



## Just the Basics WEEK 1 Homework

### Teaching Good Manners to Dogs of All Shapes and Sizes

Welcome to Just the Basics at the SF/SPCA! Plan to learn better ways of communicating with your dog during our 4 week class. Your success in class will depend on your finding the time to work with your dog at home, so incorporate short training sessions into your regular day.

- Buy management equipment recommended for your dog
  - Sense-ation or Gentle leader
  
- Introducing your dog to "life rewards".
  - A "life reward" is something that you give your in daily life.
    - Have the dog do a "sit" or "down" and instead of using food to reward the dog use an opportunity.
    - Common life rewards
      - Petting
      - Praise
      - Putting on leash
      - Opening door to let the dog in or out
      - Putting down food bowl
      - Giving new toy or bone
      - Throwing ball
      - \_\_\_\_\_
  
- Sit and Down
  - Practice using the verbal commands
  - Reward with life rewards
  - Reward the dog for holding the position for varying times. Use release when done
  
- Recall (coming when called)
  - Practice in the house/yard
  - Practice when you know that you can make it happen
  - Use extraordinary treats
  - Avoid pitfalls
  
- Heel - teaching your dog a new habit. Walk at your side do not pull
  - If you clearly define heel position your dog will be more successful
  - Use anti-pull equipment if your dog pulls on leash to protect your new heel
  - Back up and reset if your dog is pulling.
  - Practice in short spurts



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## Just the Basics WEEK 2 Homework

- Buy management equipment recommended for your dog
- Continue using "life rewards".
  - If you don't begin using life rewards early in your training program you run the risk of having a dog that refuses to perform without food!!
- Sits and Downs
  - Practice using the verbal commands
    - Step 2 - say the command, lure the dog into position and REWARD
    - Step 3 - lure the dog into several sits/downs before giving the treat
    - Step 4 - show the dog your empty hand (no food lure). Say the command, use your hand signal if needed (hand should look the same as when you \*do\* have a treat) and reward when the dog does the sit or down without being show a treat.
  - Reward sits and downs with life rewards
- Recall (coming when called)
  - Practice in the house/yard and park when it is uncrowded
  - Practice when you know that you can make it happen
  - Use extraordinary treats or your dog's favorite toy
  - Avoid pitfalls - don't call the dog for something the dog might view as "bad"
    - A bath
    - Nail clipping
    - Leaving the park
    - Being put into a crate or being left alone
  - do not start weaning off of the treats yet
- Heel
  - Use anti-pull equipment if your dog pulls on leash to "protect" your new heel.
    - Remember that you are building a new habit - that of walking at your side.
  - If you clearly define heel position your dog will be more successful
  - Back up and reset your dog at your side if your dog is pulling.
  - Practice in short spurts ( a few minutes at a time)
  - Don't let your dog pull you to trees, other dogs, people



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## Just the Basics WEEK 3 Homework

- Continue to use the anti-pull equipment recommended for your dog
  - Sense-ation or Gentle leader
  
- Continue using "life rewards". ADD NEW ONES THIS WEEK
  - If you don't begin using life rewards early in your training program you run the risk of having a dog that refuses to perform without food!!
  - Hide treats around the house. Randomly tell the dog to sit/down or come and then produce the hidden treat to surprise and reward the dog.
  
- Sits and Downs
  - Practice using the verbal commands
    - Step 2 - say the command, lure the dog into position and REWARD
    - Step 3 - lure the dog into several sits/downs before giving the treat
    - Step 4 - show the dog your empty hand (no food lure). Say the command, use your hand signal if needed (hand should look the same as when you \*do\* have a treat) and reward when the dog does the sit or down without being show a treat.
  - Reward sits and downs with life rewards (not just treats)
  
- Recall (coming when called)
  - Practice in the house/yard and park
  - Practice when you know that you can make it happen
  - Use extraordinary treats or your dog's favorite toy
  - do not start weaning off of the treats yet
  
- Heel
  - Use anti-pull equipment if your dog pulls on leash to "protect" your new heel.
    - Remember that you are building a new habit - that of walking at your side.
  - If you clearly define heel position your dog will be more successful
  - Back up and reset your dog at your side if your dog is pulling.
  - Practice in short spurts ( a few minutes at a time)
  - Don't let your dog pull you to trees, other dogs, people
  - Feed your dog his or her meal AT YOUR PANT SEAM while out for your morning or evening walk.
  - Practice obedience and stays while the dog is in heel position



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## Just the Basics WEEK 4 Homework

- Continue to use the anti-pull equipment recommended for your dog when you are not prepared to train
  - Sense-ation or Gentle leader
  
- Continue using “life rewards”. ADD NEW ONES THIS WEEK
  - If you don't begin using life rewards early in your training program you run the risk of having a dog that refuses to perform without food!!
  - Hide treats around the house. Randomly tell the dog to sit/down or come and then produce the hidden treat to surprise and reward the dog.
  
- Sits and Downs
  - Reward sits and downs with life rewards (not just treats)
  - Practice in every day locations (park, house, street, café etc)
  
- Recall (coming when called)
  - Practice in the house/yard and park
  - Practice when you know that you can make it happen
  - Use extraordinary treats or your dog's favorite toy
  - do not start weaning off of the treats yet
  
- Heel
  - Use anti-pull equipment if your dog pulls on leash to “protect” your new heel.
    - Remember that you are building a new habit - that of walking at your side.
  - Feed your dog his or her meal AT YOUR PANT SEAM while out for your morning or evening walk.
  - Practice obedience and stays while the dog is in heel position
  - Start to reward your dog for heeling by “releasing” and allowing him to sniff trees, greet people etc.