



A Better Companion Dog Training

Residency Board and Train Homework

Please **CAREFULLY** read the document below for details on the return session!

Interim Lesson and the Go Home Lesson

As you might expect, the initial reaction/greeting is very important :) **It is best that you ignore your dog until I give you the A-OK!** Do not call them or squeal for joy, try to give them a command or call them too you. I know it will be hard, but it's best, as your dog will be adjusting back to being around you, with their old habits, etc. We want to create as little distinction between how they are with us and how they are with you. Most dogs are extremely excited to be reunited with their families – your actions will make it easier or harder for them to behave.

The interim lesson is to show you what your dog is working on so that you have time to practice before he goes home. It also is to show me how his relationship with you will affect his training so that I can focus on those areas. The go home lesson is another practice session so that you are more prepared as you take him home. Both sessions last about 90 minutes.

These lessons are to transfer all the information and structure to you, but it is also the time where we show your dog that the same rules apply at your place as they do at our place. As they are used to having a little more freedom and making different choices in your presence, **we are more than likely going to see old behaviors during the session.** Do not be discouraged or surprised by this! It is perfectly normal for us to work through some behavior issues - in fact, if everything goes perfect right away, we are very surprised :) It is our job to show them that things have changed around you as well, and they are so patterned by being at our place that the adjustment period will be relatively short. Remember that when they go home if you do not hold them accountable, they will revert to old behaviors.

E-Collar Guide

Attached to the client homework section of the website is the Educator E-collar guide, in which you can get a good feel of the E-collar and how it works. Please become VERY familiar with both of these to insure much more efficient, informative follow-up sessions. It is very important that you do your homework so we can get the most out of our time. We would much rather spend our time on the nuances of your dog and how to live with him/her than the technical part of the e-collar/basic guidelines.

TRAINING HOMEWORK

Please read through the following very carefully!

It is very important that you are very familiar with everything we have written out here - we will be reviewing some of these things at the session, but it is essential, in order for you to get the most out of your time and money, that you are as familiar with this as possible.

The reality is the better you are - knowledge-wise and skill-wise - the better your dog is going to be. We have done most of the heavy lifting for you in the board and train program, but even with all the patterning and work, your dog's success will still be largely dependent on your efforts and consistent follow through.

With so much to cover in the go-home sessions, we have prioritized the more complex and valuable work, and are depending on you to learn the simpler rules and basics. But don't worry we'll have multiple sessions to make sure you've got it all.

So please study and read this multiple times! :)

Prong Collar

The prong collar should have a snug fit to be most effective. We have sized and fit the prong for you!

You will only be using the prong when you take your dog out on leash (for a walk, to the car, etc.) - at all other times, it will remain off the dog unless specifically told to use it in certain situations. It is NEVER left on when in the crate or unattended.

On walks, the prong will go **above** the e-collar, right behind the ears, under the jaw – yes it will slip down and turn – just readjust it for best position.

Make sure it does not get twisted when you put it on as it will not function properly!

The leash clips to the swivel D-ring on the prong.

The carabiner or coupler attaches to the non-swiveling O-Ring on the prong, and then goes over the e-collar strap to affix to the flat buckle collar (the collar with the tags). Make sure that the carabiner or coupler goes UNDER the chain with the leash attached, not over, as that would affect the action of the prong.

E-Collar

The E-Collar should be a snug fit. We have sized, fit, and marked the collar for you!

The E-Collar will be worn whenever you are home supervising, and on the walks. When you are not home, and your dog is in the crate, the E-Collar will come off. It can be charged at that time, if you like.

On walks, the E-Collar goes right below the prong collar, above the flat collar (with the tags), and the carabiner or coupler on the prong affixes to the flat buckle collar over the e-collar strap.

Please refer to the E-Collar PDF guide for help on how to plug it in/charge it, where the box should be on the neck, how often to move the box around, how to turn it off/on, the modes, etc. *Everything on the E-Collar Basics PDF is very important.*

Thresholds

Your dog will wait at all thresholds - car doors, front doors, gates, going into the crate, etc. - we want him tuned in and focused on you, not on his excitement or anticipation of going into the car/out of the house/for a walk, etc. We cannot stress enough how important this is to setting the tone for the rest of your relationship and life together!

Your dog has already gone throughout the training process of this exercise and will most likely just need reminders - you can see the final product (where your dog should be) in the Threshold video.

