

Remi's Commands

➤ “Come”

“Come” is Remi’s recall cue. When you say this, she should come to you immediately. Your remote collar should be on you and within immediate reach any time you say or practice this cue. When you say “Come” give her a little less than half a second to respond. If she does not immediately turn and commit to coming to you, begin tapping on his remote button. If she still doesn’t, help her with leash guidance, body language (moving away), and/or verbal encouragement, but be sure to continue with the remote until he begins moving toward you. Adjust your level as needed, this shouldn’t require much help.

There are two separate meanings to “Come” depending on your body language, don’t overthink this too much right now.

- ★ Stop and Grab Recall- When you call Remi and stop, or stand still, Remi should come to you and sit close enough to you that you can grab her. I’m not picky on where, as long as she’s within arms reach, but I like to encourage and only reward nice sits in heel position.
 - ★ The Walk With Me Recall- If you want her to heel with you, call her, when she gets to you, repeat “come” and begin heeling as practiced, some general rules below. I personally just want my dogs to follow me when I call them and keep moving, so you can choose, just be consistent. It will make more sense when we get into this in person, don’t overthink.
- “Heel” **We haven’t worked on this yet, no need to practice this. If you’d like to walk her for now, try a long line exploring walk.

“Heel” is Remi’s cue to walk right next to you and sit when you stop. Say “heel” and begin walking. We will work on this skill in depth during a dedicated follow up lesson and future lessons+group classes, this is the toughest skill to fine tune so go easy on yourself! The primary points to remember with heel are going to be right turns, inside turns, stopping, and when to reward.

- ★ Right turns- right turns are helpful if Remi moves away from you or walks ahead of you, you can repeat the heel command if you’d like, but while keeping your leash hand by your side, move *opposite* to the leash tension or where Remi is pulling, and tap tap tap his collar until he’s next to you again.
- ★ Inside Turns- This is the turn around the bucket or invisible cone, with this turn, you should be able to turn left 180* with Remi on your left side. This is a great option for if he’s moving ahead of you, trying to cut in front of you to fixate on a dog across the street, or if you just want to keep Her engaged during a training session. With your leash arm at your side, cut in front of Remi to the left and turn through Her, kicking your leash hand back if needed so he doesn’t pass in front of you and tapping the remote until he’s yielding fluidly to your movements. A general rule of thumb is that if the leash is tight, you should be tapping the remote and navigating Her until it isn’t.

- ★ Stopping- When you're ready to stop, be ready to kick back your leash arm to help Remistop next to you if needed. If you stop and he doesn't sit on his own, ask Her to sit, tap if needed. Mix auto sits into your heeling to keep Her engaged and give yourselves time to think.
- ★ When to Reward- Remi is pretty good at heeling without distractions, but you might not be on the same page right away and she struggles when she's nervous (I feel you Remi). Remember that this practice is 99% for the human. Remi is working overtime and might be getting some confusing repetitions so you can practice, so be somewhat liberal initially with treats during the sessions that he really has to work for! Heel is much more labor and energy intensive for Remi than anything else on this list. Good times to reward are when she's walking nicely next to you and looking at you, when she passes a dog and behaves appropriately, and occasionally if she sits and stops automatically for you. Remember that we will phase out treats when things become easier, but the more you use now, the more clear everything will be and the faster you'll progress!

➤ Sit

For the most part, I only expect dogs to sit while heeling or for door manners. If I want a non-negotiable stop where you are cue, I'll use down. I typically ask Remi to sit before saying hi to people, with the expectation that she's allowed to choose not to if she'd prefer not to be pet. Remi shouldn't say hi to new people right now, we'll work on this together. For now, if she sits when you ask or when you call her feel free to pet or treat her.

