyes**

Eyes - Some breeds require more maintenance in this area than others. While it may be a simple matter of pulling eye boogers away from a potentially irritating spot in the corner of the eye, long-haired or white-haired dogs may require special attention to make sure that all discharge is truly out of the coat. You can use a washcloth that is dampened with warm water to loosen or remove most eye debris. Doing this every day will keep the eyes clean and healthy. There are products made especially for removing "tear stains" from a white coat. A healthy eye should be clear and should not show any signs of irritation or unusual discharge. Look into your dog's eyes to see if they appear bright and alert. You should check your dog's healthy eyes to see what they look like normally.



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Eye problems, in general, are considered by veterinarians to be an emergency for two reasons:

- Eyes can become irreparably damaged very quickly
- Eyes will recover from injury or ill health rapidly if treatment is administered right away.

There are several ways of telling whether or not your dog has an eye problem.

- An excess of a discharge on the inside corners of the eyes.
- The inner eyelids look particularly inflamed.
- Coloration change on the visible part of the eye. If the pupil looks cloudy or if there appears to be opacity over some portion of the eye, possibly resulting from a scratch or injury, make sure you get your dog immediately to a veterinarian to have it examined.
- The dog scratching at his eyes or rubbing them on the ground.

➤ Ears

A clean ear may contain some wax and shouldn't have any particular smell to it. Warm any cleaner or medication in a container of body temperature water (as you would a baby bottle) before you put it in the ear. Cold is painful in the ear canal. To clean your dog's ears, apply some ear cleaning solution to a cotton ball and simply wipe dirt and wax away from the inner ear. Don't rub vigorously as to cause sores, and don't travel too far into the ear; both could cause damage. And don't expect your dog to like the process; you may be met with some resistance. When you're done wiping out the ear with a damp cotton ball or cloth, gently dry it out with a dry one. If your dog's ear looks swollen, red, irritated, dark or blackened, shows signs of discharge or sores, or smells really bad, inform a CST trainer. This is not normal and could be signaling an infection or disease.

➤ Mouth

According to veterinarians, about 80% of dogs have periodontal disease. Ouch! If plaque is continually digested on a larger than normal scale, it can cause kidney or liver troubles. Can you imagine how painful it would be having rotten teeth in your mouth? Double ouch! Brush your dog's teeth at least once a week. Use only those products made specifically for dogs so that you don't unintentionally poison your dog. Ease your dog into



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the process so that it can be a pleasant experience rather than a stressful one for you and your dog. That way you won't have to worry about getting bitten. Remember that you should not use human toothpaste on your pets. Pets will swallow the toothpaste and may get sick. There are several pet toothpaste products available, just be sure that whatever you use is specifically approved for pets.

➤ **Feet**

It is important that you keep on top of inspecting their feet.

Pads. Pick up each foot and examine the pads and the area between the toes. Watch for any redness or chewing in those areas or wearing-out of the pads. Many times, the work that these dogs have to do can cause some heavy pad wear and tear.

Nails. Note the dog's nails and make sure they are kept trimmed and filed. It is important to keep the nails trimmed; if the nails get too long, it is possible their stance will be thrown off and cause problems walking which can result in injury.

Optimally, dogs should have their nails trimmed once a month. Even if you are taking just a little off the very tips, this trains the quick and sensitive part of the nail back so that the nails can be kept properly trimmed. They should not click on the floor when your dog walks. If they are clicking, for some reason they are too long and need to be trimmed. Once a nail grows too long, it is painful and produces a lot of blood in trimming the nails back to the proper growth level. Frequent trimming is always preferable over doing major trimming infrequently.

➤ **Bathing**

Bathe your dog once monthly (if they have a bad odor. Place the dog in the tub and, if necessary, secure with lead to keep him/her in place. Some dogs are frightened by the sound of running water. If this is the case, you need to desensitize the dog to the sound. Filling a tub with water and using it for bathing just leaves your dog sitting in dirty bath water. To restrain the dog in the tub, replace the regular collar with one that will not stain the coat or be damaged by water. Do not put on the dog's regular collar until the dog is fully dry.

Thoroughly wet down your dog and only use "doggie shampoo," NOT human shampoo! Human shampoo will cause your dog's coat to dry out and look unhealthy. If you have a medium or large dog, or one with a double coat it may take a little longer to get the coat wet. Begin shampooing at the neck and move downward. Shampoos will always be easier to apply and rinse off if diluted. It's better to give 2 diluted shampoos that rinse



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thoroughly than one strong shampoo that leaves residue. When you are shampooing a certain area, give it a few squirts and use your hand or Zoom Groom to spread the shampoo. Save the head for last, and don't use soap around the ears and eyes. Be careful around the nose and mouth too.

Thoroughly rinse the dog. If you see dirt or soap bubbles in the water coming off an area, keep spraying, then move on. Shampoo left in the coat will cause irritation.

Towel dry your dog as best as you can. You may use your blow dryer on the dog, just be sure to use a low heat setting and introduce it slowly as it may frighten the dog. If you have a dog with especially long hair, you may need to brush the coat while drying it. Feet always need to be dried thoroughly as well or fungus may take hold.

NOTE: Please notify a CST trainer if you notice your dog scooting its bottom long the ground. Such behavior may indicate the dog's anal glands need to be expressed.

➤ **The Signs of Good Health**

- A lustrous coat
- Alertness
- Naturally active
- A good appetite

➤ **The Signs of Poor Health**

- Listlessness or lethargy
- Lack of appetite
- Problems moving
- Odor

➤ **Things to Check, if You Suspect a Health Problem**

The intent is to find out as much as you can first and then contact your veterinarian right away. Things to check include the following:

➤ **Pain**

The dog is unwilling to climb stairs, get in and out of cars, or otherwise be reluctant to engage in normal behavior. Rather than assuming your dog is being resistive, belligerent or stubborn, check to see if he is in pain.



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➤ Odor

- Dogs do not normally stink. If your dog has an unusual or new odor, it is important to locate the source of the odor. Check the:
 - Mouth for any sign of lesions or injury
 - Ears for infections
 - Rectal area or anal glands for any kind of problem
 - Skin (for example, for hot spots)

➤ Temperature

The dogs' temperature is between 101 to 102.5 degrees. A good way to remember this is "me plus 3".

➤ Hydration

The following are simple tests that can be performed which can indicate a number of problems, which should be checked out by the veterinarian. If your dog is running a temperature, you want to check his hydration level. This will let you know if he is becoming dehydrated. The easiest way to do this involves lifting the skin over the shoulder blades and stretching it upward to make something like a tent. If the skin snaps back over the shoulders, in terms of elasticity, the dog is well hydrated. If it remains in a stiff peak or draws back over the shoulder blades, your dog may be dehydrated.

➤ Gum Color

Gum color is an indication of health. Normal gum color on a dog, unless it has black pigment, is a bubble gum pink. Check your dog when he is healthy by pressing your thumb against the gums, withdrawing it and counting one thousand-one, one thousand-two until the color returns where your thumbprint was. It should return in less than one second. If it takes three seconds or longer, it may be a sign of a problem.

If the gums are blue, it could indicate lack of oxygen. If they are pale, it could indicate anemia or shock. In any case, if you know what the normal color of your dog's gums is supposed to be and recognize a difference, check with your veterinarian.



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Behaviors Which Could Indicate a Health Problem

➤ **Scooting**

Dogs do not normally scoot. Scooting can indicate a couple of things. The thing that comes most quickly to mind to most people is that the dog has worms. This may be an indication of worms, but more frequently, is an indication of anal gland problems. It can be simply that debris needs to be washed away.

