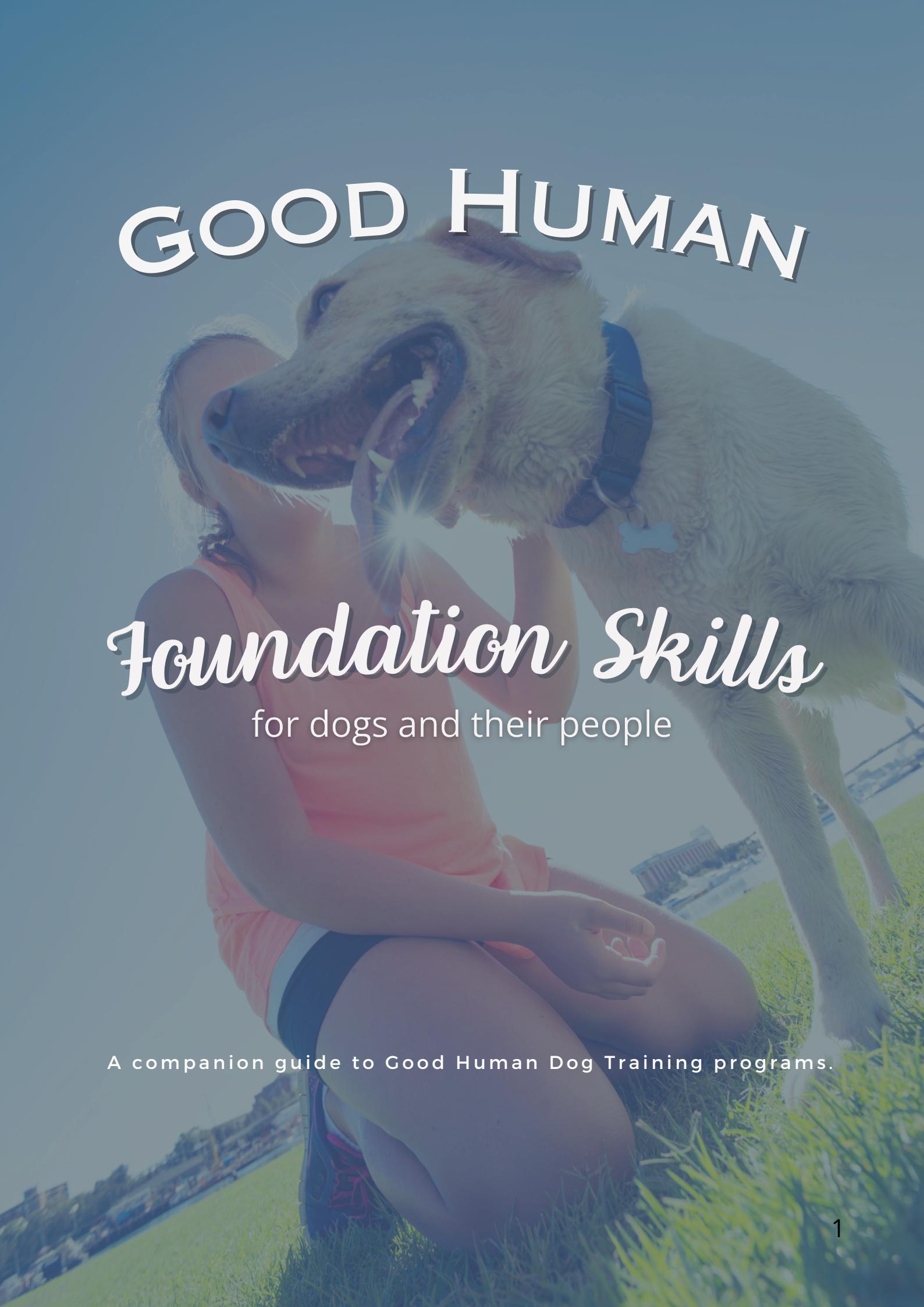


GOOD HUMAN



Foundation Skills

for dogs and their people

A companion guide to Good Human Dog Training programs.



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Getting Started

You will need the right tools to train your dog comfortably and effectively.

We suggest the following

- Your dog- nothing fancy, preferably awake and a little peckish.
- Treats. Provide 3-4 kinds of small, easily eaten treats (soft ones, about the size of a pea, work great).
- A treat pouch with one kind of treat in it and some containers your dog can't reach with the other kinds (on a shelf, for example.). Have an empty container to dump out the treats and replace them with another type, if needed.
- Clicker, if you use one. More soon about markers!
- Water bowl with water nearby but not knock-over-able

When working outside

- A soft, wide collar (cloth or leather) with their ID attached
- A leash long enough for the dog to explore (6' - 10')
- A long leash up to 20'. Retractable leashes aren't recommended. They provide less control, have been known to break, and can cause injury.
- Portable water bowl. Your dog should ALWAYS have access to fresh water. When your dog gets lots of treats throughout the day, they will need more water than they normally would.

Tips for setting up a training session

- Start in a quiet area with little distraction.
- Plan to work on just one new behavior at a time. Revisit behaviors your dog already knows, but stick to just one new behavior for each session.
- Dog training sessions are more productive if they are short. These quick, focused lessons will help your dog learn. Fifteen minutes is excellent! Young puppies or dogs who are easily distracted may need even shorter sessions.



If your training session is too long, your dog will get distracted, bored, or tired, and may start making mistakes.



Training Rewards

We'll use a lot of food in training at first— more than you expect. Once behaviors are well-established, you can gradually reduce the frequency of food rewards and incorporate other forms of reinforcement.

1. Food is a powerful primary reinforcer, creating a strong positive association with the desired behavior. Food is inherently rewarding, unlike praise or toys, which are learned reinforcers.
2. It helps establish a clear marker for correct behavior. When a dog performs the desired action and immediately receives a treat, they can quickly understand exactly what earned them the reward.
3. Frequent rewards maintain motivation and engagement during the learning phase. Dogs are more likely to stay focused and keep trying when rewards come often, especially when learning new behaviors.
4. It's easier for YOU! It's easier to pop a treat in your dog's mouth. Using food rewards keeps your training moving efficiently.