➤ Down

A rock solid do-it-right-now down is the holy grail of panic moment management. When you say down, give her a half second at most to start moving. Tap the remote until she's all the way belly and elbows to the ground. If it's urgent, you can simply start tapping as soon as you say the word. If she needs help with this or gets confused, gently step on her leash with your foot and guide down. Reward fast downs or distance downs heavily during training. Practice this often and in different situations to keep it sharp. Don't focus on distance downs too much right now, we'll focus on this together. Leash is key!

➤ Place

Remi knows his place cue as staying on a raised cot here, but transferring to a bed shouldn't take much effort. Simply say place, guide with the bowling ball motion that we practiced, and tap your remote collar if he doesn't start heading there immediately. If she starts heading to place but deviates on the way to go do something else, follow through with remote pressure until she's on place. If she's further away from place than you're able to send her in normal circumstances, start with a recall to you and send her to place when she's close enough. Her distance skills will build quickly, but give her a little bit of grace since he's never practiced this at home or with your beds before.

If Remi begins to leave place, correct (this can be a higher remote level than usual) ideally as soon as her foot touches the floor. She shouldn't leave place often, but if you use her lower working levels to prompt her back onto place she may "play" you a little bit.

Until place is rock solid at home and *you* are confident with it, a back tie is absolutely necessary. A back tie for place is a leash that allows her to get her whole body off of the place bed and maybe move a foot or two away from it, but doesn't allow her to go any further. The reason for this is similar to why you're using a leash for the first couple weeks with his other skills that are solid off leash here, and for me. Place is especially important, though, because we need her to default to a calm state of mind when people visit and in general during down time.

When using place day to day, try to let her stay there for a while and end on a calm note. I would rather you get one long, calm place stay in every day or so, than 20 short, exciting place sessions.

- *All of the above commands have an implied stay, which means that the dog must stay in that position until they are released or given another command. Hold them to this, stay consistent, and enforce the commands and expected behaviors.*

➤ No

No is an all purpose, absolutely don't do that cue. Say it calmly, we're communicating with her. When she does or commits to doing (not thinks about it, but commits, think feet almost up to the kitchen counter) something absolutely unacceptable, calmly say no, and use a strong correction level until she's stopped. This can be tapping or continuous. Unacceptable behaviors include putting her nose in the trash, reaching for dropped food or items that aren't hers, etc. These are behaviors that can cause a safety issue for her or people around her, or behaviors that she should absolutely NEVER do. You can use calm verbal no and a sharp correction for lunging at people in an emergency, however she should not be put in this situation without further instruction. We're on a heavy management schedule so she doesn't have the opportunity to practice undesirable behaviors right now.

➤ Ah Ah

Not a ticket, just our way of saying "not what we wanted, try again". A good way to communicate that a well intentioned jump isn't what we want. No need to focus on this at this stage.

➤ Free

Free is Remi's release cue, or permission to be a dog and off the clock. If she is in any cue that requires duration, like heel, sit, down, or place, she's expected to stay there until you say free or prompt her otherwise. If anything, this cue might be a bigger struggle than the rest since we've focused so heavily on the important stuff. If she doesn't get up or go be a dog on "free", it's not a big deal, just help her if needed. No treats for free.

We will **NEVER** use the remote after saying free. If she needs help, walk back a little, pat your legs, say it again, and/or help her with his leash

CONTEXT CUES

These are not commands right now, just words that I'd like you to practice during games at the moment if you're up for it.

- "Ready"- Use this word to initiate play time, whether it's playing with food or running around together. This word means you two are playing *together*.
- "Yes" (optional) say this before you show Her food and start the food chase game.
- "Enough"- Game is over, it's calm time. You can step on his leash, put Her on tether, or send Her to bed to initiate calm time.

First Two Weeks Home- Homework

WEEK ONE HOMEWORK

Our focus during Remi's first two weeks home is for her to settle back into your routine, maintain her food drive, and build some excitement in play. We'll add in tiny, short sessions of training to get you guys up to speed, but less is more right now.