➤ **Scratching**

Dogs do not scratch out of idleness. There is usually a problem where they are scratching. If they are scratching at a certain part of their body, it could be fleas, an allergy or itchy skin for some other reason (for example, a "hot spot"). Nevertheless, scratching is not something that should be overlooked or assumed a normal behavior.

Conditions, Irritants & Medical Issues Which Signify Health Problems

➤ **Coughing**

Kennel cough is a highly contagious virus that is transmitted rapidly. It is simply a tracheal bronchitis and irritation of the upper respiratory tract, causing the dog to make hacking coughs. Sometimes the cough will produce white, foamy stuff or sometimes nothing at all. Usually the dog will continue to eat but may have a reduced appetite. The virus runs its course in anywhere from a few days to several weeks and may or may not require medication. Kennel cough is not a serious virus in and of itself, but can lead to secondary infections if the dog is in a debilitated state.

➤ **Choking**

Choking can be caused by playing with balls or toys that are too small. It is recommended that:

Your dog does not play with any balls that are two inches or less in diameter

Hard rubber balls, where they can chew off and try to swallow large chunks

If your dog seems to be choking on an object, it is possible to attempt the Heimlich maneuver on him. It is also possible to try removing the object from the mouth, but as you can expect, there will probably be some biting. A dog that is choking is going to be frenzied and will be very, very defensive.



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Parasites and Insects That Cause Health Problems

➤ Worms

Roundworms are a common problem in young puppies and kittens when they are born if the mother was infected in her younger life. Roundworms can cause a problem by penetrating blood vessels and deep organs; the animal should be de-wormed several times. A fecal examination should be done at the conclusion of the de-worming cycle to make sure there are not more roundworms.

Tapeworms are parasites that would be commonly found in pets throughout their lives. Tapeworms are about ½ inch long. They are mobile. You will find them crawling out of fresh stool. The way to get rid of tapeworms is to get a prescribed drug through your veterinarian. At this time, there are no over-the-counter, effective de-wormers against tapeworms.

Heartworms a parasite that are carried by infected mosquitoes. In heartworms, a mosquito serves as the intermediate host for the larval stage of the worm. The mosquito ingests the larva when it bites an infected dog and deposits its cargo in an uninfected dog when seeking another blood meal. The larva burrows into the dog and undergoes several changes to reach adult form. It travels to the right side of the heart through a vein and awaits an opportunity to reproduce. Adult heartworms can reach 12 inches in length and can remain in the dog's heart for several years. The time lag between the initial infestation and reproduction by adult worms in the heart is six-to-seven months in dogs.

CST RECOMMENDS that an annual heartworm test be conducted by a veterinarian clinic and a heart worm medication like Heartgard/Sentinel be taken on a monthly basis, usually on the first.

➤ Fleas

Fleas are prevalent in a number of areas in the United States. Specifically, in areas which are warm and moist; what fleas need most to reproduce at the optimum rate are warmth and moisture. They do not do well in areas above 5,000 feet in elevation.

Fleas live on animals, in bedding, in cracks and crevices, around shrubbery, in the lawn and dirt, and on the beach. The flea's food source is blood.



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The most obvious sign that your dog has fleas is seeing the critters, however, there are also others. Check his bedding frequently. If you find dark (often black) specks of salt-like consistency, you are probably seeing flea dropping (your dog's dried blood).

Fleas normally hang out on various parts of your animal, but a classic place to find a flea problem is over the base of the tail on dogs. They also hang out on the belly and between the rear legs.

One of the signs that a dog has fleas is chewing; if the dog chews this area constantly to the point of breaking off hairs and making the skin raw (also known as "hot-spots"), it could be a flea-related problem. Two other signs are: scratching and skin allergies.

➤ **To treat a dog that has fleas you can:**

- Give a monthly medication
- Use a flea shampoo or dip
- Treat home environment

➤ **You can treat your home by:**

- Using a flea "bomb" or fogger
- Vacuuming indoor carpets, furniture and solid surfaces
- Wash bed linens, pet bedding, and rugs
- Mow the lawn regularly, clear brush, leaves, and tall grass from around houses, gardens, and wall
- Stack wood in a dry location away from the house
- Keep the garden clear of the remains of plants



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➤ Ticks

A real little nasty creature ticks hide out in grass and catches the unsuspecting passerby. On a dog, the tick will bury its' head under the skin layer and proceed to drink all the blood it can get. If you live in tick-country, a daily check during the summer season is essential. Rub your hands all over the dog's body, and your fingers through his fur, applying pressure, enough that you can feel any abnormalities in the skin. If you feel a small lump, pull the fur apart to investigate it further. An embedded tick will look like a small black or brown pimple, sometimes flat-ish, depending on location, and sometimes the legs are visible.

If you live in tick country, **CST RECOMMENDS** using a combination flea/tick/mosquito medication such as K9 Advantix, Frontline Plus which kills just fleas and ticks. Each is applied on a monthly basis, usually on the first. This medication is applied similarly as the previously mentioned medication.

Other Insects

Other insects include mosquitoes and bees. Insect bites commonly occur on the muzzle of a dog because dogs explore their worlds with their noses. If you see swelling in some portion of the nose, check the interior of the mouth as well. One of the biggest hazards of an insect bite is that the swelling might impede the dog's ability to breathe. Check for any swelling in the tongue and make sure the dog is able to breathe well. In any event, it is best to take your dog to the veterinarian for an injection that will reduce the swelling quickly. That way there will not be any problem. Multiple insect bites can be life threatening to a dog because it is similar to poisoning. The number of stings, which one at a time would not be a problem, in multiples of one hundred to two hundred can result in something similar to poisoning. Bites of this magnitude can be life threatening to your dog. Therefore, be watchful for the signs of an insect bite: swelling, trouble breathing, skin irritation (redness), and scratching.

Environmental Hazards that Cause Health Problems

➤ Foxtails

Foxtails are usually located in dry, grassy fields.

- **Foxtail in the Nose**

Dogs do not sneeze as a result of allergies. Allergies are usually represented by skin lesions. If your dog is having violent fits of sneezing and you see blood coming out of one or the other nostril, it may be a foxtail in the nose. It should be extracted by the veterinarian as soon as possible.



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- **Foxtail in the Ear**

This can be very dangerous. The ear canal of a dog is L-shaped, which means that once a foxtail enters and penetrates a little, it will not be seen by the naked eye. It is important that if your dog is shaking his head, scratching his ears, whining or seeming lethargic, that you have the dog checked out, especially the ear canal. Once a foxtail gets in there, it will continue to get deeper and deeper into the ear canal, penetrating the eardrum.

- **Foxtail between the Toes**

If you let your dog run where foxtails grow, you may have to pull all the foxtails out from between the toes after that romp. Better yet, avoid dry, grassy fields in summertime. Foxtails, once they get between the toes, will quickly penetrate the thin skin, and will continue to migrate into the paw and wrist of the dog. If you see your dog licking at his paws, since dogs do not groom like cats do by licking their body, you should check the area where the dog is licking. It may be harboring a foxtail or some other irritant.

➤ **NOTE:** CST dogs are not permitted to be off leash unless in a fenced area.

➤ **Snake Bites**

Call CST so they can get the dog to a veterinarian for antidote or antihistamine. 99% of snake bites are to a dog's muzzle so you cannot apply a tourniquet,

Dietary Concerns that Cause Health Problems

The following health-related problem might arise if you don't monitor your dog's diet or food intake.

➤ **Milk Products**

Neither cats nor dogs should be served cow's milk or carton milk as an adjunct to the diet. This should not be given as it can cause diarrhea. If you want to give dairy products, make sure you are giving cultured dairy products that have pre-digestive abilities.