Examples of appropriate treats

- Treats that can be broken into pea-sized pieces
- Charlee Bears - These can be snapped into many pieces.
- Happy Howie's Roll- it is VERY rich but great as a very high-value treat
- Small bits of cheese (high value)
- Hot dogs (high value)- Look for higher-quality or low-sodium
- Small bits of meat (high value)- Boiled chicken, lunch meat, leftover steak (avoid sauced and spiced meat).
- Freeze-dried liver (high value)

Balancing rewards and meals

- Measure the recommended daily amount of your dog's food and put it in a container.
- The vet recommends one (1) cup of food per twenty (20) pounds of your dog's ideal weight.
- Set aside a portion (around a third of the amount) for dinner, depending on your dog's requirements.
- Use the rest for training throughout the day. Add high-value food as needed.



Food Rewards FAQ

Do I have to use food/treats?

You do not have to use food or treats. Toys, play, praise, petting, and functional rewards like sniffing something or going outside can all be used as rewards. However, it is usually easier to train new behaviors with food. Food is also often valued higher than other rewards (in your dog's eyes), making your training faster because the dog is more motivated.

My dog is not food motivated. What should I use?

All dogs are food-motivated because they need food to survive! It's probable that the food you're offering is not high-value enough for the situation, that your dog is full, that your dog is too stressed to eat, or that they are bored with that particular food. There are cases where a dog may not want food due to a medical condition or, in some cases, associating the food with punishment. These are rare cases.

My dog likes everything. Why do I need to find a high-value reward?

Remember that only the learner gets to decide what is reinforcing! Most of us would do a simple task for \$10 but would do it better and faster for \$1,000. If you want your training to go quicker, use a higher-value reward.

I think my dog likes food too much! Now what?

We want our dogs to be enthusiastic and engaged, but not so focused on the reward that they can't think about anything else. Choosing just the right reward value will help you facilitate that!

Should I get rid of my dog's food bowl?

While we agree with maximizing interest in food and making the most of a reinforcer, we don't think this is fair for your dog. We all have a metabolic schedule. Your dog knows when it's dinner time, even if all their caloric requirements have been met. No one wants to go to mat without dinner.

I'm worried about my dog's weight and health.

This is absolutely a valid concern! You can use part of their meal to train, decrease their meal after a training session, switch to fruits and veggies for treats, or increase other reinforcers like play and toys.



How Dogs Learn

Dogs learn by experimenting.

Leave your dog to their own devices, and they will quickly teach themselves everything you don't want them to learn! It's fun to chew on the carpet, running out the door is rewarding, and stealing items starts a great chase game. Dogs are practical animals that learn what behaviors get them what they want.

Dogs do what works.

Dogs repeat behaviors that have been successful in the past. When trying to change a behavior, ask yourself what the function of the behavior is. What is maintaining the behavior? What does your dog get out of it? All behavior has a function. Whether our dogs seek to access or avoid something, everything they do is for a reason.

Management to the rescue!

First, prepare your environment so your dog can't practice behaviors you consider "naughty" but instead learns what you want them to know. Use baby gates, a crate, and excellent supervision to keep them out of trouble.

Good management works hand-in-hand with training. You will use management and training routines over the first couple of years of your dog's life. As your dog's training skills develop, your management lessens.

Dogs learn by training.

It's time to train better behavior. Here is an overview of the training process. Stick around for the secrets to better behavior!

1. **Get the behavior.** You may need to lure your dog into position with a treat or notice them doing something you like and reward that.
2. **Mark the behavior.** Use a clicker or a bright, happy "yes" to mark the moment the dog has performed the behavior about to be rewarded.
3. **Reward the behavior.** The reward comes immediately after the marker. Behaviors that are rewarded get repeated.
4. **Name the behavior.** Once you can bet a stack of cash that your dog is doing what you like, you can fade the lure and give it a name.
5. **Generalize the skills.** Work in new environments to create stronger behaviors.



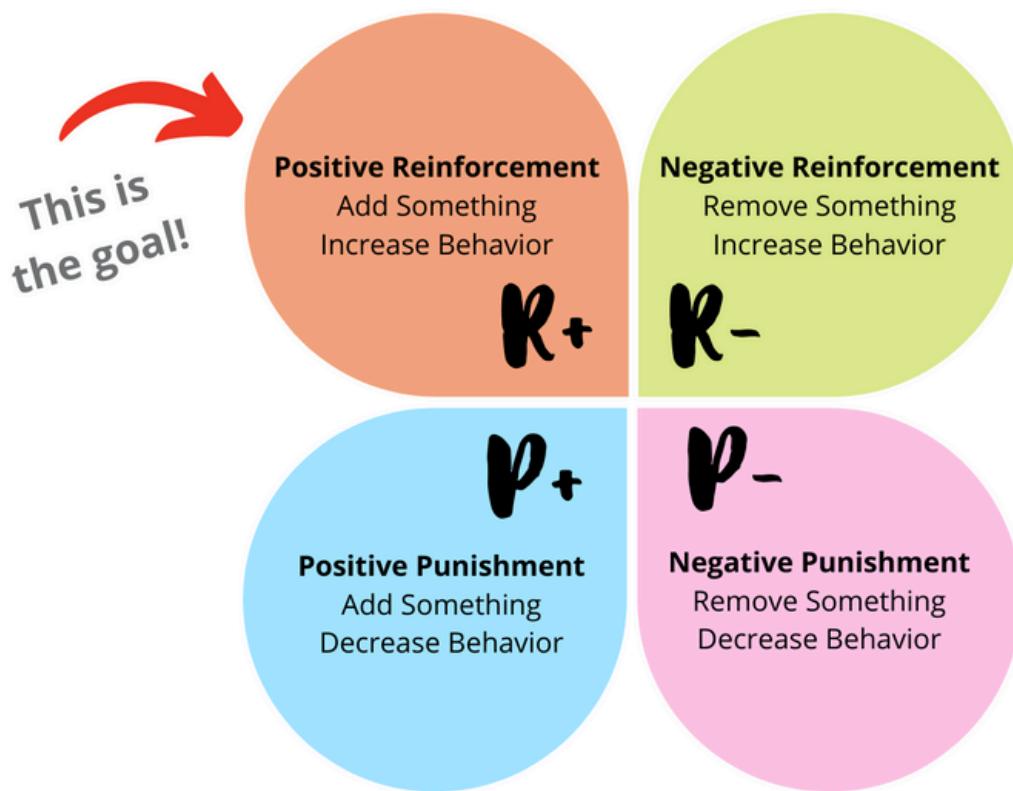
Types of Learning

The science of learning is based in the realm of behavioral psychology. This means that some of the language we will use may not be familiar. Trainers tend to talk a lot about the types of training and the four quadrants, so we will discuss those here to get us started.

