



Dog Classes, Group Classes
Private Training, Aggression
Fears, Treibball, Canine Nosework

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DINO Adoption Package: Training & Behaviour

Table of Contents

Congratulations on adopting your new dog	2
Shopping List.....	3
How Dogs Think and Learn.....	4
The First 48 Hours	
Setting up your dog's confinement area.....	7
Arrival.....	8
Planned Absences – IMPORTANT.....	9
Bedtime.....	10
Housetraining.....	10
Canine Communication, Body Language & Stress	
Calming Signals.....	11
Stress Signs.....	12
Training Basics	
Rewards List.....	16
Nothing-For-Free List.....	17
Dog Socialization.....	18
Housetraining	
Housetraining Checklist: Short Term vs. Long Term Confinement.....	20
Housetraining Schedule.....	21
Housetraining Accident Log.....	22
Dog Training & Behavior Handouts	
Sits.....	24
Anti-Jumping.....	25
Attention	27
Coming When Called (Recall).....	28
Crate Training.....	29
Introducing your new dog to other animals in your home:	
Dogs.....	30
Cats.....	31
About	
ImPAWSible Possible.....	33
Catherine "Cat" Harbord.....	33
What to look for in a trainer ".....	34
Upcoming Classes.....	35

Congratulations on adopting your new dog!!!

And thank you for making a genuine difference in the pet community by rescuing a dog in need! As rescue dog owners ourselves we know just how rewarding and amazing the experience of adopting a dog can be.

To that end, we've put together this adoption package with training & behaviour tips, with hopes of helping you and your newly adopted dog to get started on the right paw.

If you have any questions whatsoever, please be sure to contact us.

Only Good Things,

Catherine "Cat" Harbord
Founding Behaviour Geek.
ImPAWSible Possible Training & Behaviour Services

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Shopping List

<p>Plush puzzle toys</p> <p>Hide-A-Squirrel Hide-A-Bee Intellibone Dr. Noy's replaceable squeaker toys</p>	
<p>Fill with kibble & work to eat!</p> <p>Tricky Treat Ball, Molecule Ball by Our Pets, Twist n Treat by Premier</p>	
<p>Stuff 'em Freeze 'em Hide 'em around the house</p> <p>Kong, Groove Thing by Premier</p>	
<p>Bully Sticks</p>	
<p>Treats:</p> <p>Benny Bully's Zukes Minis Tripe – anything!!!</p>	
<p>Gates, X-Pens, Crates</p>	
<p>A cozy place for the pooch in each room</p> <p>Dogs love the snuggle ball</p>	
<p>Get control when walking</p> <p>Gentle Leader Easy Walk Harness</p>	

How Dogs Think and Learn

Dogs Learn in Two Ways.

Learning by Association

The first way dogs learn is by Association (By Emotional Response)

Human example:

We humans learn by association, too. For example, when you meet someone for the first time you come away with an association—positive, negative, or neutral. If you really enjoyed your interaction with the person, you are likely to be really happy to see them again. If you found them to be difficult or argumentative and then you see them again, you might get that little pit of dread in your belly—you have formed a negative association with that person.

Human-dog comparison:

Dogs experience the world this way, too, only they rely on this learning far more than we do. They are constantly forming associations—safe, dangerous, neutral or good for me, bad for me, neutral. These associations inform the decisions they make and the reactions they have to various situations and stimuli.

Dog example:

A common example of associative learning in dogs is their reaction to a food bowl, even an empty one. Dogs love pottery! Pull out a dog dish and the average pup will jump into paroxysms of joy. This is because they've come to learn that bowls predict food, so they love bowls. In other words, dogs associate bowls with food.

The amazing thing is that we can manipulate dogs' associations to things. For example, most dogs would find a chair to be of no consequence to them; they would form a neutral association to it. But you could teach your pup to LOVE this object.

You could place a screen between Fido and the object. Every time you lift the screen Fido gets treats until the screen goes back down. Pretty soon he figures out that the presence of the object is predicting the arrival of the treats and you have a pup that loves the chair.

We could now reverse this association; we could teach Fido to hate or fear the same chair.

Implications:

The implications of this are enormous. It's important to remember that what we do influences the associations the dog is making while in our presence. Here's an important example: Say I'm walking Fido and he has a reaction I don't like to seeing another dog. It could be just that he barks in excitement, for example, but I don't like it. I shout, "No!" and give him a leash correction. This happens each time we see a dog. Pretty soon Fido's reaction to other dogs is terrible—he barks and growls and lunges and snaps because I have built a negative association: dogs equal pain. I have taught him to dislike or fear other dogs, just like we did with the chair. I have the potential to take a pup who either likes others or doesn't yet know how he feels about them and make him fear aggressive, aggressive, or fearful around other dogs. **This is the main drawback to using punishment**—it has a lot of side effects due to learning by association or emotion. And don't forget that one of the negative associations is with the punisher, which can affect the bond between person and dog. It's not that punishment doesn't work—it's that learning by association or emotion always comes along for the ride.

What could I do instead if Fido is having a reaction to another dog? Say that every time the dog I'm walking sees another dog it starts growling and lunging? Say Fido has a negative association with other dogs and we

have to reverse it. Treats are a good way to do this. But what if Fido is so upset that he won't take the treats? If you're afraid of spiders and I put one right in front of you, or keep you in a room with it for a long period of time, it's going to be hard for you to listen to my instructions to sit down and stop screaming. But if I hold the spider 20 feet away, and only bring it in for short periods of time, and maybe distract you with some conversation or chocolate, things are going to go better for you; you'll be able to hear me when I ask you to take a seat and compose yourself.