➤ **Natural Bones**

Largely, veterinarians do not recommend feeding bones to your dog, whether cooked or uncooked. Bones have a tendency to splinter as they are consumed. They can impact



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the gut, which can lead to a serious surgical problem and at best are difficult to pass. They create dry, chalky stools that are very uncomfortable for the dog to eliminate. It is also recommended not to feed rawhide toys to the dogs. Rawhide has a tendency to swell in the stomach with water consumption.

CST does not allow feeding Natural Bones to your dog!

➤ **Overeating**

Dogs, just like people, can have a tendency to overeat or not eat enough. Controlling the diet is a very important factor in dog care. Knowing how much your dog eats is also important. Overeating in dogs is just as hazardous as overeating in people. Therefore, you should make sure that your dog is not an overeater by rationing specific amounts of food daily. Overeating can cause back problems in overweight dogs, as well as undue stress on the respiratory and circulatory systems. Another eating problem can be found in dogs that quickly consume their food.

➤ **Bloat**

Rapid consumption of food can lead to bloat. Bloat occurs when the intestinal tract is impacted, creating gas and often a blockage. This is an emergency if it occurs. The best way to prevent it is to feed your dog more than one meal a day and to not exercise your dog immediately after a meal.

- Symptoms of bloat are:
- extended abdomen;
- getting up and lying down;
- pacing;
- stretching;
- looking at the belly; and/or
- Unproductive attempts to vomit.

IF YOU'RE DOG SHOWS ANY OF THESE SYMPTOMS, A VETERNIARIAN SHOULD BE CALLED IMMEDIATELY!!!



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Though no one knows why certain dogs suffer from bloat or how to prevent it, these management practices appear to reduce the incidence of bloat:

Make sure water is available whenever possible.

Feed your dog twice a day.

Your dog should avoid rigorous exercise, excitement, and stress one hour before and two hours after meals. Walking is permissible and may stimulate normal gastrointestinal function.

Make necessary diet changes over a period of 3-5 days.

Feed your dog individually and in a quiet location.

For larger dogs feed from elevated feeding stations/bowls

➤ **Diet and Weight Management**

Controlling your dog's weight is a very important factor in responsible dog care. Knowing how much your dog needs to eat to maintain proper weight is important. After you get your dog, you may have to adjust the amount of food a few times until you are familiar with his activity level and caloric needs.

Be mindful of the amount of treats you feed your dog and adjust the amount of his meals accordingly.



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Life Threatening Health Problems

Life-Threatening problems include breathing problems, bleeding, and lacerations.

➤ **Breathing Problems**

If your dog is having breathing problems, such as from insect bites or for some other reason, you or someone must call the veterinarian very quickly. You can also attempt CPR or artificial respiration. The important thing to know about artificial respiration is that you can put your mouth completely over the muzzle and nostrils of the dog and exhale into them. However, remember that if it is a very small animal, like a newborn puppy, you may over-inflate the lung, so be very careful.

➤ **Bleeding**

Bleeding can be life threatening or not, and you will often be unable to judge the difference. The important thing to do in event of any bleeding, whether it is arterial or venous blood, is to apply pressure to the site of the bleeding enough to control or retard the flow. Then call the watch commander and have them contact CST.

➤ **Lacerations**

Large Lacerations should be stitched by the veterinarian as quickly as possible. The longer you wait, the more difficult it will be to suture and the less likely the tissue will be healthy enough to be rejoined by the suturing. Therefore, it may leave a scar or have a rough texture. The maximum amount of time for a laceration to be sutured successfully is usually up to 24 hours. If the area that needs suturing is over a joint, where there is a lot of movement, 24 hours may be too long to wait. Always get wounds sutured as soon as possible.

Emergency Situations that will affect A Dogs Health

➤ **Household Products**

- **Antifreeze**

Both cats and dogs are attracted to the taste and smell of antifreeze, and many of them have died or have become seriously ill from antifreeze poisoning. Be sure when you drain your radiator that the antifreeze is not in a location that is accessible to your pets.



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- **Rat Poison**

Rat Poison and snail bait are primarily a grain-based poison, which means that since your pets are consuming corn and wheat-based diets, it is not unusual for them to be attracted to the barely-type baits that are out there. Keep all poisons away from your pets.

Other Situations That Can Cause Health Problems or Injury

➤ **Hot Cars**

In the summertime, or even in the early spring or winter days when temperatures get up into the high 70's, a dog in a car without appropriate shade or water can be seriously threatened by hyperthermia. The important thing to do if your dog is in a hot car or you find a dog that is suffering from heat stress, is to remove him from the source of heat. Do not stress the dog; do not make him walk if you can avoid it, and try to cool him off as quickly as possible.

➤ **Hot Surfaces**

Be mindful of your dogs feet. Loading a dog into a car with leather seats can burn his feet. Be very careful on asphalt and cement when it is hot outside. Place the back of your hand on the surface you plan on having your dog walk on. If you cant keep your hand there for 4 seconds it is to hot and will burn your dogs feet.

NOTE: NEVER LEAVE YOUR DOG UNATTENDED IN A CAR FOR ANY REASON!!

➤ **Off-Leash Activity**

In most states, there are now ordinances against dogs running at large. Currently, there are also a growing number of states and counties, which are creating ordinances about dogs being loose in the beds of trucks. Both of these situations are not only life threatening to your dog but can be hazardous to humans on the highways. If your dog gets' hit by a car, the first thing you should NOT do is reach for him and try to do something for him. Dogs will be panicky after a severe traumatic injury, and are likely to fail to recognize you and therefore be defensive and prone to biting. The first thing you should do is try to locate something that will serve as a muzzle on the dog if he is conscious.

You should remove the dog from traffic after you have appropriately muzzled it. If it is possible to remove the dog on a pallet to keep the back stabilized, that is preferable. If

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the dog is in a situation of causing a traffic hazard, it is more important to simply get the dog out of the way. Once you have done that, you should try to get help from a veterinarian.

Recognizing Other Emergency Situations

In any emergency, the most important thing to remember is to call ahead. Even veterinarians who keep office hours may be involved in a surgery or procedure that you know nothing about. When you get there, no help will be available for your dog. Whatever the situation is, always call first. That way they know you are coming, when you are going to arrive, and you know whether, or not they will be able to attend to your pet.

For emergency situations in the prison call CST at 951-301-3625 or 951-743-8341

Unconsciousness

If you find an unconscious dog and have no idea what caused it, check for any sign of electrical cords before you touch the dog to make sure he has not bitten into an electrical cord. Then the important thing to do is to contact CST so they can and take the dog in to be examined. Unconsciousness can be caused by a number of different things, none of them good.

- **Shock**

You can recognize shock because the gums get very pale and the dog becomes lethargic and will act abnormally in some way. Shock in pets is usually the result of a trauma. The important thing to do is to get the dog to a veterinarian as quickly as possible. You can drape a blanket over him to maintain body temperature. You do not want to put the dog on a heating pad or warm him artificially. Just try to retain his natural heat.

Preventative Measures – Vaccines

You are required to have your dog given a complete physical checkup by a veterinarian at least once a year; even if there have been no problems. The following vaccinations must be kept current:

- **Rabies vaccine**

is now given at three-year intervals in most states. Rabies affects all warm-blooded animals. That means any human, domestic livestock, as well as dogs and cats and a variety of mammalian species and birds are potential carriers of rabies. This is why the rabies vaccine is so important. The number one and two carriers of rabies in the United States are skunks and bats.

- **DH2PP**
- **Bordetella**

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You should also submit a fresh stool sample to the veterinarian to check for parasites (hookworm, roundworm, whipworm, etc.).
Your dog should also have a yearly blood sample collected for heartworm analysis.