Operant Conditioning

Operant conditioning is learning through consequences, including the rewards and punishments that follow a behavior. The "four quadrants" are rooted here.

The operant conditioning quadrants have four areas based on whether a consequence is added or taken away and whether the behavior increases or decreases in response. It's helpful to be aware of the quadrants so we can train in a way that is grounded in science.



Examples

- **R+** The dog sits, and the dog gets a treat. The dog will sit again.
- **R-** Putting pressure on a dog to sit and taking that pressure away when the dog is sitting.
- **P+** The dog pulls, gets a leash pop, and verbal reprimand. The dog does not pull again.
- **P-** When the dog jumps, the person turns away. The dog learns that jumping makes attention stop.

Classical Conditioning

Classical conditioning is a learning process that occurs when two stimuli are linked to produce a new learned response in a person or animal. Remember Pavlov and his salivating dogs?

Pavlov is always on your shoulder

Even when we are focused on getting behavior through operant conditioning, classical conditioning is always happening.

When you train your dog, there's always a backdrop of experiences influencing their behavior at that moment.



- how the dog experiences that training
- all previous training experiences are a factor
- the relationship you have with the dog
- their earlier experiences of your various moods
- any history in that location or a similar context

Awareness of this helps us be thoughtful in how we set up our training sessions and helps us avoid being blindsided by a dog who suddenly blows up, shuts down, or leaves training. These things can feel sudden and unexpected, but they are far less so once you realize the power of classical conditioning!

Observational Learning

Observational learning is precisely what it sounds like—learning through observation. While it is the least common way people consciously train their dogs, it is worth being aware of observational learning because dogs are always learning!

Consistency is key

Dogs thrive on clear, consistent rules rather than occasional enforcement. They can't grasp the concept of "sometimes," so intermittent expectations only create confusion. For example, if you require your dog to sit for petting on Monday but skip it on Tuesday because you're in a hurry, your dog won't understand why the rules have changed. This inconsistency leaves them uncertain about what behavior will earn attention.

Maintaining steady, predictable expectations in your training, helps your dog develop confidence and trust.



Getting Behaviors

There are various ways to learn or teach new behaviors, and while each person may have a preference for how they learn and teach, there is no right or wrong here. Sometimes, however, some ways will be easier, faster, or more clear for your dog. We'll stick to the top 3 methods.

Luring

Luring is the method most often used for training those first behaviors. When we use luring to teach a dog something new, we have something the dog wants in our hand, and we move that so that the dog follows it and does the desired behavior.

Luring has some aspects we must be aware of, which are listed below.

- Unless you want food in your hand forever, the lure will need to be faded and removed at some point and replaced with a different cue.
- Some dogs are so distracted by food that they can't think straight! You may need to switch to a lower-value lure or an alternative approach
- Using a lure can be difficult or impossible to teach more complex, chained, or behaviors at a distance.

Shaping

Shaping is defined as training by "successive approximations." This means that while we may have a picture of the final behavior in our heads. For example, lying all the way down, to teach it, we will break that picture down into its component parts. In that example, we might begin by marking and rewarding bent elbows and gradually move on to any movement towards the down, until we have the goal behavior.

Capturing

In capturing the trainer is simply seeking to "capture" and mark and reward the target behavior in its final form. For this reason, capturing is only applicable to behaviors that the dog performs on their own anyway, like sitting, or lying on a mat. If your dog offers it, You can capture it!

The use of a clicker is very popular in shaping and capturing, as it's a precise communication tool that can pinpoint the exact moment that they did the desired behavior for the dog. If you don't wish to use a clicker, a verbal or other marker is fine!





Marker Training



Marker training is a science-based teaching method that efficiently communicates with your dog what behavior is correct and desired by the handler. A food reward will follow up with a marker. It's feedback for your dog in its simplest form. The marker can be a word or a sound. (We like to use "Yes!" or "Yip!") or a sound such as a click from a clicker. This sound works as a secondary reinforcer- it tells your dog that they did the thing you asked for and food (or other reinforcement) is on the way. It buys you a little time to deliver reinforcement— most trainers say you have about 1.3 seconds to reward a dog effectively!

How it works

It is fabulously simple. First, we teach the dog that the mark/"YES" means they have earned a treat. Then, we use the mark to tell the dog when they have done something we like.

It's like taking a picture of the exact behavior you want to see. The mark or click is the sound of the shutter.



"Charging" the marker

Teach your dog that "YES" (or whatever you say) means a treat.

- Grab a handful of really yummy treats cut into small pieces.
- Every time you mark/"YES", give your dog a treat.
- Be careful not to mark and treat at the same time; the treat must follow the mark/"YES", not precede or coincide with it.
- Do this standing, sitting, inside, outside, with a fox, in a box, etc.
- Do the exercise a few times a day for a few minutes at a time until, when you mark, you notice that your dog is eagerly anticipating the treat.
- Keep a still body. Be careful not to reach for a treat or reach toward your dog with the treat before you mark. Train yourself to insert a count or a word before you hand over the treat: "YES". One one thousand. Treat.

Marker rules

- Mark only once.
- If you mark, you must treat. It's a promise you make to your dog. Once you make that promise you shouldn't break it.



Voluntary Attention

Your dog's attention to you is key to training. Your dog watches you and your family all the time. They are constantly learning from observation. Now we want them to learn that watching you is fun and rewarding, too!

How to Train

1. You'll need lots of pea-sized treats in a treat pouch, or your pocket.
2. Your dog will probably be suspicious about the treats you just prepared. They will likely look into your eyes, but if they are distracted, you can make a kissy noise (or a big sigh!) to get their attention.
3. Mark, pause for a second, then toss the treat away to reset.
4. Repeat this throughout the day. Any time you catch your dog checking in, mark and toss a treat.

