



Prairie Oaks Dog Training Behavior Modification and Training Manual



“ A trained dog is the result of a caring, responsible owner and is never a nuisance to anyone, especially his owner.”

Dany Canino



Welcome to Training!

Mastering basic obedience and manners is a vital part of being a responsible dog owner. Training your dog helps make the relationship between you and your dog much stronger. It can also help keep both you and your dog safe in emergency situations.

Dog ownership and training should be fun! Don't be too serious and make sure both you and your dog have a good time so you will look forward to future sessions.

“Always keep an open mind about training strategies. What might work for one dog, may not work for yours. Commit yourself to a training technique but be willing to tweak it or switch it up until it resonates with you and your dog. Always ask yourself if it’s working for you.”

Brian Agnew



What To Expect

- All dogs must be current on vaccinations.
- There are no class fee refunds.
- All dogs must be kept on leash or in a crate unless otherwise instructed by the trainer.
- Wear comfortable shoes and appropriate clothing for weather conditions.
- You may bring friends and family members to watch, but they must stay out of the training area. Be sure to bring chairs if desired. Children must be attended at all times during classes.
- It is your responsibility to attend each class and to learn each lesson.
- Don't expect to get it done on the first few tries. Some lessons take a lot of time to teach and perfect.
- Try to make training sessions about 15 minutes long at the most.
- There will be times when both you and your dog are frustrated. When struggling with a certain lesson, simply move on to another or better known task. Come back to the one you are struggling with later.
- ALWAYS end training on a positive note. This keeps training sessions fun for you and your dog. Next time, your dog will be excited when it is time to practice.

Class starts on time! In case of rain or other severe weather conditions, call the trainer (580-678-5256) to see if class is canceled. Canceled classes are made up the following week.

Happy Dogs, Happy Owners and Positive Results is What We Are About



What You Will Need



A dog! Puppies at 14 weeks of age and that have received all vaccinations are welcome.

No dog is too old to learn. All breeds are welcome.



Water and a water bowl. You and your dog will be working during the classes. You will need to provide water for your dog as needed during and after the training class. Even during cooler weather, your dog will probably need to drink a good amount of water after training.



Treats or a toy as rewards. Figure out what works for you and your dog. Some dogs are very food driven, and some dogs prefer toys and play as their reward. Use high value treats for your dogs, something they will work for such as shredded chicken. Treats will only be used during the very beginning of training and only with a few commands. You will not need to use treats for reward by the end of the course.



Long Line. 15-20 foot long line slip leash for distance work, including recall. This strengthens your dog's ability to work off leash. The long line can be made from webbing or cotton.

<https://www.lucasagnew.com/product-page/copy-of-dynamic-15ft-long-line15ft-long-line>



Raised dog bed. This is the primary tool for teaching calmness. Be sure to get a size that will fit your dog comfortably https://www.amazon.com/Veehoo-Cooling-Elevated-Dog-Bed/dp/B07LFS84SC/ref=sr_1_19_sspa?keywords=raised+dog+bed&qid=1562843980&s=gateway&sr=8-19-spons&psc=1



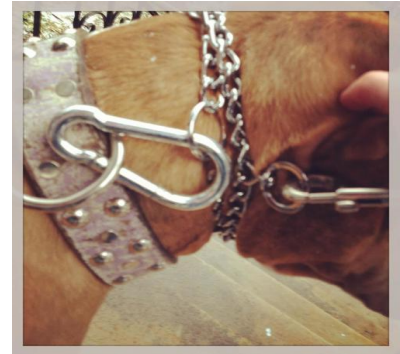
The Training Tool

Your dog will be evaluated and a training tool will be recommended based on the need of your dog. Most dogs will start off on a slip lead, but it may be recommended that you start with a different tool such as a prong collar, gentle lead or a harness.

Position the slip lead onto dog's neck. The collar part of the slip leash should be high on the neck. Be sure that the tab on the leash has been slipped down so that your dog can't back out of the leash.



If using a prong collar, place the collar high on the neck and attach the safety to the dog's flat collar ring as shown in class.



Training tools must be removed when you are not training your dog. No training tool should be left on your dog while your dog is in a crate.

Proper leash hold

Slip your thumb through the leash loop and lay the leash across your palm. Use your index and middle finger to adjust slack. Close up your hand and adjust the slack so that the excess slack of the leash so that it hangs just below your left knee.



Figure 1a



Figure 1b



Figure 1c

Patience is always your best training tool



Vocabulary

While working through this training course, there are some terms that you should be familiar with.

Fight- Fight may be barking, whining, growling, or biting. When fight occurs with the training tool, your dog may toss their head, paw at it, lay down, alligator roll, or jump up. Fight may also happen the first time a dog has a new collar or leash applied. Fight occurs when a dog is moving away to get away from a new situation.