We need to do the same things for dogs who are afraid of something or upset by it—we need to desensitize using the Three Ds: distance, duration, and distraction. We move Fido farther away from the upsetting object, try to keep the situation brief, and distract him with our cheerful voices and treats. Remember, we're not rewarding him for his barking or growling—he's too upset to control his behavior. We are trying to affect his emotional state so that we can then ask for different behavior.

Learning by Consequence

The second way that dogs learn is by consequence, or by doing.

Human example:

I can tell a school-age child that I will take him out for ice cream when I see him next week to celebrate his good report card. When he eats the ice cream, he will understand that he is being rewarded for grades he got a week ago, which he got because of work he did over the course of a period of months.

Human-dog comparison:

A dog could never understand this—it's way beyond their ability to connect events over time like this. Dogs learn by consequence like we do, but for dogs—especially dogs—the consequence has to be immediate; it must occur right on the heels of the action that caused it.

Dog example:

For example, say I lure Fido into a sit with my hand. Then I rummage around for the treat, trying to figure out where I put it. By the time I deliver the treat five seconds later, the impact is lost; Fido may not realize he was rewarded for sitting. In the five seconds between the sit and the treat, he sneezed, sniffed the ground, and looked left. All of a sudden there was a treat. As far as he's concerned, he got it for looking left. You'll eventually teach Fido to sit, but it'll take a while. Or, you might end up with a dog that sits and looks left as a matter of course.

Implications:

This is why we use the clicker or bingo/marker word—it allows us to tell Fido the precise moment he won the treat. Once we've clicked or marked the behavior we buy ourselves a few seconds to get the treat out of our pocket because Fido knows what he's getting his treat for. The clicker or bingo word is a reward marker—it marks the moment the reward was won.

To teach Fido to know that the click means a treat is coming we use learning by association—we pair the clicks with treats. Every time he hears the click he gets a treat. Pretty soon Fido understands that the click means treat, that the click predicts a treat. So even when we're working with learning by consequence associations are constantly being made.

Overall Implications:

There are two main concepts to take from these ideas:

- **One, dogs learn in two ways—by association/emotion and by consequence/doing.**
- **And two, that because of these two ways of learning, dogs see the world in two ways: What's safe/good for me and what's dangerous/bad, and what works and what doesn't.**

The safe/dangerous outlook on life comes from learning by association or emotional response. When a dog is punished for peeing on the carpet in front of you, they don't learn inside/outside—they learn that it's not safe to pee in front of you, but it is safe to pee when you're not there.

The what works/what doesn't work outlook on life is from learning by consequence or by doing. Every dog tries staring at the refrigerator. After a while they give up and don't bother trying again because staring at the fridge doesn't seem to work; it never opens. They also try staring at their people at the dinner table. Every once in a while someone gives in and gives them a bite. Staring at people while they eat works, so dogs continue to do it and a table beggar is born.

The important point here is that Fido's world is safe/dangerous and works/doesn't work, NOT right/wrong. Dogs do not have the capacity for those abstract thoughts. Dogs don't do things we don't like in order to get back at us or be stubborn or naughty. This is a myth. Dogs just do what's safe and what works. That's all. If Fido barks at you to throw the ball and you throw it, rest assured he'll do that again. If you ignore the barking he'll eventually give up and try something else. He's not trying to be obnoxious, he's just doing what works. Similarly, if you ask a dog to sit and he doesn't sit he's not being stubborn, he's just not trained well enough yet. So be patient with Fido and be careful what you pay attention to and what you ignore, and the ways in which you do so.

The First 48 hours: Setting up your dog's confinement area.

Set up a confinement area, a place your dog will stay when you can't provide 100% supervision; in other words, when you're out, or busy around the house, and can't watch him the entire time. The ideal confinement area should be easy to clean and easy to close off with a door or baby gate. It should be mostly free of furniture and non-dog related objects (remember, everything is a potential chew toy to a dog!). The best place for a confinement area is the kitchen, laundry room, porch, empty spare room or small indoor/outdoor area.

Furnish the confinement area with a bed or a crate with something soft to sleep on, a water bowl and several toys, including a favorite bone or chew toy (See "Shopping List" for more details)

Special Note: The confinement area should be the only place your dog gets to have his favorite toy.

You might think the word "confinement" has a negative connotation, but your dog's confinement area is not a negative thing. It's positive. The confinement area is a place your dog can call his own as he makes the transition to his new home. It's where he gets good things, like meals and his favorite toy. It sets him up for success in the process of housetraining and alone-time training.

People often give a new dog complete freedom right away. Then, when he has an accident or chews the wrong thing, they confine him, and confinement becomes punishment. If you start out giving your dog the run of the house, you're setting him up for failure. Better to give him a safe, confined place, so he can make a gradual and successful transition to his new home.

If you're unsure of where to set up your dog's confinement area, please feel free to [contact us](#) for suggestions.

The First 48 Hours: Arrival

Arrival Checklist:

- When you arrive at home, take your dog out for a walk or bathroom break.
- Introduce him on leash to his new home, including his confinement area.
- Give your dog a chew bone or a stuffed Kong and leave him alone in the confinement area for approximately 5 minutes.

If your dog begins to howl, whine, or bark, wait until he has been quiet for at least ten seconds before you respond. Otherwise, your dog will learn that whining or barking makes you appear or gets him out of the confinement area, and he'll bark or cry for longer periods of time.

The First 48 Hours: Planned Absences – **IMPORTANT**

You must get your dog used to short absences starting within the first few hours his arrival.

This is extremely important. You'll want to spend every minute with your dog when he first comes home, but you should prepare him right away for a normal routine. He must learn to be relaxed, calm and settled when he's alone. Alone-time training is necessary because dogs are highly social animals and being alone doesn't come naturally to them.