What about "Watch me?"

Voluntary attention is more effective than "Watch me" for several reasons:

- It builds natural attentiveness. When dogs choose to make eye contact independently, they engage with you rather than respond to a cue. This helps develop a dog that naturally checks in with you.
- It strengthens the human-dog bond. Voluntary eye contact indicates a meaningful connection. "Watch me" creates a dynamic where attention must always be requested rather than freely given.
- Dogs who offer eye contact are likely to do it in different situations and environments than only when given a specific cue. If a dog isn't in a receptive state, no amount of "watch me" will override.
- When dogs learn that choosing to look at you leads to good things, it becomes easier to teach other behaviors.
- It reduces dependency on treats/lures. You'll reward voluntary attention initially, but dogs often maintain this behavior without constant rewards because it becomes naturally reinforcing.

Training Tips

- Be the most fun for your dog, and you will get eye contact!
- If your dog is unable to make eye contact, you need to make changes in the environment until they are able to make eye contact.
- Remember, whatever you reward, you will get more of.
- Start where your dog already pays attention to you, like the kitchen.



Fading the Lure/Prompt

As soon as your dog performs the cue consistently with the lure, you want to start fading it out. Otherwise, they will associate only performing the behavior with the presence of the treat and can become dependent on it.

To see if your dog is reliant upon the lure, give the verbal cue for the behavior or the hand signal for the behavior, but don't use a treat. If your dog does the behavior, they know it well. But if your dog doesn't, they are likely reliant on that lure. The easiest way to fade a lure on a skill is to gradually decrease how obvious your lure is with the below steps.

How to Train

1. Give your verbal cue, but make the lure less pronounced. Say you want your dog to sit, and you trained the behavior by using a treat on their nose to lure their head up and their body to sit down. Now, when you say sit, move your hand up the same way without a treat in your hand. Mark and give them a treat after they're successful.
2. When your dog consistently performs the behavior without a treat, you can start to make your hand signal less pronounced. With the sit example, move your hand up in a less exaggerated gesture while using your verbal "sit" cue. Mark and reward when they perform the behavior.
3. Continue this process, making your physical signal less pronounced each time until you just have a small physical cue for a behavior. You can also continue fading to eliminate the physical cue entirely, and your dog knows to do the skill just on a verbal cue.

Training Tips

- Keep your body still, and avoid talking too much when cueing your dog. Dogs seek clear cues, and excess movement can be confusing.
- Don't carry treats in your hand. This can be distracting.
- Mark, THEN reach for the treat and deliver. Use the cue before the action.
- Don't repeat cues. Say your cue, and be patient. If your dog does not comply within 10 seconds, re-evaluate the situation.

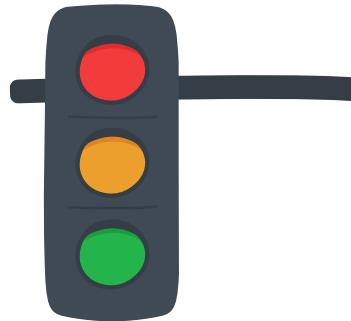
cue → behavior → mark → reward



Naming the Behavior

A cue is a word, phrase, or visual signal that indicates reinforcement is available if the dog chooses the behavior associated with that cue. If your dog responds, they get access to a reinforcer. With repeated usage, the cue becomes associated with that behavior.

A cue is a green light that signals your dog to do something.



Adding the Cue

Adding a cue is usually fairly straightforward, but please remember.

- You can only add the cue once you can predict the behavior will happen and once it looks how you want it to. Can you bet \$100 that your dog will do it? Yes? You can add the cue.
- Cues can be verbal, gestures, or even context or environment cues.
- When you are ready to add a formal cue, could you give it just before the behavior happens? Over time, this allows your dog to make the association between the cue, the behavior, and the reward that is coming.
- If you give multiple cues simultaneously (such as a verbal cue and a hand signal), one will likely overshadow the other. Dogs pay attention to the most relevant cue!

A good cue is

- **Simple.** It should be contextual and easy to remember.
- **Consistent.** It should look or sound the same every time.
- **Clear.** This is a kind way to communicate with your dog.

Cue vs. Command

Modern dog trainers use the word “cue,” rather than “command.”

A command is an order that requires a dog to obey. Commands come with the threat of punishment. Do what I say or else.

A cue is an invitation to perform a behavior to earn a reward.

These words affect how we view our dogs and how they view us. I prefer my dogs to work *with* me rather than *for* me.



Cue Planning



A good cue is

- **Simple.** It should be contextual and easy for you to remember.
- **Consistent.** It should look or sound the same every time.
- **Clear.** This is a kind way to communicate with your dog.

Behavior	Cue
Behavior	Cue



Hand Touch

A hand touch is used to get your dog to touch their nose to your hand. This simple behavior has so many practical applications!

- It teaches the dog to orient toward you and come close, which is useful for regaining their attention in distracting environments.
- You can use it to guide your dog away from something, into position, or through spaces, without pushing or pulling them.
- It's an excellent "default" behavior when your dog is unsure what to do - giving them an easy, familiar action they can perform to earn rewards.
- It's a natural building block for more complex behaviors.
- It's very easy for most dogs to learn since investigating with their nose is a natural behavior, making it a confidence-building early training win.
- You can use it to separate naughty behavior from cued behavior. For example, you can reward the hand touch instead of the barking.

How to Train

1. Cut up a large number of small treats. Use a clicker or your marker word.
2. Present your hand, palm open, a couple of inches away from your dog's face. Mark and treat for any interest they show, whether an actual touch of his nose to your hand or just looking at it. After the first few times, mark and treat only for a full nose touch.
3. Repeat this until your dog reliably touches your hand.
4. Now, add the verbal cue. Before presenting your hand, say, "Touch" and then put your hand down. (Be sure to pause briefly between the cue and reaching down.)
5. When your dog responds reliably to the verbal cue, increase the distance of your dog's head from your hand by a few inches and switch hands.
6. Keep increasing the distance little by little. Also, move your hand to different positions, higher, and lower, toward the side of your dog's head.
7. Try the exercise in different rooms of the house.