Avoid- When avoiding, a dog may look the other way, holding the head low, mouth closed, licking lips or yawning.

Accept- Your dog will look calm and comfortable, soft body, soft eyes, open mouth, smooth forehead and ears back. This state of mind can never be forced. You must be patient with your dog to get to this state of mind.

Pressure- Anything that is influencing the dog such as Leash, collar, hand gestures, body pressure, energy, etc.

Structured Activity- Any activity between a dog and handler that has rules and specific objectives. This includes activities such as walks and fetch, etc.

Prey Drive- Inherited behaviors associated with hunting and eating. The prey drive is activated by motion, sound and smell.

Pack Drive- Behaviors associated with being part of a pack or group and being able to live by the rules.

Defense Drive- Governed by self-preservation and survival. Consists of both fight and flight behaviors.



Introduction

This program focuses on teaching your dog to be calm. We will be using many different tools to teach your dog to be calm. We will also teach you the techniques you need to teach your dog the skills to be a calm, well mannered dog. You can use your new skill set to teach other dogs in the household if needed. We will be available for consult for the lifetime of your dog.

Building a New Relationship

The first step to changing any behavior is to change the root of the problem, which means changing the relationship between you and your dog. This process has been proven to change and enhance the relationship that you have with your dog. Each dog is different and as you are working with your dog remember working with dogs is a skill and an art form that takes practice to develop. Your dog already knows how to speak its language, and it's your time to learn so you can build a better relationship with your dog.

Steps to Building a New Relationship with Your Dog

1. Emotional support and creating calmness
2. Working with Drives
3. Long Line Work
4. Conditioning the Training Tool
5. Moving forward together
6. Creating Space
7. Challenge



Training From The Heart- Emotional Support and Creating Calmness

Dogs are living creatures that have emotions and feelings. Your dog communicates to you every day. I feel that it's our job listen to them. Your dog will let you know if the training methods that are being used are right for your dog. If your dog is engaged and willing to train, then the methods used are right for your dog. If your dog is cowering or unwilling to train, we need to find a different method or training tool.

Training should never be forced on a dog. If you treat your dog with mutual respect and as an emotional being, you will have an awesome relationship with your dog. I call this training from the heart, vs training from the head. Training from the heart also encourages you to let your dog be a dog.

Training from the head means that you are putting **your** expectations on your dog, even though your dog may not be the kind of dog who can live up to your expectations. An example is working with a low energy, mellow dog with the expectation that the dog will be the grand champion in agility or some other dog sport competition. Training from the head means that you are not paying attention to what your dog's natural instincts are, and you are putting your preconceived expectations on your dog. We will look at understanding what your dog's behavior profile is as we get into working with drives.

Dogs who have been "rescued" from a shelter or from a bad situation are often shutdown and have some emotional baggage that they need to work through. It is human nature to nurture and feel sorry for the dog. This behavior communicates to your dog that something is indeed wrong, and they respond by continuing that behavior. Your dog needs a leader, he needs structure and rules to live by. But most of all, your dog needs time to decompress and to just be a dog. Whatever your dog's situation is, it's important to work at the dog's pace. We will teach you how to be a leader for your dog, without using the practices of dominance or alpha mentality.

This training program will focus on being in a calm state of mind, for both you and your dog. Dogs communicate by "reading" energy. If you're anxious, your dog will probably be anxious too. Having a calm mindset will help your dog maintain a calm mindset as well. This will be the foundation for your dog's calmness and impulse control.

In this course, we will work with calming energy, massage and essential oils to create a calm environment and mindset.



Building A Relationship- Working With Drives

Understanding Your Dog's Mind

Having some insight to your dog's behavior will help you to understand your dog in any given moment or situation. You will learn to develop your observation skills and begin to "read" your dog's behaviors. This will also increase your awareness and help you bond with your dog. This is where you really get to know your dog, and it's awesome.

Recognizing Your Dog's Instinctive Behaviors

All dogs come into this world as INDIVIDUALS. Dogs have a specific group of genetically inherited, predetermined behaviors. How these behaviors are arranged, their intensity, and how many components of each the dog has determine temperament, personality and suitability for the task required from each individual. Those behaviors also determine how the dog perceives the world. To give a better understanding of your dog, instinctive behaviors have been grouped into three *drives*.