Leave your dog alone in his confinement area while you go out or spend time in another part of the house. Vary the length of your absences, from 30 seconds to 20 minutes, and repeat them throughout the day. If your dog seems comfortable; you can increase the amount of time he's left alone.

Remember, it may take several days or weeks for your dog to make the transition to his new home.

The First 48 Hours: Housetraining

Some adult dogs are not housetrained. If your dog has an accident, it's not because he's incapable or unintelligent, it's because he has not been properly trained. To successfully housetrain your dog, you need to treat him like an 8-week-old pup. The confinement area is your key to success.

- Until your dog is perfectly housetrained, never leave him alone unless he's in his confinement area. He must be 100% supervised when he's outside his confinement area.
- Take your dog out on leash frequently. Start by walking him at half-hour intervals.
- If you see your dog sniffing and circling in the house, take him out immediately.
- Praise and reward him with a treat (cookie) when he relieves himself outdoors.
- Never yell or punish your dog for a potty accident in the house.

See our "Housetraining" section for detailed instructions.

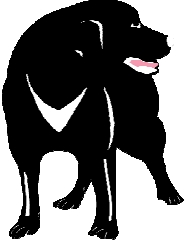





The First 48 Hours: Bedtime

Put a chew toy in your dog's crate or sleeping area when you leave him for the night. He may have trouble settling in at first, but he should eventually relax and go to sleep. Remember, it's important not to let your dog out of his confinement area if he's crying or barking. If he gets attention for barking, he'll keep it up for long periods of time.

Calming Signals

Calming Signals are “peace making” signs that dogs use to calm themselves, other dogs and even us. When seen in low frequency, they are very appropriate social gestures: a means of maintaining a peaceful social system. When seen in high frequency or “clusters” they indicate to us that the dog is approaching low levels of stress. They must always be taken and interpreted in context.

There are over 30 Calming Signals, but here are the most common ones:

 <p>look away/head turn</p>	 <p>yawn</p>
 <p>nose lick</p>	 <p>sniff ground</p>
 <p>Scratching</p>	 <p>whale eye</p>

Stress In Dogs

On page 11, we introduced **Calming Signals**, which when seen in high frequency or in “clusters” would best be described as low level signs of stress. As a dog becomes further stressed there are many other behavioral and physiological symptoms that can manifest.

It is important to monitor your dog for signs of stress as:

- 1) Stress is a universal underlying cause of aggression.
- 2) Stress impairs a dog’s ability to learn
- 3) Stress impairs a dog’s ability to respond to cues
- 4) Stress can impact your dog’s health and longevity
- 5) Negative associations can occur as a result of stress

What causes stress?

Stress can be caused by a variety of factors including:

- 1) changes in environment
- 2) new experiences
- 3) emotional arousal (excitement, frustration, anger, fear)
- 4) health conditions
- 5) pain
- 6) the use of aversives such as: prong, choke or e-collars
- 7) confinement
- 8) exposure to a frightening situation

Here are some common signs of stress:

Calming Signals

Particularly when seen in high frequency or in “clusters”

Digestive Disturbances

Vomiting and diarrhea can be signs of illness or of stress. Carsickness is often a reaction to stress

Drooling

Drooling can be a sign of stress or a physiological response to food or even to the clicker!

Excessive Grooming

Dog may lick or chew paws, legs, flank, tail, and genital areas. Self mutilation may occur

Hyperactivity

Restless pacing, frantic behavior

Immune System Disorders

Long term stress weakens the immune system

Lack of Attention/Focus

As indicated above, stress impairs a dog’s ability to learn or process information

Leaning/Clinging

A stressed dog elicits social contact as reassurance.

Lowered Body Posture

Often misinterpreted as the dog being “sneaky” or “acting guilty”.

Mouthing

Hard mouthing treats, biting/tugging leash, gentle nibbling of human skin, painfully hard mouthing, snapping, or even biting.

Obsessive Compulsive Disorders/Stereotypies

Flank sucking, self-mutilation, fly chasing, shadow chasing, spinning, pica (eating non-food objects).

Panting

Rapid shallow or heavy breathing. Often accompanied by lips being drawn back.

Stiff Movement

Noticeable in legs, tail and body movements.

Sweaty Paws

You may notice damp footprints.

Trembling

Shivering.

Whining

High-pitched vocalizations.

Bad Breath

Bad Breath is common as dogs under stress pant more and the stress intensifies the secretion of gastrointestinal acids.

Destructive Behavior

Many dogs under stress will engage in destructive chewing as an outlet for their nervous energy. It can also be a dog's way of trying to signal its discomfort or nervousness regarding a person or another animal.

Lethargy or Laziness

A dog under stress may confine itself to a corner in the home or to its crate. It will refuse to indulge in any kind of physical activity like playing, going for walks etc.

Mounting

This kind of behavior can be stress induced. It can be directed towards dogs, people, stuffed animals or toys.

Skin/Coat Problems

Dandruff, dry dull skin/coat.

Excessive Hunger or Thirst

Dog may appear obsessed with food and/or water

The Four F's of Stress

There are four responses that can be observed in dogs under stress:

- 1) Flight: The dog will try to get away from the stressful situation or frightening stimuli. An extremely stressed dog may panic and try to remove itself at all costs
- 2) Fight: The dog will go to fight whatever the scary stimuli is. The fight response typically occurs when the dog has no option to flee the situation
- 3) Freeze: The dog stops moving. This can be a dog suffering from learned helplessness or the dog is under such stress that it has become completely unresponsive
- 4) Fool Around: The dog is fast moving and may be vocal. These dogs can appear to be eliciting social responses, but they do so with frantic, fast paced movements.