Feeding

Your dog should be waiting for the release command "Break" from you before he eats his meal - not jumping, spinning, whining, barking, or bothering you as you prepare it. I tend to feed in the crate because of the number of dogs here, however whether you choose to continue or not the following rules still apply.

You should have your dog in a down, or a sit, and the food will be placed in front of him.

Wait for good eye contact before you give the release command "Break" not staring at the food – focus should be on you.

Your dog has already gone throughout the training process of this exercise and will most likely just need reminders - you can see the final product (where your dog should be) in the Waiting for Food video.

Kennel/Crate

Unless we tell you otherwise, your dog will be sleeping in the kennel/crate and stay in the kennel/crate when you are not home to supervise. With few exceptions all tools (E-collar, Prong collar, Leash) will come off when your dog is in the kennel/crate. You can add bedding, etc., but be cautious that your dog is not inclined to ingest it. Also, watch for cords, etc., outside of the crate that could be pulled in and chewed on or destroyed.

Your dog has already gone through the training process of this exercise and will most likely just need reminders - you can see the final product (where your dog should be) in the Crate video.

Working around the house

When your dog is inside the house, for the first month, he will **always** be in command - **no free wandering or roaming!** The only exception is when you want your dog to have supervised (think interactive) play time in the backyard (I also play with dogs in my house, you may or may not choose to). We will discuss your specific dog in the session, in regards to play.

He will either be in a Place or Down, in a place of your choosing, and will not move unless he is either recalled (“Spot, Come!”), or being released for free time (“Break!”).

Commands

No

No is the universal stop what you’re doing command – it goes with every E-collar button push.

Off

Put your feet back on the floor

Out

Drop it, disengage and move away from the item, person, or space.

Crate

Enter the crate.

Recall “Come”

“Come” is the recall command - use to call him to you from out of the crate, calling to and from command (Place/Down), from the backyard/play time, etc.

The recall command is “Dog’s Name, Come!”

As soon as your dog is in motion toward you, you can use the verbal marker “Good” to mark that he is doing the right thing. This isn’t an over-effusive “GOOD!!!” as this will likely amp your dog up and make it harder for him to concentrate and complete the behavior.

If your dog hears you, but does not come, you will tap the E-collar and repeat the command “Come”

Once your dog is in motion and interacting with you, you don’t have to use their name every time for the command - just “Come” will do. Think of using their name as an attention-getter to get them started.

Place

Place is a mat/bed/other object that your dog will go to, on your command, and stay there until released.

The command is "Place" - you will say it when your dog is about one foot from the Place mat/bed, not when he is already on it.

Down

Down can be anywhere - you do not need a place mat/bed. This can be used outside or inside, anywhere of your choosing. You can also put your dog in a Down on the Place mat/bed if he doesn't do it automatically.

The command is "Down" - you will say it when your dog gets all the way to your feet, not when he is in motion.

Using the Recall to a Command Place

If you are calling your dog to Place, do the following:

Stand behind the place mat/bed - make sure you are close enough to it that the dog doesn't want to overstep it and come to you - **remember this: your body is a magnet!**

Make sure you are standing up straight, not using body cues, pointing, making other sounds, etc. to call your dog or get him in Place/Down.

"Dog's Name, Come!" - Recall your dog

If your dog hears you, but does not come, you will tap the E-collar and repeat the command "Come"

"Good" - As soon as your dog is in motion, give the calm verbal marker

If your dog starts to veer directions, or slows down/gets distracted when coming to you, say the command "Come" and tap the E-collar

If your dog makes a blatant move away from you, in another direction:

Say "No", tap the E-collar and give the recall command again "Come"

Remember! Do not get caught up on the number - the number is irrelevant. Just watch your dog. The level on the collar will change depending on the intensity of the situation - the higher the distraction level, the higher the E-Collar level.

"Place" - About 1 foot before the Place mat/bed, say the command

If your dog overshoots (goes past the Place mat/bed) or skirts it, tap the E-collar and repeat the command "Place"

If your dog goes too far away from the Place, recall him again and say “Place” when he’s closer to the mat/bed

Use your body as a magnet - if your dog goes behind you, take a step over to the other side of the mat and call him/say Place

If your dog does not lie down on the Place mat/bed, give the command “Down”

Using the Recall to a Down

If you are putting your dog in a Down, do the following:

Stand right where you would like your dog to lay down.