The three drives are:

- Prey
- Pack
- Defense

These drives reflect instinctive behaviors that your dog has inherited and that are useful to you in teaching him what you want him to learn. Each of these drives is governed by a basic trait. ¹

¹ Dog Training for Dummies 1-3rd edition, Wiley Publishing, 2001-2010



Prey Drive

Prey drive includes those behaviors associated with hunting, killing prey and eating. The prey drive is activated by motion, sound, and smell. Behaviors associated with prey drive include the following:

- Seeing, hearing, smelling
- Air scenting and tracking
- Stalking and chasing
- Pouncing
- High-pitched barking
- Jumping up and pulling down
- Shaking an object
- Tearing and ripping apart
- Biting and killing
- Carrying
- Eating
- Digging and burying

These behaviors are seen if your dog is chasing a cat or gets excited and barks in a high-pitched tone of voice as the cat runs up a tree. Your dog may also rip up toys or bury bones in the yard.





Pack Drive

Pack drive consists of behaviors associated with reproduction, being a part of a group or pack, and being able to live by the rules. Dogs, like their distant relatives the wolves, are social animals. To hunt prey that is mostly larger than themselves, they must live in a pack. To assure order, they must adhere to a social hierarchy governed by strict rules of behavior. In our dogs, this translates into an ability to be part of a human group, which means a willingness to work with us as part of a team- *they need to learn to follow our rules.*

Pack drive is stimulated by rank and order in the social hierarchy. Behaviors associated with this drive include:

- Physical contact with people or other dogs
- Playing with people or other dogs
- Behaviors associated with social interaction with people and other dogs, such as reading body language
- Reproductive behaviors, such as licking, mounting, washing ears and all courting gestures
- The ability to breed and be a good parent

A dog with many of these behaviors is the one that follows you around the house, is happiest when with you, loves to be petted and groomed, and likes to work with you. A dog with these behaviors may be unhappy when left alone for too long, which can be expressed as separation anxiety.





Defense Drive

Defense drive is governed by survival and self-preservation and consists of both fight and flight behaviors. Defense drive is complex because the same stimulus that can make a dog aggressive (fight) can elicit avoidance (flight) behaviors in a dog, especially a young or under-socialized dog.

Fight behaviors are not fully developed until the dog is sexually mature or about two years of age. Tendencies towards these behaviors can be seen at an earlier age and life experiences determine their intensity. Behaviors associated with fight include:

- Hackles up from the shoulder forward
- Standing tall, weight forward on front legs, tail high and staring at other dogs
- Standing ground and not moving
- Guarding toys, food or territory against people and dogs
- Dislike of being petted or groomed
- Lying in front of doorways and refusing to move
- Growling at people or dogs when he feels his space is being violated
- Putting his head over the shoulder of another dog

Flight behaviors demonstrate that the dog is unsure, and young dogs tend to exhibit more flight behaviors than older dogs. The following behaviors are associated with flight drive:

- Hackles that go the full length of the body
- Hiding and running away from a new situation
- A dislike of being touched by strangers
- General lack of confidence
- Flattening the body with tail tucked
- Freezing and not moving forward





Deciding On How You Want Your Dog To Act

Before you begin to train your dog, you need to decide how you want your dog to act, or what tasks you want him to do, or stop doing. When you want your dog to walk on a leash and pay attention to you, your dog needs to be in pack drive. If your dog would rather sniff, play follow the trail or chase the cat, he is in prey drive. Dogs who are in high prey drive usually require quiet a bit of training. A dog with high pack drive and low prey drive rarely needs extensive training, if at all.

In theory, a dog does not need defense drive (flight) behaviors for what you need him to learn, but the *absence* of these behaviors has important ramifications.

For example, if your dog has a low defense drive, any kind of pressure might cause him to collapse on the floor and act as though he had been beaten. A dog with high fight drive might look at you as if to say “ok, what do you want me to do” with the same level of pressure.

Learning about your dog, as an individual, is mandatory as each dog may require a different training approach. The dog who collapses with a leash check doesn’t have enough fight behaviors to cope with the leash check. Another option would be a slight tug on the leash or a quietly spoken command to get him to ignore the cat. Other dogs with a high fight drive may require a firm leash check to convince them to forget about the cat. The only difference between the two dogs is the level of fight drive in their personality.

The beauty of the drives theory is that it gives you the necessary insight to overcome areas where you and your dog are at odds with as far as appropriate behavior. A soft command may be enough for one dog to change the undesired behavior, whereas a leash check is required for the other.



Bringing Out Drives

The following is a short list of cues that bring out each of the dog's major drives:

- Prey drive is brought out by the use of motion
 - Hand signals (except the use of “stay”)
 - A high-pitched voice
 - The movement of an object of attraction (stick, ball or food)
 - Chasing or being chased
 - Leaning or running backwards as your dog comes to you
- Pack drive is brought out by:
 - Calmness
 - Quietly touching your dog (petting or massage)
 - Praising your dog
 - Smiling at your dog
 - Grooming
 - Playing or training with your body erect (not bending over)
- Defense drive is brought out by:
 - A threatening body posture, such as leaning or hovering over the dog either from the front or the side
 - Staring at the dog with direct eye contact
 - Leaning over and wagging a finger in the dog's face while chastising him
 - Leash checking the dog
 - Using a harsh tone of voice
 - Exaggerated use of the “stay” hand signal



Switching Drives

Dogs can instantaneously switch itself from one drive to another. For example: Your dog is lying in front of the fireplace playing with his favorite toy. When the doorbell rings, he drops the toy, barks and goes to the door. You open the door to see your friend, your dog greets your friend and then returns to playing with his toy by the fireplace.

