

JUMPSTART YOUR TRAINING

Whether you've just adopted a new dog, you're training a new puppy, or your dog needs a refresher course on manners- Here's a quick guide to jumpstart your training.

This Jumpstart guide will help your dog learn a few manners, prevent bad habits, and put better habits in place. Most importantly, it will help your dog be more motivated to work with you and respond to your commands.

If your dog is in dire need of a lifestyle change, or you are raising a new puppy, I highly recommend using his daily portion of dog food (kibble) to train him. Each piece or handful can be used to train him new commands, or refine the basics by adding distractions. What is left over can be stuffed into a food toy (Kong, Buster cube, kibble nibble, etc.) which helps him stay occupied and leave your furniture alone.

Once your dog has learned some basic commands (sit, down, stay, etc) you can implement them into your daily routine. Here's a step-by-step guide on how to do this.

- 1. Ask your dog to sit while putting on the leash and/or to go outside. He must remain seated while the leash is clipped and the door is opened. Be patient.*
- 2. Teach your dog to sit and stay while you set the food bowl down. Release him with "Okay!" when he's free to eat.*
- 3. When playing with your dog, start the game by asking your dog to sit- and let the game be his reward. Frequently stop the game, and ask your dog to sit calmly for a moment to restart the game.*
- 4. When you walk your dog, wait for him to sit or look to you for permission to sniff the grass.*
- 5. When greeting a new person or dog, ask your dog to sit calmly before being released to "say hello".*
- 6. Teach your dog to sit and look to you before getting on furniture.*
- 7. If your dog enjoys petting, ask for a calm 'down' before petting him.*

You can certainly use food or treats in the beginning, but all of these activities are things that your dog probably finds rewarding. You should eventually wean away from food, and your dog's reward will be the activity he has earned. Eventually you can throw in more and different commands or tricks to mix things up. If your dog chooses to jump, bark, grab or do anything else undesirable, say "Nope," or "Too bad!" and walk away without rewarding him. Try again a short time later. Don't beg your dog to comply. He will quickly learn which behaviors are the right ones!

Happy Training!