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➤ Test Chapter 6

1. When do nails need to be trimmed?

2. How often should dogs be bathed?

- A. Once a week
- B. Twice a month
- C. Daily
- D. Once a month

3. Why might a dog scoot on their rear end?

4. Name two kinds of internal parasites that your dog may get?

5. What type of preventative medication should your dog receive every month?

6. What are foxtails and why are they dangerous?



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8. On what types of surfaces can your dog's feet be burned during very hot weather?

9. Why is it important to keep your dog's nails trimmed?

10. What is the minimum size ball your dog should play with?

11. What are some signs that an insect may have bitten your dog?

12. How would you know that your dog is having a problem with his/her eyes?

13. Name two areas where fleas typically live.

14. What is canine bloat?



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16. What are four symptoms that your dog may have canine bloat?

17. Indicate the ways you may help to reduce the chances that your dog will bloat (check all that apply)

- A. Feed him two times a day
- B. Make sure water is available whenever possible
- C. Take him for a vigorous run right after eating
- D. Feed him in a quiet location

18. What is the normal body temperature for a dog?

19. How often do you need to have your dog vaccinated?

A. Rabies: _____

B. DA2PP & Bordetella: _____

20. Is it okay to use human shampoo on your dog?

- Yes No



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Chapter 7

It's Your Responsibility to Meet Your Dog's Basic Needs

- It's more than just food

Congratulations on Your New Dog in Training!

- What to expect & how to begin the bonding process

Settling In With a Dog

- Helping your dog assimilate into the new environment



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IT IS YOUR RESPONSIBILITY TO MEET YOUR DOG'S BASIC NEEDS:

To ensure health and happiness. Like humans, dogs need food, water and shelter to survive. Also like humans, dogs need physical care and nurturing in order to thrive. Here's how to help keep your dog healthy, happy and safe while meeting its basic needs.

Proper Nutrition

A healthy, balanced diet is fundamental. We use a quality diet that all of the dogs like. Spending lots of money on a holistic, top-of-the-line diet is useless if Fido won't eat it.

When you start to use a new food, watch how your dog responds over the first several weeks. A drop in energy level or a dull hair coat may warrant a diet change. If you do change your pet's food, always do so gradually to avoid gastrointestinal upset or food aversion. If the dog shows any of the signs noted above, please bring it to the attention of a CST trainer. Always be sure your dog has access to plenty of fresh, clean water. (This is even more important during the hot summer months.)

Home – More Than Just Shelter

Dogs are pack animals – they are not content when excluded from the family unit. Though some circumstances may require dogs to live outside, most dogs will thrive in an indoor environment. Your dog will have a dedicated, personal space in his crate. This teaches your dog to have respect for his own space and, in turn, yours. Set down ground rules, enforce off-limit areas and welcome your dog into permissible areas.

Physical Maintenance

Keep your dog healthy with regular exercise. Establish an exercise routine, several walks around the yard each day will do wonders for your dog's health and disposition. Depending on your dog's breed, more exercise may be necessary, but don't overdo it. Be mindful of the weather. During the hot summer months keep the walks short and be sure to have plenty of water for the dog. Every dog needs basic grooming, such as bathing, nail trimming and teeth cleaning.

Nurturing Your Dog

Dogs thrive on structure and discipline. Training is paramount to your dog's quality of life. Establish yourself as the leader, reinforce good behavior, be consistent and you will see positive results.

Maintaining the human-canine bond is vital. Set aside daily personal time for your dog. Petting your dog, playing with toys, talking to him, or taking him for walks are some ways to strengthen and preserve this bond.



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CONGRATULATIONS ON YOUR NEW DOG IN TRAINING!

You are embarking on a new and exciting journey with your canine in training. When you first get your pup no doubt there will be feelings of excitement and perhaps even some anxiety! To help keep you and your pup from feeling overwhelmed, we have some guidelines for you.

At first, you may feel that you need to reassure the dog by petting and coddling and nurturing your dog! This is great within reason. Your dog will no doubt be very overwhelmed by the new sights, sounds, smells and people he may encounter in his new environment! It takes most dogs about 2 weeks to adjust to a new situation and we can make this transition easier by following some rules. *It is important to protect your dog's mental state by being a confident and fair leader.*

Please **do not** introduce your dog to everyone, He will be tired and stressed and although you may be excited to share him with everyone, and your dog may even be willing, it would be overwhelming for him to be pet and have to visit with everyone you meet. Explain to your friends that, as your dog's leader, you have to limit his greetings daily, and perhaps they can say hello at another time. This will cause your dog to trust you more as he will appreciate you protecting his feelings.

During his first 2 weeks it is best to limit introductions to 4 new people a day. After 2 weeks, depending on your dog's personality, he will tolerate a few more introductions. Please be mindful of your dog's body language. Does he really look like he enjoys meeting new people? Just like people, some dogs are more social and love it while others are more private and only enjoy their inner circle! **Respect "who your dog is!"** A dog that looks or leans away from new people isn't having fun.

Do not constantly pet a stressed dog. Let your dog have his space and deal with his emotions on his own. Put your dog in his crate with a yummy treat as the crate is his safe place; or let him find a place in your room to lie down and unwind. If you constantly pet him you will actually prolong his stress, you will be rewarding an unbalanced emotional state and create neediness in your dog. Think about it like this, when a child falls and skins his knee and comes running to his mother crying, she will give him a kiss on his boo boo and tell him "You're ok!" After that, the child runs back to the play yard. If that same mother reacted by scooping the child up hugging him and kissing him and didn't stop, she would create in that child a lot of fear and worry over a skinned knee. The child would then not easily adapt and let his emotions take over and never feel safe to go back to the play yard. Reassure your dog, but don't overdo it. Show your dog he is safe by providing him food, water, space, play, time to toilet and a good chew toy.



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SETTLING IN WITH A DOG

Change is stressful. Moving.... at least for most people is very stressful. This is stressful for dogs as well.

The dog-in-training is experiencing many new sights, sounds, people and expectations. Even familiar commands may be confusing when they are issued in a different tone of voice, by an unfamiliar person, in a new setting. Bonding is the most important thing for you to concentrate on for the first few days that the dog-in-training is with you. As he settles into his new "pack" he will begin to form new emotional alliances. The strongest attachment will be with the person who feeds and grooms him, takes care of his physical needs and provides leadership and love. To be a successful trainer, that person must be you.

When taking "custody" of the dog-in-training, get as much information as is available about his habits so you can make his transition into his new home as smooth as possible. What food is he accustomed to and when did he eat? Does he eat once or twice a day? Did he eat his food wet or dry? Where did he sleep? Did he ever use a crate? Is he an early riser? Does he know how to use a dog door?

Even if this information is not available, there are some "universal" steps that you can take to help ease the dog into his new environment:

Do not segregate or isolate the dog, but allow him to have a quiet place where he can go to be by himself. If you have a crate, offer him the opportunity to use it. Other popular choices are the kneehole of a desk or under a bed. (See that others respect his space.) Don't be concerned, initially, if stress causes him to sleep more than you consider normal.

Offer him a comfortable place to sleep at night. A dog bed, a throw rug or a towel work well. Be consistent regarding where and when you ask him to "go to bed".

Sudden changes in food can be disruptive to both the dog and his digestive system. If possible, feed him familiar food for the first two weeks that he is with you. Then you can blend in a quarter cup at a time, replacing the original food with a brand provided by CST. Remember that premium foods result in smaller, less smelly stools and provide the nutrition needed for the work the dog will be doing. If there are other dogs in the area, be sure to supervise mealtimes to prevent conflict. Food, toys and treats are frequently "bones of contention"! Observe the amount the dog is eating. His appetite is an indicator as to his state of stress.

Do not be overly concerned if your dog does not eat very much the first few days. Lack of appetite is due to stress. For sure, his appetite will return within a week.