Oh no! I think my dog might be stressed!

If you observe one or more of these stress related signs or behaviors in your dog, the best immediate course of action is to remove the stressor from your dog's environment entirely. In the event that you are unable to eliminate the stressor, you could also decrease the intensity of the stressor by increasing distance between your dog and the stressor, or through a systematic desensitization and/or counter-conditioning protocol, whereby the dog's negative and stress producing association to the stimulus is replaced with a positive one. If you have any questions or are concerned stress and your dog, please just ask – we are here to help!

References

Miller, P (2008). *Positive Perspectives* (2nd ed.). Wenatchee, WA: Dogwise Publishing

Training Basics

Training Basics: Reward List

Special Note: If your dog is exhibiting signs of stress (see page 12-14), a plan will need to be devised to reduce overall stress prior to starting to train basic skills. Stress inhibits learning and can create more stress and consequently worse behaviour in a dog exhibiting stress. Questions? Please [contact us](#).

Getting Ready To Train

Before you can begin any kind of training, you must know what your dog considers a pleasant *association* or *consequence*. The purpose of this assignment is to get to know your dog's likes and dislikes a little better, so that you will always be prepared with a powerful treat when you need it.

- Using the form included, make a list of at least **20** things your dog likes in what you think is her usual order of preference (bearing in mind that such preferences change according to circumstances, i.e., the turkey sandwich after Thanksgiving dinner). Some food possibilities are chicken, roast beef, hotdogs, jerky treats, Natural Balance dog food, string cheese, cheese, fish, and even bagels. And you probably know whether she likes her normal kibble well enough to work for it. In thinking up (and testing on your dog, of course) various kinds of food, bear in mind that the most efficient ones to deliver are soft foods (so you don't waste time waiting for her to crunch them up) that can be easily cut into tiny pieces. You can also include things other than food on your list, like fuzzy toys, squeaky ball, going out for a walk, chasing the tennis ball, and playing tug if your dog likes them.

Rewards List

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

Nothing For Free List



Make your dog SIT for his supper!

We spend a lot of time asking our dogs to do certain things—we want them to sit when we say sit, to wait at a door when it opens instead of dashing outside, to be calm and polite when they want something. Dogs want a lot of things, too. They want to go outside, to play with their toys, to have their dinners.

The Nothing For Free system lets us all be happy—we ask them for what we want and then, in return, give them what they want. If you start practicing NFF you can be training all day without having to work at it, and you end up with a well-mannered dog.

Write down all the things that your dog loves. From now on, have him practice a behavior (sit, down, etc.) to get them or do them, EVERY TIME. (If your dog hasn't learned Sit yet, just wait for him to be calm and polite before setting down his bowl, Kong, or treat ball. You can add the behavior requests after you've learned them in class.)

My Dog Loves to....

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dog Socialization (For puppies + adolescents)

In technical terms, socialization is the developmental process whereby dogs and adolescent dogs familiarize themselves with their constantly changing surroundings. Essentially it means that dogs have to encounter and be comfortable with all of the things you want them to accept gracefully as adults. That means all kinds of people, other dogs, other animals, noises and sights, etc. Once they reach a certain age—around 4 to 6 months—their ability to easily accept new experiences begins to wane. If they have not been well socialized by that time there is a much greater risk of developing all sorts of behavioral problems stemming from fear—aggression, agoraphobia, reactivity towards certain people, animals, or situations, etc.

It's our job to help our dogs make positive associations with the things in their environment. Teaching your dog that the world is safe will help prevent behavior problems in the future. Remember, while now is a crucial time to socialize your dog, the need to see and experience new things will continue throughout your dog's life.

Think about the things your dog will see every week as an adult and make sure you visit those places, see those people, or experience those things now. Help him form positive associations by cheering and praising him when he encounters something new and when possible offer a treat, too. If he seems even a little bit nervous move a little distance away, give him treats, and then move on—anything he's unsure about should be encountered in short bursts. Walk away from whatever it is and then walk back. As he sees or hears the "scary thing" start your cheerful happy talk praise and break out the treats. When you move away from it, go quiet and stop the treats. We want your dog to learn that the presence of the scary thing is what makes you give him the food. He begins to associate the food with the new experience and realizes that "Hey, that new thing really isn't so bad after all."

Housetraining

Housetraining Checklist

Your house-training program will require setting up both long and short-term confinement areas. The short-term area, usually a crate, is for short absences and building up your dog's ability to hold their urine and feces. When you will be gone for longer periods of time, such as going to work, you'll need a longer-term confinement area where your dog has a legal place to relieve herself.

Short Term Confinement

Crate training your dog has many benefits including strengthening your dog's bladder muscles, creating a place for dog to practice chewing only appropriate items, and providing a safe place for your dog to relax.

- Use the crate for short absences. General guidelines for crating dogs:

8-10 weeks	up to 1 hour
11-12 weeks	up to 2 hours
13-16 weeks	up to 3 hours
Over 4 months	up to 4 hours

- Don't leave your dog in the crate for too long or he will be forced to soil the crate, ruining his tendency to keep his sleeping area clean
- Give your dog something to chew while in her crate
- Take your dog outside immediately after letting him out of his crate
- If you take your dog outside and she doesn't potty, put her in her crate for 10-20 minutes and then try again

Long Term Confinement

Use a long-term confinement area if you will be gone longer than your dog can hold it.

