



LINCOLN DOG TRAINING

because dogs are awesome

Fido: Basic Obedience; Improved self-control in the presence of distractions

Thank you for the opportunity to work with you, your family and Fido this past week. He is a wonderful, good-natured and happy adolescent dog!

Our primary goal for the next few weeks is to **encourage Fido to focus on his handler rather than distractions** such as the UPS truck, a dog walker, pedestrian, etc. By focusing on his handler and offering welcome behaviors (e.g. sit, down, touch) in exchange for high-value treats, his undesirable behaviors (e.g. barking/leaping) will diminish over time.

To achieve his goals over the next few weeks, I recommend the following:

Suggested environmental changes:

1. Create a desirable “quiet space” for Fido in your spare bedroom. I would encourage purchasing a crate, some things for him to chew, a water pail that can be hung and a bed that is difficult for him to destroy. At a minimum, get the crate and items for him to chew.
2. Practice using this crate at times when he tends to get overexcited (visitors, dinner prep, etc.). In a happy voice, just say, “Crate time!” As soon as he gets into his crate, throw in a handful of treats and a bully stick or something else he likes to chew. Do not give him rawhide, as it is not fully digestible.
3. When you would like to give Fido more freedom and do not have the ability to monitor him, put on the citronella collar. This will be helpful in interrupting his barking and over-exuberant behaviors, and will give you time to reach him and ask for alternative, desirable behaviors (e.g. touch, sit, down) instead of barking and jumping.

Related Product Suggestions:

1. Same or similar crate that is in kitchen (maybe add an old sheet to cover):
2. Water pail, hung on side: https://www.amazon.com/Pro-Select-Stainless-Steel-1-Quart/dp/B005N127YS/ref=sr_1_31?dchild=1&keywords=hanging+water+bowl+for+dog+crate&qid=1598573488&sr=8-31
3. Bully sticks (or filled Kong) to chew: <https://www.chewy.com/usa-bones-chews-curlly-bully-stick-6-9/dp/114693>

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4. Semi-chew proof bed. He will be able to rip it, but not destroy it. I have had good luck with these with my huskies: <https://leerburg.com/763.htm>
5. High Value Treats: This is what we used at our training session this past week. <https://www.chewy.com/ziwi-peak-air-dried-mackerel-lamb-dog/dp/141866>

Training Tasks for the next three weeks:

1. **Teach Fido that “YES!” means, “You did it right! A treat is coming!”** This is called, “Charging your marker.” This is something that your kids can participate in
2. **Practice “sit,” “down” and “touch.** Mark each of Fido’s successes with the word, “YES!” and treat! This will help Fido gain confidence as he learns that he has some control over his life (e.g. if he sits, you will say the magic word “YES!” and he will get a treat). “Sit,” “Down” and “Touch” will become your “go-to” commands when you need to engage him in the presence of a major distraction.
3. **Practice and strengthen Fido’s recall (e.g. coming when called).** This will help on occasions where you need to recall him when a UPS truck/visitor/other distraction is arriving. IMPORTANT NOTE: Try your best to recall Fido BEFORE the distraction is right upon him. Our goal is to make Fido successful. He will do best if we start working with very minor distractions and slowly make our way to major distractions.
4. I have attached a presentation I developed on the recall that will be helpful to read before you begin your recall work. I suggest starting with the “room-to-room” recall and progressing from there. Recall is the most important command in our toolbox as dog owners and I always encourage clients to spend extra time and energy on it, as well as use especially high-value treats!