Your dog switched himself from prey, to defense, into pack and back into prey drive.

During your training, your task will be to keep your dog in the right drive, and if needed, switch him from one drive to another. For example: If you are walking your dog on a loose leash in the yard when a cat appears. Your dog immediately spots it, runs to the end of the leash, straining and barking in a high-pitched voice. Your dog is in full prey drive.

Now you have to get him back into pack drive where he is walking calmly by your side. The only way you can do that is by going through defense drive. You can't show him a treat in an effort to divert his attention from the cat. The cat will win every time.

How you get your dog back into pack drive depends on the strength of his defense drive. If your dog has a lot of defense (flight) behaviors, you may have to give him a firm tug on the leash (leash pop, or check), which switches him out of prey drive and into defense drive. To get him to pack drive, pet his chest, smile at him and tell him that he's the best dog in the whole world. Then continue on your loose leash walk.

If your dog is low in defense behaviors, a leash check may overpower him. A voice communication, such as "ah ah" will be enough to get him out of prey drive and into defense drive, where you then put him into pack drive by giving him a pet on the head.

For a dog with few fight behaviors and a large number of flight behaviors, a leash check is often counter-productive. Body postures, such as bending over the dog, or using a deep voice are usually enough to bring your dog into defense drive. Your dog, by response to your training (cowering, rolling upside down, not wanting to come to you for a training session) will show you when you overpower him, making learning difficult or impossible.



Basic Rules For Switching From One Drive to Another

- *From Prey to Pack Drive-* You must go through defense. How you put your dog into defense depends on how many fight behaviors he has. A general rule, the more defense behaviors the dog has, the firmer the leash check (or leash pressure) needs to be. As your dog learns, a barely audible voice communication or a slight change in body posture will be enough to encourage your dog to go from prey through defense and into pack drive.
- *From Defense into Pack Drive-* By gently touching or smiling at your dog.
- *From Pack into Prey Drive-* Using an object (toy) or motion

Your dog can switch himself from one drive to another. To switch your dog from prey to pack drive, you must go through defense drive.

Applying the concept of drives speeds up your training process enormously. You become aware of the impact your body stance and motions have on the drive your dog is in. Your messages will be perfectly clear to your dog. Your body language is matching what you are trying to teach. Because your dog is an expert observer in body motions, which is how dogs communicate with each other, he will understand exactly what you want him to learn and do.





Applying Drives to Training

By knowing how strong your dog's drives are, you know the training techniques that work best and are in harmony with your dog's drives. You now have the tools to tailor your training program to your dog.

- *High Defense (Fight) Drive:* Your dog will not be bothered too much by firm leash pressure. Correct body posture is not critical, although wrong postures on your part will slow down the learning process. Tone of voice should be firm, but pleasant and non-threatening.
- *High Defense (Flight) Drive:* Your dog will not respond to strong corrections. Correct body posture and a pleasant tone of voice are critical. Avoid using a harsh tone of voice and any hovering or leaning over or toward your dog. Use gentle handling and soft voice tones.
- *High Prey Drive:* Your dog will respond well to a treat or a toy during the teaching phase. Firm leash pressure may be necessary, depending on the strength of the defense drive to suppress any drive when in high gear (such as chasing a cat). This dog is easily motivated, but also easily distracted by motion or moving objects. Signals will mean more to this dog than commands. The proper use of hands, body and leash corrections is a must so you don't confuse your dog.
- *Low Prey Drive:* Your dog is not going to be easily motivated by food or other objects but is also not easily distracted by moving objects (such as squirrels). Use praise to your advantage in training.
- *High Pack Drive:* Your dog will respond to praise and physical affection. This dog likes to be with you and will respond with little guidance.
- *Low Pack Drive:* Start praying! This dog probably doesn't care if he's with you or not. He likes to do his own thing and is not easily motivated. Your only hope is to rely on prey drive in training.



Working with the Long Line

Long-line work is the foundation of creating a relationship with your dog. It is also the start of having a conversation with your dog. We will be using leash pressure (and lack of leash pressure) to communicate what we are asking of your dog. At this stage in training, we will not be using verbal commands, such as “sit” or “stay”. We will simply apply leash pressure, and specifically apply leash pressure to move your dog through his natural drives.