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Provide opportunities for exercise. Strenuous activity is a natural stress reducer. It is always important to keep the dog in a safe fenced area when he is off lead for play. It is even more important now, when he may not know—or accept—the boundaries of your property, and probably is not thoroughly bonded to you to come when called.

Chewing is a major stress reliever. To prevent destructiveness, allow the dog to have appropriate things to chew.

➤ **Potty Training**

After your dog eats, he will need to "go". Once your puppy has had his dinner, you must be prepared to do your part in the potty training ritual. After your pup eats he will need to eliminate. How long after will vary from one pup to another. Some puppies will need to "go" almost immediately; others may not feel the urge for as long as 30 minutes. Start by assuming that your puppy will need to eliminate immediately after eating, so you can avoid accidents caused by not responding quickly enough. Once your puppy is in a routine, you will get a pretty good idea of how long it usually takes for him to get the job done.

Water your dog on a schedule. If you allow your puppy to have access to water at all times during the potty training period, you will have little control over his elimination of it. Your puppy or dog should be offered water five or six times a day, and must always be allowed to drink after meals and during and after play. Never refuse water to a thirsty puppy, and always allow him to drink his fill whenever water is offered. The way to regulate water intake is by only allowing your puppy to drink at regular times, not by limiting the amount of water he is offered at any given time.

After your dog drinks, he will need to "go"

Similar to the relationship between eating and eliminating, your puppy will need to urinate shortly after drinking. If he has had a lot to drink, as he will need during energetic play, he may need to urinate several times in the next few hours. This is just a reality of life, so be prepared.

If you must leave your puppy alone for extended periods - while you are at work, for example, if you cannot return home to offer him water on your lunch break- leave water out for him while you are gone. Just don't expect him to hold his bladder that long if he is not at least 5 or 6 months old.

Once your puppy is reliably potty trained, you should allow him access to fresh water at all times.

➤ **Test Chapter 7**

1. Why might you consider changing a dog's food?

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2. When you receive a new dog in training you should immediately introduce it to as many people as possible.

True False

3. If your dog exhibits signs of stress you should pet, cuddle and fawn over the pup.

True False

4. Bonding is the most important thing for you to concentrate on for the first few days with a new dog in training.

True False

5. Explain the process of potty training a dog.



THEORY TRACK MANUAL

Chapter 8

Command Response Chart

Obedience Commands

- Watch me
- Sit, Down, Gotcha
- Leave it, Take it, Clean Up
- Stand, Stay
- Come, Come Here, Heel
- Wait, Place



THEORY TRACK MANUAL

COMMAND RESPONSE CHART

All behaviors should be taught with a minimum of distractions at first, gradually having the dog work in increasingly noisy and distracting areas. Work at your dog's pace.

Introductory

When you begin teaching your dog any behavior, he is not corrected for failing to respond. He is learning! Simply withhold the reward. Do not scold the dog or keep chattering the command ("sit, sit, sit, sit, sit") at him. Remember to use verbal praise when appropriate.

- Golden Rules for teaching commands:
 - **Get the dogs attention**
 - **Give the command 1 time**
 - **Get the behavior by luring or shaping**
 - **Indicate the dog has done the correct behavior (click or say "yes")**
 - **Reward within 4 seconds**

Learning

Your dog is still not corrected for failing to respond. Just don't give any reward, and give rewards at random when he does respond. (Reward after 3 behaviors, then 2, then 5, then 1, etc)

Proficient

Golden Rules for giving commands: (once the dog knows the behavior)

- **Get the dogs attention**
- **Give the command 1 time**
- **Indicate the dog has done the correct behavior (click or say "yes")**
- **Reward the dog**



THEORY TRACK MANUAL

A dog can only learn the right way to do something if he is allowed to make mistakes. Be patient with him and let him learn from his mistakes. Give him the time he needs to think about it as he is learning. Give him the opportunity to place himself into the right position or perform the correct behavior instead of manually placing him there. Do not jerk on the leash to correct your dog. It is extremely important that your dog be vocally responsive and be willing to change or correct a behavior with just a verbal cue from you. Pair vocal praise with treats

The following chart is an example of the pattern of inductive learning/positive reinforcement. Once you have taught one or two behaviors this way, the dog will learn most other behaviors much quicker.

Begin by reinforcing each behavior as the dog is learning. As he begins to respond more quickly and reliably, reinforce every two or three behaviors. Keep the dog guessing which behavior will be "the prize winner". Slowly begin reinforcing only every five or six behaviors. As time goes on, you will gradually use less food. Be sure that verbal & physical praise accompanies the correct behaviors.

Introductory

COMMAND	DOG RESPONSE	YOUR RESPONSE
"Sit" with food lure and hand gesture.	Dog sits	"Yes"/click and food reward

Learning

COMMAND	DOG RESPONSE	YOUR RESPONSE
"Sit without food lure and with hand gesture.	Dog sits	Verbal praise and <u>random</u> Food reward with "yes"/click
COMMAND	DOG RESPONSE	YOUR RESPONSE
"Sit without food lure and with hand gesture.	Dog sits	Verbal praise and increasingly <u>random</u> Food reward

Proficient

COMMAND	DOG RESPONSE	YOUR RESPONSE
"Sit" with no gesture	Dog sits	Yes food & Verbal praise
"Sit" with no gesture	No response	No food reward

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THEORY TRACK MANUAL

OBEDIENCE COMMANDS

GOLDEN RULES

- Get dogs attention by calling the dog's name with an enthusiastic voice. (i.e. Spot!)
- Give verbal command once only!!!! (If dog knows behavior wait 4 seconds before you interfere)
- Get behavior
- Indicate dog has accomplished behavior (Click!)
- Deliver reward within 3 -4 seconds, the quicker the better.
- Love your dog and have fun!!!!

- Strengthen behaviors using:
 - Distance
 - Duration
 - Distraction





THEORY TRACK MANUAL

Obedience Commands/Criteria

WATCH ME



Get dogs attention by having him focus on your eyes, on command.

Training the behavior:

Hold a treat in each hand arms spread out, dogs will look from hand to hand. Ignore this behavior and keep a smile on your face. Eventually dog will look at you. Click! And one of the arms comes down with a treat. As the dog begins to understand the game, increase duration by withholding click a little longer each time, while holding dogs gaze.

If the dog is very distracted or confused, unable to look you in your eyes, take two fingers with a treat and place them on the bridge of your nose between your eyes. The dog is sure to follow the treat and will look directly into your eyes. Gradually fade your hand away from your face.



THEORY TRACK MANUAL

LET'S GO (Loose Leash Walking)



This tells your dog to move with you. When on-lead, he is to walk nicely on your right or left side, neither pulling nor lagging, the dog's shoulder should be aligned with your thigh, the clip of the leash should dangle from collar or head collar forming a 'J' with the leash.

Training the behavior:

Say the command "Let's Go", move forward, dog should walk next to you as described in criteria above. If dog takes a step ahead of you, or puts tension on the leash, turn immediately and walk in the opposite direction. Leash should be relaxed once the dog has come back to the correct position. Talk to your dog while training this behavior, it is important to give verbal corrections when necessary and enthusiastic reinforcements when walking correctly!

When dog is not pulling he should be rewarded, with a loose leash. When dog is pulling we need to guide dog back and immediately reward with a loose leash.

Remember that a loose leash doesn't necessarily mean a long leash. If they never get a loose leash they will never learn!

Alternate Training method:

For a really tough puller, the "Stop & Wait" method can be used. When the dog puts tension on the leash, simply stop walking, wait for the dog to relax the tension, re-position him and reward him when he begins to walk correctly.

Why do dogs pull?