Important Rules

- ★ Remi is crated if you leave the house or go to sleep, even for short periods.
- ★ Remi can be crated if you need a break or you're not able to focus on her 100%. Less is more right now, this is temporary, I'd rather hear that you had her out for a cumulative three hours all in five-thirty minute bursts and it all went very well, rather than that you had her out for eight hours and she was pacing, barking, jumping, etc for some of the time.
- ★ All of Remi's food intake is transactional right now. Food is incredibly valuable to build positive associations with scary things, if we don't maintain her food motivation, we will struggle. She will not starve herself, but if you have any concerns feel free to reach out. I use freeze dried raw food for training because it's more palatable, you can use her kibble or a combination of both. If Remi turns down food, the training session is over, put her away and try later. Do *not* try to offer a higher value food if this happens. This is not to punish Remi, this WILL make her less of a picky eater over time. I know it feels bad right now to not give her free access to food, but I've had finicky dogs, you don't want this to be a long term issue!
- ★ If Remi is out of the crate and on **place or tether**, one adult has to be in training mode. Your remote is on you and ready to use. The remote shouldn't be needed much if at all on tether, but if she gets off of place it should be addressed immediately. No food rewards needed during place or tether calm sessions.
- ★ If Remi is out of the place and **not on place or tether**, the leash should be in your hand. She is either
 - in training mode, practicing a short, skills based training session, so you have your remote and food on you.
 - Playing with you, end the game when she seems to be having a great time, not when she's finished. We will make her play motivation stronger this way, which will be helpful for building confidence in new environments. I recommend a long leash for this.
 - Hanging out and cuddling. Allowed with her leash on, when she's calm. If you're okay with rough housing, that's fine, but we'll hold off on this for about a week until we can go over "ready" and "enough"
- ★ No walks until we've practiced walking skills together, likely during our first or second lesson. This is to ensure that she doesn't practice any reactivity, but also to give her time to decompress. Back yard, on leash for now. A long leash is fine. Use your discretion in the back yard if you'd like to let the leash drag during play/running, but do not leave her unsupervised and make certain that you are able to follow through with any cue that you give (especially recall).

WEEK ONE CUES AND MARKERS

Keep it simple. If you'd prefer not to use the remote collar during the first few days that's fine, but turn it on, put the collar on her, and have the remote on you to start the habit.

Below are the main skills to practice during short, 5-10 minute dedicated sessions.

- ★ Come- Get Remi to you, reward. Good time to practice coming into heel, still say "come" but get her into the heel position and reward, then release.
- ★ Place- When practicing distance, or back and forth on place, you can use food. Just no food during long, calm place sessions!
- ★ Down- Remember downward leash pressure if needed, reward for laying down, staying with distractions, and make sure to release when she's finished.
- ★ Door manners- Practice waiting for "free" or another cue out of the crate and exterior doorways. You can ask her to sit at exterior doorways or just expect that she waits for free, your choice, but be consistent.
- ★ Yes- Terminal food marker, you're done, come get a treat
- ★ Good- Continuous food marker, food is coming to you as long as you keep doing what you're doing
- ★ Get it- Food reward tossed on ground, use this for fun, enthusiastic reward breaks
- ★ Free- All done, free to be a dog (normal rules still apply, no food after free but it's not time to be wild)

Call or text me with ANY questions!!! Call twice if it's urgent, I try my best to answer urgent calls any time of day.

Note: I didn't realise the extent of Remi's training needs when I suggested a three week stay, this happens sometimes- every dog sets their own pace at the end of the day. She has SO much potential, but it may take some time to build up her bravery. Bring her to as many group classes as you'd like, I will be organising public group classes soon as well. She is also welcome to come back for up to a two week refresher in the future free of charge, the only condition being that the stay would need to be consecutive. That offer is open for the next six months. I'm also happy to discuss discounted day training adventures (I currently charge \$100 per day for day training days) as well as future private lessons if needed. All dogs that have trained with me are welcome back for in-home boarding as long as I have availability. She's part of the family now :)

A Note About Leashing

“If there is not a line of responsibility, there must be a line of cotton”

This quote emphasises the piece of the puzzle that will either make or break a training program. From house training a puppy to taming Cujo, this is it.