There are two parts to long-line work. The first is teaching your dog about leash pressure (on and off). The second is working your dog through his natural instincts, or drives.

Teaching Leash Pressure- An Overview

- This lesson must be done to move on to the next level of training.
- By the end of this lesson, your dog should be moving calmly and comfortably on the long - line leash, neither pulling nor refusing to move.
- Do at least two 5-15 minute training sessions per day.
- Do not tug on the leash, just apply steady pressure. Work with your dog until he is moving with you and is in a calm state, not fighting you or the leash.
- Be sure to apply leash pressure at an angle to your dog (not standing directly behind or in front of your dog)
- If your dog is standing completely still and refusing to yield to leash pressure after a few minutes, release pressure on the leash for a few seconds and then apply leash pressure again until your dog moves towards you.
- Do not “pop” the leash, simply apply steady pressure then release it by giving slack in the leash when your dog moves to you.
- In the early stages of this lesson, if your dog moves any part of his body towards you, release leash pressure by giving the leash slack



Teaching Leash Pressure Using The Long Line

- Begin working with your dog in an area that has little distractions
- Attach the long line to your dog as shown in class
- Let your dog move to the end of the long line.
- When your dog gets to the end of the long line, apply slight pressure on the dog by holding the leash tight. Do not pop the leash
- Use slight pressure on the leash until your dog moves towards you, then release the pressure on the leash by giving the leash “slack”.
- Move away from your dog and apply pressure to the leash. When your dog moves towards you, release the pressure
- Continue to do this until your dog is moving towards you with the slightest pressure on his leash
- Re-enforce his moving towards you by saying “good” or “yes”
- Work through fight/flight behaviors

Patience is the foundation at this stage. Give your dog time to accept the new rules you are placing on him.



Switching Drives Using The Long Line, *cont.*

In this lesson, you will be asking your dog to switch between prey, defense and pack drives. The concept of “let’s go” is also the foundation for impulse control, redirecting your dog, and the start of off-leash work. The goal of “let’s go” is to have your dog **look at you and follow you** when you say “let’s go”.

Teaching “Let’s Go”

While your dog is sniffing, distracted, focused on something (prey drive):

- Using the leash pressure technique you learned in the last lesson, begin to layer a command over leash pressure.
- When you apply pressure to the leash, say “Let’s go”. When your dog looks at you and follows you, release pressure by giving a loose leash
- Continue to do this until your dog looks at you and follows you without any leash pressure (or guidance).

During this lesson, you are moving your dog out of prey drive (sniffing, etc.) into defense drive. Now we will move your dog into pack drive.

Teaching “Here” - Encouraging Pack Drive

- Using leash pressure techniques that you learned in the last lesson, begin to layer the “here” command.
- When your dog turns to look at you, encourage him to come to you by using leash guidance (pressure) to come to your side.
- When your dog comes to your side, have him sit
- Stand quietly and calmly with your dog.
- Rub his chest and tell your dog how good he is in a calm voice.
- Encourage pack drive whenever your dog exhibits that behavior



Conditioning the Training Tool and Moving Forward Together

- Continue to work your dog with two 5-15 minute sessions, twice a day. Base the timing of your sessions on your dog's engagement level.
- Continue to work on "let's go", "here", calmness and patience.
- Work through Avoidance (defense drive) and Acceptance (pack drive)

Conditioning to the Training Tool

- Use the same technique as you learned with the long line. You will just be applying them to a short leash and a prong collar or other training tool as assigned to your dog (pressure off and on)
- Work your dog in an area with little distractions
- Apply the training tool as shown in class
- Use leash pressure to move your dog to you and away from you, just as you did with the long line
- Begin to move your dog to your side
- When your dog moves to your side, apply slight **upward** pressure on the leash.
 - The goal is to move your dog into a sit using only upward leash pressure
- Once your dog sits, immediately give a loose leash (remove leash pressure)

Moving Forward

- The goal of this step is to move forward together on a loose leash
- When your dog is calm and showing signs of **Accepting** the training tool:
 - Take a few steps forward. If your dog does not move with you, apply slight forward pressure on the leash. Do not yank or pull on the leash, just apply slight upward pressure until your dog sits.
 - Only match the dog's intensity when applying leash pressure. If your dog moves with you, transfer to lighter pressure
 - ALWAYS release pressure when your dog is doing a task correctly
 - Pop, stop or change direction when feeling resistance with your dog. This will help your dog to learn what it takes to be in a pressure free zone.
 - If your dog begins to **Fight**, step back to your dog's side and apply upward pressure on the leash until your dog sits. Then release pressure. Stand by your dog calmly until you are ready to try moving forward again.

Remember, you can't force acceptance. Be patient!



