



teach } “Come” YOUR DOG }

OBJECTIVE: To teach you how to have your dog come to you when requested.

INSTRUCTION:

1. You can begin this exercise by having someone hold your dog while you walk away from him. If no helper is available, try working with your dog in an enclosed area.
2. Turn your hand toward your body and bring it in toward your chest (the hand signal) while giving the cue “DOG’S NAME and COME.” Try not to stand directly facing the dog—move your body slightly to the side.
3. If your dog does not come right away, try walking in a backward motion to lure your dog to you. You can also try running away from your dog while calling him to come.
4. Once your dog starts to move towards you, say your marker word, praise him heartily and reward him with a treat or by offering a beloved toy to play with.

POINTERS:

- NEVER PUNISH YOUR DOG FOR COMING TO YOU or CALL YOUR DOG TO YOU TO PUNISH HIM NO MATTER HOW ANGRY YOU ARE! If you punish your dog for not coming or call your dog to you to punish it, he will begin to fear coming, because he connects coming to you with punishment.
- Avoid calling your dog to you if you must do something that he perceives as unpleasant, such as giving a pill, putting him in the crate, giving him a bath, or ending a play session. If you must do something that he perceives as unpleasant, just go get him.
- If your dog has learned to ignore you when you give the “COME” cue, re-name the cue to something like “FRONT” or “HERE.” Start over with a new word.
- Make coming to you when called the most wonderful thing in your dog’s life. It could save the dog’s life some day.
- Avoid using your leash to pull your dog to you or to tug on his leash when asking him to come. You want your dog to make the decision to come to you on his own. You also don’t want your dog to be dependent upon the leash tug, otherwise he won’t come to you when off leash.
- Practice this exercise on and off leash.
- Practice this exercise in many different locations.
- If using treats or a toy or something that motivates the dog, try not to show it to the dog when you call him (unless you still need to go get the dog to lure him to you.) It is fine to use treats/toys as lures initially, but repeated and on-going use of a lure will fail more often than not. If your dog sees in advance that you are holding something to reward him in exchange for a behavior, he can then weigh its value against whatever it is he would rather be doing. Instead, make the rewards for coming when called interesting, exciting, and unpredictable.





teach } “Down” YOUR DOG }

OBJECTIVE: To teach your dog to lie down on cue.

INSTRUCTION:

1. With your dog sitting in front of you, kneel down in front of him.
2. Have treats in one hand.
3. Hold a treat in front of his nose and slowly lower your hand with the food lure to the floor.
4. Try to keep the treat as close to his body as possible. Lower it directly between his legs and slowly move it away from his body.
5. To follow the lure the dog will lie down. Be patient, he might not do it immediately. Don't move your hand, just keep it still.
6. When the dog lies down say your marker word, praise him heartily, and feed him the treat from your hand.
7. After your dog can be lured into a down position, add the verbal cue “DOWN”.
8. Once the dog lies down reliably with a lure try to drop the lure. Simply use your empty hand as a hand signal by following #1, #2, #3, #4, and #5 with an empty hand. Then, when he lies down following an empty hand, say your marker word or whatever word you are using to mark the behavior, praise him heartily and feed him a treat or let him play with a toy.
9. Once the dog reliably lies down without a lure, you should stop giving him a treat every time he lies down.

POINTERS:

- Steps 7 and 8 are important, as you do not want your dog to be dependent upon a lure.
- After the dog is reliable with a verbal and hand signal (i.e. without a lure), you can still give treats, but not every time. Vary how often and when you give treats. And, every now and then give the dog a “jackpot”—a huge reward. Occasional jackpots keep dogs working, hoping to hit the jackpot.
- Teaching DOWN is the most dominant command you can teach a dog, so don't force it. Reward any movement down. Work slowly trying to get the dog to go further down each time.
- Be positive, make teaching this command fun as if it were a trick.
- It helps to teach DOWN on a raised surface.
- If your dog starts licking, pawing or gnawing at your hand, ignore the behaviors. Saying “no” or trying to correct your dog at this point only provides him with attention for the behavior. Let your dog work through his frustration without correcting him.
- If the dog becomes obnoxious trying to get the treat, withdraw the treat and simply start over. Do not reward obnoxious behavior.
- Teach your dog to lie down in a variety of situations and locations.
- Do not pull down on your leash as many dogs will pull back away from the pressure. Also, many dogs will depend upon the leash pressure as a signal.
- Try not to tower over your dog when teaching this command as this is a very dominant move on your part and could inhibit some dogs from lying down. Stand or kneel to the side of your dog.
- While a food lure is useful initially to lure your dog into position, you do not want your dog to be dependent upon a food lure.
- If you have difficulty getting your dog to offer a down, try putting him on the top of a set of stairs and luring him down from a lower step.
- Sometimes little dogs can be placed on coffee tables or on a raised surface.
- Sometimes dogs can be lured under your leg.





teach } “Drop It” YOUR DOG }

OBJECTIVE: To teach your dog how to drop anything in his mouth when given the cue “DROP IT.”