If there is **not a line of responsibility**- if you cannot effectively control your dog, you cannot call them to you without fail, you cannot send them away from you, you cannot stop them where they are and leave them there, then there **MUST** be a **“line of cotton”**.

A leash, a back tie, a crate, a kennel, a tether. If your dog is not at the point in their progression that you have complete verbal (or remote if needed) control over them, there must be a leash ensuring that incorrect choices cannot be made.

This applies to ANY scenario. Even if there is no risk, allowing your dog to choose to ignore a command is inherently risky. How you handle your dog outside of trigger situations directly correlates to the control that you have during those situations. For example, you have a dog that ignores your recall to go say hello to a neighbor that they like. This may not feel like a big deal, but if your dog bites strangers, or chases deer, or finds themselves near a busy road, you have already taught them that the recall is optional. You can have informal commands, I use “come on” as a casual “come with me” cue and “settle” to suggest that my dog relaxes and lays down, but it’s fine if the dog makes a different choice. If I say “Come”, my dog needs to turn around in a blink and I need to be prepared to ensure that it happens. If I say down, I’m committing to ensuring that the dog follows through with the cue. If I say place, I’m ensuring that the dog stays there until I release them even if it turns out that no one was at the door or they didn’t need to be there.

If your cue is negotiable when it doesn’t matter, it will **always** be negotiable when it’s important.

This is a large part of why I use e-collars. It gives us an invisible line of responsibility and expedites the training process. E-collars require training and generalisation, or teaching and solidifying in many different contexts, to work reliably. IF your dog does not understand the e-collar for all directions (coming to you, moving away from you, stopping) in all contexts, most importantly, under stress and in the face of high level distractions, a leash or physical management system is still necessary.

If your dog completed a board and train, they’re already fluent in these behaviors *with me*. You have a very different relationship with your dog, they remember their old rules at home, and you’re still learning how to use their equipment. For this reason, there will be a period of time that your dog follows an assigned decompression protocol, including leashed management, to ensure that they’re reintegrated at home without the opportunity to begin practicing unwanted behaviors again. During their first week or so, we will only be focused on the dog settling back

in at home and you learning their equipment. We will move slowly to ensure that there is minimal room for error.

Restricting freedom temporarily now will enable you and your dog more enjoyment and freedom throughout the rest of their life.

Management Vs. Behavior Modification

Management

Management refers to ensuring that our dog cannot engage in behaviors that we don't want them to. It does not fix the dog's desire to behave that way or teach them that they shouldn't, yet it is the most critical and even more overlooked piece of the puzzle.

You can't teach a puppy to use the bathroom outside while still allowing them to wander around unsupervised in the house.

You can't teach a dog to greet politely while still allowing them to jump on people.

You can't teach a dog to stop biting the mailman while still letting them run out the front door when he shows up.

Management is simply saying "I don't like when my dog does this, so I'm going to ensure that he can't".

Management, with good training, can go a lot farther than you'd think. Some people find that that's all they need. My goal is always to address the root cause of the issue, but the level in which we balance management with addressing dog's perception of their triggers is something that is unique to each dog and their family. We will discuss this, but this step can only come after you are able to manage your dog effectively and safely without relying on a leash.

Note: This is why follow up lessons are critical after a board and train program. If you're reading this prior to committing to a board and train, please understand two things. My training program makes management simple. There is still follow up work though and you do have to do it. Maintaining a dog's training is still worlds easier than dealing with the habits that you're working with now. Without your participation in the follow up training though, your dog's training **will** regress.