Training Tips

- Hold your hand still; it's your dog's job to come to you!
- This is a great way to practice marker training.
- If you mark, you must treat.
- If your dog makes several mistakes in a row, go back a step and make the exercise easier. Even if they are doing great, throw in an easy version every now and again for motivation.



Sit

Every dog should have one behavior they can do anywhere, anytime. Sit gives your dog a way to say “Please,” and can become a default greeting, which stops them from jumping on people.

How to Train

1. Grab a bunch of small, delicious treats and face your dog.
2. Lure your dog to sit by putting the treat to its nose and slowly moving the treat backward and up. Keep the treat lure close to your dog's nose. If you move your hand up too quickly or far away, your dog may give up and lose interest.
3. As soon as your dog's bottom hits the ground, mark and treat. Repeat several times, using a tossed treat to reward/reset.
4. You can say the verbal cue “sit,” as long as your dog reliably sits.
5. Repeat the exercise several times over a few days.

When to Practice

- before throwing a ball
- before giving your dog a treat
- before putting their bowl down
- before opening a door
- before putting on a leash
- before taking off a leash
- before hopping in the car.
- before jumping onto the couch

Fading the Lure for Sit

- When your dog sits reliably, remove the treat from your hand and use the verbal cue alone.
- If your dog makes a mistake, first try luring without the treat.
- Only return to luring if all else fails.

Troubleshooting

If you have trouble with this exercise, try practicing with your dog standing in front of a wall or fence. They have nowhere to go but into a sit.



The Name Game

The Name Game is a foundation skill that encourages attention and engagement with you. It's a check-in behavior that helps with general communication.

When your dog gets away from you, your family and your neighbors will call your dog's name. You want your dog to hear it and want to come to you. This is a kindergarten-level recall. So, train it well and use the good treats.

How to Train

1. Start in a low-distraction area inside your home, and have some small delicious treats ready.
2. Wait for your dog to look away or get distracted.
3. Say their name once in a cheerful tone.
4. When they turn to you, immediately mark and reward.
5. Practice where your dog can be successful for short sessions (2-3 minutes) several times a day.

Building the Behavior

- Gradually wait for longer eye contact before treating
- Then, practice in different rooms
- Then, move to your yard
- Try when there are mild distractions
- Eventually, practice in new environments

Training Tips

- Only mark and reward when your dog makes eye contact. No cheating allowed.
- Don't say their name if you don't think they'll turn to you.
- Don't repeat their name if they don't respond the first time.
- Don't use their name for negative things.
- Never call your dog to do something they don't like.



The 3 Ds of Dog Training

Training dogs requires mastering three key variables: duration, distance, and distraction. Fluent behavior means a dog performs a specific action precisely when cued without offering the behavior unprompted.

Developing reliable behaviors demands systematic practice across different conditions. Start by training each variable separately, then gradually combine them. Constantly adjust your approach to match the dog's learning progress.

New locations can challenge a dog's focus. To maintain the dog's confidence and learning momentum, simplify training parameters—reduce duration or distance. The goal is to build consistent behaviors regardless of the situation.

Duration

Duration is the length of time the dog sustains the behavior before hearing the mark that ends the behavior. We reinforce the behavior in small increments when adding more time to a duration behavior. Your dog should consistently offer the behavior before beginning to test the criteria. Just because a dog understands how to Stay for a minute does not mean they can Stay for 10 minutes. The duration needs to be built up with training.

Distance

Distance is where the dog performs the behavior at a distance from the trainer, or the dog stays while the trainer moves around or away from the dog. You should never work on duration and distance together until a firm foundation has been laid for one or the other. Just because a dog can Stay for 10 minutes with you next to them does not mean they can Stay for 10 minutes with you 20 feet away. Distance must be built up with training

Distraction

The last criterion is distractions. A distraction is anything in the environment competing with the animal's attention when being asked to perform a behavior. Birds, loud noises, children playing, other animals, or new locations can all be distracting to the dog. A handler should start practicing the criterion of distractions in a low- distraction area, then gradually increase the level of distractions. Just because a dog can Stay for 10 minutes with you 20 feet away does not mean they can do so while a cat crosses their path.



Stay - Level 1

To train a successful stay, build it one step at a time: First duration, then distance, and finally distraction. Once your dog is good at all three, you will put them together.

Stay - Duration

1. Grab a bunch of small, delicious treats and choose a quiet place to work.
2. Stand in front of your dog and ask your dog to sit. Tell your dog, "Stay" in a cheerful tone, pause for a second, then give the stay hand signal: Hand out in front of you, palm facing dog. Mark and treat. Repeat a couple of times to get your dog into the game.
3. Cue your dog to stay, pause for a second, give the stay hand signal, and take a small step back with both feet. Pause for one second (one-one-thousand). Return to your original position. Mark and treat. Repeat several times.
4. Slowly increase the number of seconds you wait before you return to your original position. Remember to mark and treat each successful try. (Note that we don't add distance now. This exercise is for learning duration, and we start at the kindergarten level to make it easy and fun for your dog.)
5. Eventually, you will be able to wait for a considerable time before you return to your original position. When you can stand 2 feet away for 10 or 15 seconds without your dog getting up, it is time to work on the second component of stay: distance.

Training Tips

- Vary the length of the stay; for example, do some that are 20 seconds and some that are 5 seconds.
- If your dog pops up, do not reward them for sitting in position. You will have rewarded them for breaking the stay.

Troubleshooting

If your dog is making more than the occasional mistake, you are going too fast. Go back to something easier and work your way up from there. Remember, the secret to teaching stay is to start easy and go slowly



Down

Down is a great behavior for dogs who need to learn to relax in one place for long periods. It is also excellent for jumpy dogs because jumping up from a down is harder than from a sit. And lying down can be helpful for big dogs by making them less intimidating when meeting people.

How to Train

1. Grab a bunch of small, delicious treats and face your dog.
2. Hold a treat in your hand. Lure your dog into a down by putting the treat up to their nose and slowly moving it down to the ground. Keep the treat close to your dog's nose. If you move your hand down too quickly or too far away from their mouth they may give up and lose interest.
3. As soon as your dog's knees and elbows hit the ground, mark and treat. Keep treating them to keep position. After a few seconds, tell them, "Free!" and encourage your dog to get up. When your dog is reliably lying down, you may add the verbal cue.
4. Repeat steps 1-3 many times. When your dog gets into the down quickly, it is time to take the treat out of your hand and use the verbal cue alone. If your dog makes a mistake, first try luring without the treat. Only put the treat back in your hand if all else fails.