“*Dog’s Name*, Come!” - Recall your dog

If your dog hears you, but does not come, you will tap the E-collar

“Good” - As soon as your dog is in motion, give the calm verbal marker

If your dog starts to veer directions, or slows down/gets distracted when coming to you, say the command “Come” and tap the E-collar

If your dog makes a blatant move away from you, in another direction: say “No”, tap the E-collar and give the recall command again “Come”

Remember! The level on the collar will change depending on the intensity of the situation - the higher the distraction level, the higher the E-Collar level.

“Down” - As soon as your dog gets to your feet (not while he is in motion), say the command

If your dog doesn’t lie down right away, tap the button and repeat the command “Down”

Watch the Recall video several times, noting and practicing the tone, timing, and cadence of our commands. It is important that you are familiar with this before you work with your dog on the E-collar!

Sit

“Sit” - use on the walk at curbs, thresholds, waiting for food. “Sit” means stay in the sit until told otherwise - once put into a sit, dog cannot pop up from the Sit or lie down until released. Realize that sit is not always comfortable for extended periods of time so if you know it’s going to be a while always opt for the Down but make sure you tell your dog down – don’t let him choose to lie down.

Walk “Heel”

The walk is a structured leadership conversation between you and your dog.

“Heel” - your dog’s head is parallel to your hip, or a little behind you. Your dog should turn when you turn, stop when you stop and be focused on you. When turning the only thing you should ever feel is your dog’s head – if you feel anything else he is out of position. You should not be able to see your dog while looking ahead – if you can see him he is out of position. You will always use it on the walks. *Although it may not seem like much, being meticulous about this position, and enforcing it diligently, is absolutely essential to having a successful walk experience.*

Use 90/10 rule on the walks - 90% of the time, dog is walking in a structured heel; 10% released out on a longer leash to potty/sniff - you can use “Break”, “Go Potty” or anything else that you want to use – I use “Hurry”.

No sniffing, marking, targeting or staring at other dogs, or pulling to trees without you inviting the break.

No dogs should **ever** meet other dogs on leash - you never know about the other dog - even if you feel like that dog seems mellow/safe. A dog trapped on a leash is the quickest way to cause tension and a negative interaction – which will result in your dog distrusting you and other dogs – not to mention the possible financial and emotional repercussions from a fight.

When you come to a stop your dog should sit automatically facing in the same direction of travel as this keeps him focused and safely out of the flow of traffic. If your dog doesn’t sit right away, tap the button and repeat the command “Sit”.

Break

“Break” is the release command - it means your dog is allowed to move out of position, is free to sniff, potty, play, take a nap, be a dog. You can use to release from the sit/down for food, outside for play time, or any time you are relieving him from command.

Let’s Go

“Let’s Go” is used through the thresholds, coming out of the crate, coming out of a car, and anywhere else where your dog isn’t in a specific heel.

Your First Month Post-Board and Train

Remember! This is a strict way to live with your dog, and by no means the way that we want you to live with him forever! This is a means to an end - it is simply the first month of you renegotiating your relationship and how you live with him - check in after 30 days and see how things are going, your dog will tell you where you can loosen up on the structure and they will tell you when you've let it slip too far by reverting to old behaviors. If that happens, simply go back to more structure until they are consistently behaving as desired.

For 30 Days:

- Your dog will be in command **at all times** (Place/Down), unless on the walk, in the crate, or having supervised play time. There will be absolutely no free wandering or roaming!
- The E-Collar is on at all times *when your dog is being supervised* - put it on inside the crate, first thing, before he comes out of the crate (he must be dressed to come out of his room). Take it off at night/when he is the crate.
- Your dog sleeps in the crate and is in the crate whenever unsupervised.
- Waits for food until released with command "Break"
- Waits at all thresholds, including going in and out of the crate
- Is either on "Place" or in a "Down" when you are home doing regular activities such as eating, checking email, folding laundry or watching TV – choose to use a Place/Down that is challenging for the dog, ie further away from you, not right beneath your feet.
- **The majority of the training benefit will not come from active commands, but much more so from remaining in one position (duration exercises) for extended periods of time, while the world goes on around him because what we are teaching is self-control!**
- **Trust the training - your dog has all the skills – you just have to consistently enforce them.**