Behavior Modification

Behavior modification refers to, quite literally, modifying the way that your dog behaves- more specifically, the way they behave *without* your intervention. We do this by identifying and changing the way your dog feels about their triggers and building better responses that they can feel safe and comfortable with. That's pretty vague.

Here are some realistic examples of management vs behavior modification.

Fido is afraid of strangers and bites people who come into the house. Management would be teaching Fido to run to place and stay there when the doorbell rings or strangers walk in. Management could also be as simple as putting Fido in the crate before guests arrive, or as thorough as teaching Her to avoid and walk away from strangers that walk into the house. Behavior modification would be building Fido's confidence with a variety of strangers, using

counter conditioning protocols to make Her happy to see strangers rather than scared, and teaching Her that he is free to move away from people when he's uncomfortable.

Bella is afraid of other dogs and turns into Cujo when she sees them. Management is teaching her a reliable heel cue so she has a behavior to focus on and doesn't have the option to explode at the dog across the street. Management could also be a solid down cue so she can calm down and watch them, and it could certainly be a rock solid recall cue so a broken collar doesn't turn into Bella getting loose and biting the dog that she sees. Behavior modification would be building her confidence around carefully selected dogs and building her social skills.

Luna doesn't like when people touch her things and bites people who come near her favorite spot on the couch, her favorite person, her food, or even an old water bottle that she suddenly decided was hers. Management would be teaching her to come to us, leaving the high value item where it is, and lay down and stay while we go grab it. Management could also be putting her on place or on a tether so someone can hug her favorite person or sit on the sofa. Behavior modification is what we do once those skills are reliable to change her perspective and replace her negative feelings with positive ones when it comes to sharing.

Management is very largely one size fits all, with minor adjustments. That's why every training program has the same starting point. Management can fix the majority of problem behaviors very quickly. After the management phase is reliable though, we need to customize a behavior modification plan for the dog. These plans are most often very simple and can be worked into daily life, but they do need to be customised to the individual and ideally weaned away as the dog progresses.

Teaching the skills required for management is the majority of the "work".

Management Skills

Below are the skills that I believe are necessary as a bare minimum to live with any dog. Dogs must be proficient in these skills before we shift our focus into behavior modification. Small bits of behavior modification and changing your dog's perspective positively often happen while teaching these skills, but it cannot be the focus until your dog can be managed effectively.

I do not consider these skills proficient until the dog can be expected to reliably perform them off leash. Off leash obedience isn't a party trick, it is a necessity to our dogs' safety in today's world. Our dogs are off leash *in our house*. Collars break. Leashes get dropped. Doors get left open. Leash pressure often escalates tension in dogs' minds, so we should ideally only be using it to teach and communicate with our dogs while they're learning.

Without behavior modification, most problem dogs can be managed very easily if these skills are reliable.

Recall / Come

For a recall to be considered reliable, the dog should be able to, at minimum, return to the primary/default owner with a verbal command and remote stim if needed under any realistic circumstances. If a leash is needed to physically bring the dog back or if the dog has not felt and shown proficiency in responding to remote collar stim under stress as well as through high arousal (major excitement) the dog should not be considered off leash ready and should continue practicing with a dragging long line at minimum. I consider a minimum expectation of recall under realistic circumstances to include returning away from strangers entering the home, recalling away from prey (rabbits, deer), and recalling away from other dogs.

Heel / Follow

I love a pretty heel command, but it's not a requirement. My minimum expectation is that the dog can follow the handler in a loose heel position regardless of (and especially in the presence of) distractions. The dog should be able to do this without a leash, but I do **not** expect a perfect heel position or stop-sit off leash.

Down

Down is perhaps the most important safety cue following the recall. My basic expectation is that the dog can be told to lay down and stay there regardless of distraction for a reasonable period of time (1-2 minutes) and that the dog can also be told to lay down from a short distance when needed.