- Use an easy to clean, dog-proof room such as the kitchen or bathroom
- Use dog gates to confine your dog in the room
- Put a potty area (dog potty pad or litter box) at one end of the room and your dog's crate (with the door open) a little bit of water, and a chew toy or Kong at the other end

The Keys To Housetraining

1. Prevent Accidents

- Supervise your dog in the house and use a crate when you're not sure if your dog is empty

2. Reward Your Dog For Going Outside

- In order to teach your dog where to potty, you must accompany him outside
- Take him on-leash to the same place every time
- When he goes, praise and offer him a treat when he's finished
- Then if you're in a dog-safe place, let him off-leash for a little playtime

Houstraining Schedule

	Where Will Dog Be	Who's Responsible for Dog
6am		
7am		
8am		
9am		
10am		
11am		
Noon		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		

Housetraining Accident Log

Week One

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Two

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Three

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Four

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Five

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Week Six

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
# of Accidents							
When							
Where							

Training & Behaviour Handouts

Sits

Step One: Say It

Tell your dog “Sit” in a cheerful tone of voice.

Step Two: Show It

Pause a second or two (one-one thousand, two-one thousand), then “lure” your dog into a sit by putting the treat up to their snout and slowly moving it backwards and up. Be sure to keep the treat lure near your dog’s nose—if you move your hand up too quickly and too far away from their mouth they may give up and lose interest.

Step Three: Pay It

As soon as your dog’s rump hits the ground praise and treat.

- Repeat as many times as you can so long as you and your dog are still enjoying yourselves. Praise and treat every sit.
- Try hard to remember not to repeat the command. Just say it once, pause, and lure. When possible, take the food out of your hand and “show” your dog with an empty hand signal.
- Fill out your Nothing For Free List and practice your sits for everything on the list. This means you’ll need to either carry treats around in your pocket or bait bag, or leave small stashes of treats around the house near doors, in the kitchen, etc.

Practice sits on your dog’s mat or bed in the living room whenever you are watching TV, reading, relaxing, etc., and practice sits everywhere and throughout the day. Work always at your pup’s level, fading out the Show It step where you can and using it when needed.



Anti- Jumping Part I

The goal in part 1 is to teach your dog not to jump on you and other family members.

- When your dog jumps on you, turn your back to him. You can tell him “Too bad” as you turn away—it will help you to remember not to yell “No!” When he stops jumping, turn around to face him. If he jumps again, turn your back to him again, saying “Too bad” as you do. Repeat these actions until you turn around to face him and he doesn’t jump up. When he doesn’t jump, pet and praise him. If you have treats, give him one. If he gets too excited and jumps up again, turn your back again and start over.
- Do this exercise when you get home, when you have something in your hands that he wants, or any other time that he jumps on you.
- You must be absolutely consistent. You can completely wipe out being jumped on if you turn away every time. Don’t accidentally teach him that sometimes you can jump and sometimes you can’t, or he’ll always be looking for the times that it’s okay.
- ** If you turn your back and your dog just keeps jumping on your back, try walking away. It’s important that you completely ignore the dog—don’t talk to him or chide him. Pretend like he is not there. If walking away doesn’t work (he follows and jumps or tugs on your pants), you’ll have to give him a time out by either closing a door between you or quickly putting him behind a baby gate or in his crate. Be careful not to act angry—just tell him “Too bad” and do it. The point to get across is not “You’re a bad dog” but “When you act like that I won’t play with you.”

Anti-Jumping Part II

Part 2 is to teach your dog not to jump on other people.

1. Wherever possible, teach family and friends the Phase I exercise and have them practice it with your dog. When encountering people who you don't know or people unwilling to do the Phase I exercise you can do the following:
2. You can begin this training by having your dog sit for you when he wants you to say hi and pet him. Have family members and friends do the same.
3. Then take it on the road. As a stranger is approaching your dog (or you are approaching a stranger with your dog after having ascertained that they wish to be approached), ask for a sit about a foot or two away. **Block your dog with your body if you need to buy time or focus your dog.** Use the Say It/ Show It system to help if you need to. Do not allow the person to say hi to your dog until he is sitting. If he doesn't sit, tell him "Too bad" and walk him away. Go back to try again. You might make it a little easier by having him sit a little farther away from the person.
4. Use the redirect technique if your dog is particularly interested in meeting another person or dog; especially if she has raced out ahead on the leash. Use an excited voice and move briskly backwards. When your dog turns back to you, praise and ask for a sit. Reward the sit with a treat. Now you are ready to try the previous step.
5. If he starts to get back up, tell him "Ah-ah" and ask for a sit. He must stay in the sit position as the person comes to pet him.
6. When either someone approaches your dog to meet her (or you let your dog approach someone after having first ascertained that they are willing to be approached), keep a close eye on your dog's body. As soon as she begins to jump up walk her away briskly, telling her "Too bad." This is not intended as a punishment, so don't jerk the collar or use an angry voice. The intention is simply to keep her from jumping up (before she can scare someone or dirty their clothes) and to communicate that she lost her opportunity to say hi. Say "Too bad" the same way you'd say "Bummer."
7. As you do this, you can turn around to explain to the stranger that you're teaching your dog not to jump. If they seem interested in the training or your dog, you can ask them if they wouldn't mind you trying again. If so, repeat the above procedure until your dog doesn't try to jump. At that point allow the person to pet your dog.
8. If you find you are not making good progress—after practicing this on a dozen people your dog still gets the first try with each person wrong—you can get a little tougher by only giving your dog one chance with each person. If they blow the first chance they get walked away and don't get to go back to try again.

Attention

Our definition of Attention is:

Your dog's slightly upturned nose facing you with his/ her eyes making contact with yours.