INSTRUCTION:

1. Give your dog a rawhide, stick, or toy that he is likely to take into his mouth.
 - It should be something big enough for you to grab hold of.
 - Have treats ready.
 - As you offer it, say the words “TAKE IT”.
 - His reward is to be able to take the object in his mouth.
2. After your dog has taken the object in his mouth, gently hold the end of the object and say the words “DROP IT.”
 - Do not hold onto the object hard or start pulling.
 - Simply place gentle pressure on the object.
 - You want the dog to voluntarily drop the object, you are not trying to pull it from his mouth.
 - If you pull too hard, you are likely to start a tug of war game. If this happens, your dog is unlikely to let go. Just walk away. Don’t raise your voice or correct your dog, just walk away for 30 seconds or so and try again.
3. Offer your dog a tasty treat or offer another rawhide, stick or toy similar to the one in his mouth to exchange with him.
 - You want your dog to drop the object in his mouth in order to take the treat/toy.
 - When he does, say your marker word and give him the treat/toy and lots of praise.
 - If your dog does not drop the object for the treat, you might need to find a tastier treat. Use something your dog loves more than the object in his mouth.
4. Repeat steps 1 through 3. Practice some form of object exchange (exchanging a rawhide, stick, or toy for a treat) every day multiple times a day. This is very important as it could save your dog’s life in the future.
5. Once your dog readily takes and drops objects you can stop using treats. Your dog’s reward will be continuation of the game, i.e. knowing he almost always gets the object back.

POINTERS:

- Practice this over and over with your dog. The more you practice this command and make it like a game, the more automatic your dog’s “drop” behavior will become.
- If your dog has a positive experience every time you practice this exercise with him, the more likely he is to willingly drop something dangerous he picks up, such as a chicken bone or chocolate.
- It is ok to play tug of war with your dog so long as you play by your rules and your dog willingly takes and drops the object upon command.
- Be sure to use time outs in response to any inappropriate behavior during a tug of war game, i.e. if his teeth ever touch your body during the game, simply stop playing and walk away for a minute. Then come back and continue playing.





teach
YOUR DOG



“Leave It”

OBJECTIVE: To teach your dog to ignore something really interesting when told to “LEAVE IT.”

INSTRUCTION:

1. Take a really tasty treat (something your dog really wants) and hold it in your closed right hand right next to your dog's nose.
2. Have other treats in your left hand ready to offer as a reward but don't show them to the dog.
 - Show the treats in your right hand to the dog.
 - Let your dog smell and worry over the treats in your right hand.
3. As your dog smells the treat in your right hand, say “LEAVE IT.”
4. The second your dog looks away from the treat say your marker word and offer a treat from your left hand. Be sure to reward your dog verbally for a job well done.
5. Repeat this step over and over again until your dog appears to understand that “LEAVE IT” means to ignore the treat in your hand. Be sure to switch hands, i.e. hold the forbidden item in your left hand while rewarding with a treat from your right.
6. For the next step, take the same tasty treat and put it in front of the dog on the floor. Have your foot ready to step on the treat or be ready to cover it with your hand if needed.
 - As your dog approaches or looks at the treat, tell your dog to “LEAVE IT.”
 - The second your dog looks away from the treat say your marker word and offer a treat from your hand. Be sure to reward your dog verbally for a job well done.
 - Repeat this step over and over again until your dog appears to understand that “LEAVE IT” means to ignore the treat on the floor.
7. When you are done practicing, pick up the treat and offer your dog the tasty treat with which you have been practicing. Don't let your dog eat it from the floor.
8. Place a treat or bowl of food on the floor. Have treats ready in your hand to offer as a reward.
 - Practice walking your dog (on a leash) around the treat/food. When your dog shows interest by looking or lunging at the treat/food, tell your dog “LEAVE IT”.
 - The second your dog looks away from the treat or bowl of food say your marker word and offer a treat. Be sure to reward your dog verbally for a job well done.
9. Try throwing a treat right in front of your dog so that he sees it.
 - When your dog shows interest by looking or lunging at the treat, tell your dog “LEAVE IT”.
 - The second your dog looks away from the treat or bowl of food say your marker word and offer a treat. Be sure to reward your dog verbally for a job well done.