When to Practice

- before throwing a ball
- before giving your dog a treat
- before putting their bowl down
- before opening a door
- before putting on a leash
- before taking off a leash
- before hopping in the car.
- before jumping onto the couch

Training Tip

Only say the verbal cue once. Say it, pause, then lure.

Troubleshooting

- If you can't quite get your dog to lie down, break the exercise into smaller steps such as: following the treat to the ground, then for bending an elbow, then for bending both elbows. Jackpot when you get a full down.
- Reward your dog when they naturally do something you are working on teaching them. If you find them lying down, calmly mark and pet them.



Basic Recall

Training your dog to come when called can save their life!
Train it correctly from the start so you can bet your dog will come to you when it really matters!

The 5 Rules of Recall

1. Never call your dog for anything unpleasant. This could be nail clipping, bathing, clipping their leash to leave the park, or anything that might give them pause the next time you call them.
2. Never call your dog if you are not sure they will come. All recalls should be successful recalls. Work at your dog's level. If they have a kindergarten-level recall, don't give them a graduate assignment like being called away from a cat in a tree.
3. If you call your dog and they do not come, make it happen! Run over and put a treat in front of their nose, backing up so they follow you.
4. Never repeat the cue. Resist the urge to call over and over and over. It only teaches your dog to tune out the cue. Call once and, if necessary, use rule 3. Make the recall happen.
5. Fabulous rewards get fabulous recalls. If you want your dog to stop whatever they are doing and come running to you, make it worthwhile. Use extra yummy treats or a well-thrown ball if that is your dog's thing.

How to Train

1. Make yourself interesting. Clap, whistle, squat, throw your arms out, back away, and cheer your dog in. You may even turn and run a few steps.
2. Call your dog when they are ON THE WAY to you. Cheerful tones produce better results. Ensure you are loud enough to be heard, especially in busy environments. Remember to give the official cue ("Fido, come!"); your dog's name alone is not a recall.
3. When your dog arrives, have them sit, then reward most liberally. If appropriate, release them to go back to whatever they were up to.

Training Tip

- Find a treat your dog has never had, but you think they will love (baby food, Cheez Whiz, liver paste). Hide it around the house. Once or twice a day, call them and reward with the extra special treat.
- When working outside, practice in enclosed spaces or on a 20' leash until your dog's recall is reliable.



Recall Games

Catch Me

While walking your dog on-leash, get their attention, turn around and run a few steps. As your dog moves with you, say your dog's recall cue. After a few steps, stop and reward with a treat or a play with a toy. Before you run, make sure your dog is paying attention to ensure the leash does not yank at them.

Find Me

Once your dog has gotten the hang of a recall, you can build speed by calling them from another room. When your dog finds you, offer lots of praise and rewards. This high-energy game is so fun for dogs!

Hot Potato

You'll need two or more friends or family members and high-value treats. Stand apart and take turns calling your dog between you. Reward each time your dog comes to the person who called them. The more people, the less predictable it is!

Dinnertime Recalls

Have your dog sit or lie down and stay while you prepare their dinner. When the meal is ready, move a few feet away and say the recall cue. When your dog gets to you, put their dinner bowl down. Once your dog is really good at this game, continue to have them stay while you take the food bowl into another room. Call your dog to you. Getting to eat their yummy meal is the reward.

Two Ball Recall

Have two balls ready. Call your dog to you, and as she comes to you, click or say "Yes!" for the sit or finish, and then instantly throw the ball. When your dog gets the ball and has turned back toward you, say, "Come!" – yes, even though your dog is already running your way! Click or "Yes!" when your dog gets to you, and throw a second ball in the other direction as the reward. This game can be fast and furious; it's great fun for ball-driven dogs.



Stay - Level 2

To train a successful stay, build it one step at a time: First duration, then distance, and finally distraction. Once your dog is good at all three, you will put them together.

Stay - Distance

1. Grab a bunch of small, delicious treats and choose a quiet place to work.
2. Stand in front of your dog. Tell your dog, "Stay" in a cheerful tone of voice, pause for a second, then give the stay hand signal: Hand out in front of you, palm facing dog. Mark and treat. Repeat this a couple of times to get your dog into the game.
3. Tell your dog to stay, pause for a second, give the stay hand signal, and take one small step back with one foot. Immediately, bring your foot back to its original position. Mark and treat. Repeat several times.
4. Tell your dog to stay, pause for a second, give the stay hand signal, and step back with both feet. Immediately return to your original position. Mark and treat. Repeat several times. (Note that we don't ask the dog to hold their position for any duration of time. This exercise is for learning distance, and we start at kindergarten level to make it easy and fun for your dog.)
5. Slowly increase the number of steps you take back, each time stepping right back in front of your dog. Remember to mark and treat every time once you return to your original position.
6. Eventually, you will be able to back up to a considerable distance. When you can walk out 10 or 15 feet and walk right back without your dog getting up, it is time to work on the third component of stay— distraction.

Training Tip

- Vary your distance from the dog: At times, go 10 feet, other times 3 feet.
- If your dog pops up, do not reward them for sitting in position. You will have rewarded them for breaking the stay.

Troubleshooting

- If your dog breaks when you move, begin by only moving a shoulder.
- If your dog is making more than the occasional mistake, you are going too fast. Go back to something easier and work your way up from there. Remember, the secret to teaching stay is to start easy and go slowly.



Place

Think of the mat or mat as a target. The goal is for your dog to place their whole body on the target. A combo of capturing, luring, and shaping may be used for this behavior.

"Place," "mat," "spot," - whatever you want to call it, *go-to-a-spot-and-settle* is your new favorite behavior! The benefits go on and on.

- It provides a designated spot for your dog to relax, which can help manage excitement and create a calm space in distracting situations.
- It provides a positive alternative behavior to engage in.
- Place training teaches your dog to "chill out" and self-regulate.
- By targeting their body to a mat, your dog gains body awareness.
- Take your dog's mat with you to provide familiarity in stressful situations.