Unknowingly most dogs have been rewarded by well-meaning handlers to pull. Most likely from the first time a leash was placed on them. *Holding the leash tight to prevent Spot from pulling only caused him to pull more as this is natural resistance behavior for a dog.* A lot of reprogramming may be needed if the dog has learned to tolerate tension. We need to teach the dog that walking on a loose leash feels good and tension does not. "Talk to your Dog!" When you set out to go for a walk, you have a definite idea of where you want to go... your dog does not. If you remain quiet and make left and right turns, your dog will certainly end up pulling on the leash because they have no idea where you're going. (They thought you were going to continue walking straight ahead.) If you verbally "check in" with your dog while walking, the dog will be more attentive to you and less likely to pull.



THEORY TRACK MANUAL

HEEL /SIDE



Heel:Training the behavior:

Using a treat lure, Lure your dog so he is position next to you on your left side facing in the same direction as you are. Then Raise the treat up above his nose, so that he is lured into a sit. It can be helpful when luring the dog into position to take a step back with your left leg. For "heel" you want your dog to understand he should come and join you and sit on your left side. Do Not Say "sit" it should be implied when you say "heel".

Side:

Using a treat lure, Lure your dog so he is in position next to you on your right side facing in the same direction as you are. Then Raise the treat up above his nose so that he is lured into a sit. It can be helpful when luring the dog into position to take a step back with your right leg. For side you want your dog to understand he should come and join you and sit on your right side. Do Not Say "sit" it should be implied when you say "Side".



THEORY TRACK MANUAL

SIT

Your dog will sit wherever he is at the time. He is to stay in that position until released or otherwise commanded

Training the behavior:

Using a food lure in your hand, allow the dog to see/smell the treat and raise it slowly over his head toward his tail. He will naturally sit as he follows your hand with his eyes.



When the dog understands the command and will perform it readily, up the criteria by adding Duration, Distance & Distractions. (Example: have him sit in the middle of play)

DOWN

The dog is to lay down wherever he is when the command is given. He is to stay in that position until released or otherwise commanded.

Training the behavior:

When teaching this behavior, be sure to "Lure" the dog instead of forcing him into the position. Have the dog sitting in front of you; hold a treat between your thumb and the middle of your forefinger in such a way that the dog cannot take it from you. Move the treat in front of the dogs nose and move it slowly to under his chin, down his chest, between his front legs; as the dog begins to back down to the floor to get the food, slide your hand forward slightly on the floor. (Click and treat any movement to drop the body toward the floor.)



Repeat, gradually increasing the criteria until the dog eventually lies all the way down. Fade the lure as early in the process as possible, by luring without a treat in your hand and gradually reducing the lure.

Alternate Training Option: When the dog lies down for the first time, place LOTS of yummy treats between his front two paws. If "wonderful things happen" when his belly in on the floor, he is less apt to immediately stand up. You decrease, and gradually fade out the treats once the dog clearly understands that down means "belly on the floor." DO NOT, push, pull, yank or otherwise physically manipulate the dog!!! Do not pull the dog's front legs out from under him!

GOTCHA

Gotcha- Handling exercise to desensitize dog in event dog runs away and needs to be grabbed quickly a progression of light touch beginning at *collar, body, tail*. Increase exercise with light amount of pressure. Goal is for dog to not react when touched in emergency situation.



THEORY TRACK MANUAL

LEAVE IT



Dog must take attention away from object of interest

Training the behavior:

Position yourself with the dog facing you Place item of interest to the dog a few inches from his right paw, using an open hand sweep over the item and say "leave it", correct with a firm "ah-ah" if he attempts to take it. Reward when he looks away. Important: NEVER give the dog the item that was used as the "Leave it" bait.

Up the criteria; each day set up a leave it "landmine" for your dog. Change the way you deliver the command so that eventually the dog will "Leave It" when you whisper the command.

Additional Training:

Place anything of interest to the dog on the floor. (This will usually be a high-level treat) Walk dog by item, when the dog go for the item, firmly say "Leave it", (A firm voice is very critical... not yelling, but a firm tone of voice and body language.) As soon as dog turns attention away from item, click and reward.

Teaching your dog to "Leave It" is probably one of the most important things you could ever teach your dog. It comes in handy in so many different situations and could even save his/her life... or the life of some other critter. It also makes it easy to have your dog leave something alone that you just don't want him/her messing with.

Before even attempting to train your dog with this type of command, it is important to note that your dog must see you as the boss. He/She must already understand that you are in command at all times. If your dog does not see you as the ultimate authority, you probably will not be successful in teaching this command. This is not a trick. And it's not something that can be taught in 1, 2, or even 3 days. It depends on the trainer and the dog. It's something that you have to work at over weeks. And as with all teaching, it will have to be worked on from time to time, forever. The more you use the command, the more successful the training will be.

If your dog is not initially successful, don't give up. Try staying closer to the treat than the dog that way if he/she does not listen to you, you can cup your hand over the treat before the dog gets it. If the dog gets the treat, it's a reward and we don't want to reward for doing the wrong thing.

To increase the level of difficulty by introducing a high level of distraction, drop a treat from your hand to the floor and tell the dog to "Leave It!"



THEORY TRACK MANUAL

STAND

Dog is to rise to their feet and remain in position until given another command. Work duration into this command, dogs will have a tendency to sit.

Training the behavior:

Lure the dog from a sit or down; once your dog is looking at you, hold a treat close to your dog's nose.

As your dog focuses on the treat, move the treat forward and have your dog follow it. As your dog follows the treat give the command stand. Once your dog is in the stand position, give him/her the treat and praise your dog.

STAY

The dog is to remain in position until released.

Training the behavior: (we will use a control position of sit or down for class)

Command dog to sit/down then walk whatever distances the dog will maintain in his/her position, return to the dog, and mark the behavior. (Click/treat) Be sure to come back quickly and reward the dog; if the dog breaks the "stay" behavior you must move closer to dog.



Take care not to push distance too far too fast. Wherever the dog can comfortably maintain the command is their starting point. (This may not even be one step; just a lean back away from the dog may be the starting point for some dogs.)

Up the criteria by walking around the dog while they maintain the "Stay," and increase Duration & Distance. If the dog breaks the "Stay," you must go back to the last point where he held it. Once the "Stay" is reliable, add Distraction by having someone bounce a ball or clap their hands near the dog. If the dog breaks the stay, reposition him, present the command and try again.

The hand signal for the "Stay" cue is a "stop sign" using the palm of your hand. (See the above graphic.)



THEORY TRACK MANUAL

COME HERE/COME (Recall)



Come Here: The dog will come to you
Come: The dog will come to you and sit.

Training the behavior:

When teaching "come" behavior, never tell dog to sit. Lure them into a sit when they come until they automatically sit, then fade lure.

Start on leash, take a step backwards and tell your dog to "come" encourage them with an excited pitch....when dog moves forward put a treat in front of his nose and raise your hand up until he "sits" say "yes" and give him the treat, do not say "sit" the come command should imply a sit. Gradually increase the distance. Always reward your dog happily for the "come" command. If you are not rewarding enough your dog will soon blow you off.

A reliable recall can save your dogs life. It is the most important command to teach your dog.

The dog will look forward to responding to your "Come Here/Come" commands when they know that it's associated with an enjoyable experience! The first time your dog runs/walks quickly back to you, respond with LOTS of enthusiasm, treats and praise.

It is important to note that you must never call your dog to you and then administer any type of correction or punishment. Coming to you when called must always be a positive experience!!!



THEORY TRACK MANUAL

WAIT

The dog must not cross the designated boundary until instructed.

Training the behavior:

Start in at a doorway, open the door slightly, drop your arm, in a sliding motion similar to a railroad crossing gate, in front of the dog and say "Wait." If the dog moves to go out, close the door, reposition him and give the command again: repeat the process.