Creating Space

Fixed space is the foundation for having a calm dog. Teaching your dog to “place” and having your dog stay there until you release him will teach your dog to have a calm state of mind. Teaching your dog to “place” will also show your dog that you control your dog’s movements throughout the household. You can have your dog “place” when friends are visiting, when you are cooking in the kitchen, or any other time you don’t want your dog reacting to a situation or being under your feet. Teaching “place” is one of the best commands your dog can master.

Teaching Place- Creating Fixed Space

- Use the leash to guide your dog onto a fixed location, such as a dog bed, place board or blanket. Anything that has a visual boundary.
- Remove the loop from your dog’s snout and transition to the slip lead if using a Transitional Leash
- Move away from your dog and use distance pressure to move your dog into a submissive posture, such as lying down
- Use your body and distance pressure to keep your dog on the fixed location
- Use verbal commands or release words such as “stay” or “ok”.
- It’s ok if your dog’s feet hang over the fixed space, as long as your dog stays on the mat and in a submissive posture
- Your dog is expected to remain on the fixed location until you return, give affection and guide your dog off the mat
- Start with a few minutes of keeping your dog on the fixed location and increase time spent on the fixed location over time
- Giving your dog a treat as a reward for getting onto the fixed location and staying there can be helpful if you choose to treat your dog

Begin working to transfer concepts of contact pressure to distance pressure with your dog





Create Unfixed Space- Claiming Your Space

Creating unfixed space means that you are essentially claiming your space. This concept is used to move your dog out of an area, to correct unwanted behaviors or to slow down behaviors. Creating unfixed space is commonly used when a dog is getting too rambunctious, is in an area where you don't want him to be (such as in the kitchen while cooking), and to correct other problem behaviors while off leash.

To claim your space:

- Use distance pressure to move your dog into a submissive posture to correct or slow down unwanted behavior. A submissive posture can be sitting or laying down
- Use distance pressure to stop barking, jumping, counter surfing, rough play or other problem behaviors
- Always follow through with your correction. Do not walk away until your dog has stopped doing the behavior you are correcting
- When your dog moves into a lower posture, release distance pressure by walking away. Your dog can then get up and move away, but can't go back to what he was doing



Teach your dog that you control the resource of SPACE



Challenge

Once your dog has mastered walking on a loose leash, fixed and unfixed space, it's time to challenge your dog by introducing distractions. Start by introducing distractions while you practice in your home. This could be having your dog in a fixed space command (place) and ringing the doorbell. If your dog reacts to the distraction, correct your dog and move him back into the place command. If your dog stays in place, reward him by giving him a treat or affection.

Challenge

- Take your dog to areas of predictable distractions or set up distractions at home. Distractions can be visitors, other pets, noises, play toys, etc.
- Practice keeping a calm mind, for both you and your dog. If your dog breaks command, stay calm. Don't get upset with your dog. Just place him back into command and do it again
- If your dog ramps up, calm him down with pressure. Pressure could be in the form of leash pressure or distance pressure
- If your dog is struggling, go back to steps 1 and 2 before moving forward
- Take your time to get a good mindset for you and your dog before venturing out into new areas
- If you or your dog are getting frustrated, stop on a good note and take a break. Don't train your dog if you are upset or frustrated



When things get tough, get patient



Part Two: Creating Structure at Home

Crate Training and House Rules- Create a structured life for your dog using primal instincts and needs.

Crate training is heavily used in this training program. By using natural den instincts of a dog, you can give your dog a safe place to truly relax and rest. Although a crate isn't always used, it is highly recommended at the beginning to establish a schedule for your dog, including feeding, housebreaking and downtime for you and your dog.

By coordinating a routine of working and resting, or working, eating then resting, dogs are given the same opportunities as they would use in the wild. Your dog will have to think and exercise before food and rest. Using proper scheduling and consistent house rules, your dog will become more confident in your leadership. Also, dogs become calm and focused during interactions when given the proper amounts of rest combined with meaningful activities. Dogs are often over stimulated and under challenged mentally and physically. This portion of the K9 Lifeline Basics program helps to bring your dog back to a natural state of mind and body.

Crate Training

Crate training is the most effective way to train a dog of any age. When using a crate to train a dog, you are working your dog's natural behaviors. Dogs throughout time live and raise their young in dens. Dogs natural instincts are to not go to the bathroom where they sleep. Dogs feel the same safety and warmth of a den when they are in a crate. This idea has been used to easily housebreak a puppy or older dog. Another benefit of crate training is that the dog is somewhere safe and comfortable when no one is around to supervise the dog's behavior. The crate is a positive tool that acts like a babysitter for your dog.