In this exercise your dog is learning:

1. To look at you whenever he/she is not sure what to do
2. To offer a polite behavior to get your attention
3. To focus on you when there is something else that he/she wants

In this exercise you are learning:

1. To SILENTLY observe your dog
2. To patiently wait for behaviors to occur
3. To click a specific polite behavior

Step One – charge up the clicker

1. Start with 10 treats in your hand and your dog beside or in front of you, with a loose leash
2. Click – once
3. Immediately treat (directly into your dog's mouth)
4. Repeat Steps 2 & 3 – click – treat – click – treat etc. until all of the treats are gone
5. Repeat Steps 1-4 one more time

Step Two – click for attention

1. Start with 10 treats in your hand and your dog beside or in front of you, with a loose leash
2. Silently watch your dog's nose (you're waiting for your dog to offer "Attention")
3. When your dog's nose is pointing toward you, click and drop a treat on the ground close to your dog
4. Silently watch your dog. When your dog's nose is pointing toward you, click and drop a treat on the ground close to your dog, in a different place
5. Repeat Steps 2-4 until your hand is empty

6. Follow Steps 1-5, 3-5 times a day for the first week and then at least once a day after that.

Play the "Attention" game in as many different, low distraction locations as possible. Slowly work up to doing this exercise in higher distraction areas

Coming When Called (Recall)

Recall Rules

1. Never call your dog for anything your dog won't like
 2. Never call your dog if you don't think your dog will come
 3. If you make a mistake on that last rule, go save the recall
 4. Never repeat the command—say it only once and then make yourself interesting with a high voice, clapping, squatting, etc.
 5. Always give your dog a HUGE payoff—lots of treats and/or something novel and special
- Start by practicing simple recalls around the house. When your dog is not highly engaged in anything, get some good treats in your hand and call him cheerfully once: “Fido, Come!” Make yourself interesting using a high voice, clapping, etc. When he gets to you, grab his collar (if you've been working on sits you can ask for a sit, too) then spill the treats all over the floor. Praise him profusely.
 - When you get to the point where he's running to you, excitedly, every time, try making the recall a little harder. You could call him from another room or when he's looking out the window, or when he's sitting with another family member, etc. Remember to go save the recall if you accidentally ask for one that's beyond your dog's level. To save the recall, run up to your dog, wiggle a treat in his face to get his focus, and move backwards so that he comes toward you. After you save the recall, try a couple easier ones at his level and work back up to the one you had to save. This will help him move to higher level recalls.
 - If all of your indoor recalls are going great, you can try moving outside to your fenced yard. If you do this, be sure to make the recall really easy by removing all distractions, allowing him to be out in the yard for a while so that he's bored of it, and reducing the distance he must come. Then, just like inside, you can begin to make the recalls a little harder by adding a little distance, or another family member for distraction, etc.
 - You can use a long line for the first session in this new space, particularly if the space is large enough to make “saving” the recall difficult.
 - The main trick is to keep it at the dog's level so that they're successful every time. Don't try a harder one until the one you're doing is a piece of cake for your dog. And don't jump too fast—take baby steps as you make things more difficult.

Crate Training

Having your dog accustomed to a crate can be helpful in many situations. It is one of the most effective management and prevention tools. The following is a list of reasons to crate train a dog:

- House Training
- Prevents Destructive Chewing
- Settling: Through proper training, it teaches your dog to lie and settle when alone
- Prepare for Travel: Accustoms your dog to close confinement. Prevents added stress when traveling.
- Safety: Your dog will not be able to access harmful or fatal items

You can create trauma for your dog if the crate is not introduced properly. The steps to accustom your dog to the crate are as follows:

1. Put the crate in a high traffic area and keep the door open (you may wish to even remove it to start)
2. Occasionally toss treats into the back of the crate for your dog to find on its own
3. Feed your dog's meals inside the crate
4. Tie a high value toy to the back of the kennel so that the dog must lie inside to chew on it
5. After a few days, begin introducing a cue. Say a cue like "kennel up" and toss treat inside. Praise as the dog eats the treat and then cue him out with another cue of your choice (do not reward your dog for coming out of the crate and keep this low key).
6. Repeat step 5 until your dog enjoys going into the crate for the treat
7. Start to cue your dog and encourage them to go in on their own. Once they are in, reward with a treat. Ensure you cue them to come out.
8. If they are hesitant to go in on their own, wait it out. Do not repeat the cue.
9. If your dog still will not go in on their own, end the session without saying anything to your dog.
10. Try again at a later time. If your dog does go in, jackpot reward them.
11. After your dog will go into the crate on cue, begin to shut the door when they go in. Treat repeatedly while they are in the closed crate to start. Only do small increments of time to start and then slowly increase.
12. Start to get up and walk around the crate and room while remaining in sight. Ensure that you are returning to your dog and rewarding
13. Begin increasing duration by keeping yourself busy while your dog is in the crate. Go back and reward as needed when your dog is being quiet. Ignore any crying or whining. Never let your dog out of the crate if they are crying. He needs to learn that he can only come out when he is quiet.
14. Next start going out of sight for short periods. Build this up the same as the above steps.
15. As your dog begins to use the crate more, ensure you are not just using it when you leave your dog at home alone as they may begin to pair the crate with isolation and create a negative association.
16. Always teach your dog that the crate is a positive, safe place for them!

These steps can also be used when teaching your dog to stay behind a gate or in a pen/dog run.

Introducing your new dog to other pets in your home: Dog to Dog Introductions

Adding a new canine companion to a home with a dog can be great fun and offer extra companionship for both your dog and your family. The dogs need time to build a good relationship. The following tips are suggestions for safety and will help the relationship get off to a great start.

1. Introduce the dogs outside your home in a neutral area. Take a short walk in the neighborhood, or at a park nearby.
2. Pick up all toys, chews, bones, food bowls, and the resident dog's favorite items. When dogs are creating a relationship these items (resources) may cause rivalry. They can be introduced after a couple of weeks.
3. It is very important to avoid quarrels during these early stages of the "sibling" relationship.
4. Be sure to double your supply of water dishes, food dishes, dog beds, and dog toys.