AnimalFriends Thinking Outside the Cage

Caryl Gates Gluck **Resource Center** 562 Camp Horne Road | Pittsburgh, PA 15237 | 412.847.7000 | www.thinkingoutsidethecage.org



teach } YOUR DOG }

“sit”

OBJECTIVE: To teach you how to have your dog sit upon request.

INSTRUCTIONS:

1. Most dogs sit more easily when facing you.
2. Hold a lure (we recommend using something the dog really likes, such as a tasty treat or a toy that the dog loves that can work as both a lure, motivator, and reward for your dog) in front of the dog's face at nose level. Let him sniff it so that he realizes you are holding something he likes.
3. Slowly move your hand with the lure from your dog's nose up, along the top of his muzzle, ending up between his ears. The treat should be held high enough that he has to crane his neck but not so high he can jump. When your dog looks up at the lure, he will probably sit to maintain his balance.
4. As soon as he sits, say your marker word and praise him heartily and feed him the treat or let him play with the lure. After your dog has learned to sit with the lure, add the verbal cue “SIT”.
5. Once the dog sits reliably with a lure try to drop the lure. Simply use your empty hand as a hand signal by following #1, #2, and #3 with an empty hand. Then, when he sits with an empty hand, say your marker word, praise him heartily and feed him a treat or let him play with a toy.
6. Once the dog reliably sits without a lure, you should stop giving him a treat every time he sits.

POINTERS:

- Steps 5 and 6 are important, as you do not want your dog to be dependent upon a lure.
- After the dog is reliable with a verbal and hand signal (i.e. without a lure), you can still give treats, but not every time. Vary how often and when you give treats. And, every now and then give the dog a “jackpot”—a huge reward. Occasional jackpots keep dogs working, hoping to hit the jackpot.
- Teach your dog to sit in a variety of situations and locations, i.e. before being fed, before going through doorways, before being given a treat or toy, and before greeting someone, in every room of the house, and in multiple locations outside of the house.
- If done properly, sit should become the dog's default behavior, i.e. the behavior the dog performs any time he wants something.
- Sit is a behavior that can be taught off-leash outside of a formal training session, i.e. when watching TV, when out in the yard playing with your dog, and when in the kitchen cooking.
- Don't give the dog a reward if the dog jumps or paws at you or otherwise acts obnoxious when asking him to sit. If this happens, withdraw the lure, turn away from the dog and start again.
- It is important when asking your dog to sit that you stay still, do not move your feet – plant yourself firmly while luring your dog into a sit.





teach } “Stand” YOUR DOG }

OBJECTIVE: To teach your dog stand on cue. You can use this cue when your dog goes to the vet and groomer as well as when you wipe their feet after being outside. It is a helpful cue when you want your dog to stand without moving.

INSTRUCTION:

- Begin this exercise with your dog sitting or laying down.
- Take a treat and hold it in front of your dog’s nose and slowly move it in a straight line away from your dog.
- Once your dog moves into a standing position, say your marker word and feed the dog the treat.
- As your dog starts to follow your hand with the treat in it and starts to stand reliably, add the verbal cue “STAND”.
- Slowly increase the amount of time between the time that your dog stands and the time that you say your marker word to encourage him to remain standing.
- As your dog stands reliably, move your hand in front of you dog without a treat in the same motion as if you had a treat in your hand and were luring him to stand. As he stands, say your marker word and feed him a treat.





teach }
YOUR DOG }

“Stay”

OBJECTIVE: To teach your dog to remain in whatever position you placed him and to remain there as you walk away.

INSTRUCTION:

1. Place your dog in whatever position you requested: sit, down, stand.
2. Pass your right hand in front of the dog's face while giving the cue, “ STAY.”
3. Step out in front of your dog being careful to use the opposite leg of where the dog is positioned (i.e. if the dog is on your left, use your right foot and vice versa.)
4. Raise your hand up in front of the dog's face and repeat the command “STAY.”

Step One:

- Stand in front of the dog, while repeating the command “STAY” as needed for 10 seconds.
- Step back to the dog in the walk position.
- Praise your dog constantly and reward by offering a treat if he stays. If he moves, simply start over and place him back in to the original position. If he moves, you have simply pushed him too far and you need to decrease the amount of time you request him to “STAY.”
- If you see your dog start to move on a stay you can try to interrupt him from moving by saying a “AAH” sound. Do not be too harsh, though, as he is just learning the command.