A dog that is crate trained has the feeling of its own safe place. When taking the dog on trips the crate is an easy way to take your dog along to hotels or tents. Your dog will feel safe and comfortable in an unfamiliar place. When taking your dog to the vet or groomer they are often put into crates or kennels. For a dog that is crate trained this stressful experience is reduced by the dog having the same positive den feeling.

From a human perspective, confinement is horrible, but to a dog, it is safe and comforting. Some mistakes that lead to a dog's bad behavior are stemmed from people not being able to leave their personal feelings behind. Many dogs are left out in the yard during the workday. You are not doing your dog any favors by leaving your dog outside. A dog that is outside when the owner is away tends to pick up bad habits such as barking, digging and chewing. Leaving a dog outside during the hot or cold seasons can lead to heat or cold related deaths.



Puppies and adult dogs left alone in the house can also get into trouble. They can chew, have accidents in the house and find trouble with anything they can get their nose and teeth into. Eliminate these problems by crate training. When using this training method, you can be assured that your dog is in a safe place while you are gone. When someone is home, your dog can be supervised out of the crate and disciplined for any negative behavior. When catching your dog in the act of being destructive or chewing is the best time to discipline. This assures that your dog can make the connection of why it's being punished. When you don't catch your dog in the act, don't call your dog to punish him IT'S TOO LATE. If you chose to punish your dog under these circumstances, it will make your dog wary of coming to you and will hurt your house-training efforts. A popular misconception is that your dog knows what he did wrong because he looks guilty. A dog that has that look from prior experiences. Your dog knows that when you come across a problem, you get angry. Your dog can't perceive the connection between causing a problem and your anger.

Being patient with your dog will get you much further than being angry at him.

When punishing your dog, never swat, smack or hit your dog. It will just create fear of you and rolled up newspapers. Rubbing your dog's nose in his mess is unsanitary and disgusting. Dogs become housetrained despite this type of punishment, not because of them. Always keep calm when finding a problem.

When crate training a puppy, buy a crate that your dog will grow into. As an adult, your dog should be able to stand up and turn around in the crate. Initially your dog may whine when put into the crate, be patient. Don't encourage bad behavior by letting your dog out of the crate every time he is whining or barking. After you leave, your dog will settle down. After a couple of weeks, your dog will get used to being in the crate.

Crates are the perfect tools to establish a schedule for your dog. Part of establishing structure is feeding your dog on a schedule. Don't free-feed your dog. Make sure to allow for enough time after feeding for the dog to eliminate before putting the dog into a crate (usually about 15 minutes after they eat, your dog will need to poop).

When no one is home to watch your dog, put your dog in a crate. When returning home, let your dog out of the crate and let her go outside to go to the bathroom. Your dog may need to be on a leash when out of the crate at the beginning to keep your dog out of trouble.

How long you keep your dog in a crate depends on your dog and your schedule. You should not leave your dog in a crate longer than your workday schedule. When crating a puppy, remember that they need to eliminate two or three times more often than an adult dog. Until your puppy is at least 6 months old, it is unrealistic to expect him to last more than four hours during the day.



Do's of Crate Training:

- Make the crate a safe and comfortable place for your dog to truly rest and get downtime
- Adjust where your crate is depending on the dog. Some do well in social areas like the living room. Others will do better in a room where there are no distractions.
- Allow your dog access to the crate even after housebreaking or when you are home. It's like letting your dog have his own room
- Utilize the crate anytime you are not at home until you know your dog can be left alone without having any accidents or being destructive. For some dogs this may be months, years or even a lifetime
- Leave chew toys in the crate
- Be calm when putting your dog in and getting your dog out of the crate. Make it a "non-event". Have your dog wait at the opening of the crate before you give the command to come out
- Get your dog calm using distance pressure before allowing your dog out of the crate. If necessary, use a leash
- Crates are a great tool to teach your dog that you are in control of its space. Be consistent and it will reflect in every other aspect of your dog's training

Don'ts of Crate Training

- Never use the crate as a form of punishment
- Don't leave bedding in the crate if your dog is a destructive chewer
- Don't crate your dog for long periods of time without doing some sort of structured activity before hand
- Don't use pee pads or newspaper in the crate
- Don't leave young dogs in crates for too long. The typical rule is age in months plus one hour. A 2-month-old puppy shouldn't be in a crate longer than 3 hours.
- Night crating puppies allows for 1-2 more hours, but keep in mind that with young puppies, you will need to let your dog out in the middle of the night for a potty break



Structured Program

The structured program is designed to help build structure and discipline for dogs and puppies. When your dog is out of the crate, it is time to focus on the dog and provide the dog with an outlet for the dog's mental and physical energy. This program allows you and your dog to rest between activities. This allows for you and your dog to be more focused during your structured activities.

