

Top **10** Behaviors

your

Dog Needs to Know

and

How to Teach them

T10

Sit	Down	Stay	Come
Touch	Look	Heel	Go
	Leave it	Drop it	

The T10 Behaviors Allow your Pup to
Excel in any situation...

Walk politely on leash
Greet people appropriately
Walk comfortably past other dogs
Come when called

Sit

Lure dog into a sit by holding a treat at her nose and slowly raising it upward. Mark and reward as soon as her butt hits the floor. Repeat again and again.



Down



While the dog is seated, lure him into a down by holding a treat at his nose then slowly moving it down to the ground. Mark and reward as soon as his belly hits the ground. Repeat again and again.

Stay

While seated or laying down, tell your dog to stay with the palm of your hand flat towards them; take a step back, pause for a second then re-approach your dog - Mark and reward. Repeat, taking an additional step backwards and pausing for an additional second. The speed you can progress depends on your pup.

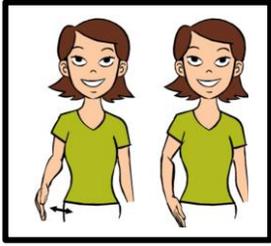


Come



Ask your pup for a sit, stay. Take 2 steps back, reach towards your dog's nose like there's an invisible string attached to it. Pretend to pull the string slowly towards you, taking a step back at the same time (bending at the waist often helps). Repeat this exercise slowly adding a step at a time. And be sure to consistently Mark and reward every occurrence until it's reliable.

Touch



While sitting, place the palm of your hand – fingers pointed down – an inch away from your pup's nose. As soon as they investigate it with their nose (touch your palm) Mark and reward. Repeat multiple times, pulling your hand away only an inch until they understand.

Look

While sitting, take your finger from the dog's nose to your temple. As soon as their gaze hits your face, Mark and reward. Repeat, asking for a second longer Look each time.



Heel (With me)



First...start slow, have your pup on a short leash and be sure they've had a chance to walk, smell, or get out their 'dog' before asking them to Heel. If you cannot get your dog next to you, you cannot teach them to heel. Use management tools like a belly band to get them near you.

Hold your hand next to your leg with one finger pointed down, Mark and reward every time your dogs' nose is next to your hand.

Go

Have your pup do a sit, stay a foot away from their bed or a folded blanket. Lure your pup to their bed using a treat. This typically looks like an arc from the dogs' nose to the bed as if you're throwing the tasty morsel. Once they follow your hand, guide them into a sit and down using only hand-signals.



Leave it

Start with your dog in a down position. Put a couple of treats in your hand and close it tightly. Hold it to your dog's nose and let them investigate. Say



Leave it and wait. As soon as they take their attention off the hand, even for a second, Mark and reward them. Repeat 3 times with each hand, then put the treats on the floor and cup your hand over top – be careful your dog never gets the treat on their own.

Once your dog understands, pull yourself away from the treat for longer and longer intervals.

Drop it

Start with two tasty bully sticks (or something similar in size and value) and let your dog engage with one for a minute. Place your hand on the stick and tell them to Drop it, then wait. As soon as they release the stick – even for a second – replace it with the other from behind your back. Repeat. The goal is for your dog to not worry about losing out when they drop something out of their mouth.



Mark and Reward – Timing is everything, even if it takes you a second to get the treat to your pup, be sure to verbally acknowledge (making eye contact is good too!) as soon as they perform the behavior.

When Luring your pup...the goal is for your dog to follow the treat...so you have to move slow enough that they can smell it, process, and follow. Also, have them follow the treat 2x in a row, then put the treat in your hand behind your back and have them follow your hand without the treat.

This is not supposed to be hard
Challenging, yes; but be realistic - and generous!

What do trainers do differently

- ✿ Except for Leave it and Drop it; Don't ask for the behavior (using a word) until your pup understands the behavior you want. Not sure? Test them. Stand in front of your dog and ask for a sit, down, etc, then do the same with only hand signals.
- ✿ Don't be stingy! I'm amazed at how quickly my clients push their dogs to excel. One minute their showing them Touch an inch from their noses, the next they're 3' away! Give your dog a chance to learn and create muscle memory by repeating simple behaviors over and over and increasing in small intervals.
- ✿ Rewards – I always use treats to teach a behavior, while the dog is learning what I'm asking and what both the hand signal and words are. Then I switch up my rewards. Often, I'll use celebratory rewards, especially for Come or Heel. I'll throw my arms up in the air, say the dog's name and repeat how good they are. You'd be surprised at how much dogs love this and how much they'll work for a Hip Hip Hooray party!
- ✿ Practicing in a new area or with different weather conditions or smells? Then make it easy, again. Go back to freshman level anytime you increase or change something. You'll find you will be able to advance quicker and quicker if you always start every new adventure easy then reward the responses.
- ✿ Give them hints – some exercises are not natural for dogs or are so natural they're not sure what exactly they're being praised for, so give them hints. For example, when teaching Look, say Yes with a smile over and over to increase the time they hold eye contact. The same can be done with Come, especially if they get distracted and think about making another choice – give them a hint that they're doing it correctly by softly repeating Yes! over and over again.

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