As your dog begins to understand the command, you can open the door a little wider, while saying "Wait, once the dog waits until you move through the door, then you can signal him to go through. Repeat every time you let your dog outside.

You can train your dog to stop and wait in other doorways too; get him to let you go in the doorway first. When you're approaching the doorway to your kitchen or bedroom and your dog is with you, bring some treats. When you get to the doorway, stop and tell the dog "Wait" using the cues above. Walk into the room first, making him wait. When you're in, release him from the "wait" cue, and have him join you. Go back to your dog and treat him before you invite him to go through.

Get your dog to put his two paws on raised box and maintain position

Place is a building block behavior. Teaching this skill will enhance other behaviors like a pivot to heel, and learning to maintain all behaviors.

PLACE

Place solid box between you and your dog. Lure dog with a treat to place position (two paws on the box). When dog has two paws on the box, say "yes" or click and give him a treat. Once your dog has the concept down, teach him to maintain his position on box gradually by taking a little longer to say "yes/clicking" and delivering the treat. Once your dog maintains his position on the box you can start raising the criteria. You will start moving into the dog while he is on box... which will teach him to pivot on his back legs. Practice in both directions.



THEORY TRACK MANUAL

➤ Test Chapter 8

Basic Command Testing Sheet

Instructor:		Date:	
Handler(s):			
Dog:			
Command	Proficient	Satisfactory	Needs work
Watch Me			
Let's Go			
Heel			
Sit			
Down			
Side			
Leave It			
Stand			
Stay			
Come			
Wait			
Place			



THEORY TRACK MANUAL

Chapter 9

Fun Doggie Tricks

- **Doggie Push-Ups, Shake, Roll Over, Bow, Spin, Peek-A-Boo**

Behavior Issues

- **Off, Digging, Quiet, Chewing, Biting, Counter Surfing & Trash Digging**



THEORY TRACK MANUAL

FUN DOGGIE TRICKS

SHAKE

Have your dog sit. If he doesn't know how to sit, go back and practice that command before moving on.

Hold a treat in one hand, and show it to your dog. Close your fist over the treat so he can't get it. Give your dog the command "shake," and wave your closed fist under his nose to keep him interested in the treat. Wait for your dog to start digging in your hand for the treat. Usually dogs sniff around, and when that doesn't work they begin to paw at your hand. The moment your dog touches your hand with his paw, tell him "Yes" or click your clicker, and open your hand and allow him to have the treat.

Practice "shake" for a few minutes, two or three times a day. Your dog will be offering you his paw the moment you give the command before you know it.

Troubleshooting:

There are a few things you can do if your dog has trouble learning to shake: If your dog doesn't put his paw on your hand, no matter how long you try to entice him with the treat, move the hand holding the treat closer to his paw. You can even give his leg or paw a little nudge. As soon as he raises his paw to your hand, give him the treat.

If your dog still doesn't understand what is expected of him after you nudge his paw, you can try lifting his paw into your hand yourself. Give the command "shake," reach down and pick up his paw, and then tell him "Yes" or click your clicker and give him the treat. Repeat this quickly several times in a row giving him a treat each time. Most dogs will now understand what is expected, and begin to offer their paw.



THEORY TRACK MANUAL

DOGGIE PUSH UPS Randomly get dog to Sit, Stand, Down. Stand, Sit, Down. Sit, Down, Stand... Do not do in same order, mix it up or the dog will habituate to the order and will not be able to do it in a different order.

ROLL OVER Dog is to go down in a prone position and roll to one side maintaining that position. Lure dog into a down (Do Not Say Down). Then lure dog's nose with treat around back of dog's head. Standing over dog usually helps with this behavior as social pressure will cause a dog to go into this submissive position naturally. For some dogs it can be too much and trainers may need to approach from a lower position. Once dog performs position, feed treat but don't click yet (unless it wasn't acquired easily). Try and feed dog successive treats while maintaining position, slow down rate of treats and get dog to maintain position a little longer. Click and treat dog for maintaining behavior.



THEORY TRACK MANUAL

BOW

Start with your dog standing up. (your dog should know the “Stand” command before training this trick)

Hold a treat at the tip of your dog's nose, and slowly move it down, holding it close to your dog's body. In this way, you will use the treat to lure your dog down until his elbows are on the floor with his rear end remaining up.

Hold your dog in the bow for a few seconds, and then use the treat to lure him back into a standing position.

Click and treat the dog while he is in the “Bow” position.

Practice the bow command with your dog several times a day for no more than 5 minutes each time. Before you know it, your dog will be taking a bow on command.

Troubleshooting:

Some dogs have trouble keeping their rear ends in the air when initially learning this dog trick. To keep his back half up while his chest and elbows are resting on the floor, place your arm underneath his stomach while you use the other hand to lure his front half to the floor.

Most dogs will quickly catch on, and after a few practice sessions, your dog will take a bow without you having to hold his back end up.

Some dogs have a difficult time learning this entire dog trick all at once. If this is the case with your dog, you can teach him to take a bow in smaller increments. This is called shaping a behavior and works really well with clicker training. To do it, you need to begin rewarding your dog for moving in the right direction.

For instance, if the best your dog can do in the beginning before making mistakes is to follow the treat half way to the floor, click and treat for that. Then start to give treats only when your dog is closer to the floor. In this way, you can select the behaviors that come closest to what you need him to do. In small increments over several training sessions, you can slowly train your dog to take a bow.



THEORY TRACK MANUAL

BEHAVIOR ISSUES

JUMPING

DIGGING

QUIET

CHEWING

BITING

COUNTER SURFING

Jumping

Be consistent with puppies and dogs; it's counterproductive to discourage your dog from jumping on others, while allowing her to jump on you and lick your face.

Turn all the way around when you first walk in the door and your dog leaps up on you.

Wait until your dog stops jumping and say "Yes!" the moment she stops.

Command your pup to sit (if she knows the command) and don't touch her until she does. Again, be consistent. (Tell your dog to find her toy if she doesn't know "sit." This redirects your pup's energy from jumping on you to finding her toy.)

Anticipate potential jumping situations, and tell your dog to sit or redirect her attention to something else.

Praise your dog when she doesn't jump, especially during situations that might give her reasonable cause.



THEORY TRACK MANUAL

DIGGING

Dogs dig for many reasons. Digging is a natural behavior for many dogs. Some dogs seem to be more prone to digging than others and many times it can be associated with their particular breed group. The terrier breeds are often prolific diggers because of the jobs they were bred to perform. On the other hand, sporting dogs might dig to escape so they can get out and explore. Other dogs might dig to hide things like food or toys. Some dogs dig out of boredom or to find a cool place to rest. Whatever the reason, don't fear, with a little time and consistency you can either eliminate the problem or redirect it. To eliminate the digging problem you need to catch your dog in the act of digging so you can offer the correction immediately. Corrections might include a firm "no" or making a loud noise (something your dog will want to avoid). An impromptu dosing with a spray bottle also works well.

Be careful however if your dog is digging out of boredom. Your dog might perceive any contact, even negative contact, as a reward. If your dog is digging in a particular spot you can try using lava rocks or some inexpensive paving stones under some dirt. It will be uncomfortable for your dog to dig into them. It's important not to let your dog see you doing this or repairing holes. Your dog looks at you as the leader. If your dog sees you fill in the holes he will think you are enjoying the hole he was working on.



THEORY TRACK MANUAL

QUIET (DON'T BARK)

Dogs bark as a natural form of communication, and to express their feelings. Often, dogs will bark when they are lonely or feeling anxious. This is why your dog will bark repeatedly at nighttime while you are away from home. Barking is simply annoying, and you'll never get any sleep with your dog barking all night. Excessive barking can also be the cause of some behavioral or emotional problems. You can train your dog not to bark.