This is a sample of the program provided during your dog's training. It can be adapted to fit you and your dog's needs.

- First thing in the morning, out of the crate to potty
- Put your dog back into the crate
- Bring your dog out of the crate for 15-30 minutes of structured activity (walks, fixed space, treadmill, training. These activities need to be initiated by you.) The best activity is the structured walk
- Feed your dog
- Put your dog back into the crate for 1-4 hours
- Bring your dog out of the crate for 15-30 minutes of structured activity
- Put your dog back into the crate for 1-4 hours
- Bring your dog out of the crate for 15-30 minutes of structured activity
- Feed your dog
- Put your dog back into the crate until potty break right before bed

When making your own schedule, be sure to have at least two activity times during the day. As training progresses, structured activity will last longer and crate time will become shorter.





House Rules

To create a calm dog, you must start with creating a calm mind. Here are some basic rules to enforce to help your dog get calm as a default mode. Keep in mind that this is not forever. Practice these rules for the next 30-90 days depending on your dog. The more of these rules you follow, the quicker your relationship with your dog will be built.

- No treats. You may treat at a later time, but for now, you want your dog focused on you, not the treats
- No toys readily available. If its playtime, take out a toy and interact with your dog. When playtime is over, put the toy away
- Do not allow on couches, chairs or beds
- No begging or table scraps
- Do not give your dog attention when barking, whining or staring at you
- You initiate all activities, help your dog learn that you control everything
- Always walk ahead of your dog. Also sit and sleep higher, because position matters
- When working your dog, enter or exit first. Take your time to calm your dog before entering or exiting doorways
- Your dog will have to stay in a crate or tethered on a dog bed (place command) unless otherwise interacted with. This helps your dog to understand that you control space. This also gives you and your dog downtime
- Limit talking to your dog. Communicate by using body language and the energy behind it. Words can create over excitement. What we want is a calm dog

Stay calm when working with your dog





Puppy Potty Training

Potty training your puppy can be one of the most difficult things you need to do with your little one. We follow a very structured program when teaching a new dog or puppy to potty outside. Sticking to this structure will help ensure that your new dog learns to potty outside in no time at all. The key to this program is crate training, frequent potty trips outside, lots of praise and treats. Most dogs will learn to potty outside within a week if you stick to this program. Give us a call if you need assistance with this and good luck!

Potty Training Tips

1. Have a crate that is big enough for your dog to stand up and turn around in. If your dog can run around or play in the crate, it's too big. Your dog will potty in one end of the crate and sleep at the other.
2. Your puppy can hold its potty based on their age. Just add 2 hours to your puppy's age in months. If your puppy is 8 weeks old (2 months) add 2 hours. Your puppy can hold off for 4 hours before he needs to potty. Yes, this includes during the night, which means that you will have to get up in the middle of the night to let your dog out to potty. You will also have to come home during the day to let your dog out to potty. You can pay someone to do this and is the main reason why trainers offer potty training and boarding. It's also why it is so expensive!
3. During nighttime potties, do not play with your dog. Have them potty and then put them right back into the crate. If you play with your puppy, they will want to keep playing and will keep you up. Keep your dog on a leash so that you are not playing "catch me if you can" in the middle of the night.
4. Your puppy will need to potty about 15-30 minutes after eating. Be sure you potty your dog before you leave the house. Your new routine should be (this is the structured part):
 - Bring your dog out of the crate and go right outside for potty time. You may need to bring the crate to the outside door and let your dog go right from the crate to outside
 - Potty your dog (definitely pee and hopefully poop)
 - Feed your dog
 - Train or walk your dog
 - Water your dog
 - Play for 15-20 minutes
 - Potty your dog (you should see pee and poop)
 - Crate time until next potty



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5. If you have time, try to potty your dog twice before you leave for work, especially if he drank a lot of water
6. When playing with your puppy, they will want to pee more often. Take them outside every 15-20 minutes to potty.
7. Stop all food and water by 8pm. Feed your puppy three times a day. Do not free feed your puppy. If you do, they will be peeing and pooping all day long and you will never get potty training down
8. If you can't watch your puppy, put him in the crate. When you are not watching your puppy, they will pee in the house!
9. Stick to a schedule
10. Don't use a doggie door with your puppy. They will need to learn how to build stamina holding their bladder. You also need to be there to see when they potty and reward them when they potty outside
11. If you take your puppy outside and they don't potty, bring them inside and put them back into the crate. 10-15 minutes later, take them outside again. Do this until your dog potties outside.
12. Make sure your puppy poops before bedtime
13. **DO NOT PUNISH YOUR PUPPY FOR ACCIDENTS IN THE HOUSE!** If your puppy potties in the house, it's your fault, not theirs. They and you need to stick to a routine. Be patient and calm, they will get the routine down.