Do's and Don'ts

- ⇒ **Do** Give your new dog his/her own confinement area. Keep all dog play and socializing positive and brief. This will help avoid over-stimulation or quarrels which may erupt with overly rough or extended play.
- ⇒ **Do** feed dogs in separate areas, completely closed off from one another.
- ⇒ **Do** spend time with each dog individually.
- ⇒ **Do** keep dogs separate when you cannot supervise interactions.
- ⇒ **Do** supervise dogs when around family members, toys or resting areas.
- ⇒ **Do** use a "Happy Praising Voice" whenever the dogs are having positive interactions.
- ⇒ **Do** monitor all of your dogs for signs of stress (see "Stress Signs" pages 12-14). Remember: Stress is leading cause of aggression in dogs.
- ⇒ **DON'T** give chews, rawhides, or bones (even if each dog has his/her own) when dogs are together. Wait several weeks, please! The dogs should enjoy these fun chews but only when they are separated, in their own crate or individual confinement area.
- ⇒ **DON'T** use your hands or body to intervene during a dog quarrel. Use your voice, a loud noise or water to stop the fight. If the dogs do not stop, use a chair or other large object to insert in between them, or pull them apart by the rear legs or tail to separate. Be aware that, when dogs are fighting, they are highly aroused and it is never safe to use your hands to attempt separation.

Introducing your new dog to other pets in your home: Introducing Cats and Dogs

Before taking the plunge, it's important to know whether the dog is a good candidate to live with a cat and vice-versa. The best possible indicator is confirmation that the dog has successfully lived with a cat(s) before and that the cat has lived with a dog(s).

If there is no history of successful cohabitation, the next best thing is to gather history on the animals and "audition" them with the other species before proceeding. Dogs who are not well socialized to cats are likely to react to cats as though they were either other dogs or prey objects. This means they will direct play, investigation and posturing at cats or will give chase.

Sometimes they will do both, partly depending on what "role" the cat plays.

If the dog is gentle, relaxed and friendly and is not much of a predatory type (i.e. doesn't chase cats or squirrels when outdoors), he is a good prospect to develop a relationship with a cat.

Predatory types are much more stressful for cats and must be constantly managed when around the cat if they are to live with one. Predation is not something a dog can be easily trained not to do as it is deeply ingrained behaviour known as a Fixed Action Pattern (FAP).

When you audition a dog with cats, do it on leash, to avoid overly stressing the cat(s) and any flat-out chasing. If possible, use cats with dog experience – they are less likely to flee or be stressed. It's also good to try out the same cat on more than one occasion and to try out more than one cat. Good signs are cautious investigation and wagging, along with respect (i.e. backing off) for cat defensive signals. Bad signs are instant attempts to chase, out-of-control straining at the leash, whining, barking and agitation. Many dogs will fall somewhere in the middle, which will make your decision less clear.

Sometimes, with diligence and perseverance, a dog with intense predatory drive can be taught to direct it at other outlets and to stick to carefully trained rituals and routines when around the cat, but this is tricky and does not work in every case. Dogs who are less intense are better prospects. It is important to know that dogs can and do sometimes injure and kill cats. Dogs who kill cats are almost inevitably highly predatory so often they can be picked out. A pair or group of predatory dogs is at greatest risk. It's also important to know that most dogs who chase cats are not in this category. They chase but do no physical damage if they catch or corner the cat. The psychological stress for the cat is still present with these dogs, of course, and is an important consideration.

There is a range of temperament in cats and this is a factor that will influence the success of dog-cat cohabitation. In general, relaxed, laid back cats and kittens are the best prospects to accept a dog. They are also at lower risk to flee and trigger chasing, which will allow a social – rather than a predator-prey - relationship to develop. Shy, skittish and de-clawed cats are less rosy prospects. De-clawed cats feel more vulnerable and are more likely to display aggressively when cornered.

Cats who have not been socialized to dogs will almost always behave defensively, by fleeing and/or with an aggressive display the first time they encounter a new dog. If the dog does not come on too strong, and if the cat is given dog-free zones to retreat.

to, many cats will gradually get used to the dog and sometimes even become bonded.

After Adopting

If you've decided to blend a dog and a cat in your household, here are some pointers:

- ⇒ Have a "safety room" or rooms as well as high places the cat can access but the dog cannot. Baby-gates, cat doors and clearing high surfaces can accomplish this. It is important that the cat can retreat to regroup and relax away from the dog and then venture forward into "dog territory" at her own pace. The cat should have access to food, water and litter in this area so no interactions with the dog are forced.
- ⇒ Never force the cat (or dog) into proximity by holding her, caging her or otherwise restricting her desire to escape. This is stressful and does not help. Aside from it being inhumane, stress is a common reason for cats to break litter box training.
- ⇒ For the first introduction, have the dog on leash in case he explodes into chase. If it seems to be going well, take the leash off and supervise closely.
- ⇒ If the dog is behaving in a friendly and/or cautious way, try to not intervene in their interactions, except to praise and reward the dog for his good manners.
- ⇒ Interrupt any intense chasing and try to redirect the dog's attention to another activity –this is very difficult so you may be forced in future to manage the dog on-leash around the cat until you have worked out a routine or divided up the house.
- ⇒ In the first few weeks, observe the trend: are things getting better or worse? Monitor interactions until there is a pattern or plateau in their relationship.
- ⇒ Be sure to give plenty of extra attention to the cat so she does not associate this change with reduced attention and affection.
- ⇒ Dogs should not have access to the cat litterbox – it is too stressful for the cat and the dog may eat cat feces and litter. Most dogs will also eat cat food the cat leaves behind -we suggest feeding cats in the cat's "safe" room or on a high surface.