If in a crate or a kennel it is best to simply ignore your dog when they bark, they are barking for attention and any attention whether positive or negative will increase the behavior.

Some situations we have to stop the barking

Use a Voice Command:

When your dog barks say "Quiet". Speak clearly, loud and short. Make eye contact with your dog when you deliver the command. This will help your dog understand that you are speaking to him and that you are saying he is doing something wrong.

Use Reinforcements:

When your dog understands and stops barking use your clicker, or vocal marker, "YES" and a treat. Have them with you at all times. Right after you use your voice command, and your dog stops barking, click and give your dog a treat. You should also give your dog some affection when he listens: physical praise will eventually replace the treat.

Use Punishments:

When the dog barks, tell him "QUIET." If the dog continues to bark, use a squirt bottle - with the misting sprayer and spray the dog in the face. As soon as the dog is quiet, "mark the behavior" with either a clicker or your voice, give it a treat and lots of praise.

DO NOT call the dog's name before using the squirt bottle. If you do, the dog will probably look at you before you spray it. At that point, you will be "correcting" the dog's looking up at you instead of its nuisance barking.

Be Consistent: Keep using the punishments and reinforcements no matter what. You need to show your dog that you are the leader. Your dog will not believe you if you are not consistent and will think he is the leader. Eventually, your dog will stop barking. Some dogs will take longer than others, so be patient. An alternate method is to use a Citronella collar, the collar sprays a dog with a smell they don't like when they bark. This is humane and usually stops even the most articulate barker...



THEORY TRACK MANUAL

CHEWING

Chewing on things is natural for dogs, it's part of the way that they explore the world and often it can be the result of boredom. Teaching your dog not to chew on inappropriate objects can be an uphill battle. Dealing with a dog that has a chewing obsession involves using a combination of tactics, along with some safety measures to protect your curious pup.

Teaching

When your dog is munching down on something that they are not allowed to have, you need to interrupt them while they are in the act. Clap or make a loud noise to get their attention and then replace the item they are chewing on with one of their own toys. When your dog accepts the toy and begins to play or chew on it, praise them for doing so to reinforce this proper behavior. There are also sprays that you can buy that help deter a dog from chewing on something. The sprays are not harmful, but they taste bad. Spraying these on furniture and larger items in your home can help keep your dog away from them. Typically, they need to be reapplied ever so often, but usually by the time they wear off your dog will have probably lost interest in chewing on that item. (Bitter Apples & Foey work well)

Boredom

Give your dog plenty of appropriate chew toys. Don't confuse him by giving him items that resemble things you don't want the dog chewing on (like old shoes and socks.) In a dog's mind if they can chew on the old ones, they can chew the new ones too. Keeping your dog's toys new and exciting is important as well. Rotate the toys available to your dog so they don't get bored and seek out new things on their own.

Consider trying a chew toy that is filled with treats. Many companies like Kong make dog toys that you can stuff with food and your dog has to work to get the treats out. Chewing on things like this will keep your dog occupied and out of trouble. Spending quality time with your dog, playing and giving them attention, can help prevent boredom. When left alone for long periods of time, most dogs get bored and become destructive. If you work and have to leave your dog, confine him to an area of the home that is safe and that is free of items he can destroy.

Walking your dog may also lessen the likelihood that your dog will chew things. Dogs need to explore and allowing them time to go out in the world and investigate will help alleviate bad behavior caused by boredom. A dog that gets regular exercise and is stimulated mentally and physically, is less likely to be destructive because of boredom.

Safety

It is essential to your dog's safety that you keep their environment free of things that may cause harm when chewed on. Keep cabinets shut and electrical cords tucked out of sight.



THEORY TRACK MANUAL

BITING

WHAT NOT TO DO!

It doesn't matter if it is a "tap", "smack", or if you just plain hit your puppy. Hitting your puppy will only make it aggressive. Even if you think that you are punishing your puppy, or disciplining it, or if you think you are teaching it right from wrong, you aren't. Puppies don't understand being hit. The only thing that hitting a puppy accomplishes is increase his/her likeliness to become aggressive.

SO DON'T HIT YOUR PUPS!!!

BE PATIENT. Change doesn't happen overnight, for animals or for people. You have to win his trust with.

REACT WITH A SUDDEN "INJURED PUPPY" YELP: A sharp "yowl" or "yelp" when the puppy bites a hand, arm or leg says "you're hurting me" in a way that the puppy understands, as this is how puppies learn bite control when they're playing with their littermates as young pups.

IGNORE THE PUPPY FOR A COUPLE MINUTES: As puppies, a yowl or yelp of pain signals the end of the puppy's play. So when a puppy bites and nips a human, this must signal the end of playtime. Ignoring the dog for a few minutes will send the message that nipping and biting ends the play, while discouraging biting, nipping and mouthing as an attention-getting method.

GIVE A STERN VERBAL CORRECTION: As soon as the young pup nips your hand, administer a stern verbal correction of "don't" with eye contact.

PROVIDE A SUITABLE CHEW TOY: After ignoring the pup for a couple of minutes following the puppy's biting or nipping, provide a suitable toy for chewing. A great durable chew toy for pups is a hard rubber Kong filled with peanut butter & frozen.

PROVIDE VERBAL PRAISE AND ATTENTION FOR SUITABLE CHEWING: When the pup is chewing the Kong chew toy, provide verbal praise and attention. This will help the pup form a positive association with appropriate chewing and biting behaviors, while the verbal corrections will provide negative feedback for inappropriate mouthing and biting behaviors.



THEORY TRACK MANUAL

COUNTER SURFING

Remove temptation

The answer to the first question in this case is easy; FOOD. Recall the adage "opportunity creates the thief." Food left unattended on kitchen counters is simply too tempting and too reinforcing for the thieving dog. Each time your dog manages to find food on the kitchen counter, counter-surfing has been reinforced. Extinction of counter-surfing requires clean kitchen counters. Use storage containers, high shelves, and cupboards so that food is never left unattended within reach of your dog. Clean up countertop spills and tidbits immediately, as even a *crumb* can be enough to reinforce some dogs.

If food must be left unattended, put your dog in another room and shut the door. There is no sense in providing opportunities for reinforcement when avoiding it is as simple as closing a door.

Eventually, they'll know better

All that most dogs need to know is that there are plenty of opportunities for reinforcement for a range of behaviors that don't include stealing from the kitchen counters. When preparing food, make sure you reinforce nice behaviors such as sitting patiently, or lying down on the floor or a mat. Be sure to leave the room briefly, just to return and reinforce these nice behaviors that are offered even when you're out of the room. At first, be sure to tidy food from the counters so that any counter-surfing is not reinforced. By combining extinction with regular reinforcement of alternative behaviors, your dog will learn that the most reliable way to get food is to sit patiently, or lie down out of the way. Attempts at counter-surfing will not be reinforced and will eventually go away. If your dog has been reinforced for counter-surfing many times, or intermittently, then the extinction process will take longer—but it will happen.

Remember these two important questions:

“What is reinforcing this behavior?”

“What would I like my dog to do instead?”

These can be applied to virtually any unwanted behavior: raiding the garbage can, barking at the door, jumping on visitors, even pulling on the leash. You hold the power to solve any one of these problems if you can answer those two simple questions and consistently apply the solutions.



THEORY TRACK MANUAL

➤ Test Chapter 9

1. What should you do if your dog is chewing on something inappropriate?

2. How do you prevent counter surfing?

3. What should you do if your dog is barking in his kennel?

4. What will help prevent most problem behaviors?

5. How do you teach a dog not to jump on people?