Step Two:

- Stand in front of the dog, repeat the command “STAY” and then slowly step 2 steps backwards while keeping the hand up and in front of the dog's face and repeating the command “STAY”.
- Step back toward the dog and back to his side in the WALK position.
- Continue using the hand signal and the verbal command “STAY” as often as needed to keep the dog in the “STAY” position.
- Praise your dog constantly and reward by offering a treat if he stays. If he moves, simply start over and place him back in to the original position. If he moves, you have simply pushed him too far and you need to decrease the amount of time or the distance you request him to “STAY.”
- If you see your dog start to move on a stay you can try to interrupt him from moving by saying a “AAH” sound. Do not be too harsh, though, as he in just learning the command.

POINTERS:

- Make sure you do not inadvertently pull on the leash when teaching STAY because it will encourage your dog to move.
- Do not move too fast, wait until your dog masters STAY at close range before moving away from the dog.
- Increase duration (the amount of time the dog stays) before you increase distance.
- Repeat the command as often as necessary and praise the dog if he does not move.
- If the dog breaks the STAY, don't make a big deal of it, just start over.



AnimalFriends Thinking Outside the Cage

Caryl Gates Gluck Resource Center 562 Camp Horne Road | Pittsburgh, PA 15237 | 412.847.7000 | www.thinkingoutsidethecage.org



teach }
YOUR DOG }

“Stop”

OBJECTIVE: To have your dog stop walking and stand or sit until given another cue.

INSTRUCTION:

1. The dog should be walking at your side.
2. While walking, give the cues (DOG’S NAME) and “STOP” and stop walking within a couple of steps. You want to take a couple of steps to stop in order to give your dog time to react. Remember, you are a team with your dog. Stopping abruptly is unfair to your dog and could make you slip and fall!
3. Stop walking and plant both your feet firmly together on the ground. If you do not stop as you give the cue, neither will the dog.
4. Once your dog stops by your side, say your marker word and praise him heartily and feed him a treat.

POINTERS:

- The dog gets a treat every time you stop as well as hearty verbal praise.
- Eventually your dog will automatically sit. Sitting is nice, but is not required.
- “STOP” only means to stop forward motion.
- It is difficult to teach “STOP” using a toy as a reward because you don’t want your dog moving after they’re rewarded.
- This cue is learned differently than other cues as there is no action associated with it. Rather it is a lack of action. So this makes it very important to mark the moment that you say the cue “STOP” and the actual lack of forward movement, with a huge amount of praise.



AnimalFriends Thinking Outside the Cage

Caryl Gates Gluck Resource Center 562 Camp Horne Road | Pittsburgh, PA 15237 | 412.847.7000 | www.thinkingoutsidethecage.org



teach }
YOUR DOG }

“Wait”

OBJECTIVE: To teach your dog to hang around where he is and wait for further instructions before going elsewhere. WAIT does not require the dog to maintain the exact position, just not follow you or move away.

INSTRUCTION & WHEN TO USE THIS:

- This cue can be used in many situations. Teaching this cue requires patience so that the dog will eventually generalize the word to each situation.
- Start using this cue by teaching a “WAIT” at the door or fence gate.
- Position the dog at the door and while slowly opening the door, say “WAIT”. If the dog moves towards the door at all, close the door. You will need to set aside a period of time to do this as it may not happen in moments. You are actually using going out of the door as the reward. While the dog waits patiently rather than rushing the door, use your “MARKER WORD”. Once you get the door completely opened, quickly release the dog with another cue such as “WALK”.
- Use this cue when you are walking your dog and need to stop to tie your shoe or navigate a street crossing. Instruct your dog to “WAIT” and reward heavily with praise while you are tying your shoe or waiting for the traffic to thin. Make sure you issue the release cue when it is time to move again. If your dog moves around so much that there is tension on the leash, you may use a verbal interrupter such as “AhAh” to get their attention. Once they move back into your space enough to release the tension on the leash, reward with praise and resume your actions until you release the dog to move once again.
- Use this cue when you take your dog with you on errands and he is staying in the vehicle. You can do this similarly to the door exercise. Make sure that he is not too close to the door when you open it and use your “AhAh” sound if needed. Reward for not trying to rush the door. In this instance, the eventual reward is your return and praise for being there. Be lavish with praise. It makes a difference.