About Us

ImPAWSible Possible – Making a difference, one dog at a time.

Since 2009, ImPAWSible Possible has been providing dog training and behaviour solutions for dogs of all ages, breeds and sizes in Calgary, Alberta.

We are proud to offer a broad spectrum of innovative training options for you and your dog's specific needs and lifestyle. In-home private consultations help you find solutions to pesky behavioral challenges. Our Stay & Train program provides training for your dog while you are at work, on vacation, or just needing a vacation from your dog!

For those who prefer to train in a group environment, we offer a variety of group classes, workshops and activities. These include: Workshops for working and sporting dogs; Remedial Classes for dogs struggling with fears, aggression, reactivity and anxiety; and more!

Driven by our desire to "make a difference, one dog at a time" and our respect and appreciation for the human-canine bond, our certified trainers utilize the most leading edge training and behavior modification tools and motivational techniques available anywhere.

Catherine "Cat" Harbord – Founding Behaviour Geek (Certified Dog Trainer)

Catherine (Cat) Harbord is the founder, principal trainer, and creative spirit behind ImPAWSible Possible, and she loves nothing more than being involved in the shaping, training and change her business helps to bring both on a community and personal level.

With a commitment to making a genuine difference in the lives of clients, dogs and in the community Cat has made the commitment to developing a socially responsible dog training facility that extends further than its training walls.

As a Certified Dog Trainer , Cat has helped retrain, empower and change the lives of countless canines and their people.

Aside from working with dogs themselves, there's nothing Cat enjoys more than "talking dog" with other people. Whether it's a behavior question or a training tantrum, Cat looks forward to your questions and would love to help you with your training conunundrums..

Who should train your dog? What to look for in a dog trainer.

If after reading thru all of the material in this handbook, you would like to take the plunge and hire a dog trainer, we would love it if you would consider us for the job! A great starting point would be to check out our various classes, workshops and services on our website at www.dogsforchange.com, or get in touch via email or telephone to discuss you and your dogs specific needs.

We do of course, understand that there are many (many) other trainers in Calgary and the surrounding area to choose from and our goal always, is to help you to make the best possible choice when it comes to who you choose to help you train your dog, even if that means pointing you in the direction of another trainer or company!

So, having said all of that, who do you want helping you with your rescue dog? Any dog trainer? No, you want someone who understands canine ethology, as well as operant and classical conditioning, who can read communicative signals from dogs extremely well. You want someone with experience working with dogs with behavioral problems, who can refer to a vet if necessary, and someone you can relate to (and who can relate to you), who does a good job being your coach, teacher and cheerleader all at the same time. What qualifies someone to do that? Knowledge and ability, absolutely? But knowledge of what, and ability to do what?

MINIMAL KNOWLEDGE TO WORK WITH CANINE BEHAVIORAL PROBLEMS:

1. Canine ethology, including the influence of genetics on behavior, developmental influences (in utero, neonatal, early social development), normal social structures of dogs in different contexts, communicative signals, play behavior, predatory behavior, agonistic behavior.
2. In-depth knowledge of operant conditioning (including + and – reinforcement and punishment, when they are best used or avoided); in depth knowledge of classical conditioning, counter classical conditioning and desensitizing (and the difference between and when to use each one over the other).
3. Experience applying #'s 1 and 2 to behavior problems in dogs, ideally by first learning basic training and handling, and over time assisting with a knowledgeable, skilled and experienced mentor on simple behavioral problems, working up to more serious ones.
4. An in-depth understanding of what behavioral problems are often caused by or correlated with medical problems, including a good working knowledge of structure and function, basic physiology and what behavioral problems always require an appointment with a veterinarian.
5. An in-depth understanding of the most common diagnosis of behavioral problems, what behaviors are 'symptomatic' of these problems, and best practices to solve them. This includes knowing what these labels mean, how useful the labels actually are (not always) and how to help the client understand what we can and can't know about what is motivating their dog.

MINIMAL ABILITY TO WORK WITH BEHAVIORAL PROBLEMS

1. Anyone who wants to work with dogs with behavioral problems, in my opinion, should be a good trainer, with the ability to read a dog and know what he or she is ready for (or not), knows how to use their actions, including movement and voice, to influence a dog's behavior, can read visual signals extremely well and is able to interpret them correctly (ie, dog tongue flicks when asked to lie down).
2. The ability to take all the knowledge listed above and customize it for each case. Cook book solutions don't work very often, and I've seen client after client who came to me after being given some handouts and some generic advice about this or that, which didn't end up being very helpful. Being a behavioral consultant means knowing how to successfully influence the behavior of two species, and that means knowing how to present information in away that clients can use and adopt.
3. The ability to say, without hesitation, "I don't know" and "I was wrong."

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	Class Name	Next Class Starts	Day/Time	# of classes
OBEDIENCE & MANNERS	Urban FREEDOM For puppies and adult dogs 16 weeks and older. No training experience necessary. Classes limited to 6 dogs.	June 17 Sept 9	Mon + Weds 7:00 pm	14
FEARS, REACTIVITY & CONFIDENCE	Feisty Fido – for dogs with fears, aggression and/or anxiety Class limited to 5 dogs	June 4 FULL July 16	Tues 7:30 pm	6
	Feisty Fido Social Club <i>*This is a Level 2 option</i>	Ongoing	Open to graduates of Feisty Fido	1/month
	Feisty Fido Training Club <i>*This is a Level 2 class option</i>	Ongoing	Open to graduates of Feisty Fido	2/month
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