Training Tip

- A trained Down and an understanding of targeting is helpful.
- Crumbly treats that fall apart to help get a little duration.

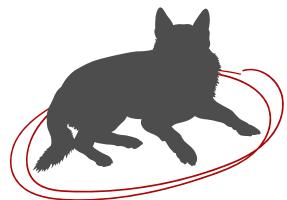
How to Train

Introducing

1. Place the mat or mat on the floor. Lure your dog to the mat and crumble treats there so your dog wants to be there.
2. When your dog finishes the treats and looks at you, lure them into a sit, or, even better, a down. If you have a verbal cue for down, don't use it. You'll have one cue for the behaviors: go to the spot, lie down, and settle.
3. You can toss a treat off the mat to reset, but pay big for being on the mat to create contrast.

Refining (in a separate session)

1. Your dog should be lying down on the mat 4/5 times.
 - If your dog is settled with a hip turned in, give them some crumbs or tiny treats to keep them in that position.
 - If your dog's knees are pointed to the sky, use a food treat to lure their head to the side they are most leaning. Deliver the treat when their head is turned and the corresponding back hip slides down, creating a relaxed (looking) body. True relaxation comes later!
2. Toss treats off the mat and use your release word.
3. When your dog reliably gets on their mat and lies down, add a verbal cue such as "place" or "park it" or whatever you like.





Park It/Find It

This sequence progresses from being cued to Place, staying during the handler's absence, searching for a treat, and then autonomously returning to the starting point. It's a fun game with maximum benefits.

- Your dog will learn that their actions can control their environment.
- The game gives your dog a way to communicate with you.
- Your dog will learn an implied stay on the mat while you are out of sight.
- It adds value to the mat, supercharging its magnetic effect on your dog!
- It's nosework and problem-solving! What a brain workout!

How to Train

Place ("Park it")

1. Teach your dog to go to and remain on a specific mat.
2. Reward your dog for going to and staying on the mat.
3. This stay should be implied. Your dog understands the concept of staying in place. We want them to understand that the behavior *go-to-a-spot-and-settle* also means staying there for a short amount of time.

Find It

1. Ask your dog for a stay (gently hold their collar if they don't have a stay)
2. Place a treat behind a corner, furniture leg, or your foot about an arm's length away.
3. When your dog is not pulling, and you have a millisecond of calm, release with an enthusiastic "Find it!" and help them find the treat. Even though they just saw you hide the treat, they likely have no idea where it is.
4. When your dog finds the treat, congratulate them!
5. Start close by, where your dog can see you, and stay in place and slowly move to new places as your dog is successful.

Training Tips

- Only hide a treat at a time so your dog knows when the game is over.
- If your dog pops up before you say, "Find it!" you need to be able to pick up the treat. They must not get the treat for breaking stay. The clear and gentle consequence is what makes this game so powerful.

Troubleshooting

- If your dog won't budge from the mat, toss treats to get them going the first few times until they understand the game.



Stay - Level 3

Before you tackle real-life distractions that are more difficult to control, create your own for practice purposes. You can bounce a tennis ball, squeak a toy, or recruit a family member to walk by. The important thing is to keep the distraction small enough that your dog will be able to hold their stay.

Stay - Distraction

1. Grab a bunch of small, delicious treats and choose a quiet place to work.
2. Stand in front of your dog. Tell your dog, "Stay" in a cheerful tone of voice. Pause for a second, then give the stay hand signal: Hand out in front of you, palm facing dog.
3. Bounce a tennis ball.
4. Mark and treat immediately before your dog breaks the stay. The idea is to reward them before they can make a mistake.
5. If your dog gets up, ask for an easier stay and reward that. Then work your way back up.
6. Once your dog has mastered the tennis ball distraction, try a different one, such as someone clapping or making another light noise.

When your dog can hold their stay through various manufactured distractions, move on to real-life distractions. Choose a place for your training session with light pedestrian traffic and activity. Your front yard, a residential neighborhood sidewalk, or a park at quiet times are good choices. Nothing too crowded or noisy to begin with.

Keep an eye out for distractions nearby. When your dog sees something interesting (another dog, a person, a stroller) while in a stay, click and treat.

Training Tip

If your dog pops up, do not reward them for sitting in position. You will have rewarded them for breaking the stay.

Troubleshooting

If your dog is making more than the occasional mistake, you are going too fast. Go back to something easier and work your way up from there. Remember, the secret to teaching stay is to start easy and go slowly



Leave It

“Leave It” is great for calling your dog away from things not intended for them, like food on your coffee table or dangerous items left on the street.

Warm-up

1. Place a treat in your closed hand. Your dog will show interest in your hand, hold it still and keep your hand closed to keep your dog from getting the treat, but don’t move your hand away.
2. When your dog pulls away or loses interest, mark and treat from your other hand. Use a better treat than the one you asked your dog to leave.
3. You can say the verbal cue “leave it,” when your dog is reliably leaving it.

Table exercise

1. Place treats on a dining table, coffee table, or counter. Stay within arm’s length in case you need to cover up the treats.
2. When your dog shows interest, tell them, “Leave it.” If they look away or hesitate, mark and reward with a separate treat. If they go for the food, cover up the food. When your dog stops trying to get at it, mark and reward. The reward treat should not come from the pile on the table, and should either be the same type of treat or something better.
3. When you get a 100% success rate with 10 trials, add distance between yourself and the table. Ask someone to help protect the food, if needed, or have your dog leashed to stop them from getting to the food.

Floor or ground exercise

1. Repeat the above exercise but with the food on the ground. You can also use anything else you want your dog to be able to leave alone.
2. Next, put food or trash on the ground and practice while you and your dog walk by. Begin by passing at a distance and work your way closer and closer to the enticing object as your dog gets better at the exercise. When your dog notices the object, say, “Leave it” and reward looking toward you. Be sure to stay far enough away that your dog can’t reach the object.

Training Tips

The sooner you give the cue, the better. If your dog is already intrigued by an object, it is much harder for them to leave it alone



Leash Manners

Pulling gets dogs to what they want faster. As a strategy, it works. It is best to teach dogs leash manners as early as possible. Pulling is rewarding to the dog, so the more it occurs, the harder it is to remedy. If you have an expert puller, however, don't despair. Any dog can be taught nice leash manners.