AnimalFriends Thinking Outside the Cage

Caryl Gates Gluck Resource Center 562 Camp Horne Road | Pittsburgh, PA 15237 | 412.847.7000 | www.thinkingoutsidethecage.org



teach
YOUR DOG



Walk on
Loose Leash

Walk on loose leash is one of the hardest cues to teach because each time your dog pulls you and gets to go forward, he is being rewarded for pulling you. The following pointers should help your dog learn to walk nicely without pulling.

- If your dog pulls on a walk, stop dead in your tracks. Do not yank on the leash or say anything. Wait for your dog to loosen up on the leash before you continue to walk forward. Waiting until your dog turns and looks at you sometimes works even better.
- Get your dog's attention before starting to walk. A dog who is looking at you while you walk cannot be pulling you.
- If your dog pulls, back up a few steps. Do not yank your dog, but guide him with the leash or lure him with treats into the walk position. Once your dog is by your side, resume walking. He is penalized for pulling by losing ground.
- Try quick turns and circles to keep your dog looking at you. He must pay attention to the unpredictable human on the other end of the leash.
- Try stopping and having your dog sit often during the walk.
- Try using a treat or toy to lure your dog into the walk position by your side.
- Talk to your dog to keep his attention.
- Use your marker word and treats to reward loose leash walking.
- Tools to manage your dog's behavior are head halters or front clip harnesses. These tools discourage pulling while you train this behavior.
- The harder you yank the leash, the harder most dogs will pull on the leash. This is called the "opposition reflex" in dogs.



AnimalFriends Thinking Outside the Cage

Caryl Gates Gluck **Resource Center** 562 Camp Horne Road | Pittsburgh, PA 15237 | 412.847.7000 | www.thinkingoutsidethecage.org



teach } Attention YOUR DOG } Cue

OBJECTIVE: To teach your dog how to drop everything and look directly into your eyes when you say your Attention Cue.

INSTRUCTION:

- Choose your Attention Cue word and Marker Word.
- Most common Attention Cue choices are “watch” or “look” but be aware of whether you use either of these or another possible choice in another context throughout the day. Strive to avoid confusion!
- Get your high value treats of choice clutched into each hand.
- Position your dog directly in front of you, facing you. If your dog is too active to try this off leash, you can stand on your leash so you have both hands free.
- Show your dog the treats in both of your hands.
- Extend both arms parallel to the floor, like you are pretending to have wings.
- Stand up straight. Do not lean over your dog.
- Say your dog’s name in a happy and inviting tone of voice.
- The moment that your dog looks into your eyes, say your Marker Word immediately very happily and treat immediately after.
- If your dog does not respond immediately when you say his name, make interesting noises to get his attention such as a kissing noise, a bird-like noise or any noise that does the trick.
- Do not use your Attention Cue word of choice until your dog is responding regularly to your attempts at getting his attention. Once he’s done it several times in a row reliably, then you can add the cue word. Say the cue word after his name, but before he looks your way. If he does not respond right away, do not repeat the cue. Go to your repertoire of funny noises and use your Marker Word when he does look your way.

POINTERS:

- Practice this over and over and over with your dog. The more you practice this cue and make it like a game, the more automatic your dog’s Attention Cue behavior will become. I recommend a couple of minutes daily.
- Once your dog is consistently looking in your eyes, say your chosen Attention Cue, just after his name, before he looks in your eyes. Do not repeat it over and over if you get no response. Just wait and mark it once you do get the desired response.
- Don’t worry about requiring your dog to sit for this at first. It will become automatic with practice. The most important thing is that he looks in your eyes, even if it is brief.
- Capture the moment! You may think that your dog isn’t looking at you or he isn’t looking long enough to be rewarded. He is, just perfect your timing and you will increase the duration of the behavior. Just a quick glance into your eyes is enough to get started – be sure to capture it.
- Happy voices invite your dog to want to look at you. Be your dog’s party. Dogs like to have fun!
- If your dog is looking at you before you even say your Attention Cue, mark the moment with your marker word at the exact moment he looks at you, regardless of whether you got to say your word yet. Wait until he turns his head and use your word then.
- The timing of the Marker Word is more important than the timing of the treat. The Marker Word needs to be said at the exact moment that your dog looks into your eyes. The treat should follow as soon as possible, but your hands will never be as fast as your mouth can be!
- Make sure that you are not offering the treat when your dog is jumping or something else that is not desirable, but don’t fret over making the treat happen at the same time as the Attention Cue.