How to Train

Step 1 - Your dog learns to stand calmly beside you without pulling.

- Load one hand with treats.
- Mark and treat when your dog is standing calmly next to you.
- If your dog pulls away from you, turn into a statue. Don't yank the leash, and don't reel them back in. Stand still and wait quietly, for as long as it takes, until they return to you. Reinforce if your dog looks at you.
- Mark and treat when they come back to you.
- Praise them enthusiastically.

Step 2 - Your dog learns to stay close to you while walking.

- With your dog standing calmly beside you, say their name and, "Let's go."
- Mark and treat after the first step, as long as your dog doesn't pull.
- Keep walking and mark/treat every other step.
- Gradually, increase the number of steps in between marking/treating.
- If your dog moves away from you or starts pulling, stop and stand still. Wait until they return to your side. Then take a step with him and reward him quickly for walking near you.
- Continue this procedure for the remainder of your walk. Don't move forward if the leash is tight.
- Keep them guessing. Sometimes reward after 1 step, sometimes after 5, then again after 2, then after 7.

Training Tips

- Try practicing walking after your dog has had some vigorous mental or physical exercise. They will be much easier to work with then.
- Try training this in your house or backyard, first. Gradually add distractions after you have achieved success inside. Start with Step 1 each time you walk in a new area or add distractions.



Left and Right Turns

Your dog should already understand basic leash walking and be able to maintain position beside you without pulling.

How to Train

Teaching Right Turns

1. Start in a quiet area with minimal distractions.
2. Walk forward with your dog in position (either side, but be consistent).
3. Hold a treat in your right hand at your hip level.
4. Say "right" (or your chosen cue) and make a 90-degree turn to the right.
5. As you turn, use the treat to lure your dog's head to follow the turn.
6. When you and your dog are out of the turn, mark and reward.
7. Practice until your dog is anticipating the turn when they hear the cue.

Teaching Left Turns

1. It is a similar process, but hold the treat in your left hand.
2. Left turns are challenging because your dog needs to slow down and move behind you.
3. Say "left" and make a 90-degree turn to the left.
4. Use the treat to guide your dog through a wider arc behind you.
5. Mark and reward successful turns.

Training Tips

- Pylons or other prompts will help your dog understand what you want.
- Fade the prompts and lures when you sense that your dog could do the behavior without them.
- Be sure to withhold the treat until you and your dog have completed the turn and taken another step.
- Start with large, sweeping turns and gradually make them tighter.
- Practice in open spaces before trying turns near obstacles.
- Mix up right and left turns with periods of straight walking.
- Don't use the leash to force turns.

Troubleshooting

- If your dog gets confused, go back to basics and make the turns more obvious.



Advanced Stay

Putting the 3 Ds together.

Combine distance, distraction, and duration slowly.

- Choose a quiet area and work on duration stays.
- Another day, choose a quiet area and work on distance stays.
- Another day, choose a quiet area and work on duration and distance, making both easier than when you only worked on one or the other.
- Choose a slightly busier location and work on duration stays. And so on.

How to Train

1. Stand in front of your dog. Tell your dog, "Stay" in a cheerful tone of voice, pause for a second, then give the stay hand signal: Hand out in front of you, palm facing dog. Step back with both feet. Immediately return to your original position. Mark and treat. Repeat several times.
2. First, add duration. Tell your dog to stay, pause for a second, give the stay hand signal, and take a small step back. Pause for one second before returning to position. Mark and treat. Repeat several times.
3. Slowly increase the number of seconds you wait before you return to your original position. Remember to mark and treat each successful try.
4. When you can stand 2 feet away for 5 seconds without your dog getting up, switch to working on distance (with a 20' leash.) Tell your dog to stay, pause for a second, give the stay hand signal, and take a few steps back, immediately returning to position. Mark and treat. Repeat several times.
5. Slowly increase the number of steps you take back, returning to your dog. Remember to mark and treat every time. Work up to a distance of 5 feet.
6. Move your practice sessions to a new area with a bit more activity. When you change location, return to the basics, asking only for one-second stays or one foot of distance. Slowly build up.
7. If you encounter a distraction during the training, mark and treat immediately before your dog breaks the stay. The idea is to reward before your dog has a chance to make a mistake.

Training Tips

- Don't be tempted to add distance and duration simultaneously, even if things are going well. Stick with a few seconds and a distance of a few feet until you have practiced in many different locations.
- Remember, the secret to teaching stay is to start easy and go slowly



Fading Food Reinforcers

No one wants to carry around food all the time, and we want dogs to respond when food is not present. So, we'll need to start getting rid of the food now and then.

How to Train

1. Use life rewards early on when you train a new behavior. When you get a reliable response to a new cue (a solid four out of every five trials), start interspersing non-food rewards with food rewards. For example, throw a ball or bring out a favorite squeaky toy to reward your dog occasionally while using food rewards for the rest of your dog's responses.
2. Begin asking for more tricks per treat. In the beginning, when your dog is learning something new, you should reward each correct response. But once they have the hang of it, ask them to do several cues before they get a treat so you start establishing the idea that they don't get something every time.
3. Vary how often you reinforce and what you use to reinforce. You might give a treat for a single response, a treat third response, a ball toss after two responses, and so on. Eventually, use more and more life rewards and fewer treats. Keep it varied to keep your dog guessing. It's exciting not to know when the next reward will come and what it will be.

Training Tip

Be random. Avoid reward patterns such as ball toss-ball toss-treat and reinforcement patterns such as rewarding every fifth response. Dogs quickly pick up on such patterns, and the training suffers accordingly.

Troubleshooting

If your dog's behavior starts to break down and become less reliable, that's a clear sign that you are getting too stingy. Be sure to reinforce more often and with better rewards. Check that the rewards you use are interesting to your dog. It's not reinforcement if the rewards used aren't reinforcing.



Congratulations!

Cheers to you and your dog for a job well done!

You and your dog have completed your Good Human Dog Training program. Keep practicing to maintain your skills.

If you enjoyed this course, you and your dog might consider more advanced training. There is always more to learn!