Place

For a "place" cue to be reliable, the dog should be able to maintain their place cue regardless of people entering the home, triggers nearby, and without a leash physically holding them on the designated place. I am **always** okay with a back tie being used as a precaution though, the

back tie should not hold the dog on place but should prevent them from getting more than three feet or so away from the bed. This holds the dog accountable while also minimising risk of incidents during the management phase. This also ensures that the dog is unable to get off of place for reasons that may seem acceptable (picking up dropped food, wandering off after a while, saying hello to a favorite person) but will devalue the place command.

I also expect that the dog can be sent to place from a short distance regardless of distraction.

Tether Manners

Tether training is helpful for any dog, even the average pet. At a minimum, I expect the dog to tolerate tethering and settle reasonably quickly.

No

The dog should understand “no” as well as have a strong conditioned response to a “no” marker, ensuring that a “no” marker can be effective even without remote presence in case of emergency.

Get Out / Go Away

This is an advanced skill that is not always covered in programs, but I think every dog should understand how to give space when needed and can be taught easily during follow ups or group classes. Dogs should understand to leave the room or at minimum, just go do something else, when asked.

Follow Up Training

Dog training is *human training*. The purpose of the board and train is to knock out all of the hard, time intensive and skill intensive work that requires hundreds or boring reps in new places to sink in, while giving us a big head start on behavior modification. This takes a solid 90% of the work and planning off of your plate, but that 10% is the *most important*. Short training sessions and even reps scattered throughout your day to day routine are what will make Remisuccessful and it's important that the right reps are happening. Dogs are always learning whether you're training or not. My job now is to guide you step by step with Toby's reintegration back home ensuring that things go as safely, smoothly, and efficiently as possible.

Building up fearful dogs is something that I find incredibly rewarding, but I can't stress enough that it takes time and consistency. Maintaining her food drive and value in play is critical, we will be doing things that feel like we're restricting her or that she's losing freedom short term- but if you stick to it it will pay off exponentially long term.

I'm excited to see Remisucceed and I can only do that with your participation! Below is a general outline of how continued training is broken down.

➤ The Go Home Lesson

The go home lesson is a lot of information being thrown at you at once, that's why all of this is written down. I don't expect you to absorb everything, this is just the bare minimum to send Remioff and get Her settled in for a few days without any regression.

You may go home feeling a bit confused on some things, it's okay, we will go over everything during our follow up lessons. Most people learn best through practice and repetitions (finally, something we have in common with our dogs!) and we won't have a ton of time for that during the go home lesson with all of the talking that needs to be done.

By the end of this lesson, you should have a very basic understanding of how to use any equipment being sent home and an understanding of Toby's bare bones routine for the next week or so. Remi sets the pace!

➤ First Follow Up Lesson

The priorities, and hopefully some leash walking skills. Not everything will be perfect between the go-home and this lesson, that's normal. As long as you stick to your management routine though, these will just be annoying little things that we can adjust. Please have a list of anything that needs work and questions ready. I'd highly recommend writing down questions and notes to send to me prior to our lesson, this will save us time and give us more time to train. Please send me questions as you think of them, no matter how small. I can often answer questions over text or with video, that way we can cover them during our follow up lesson, but potentially have them resolved sooner.

➤ Second Follow Up Lesson

This lesson is often dedicated strictly to heel and walking skills, especially with dogs who have a history of reactivity. Good de-escalation skills happen on leash, and a good leash handler is a good leader. As always though, send me those priorities and questions as you think of them.

➤ Third Follow Up Lesson

This lesson is typically dedicated to challenging you and your dog in a new environment or beginning our long-term, behavior modification specific skills. For Toby, this might be a good time to have guests over, we might work on the resource guarding issues if they haven't resolved yet, or we'll play it by ear.

Depending on our scheduling and Toby's progress, we usually start reintegrating freedom back slowly around lesson two/three. Follow up lessons are typically in your home.

➤ Group classes

Group classes are available to you at no extra charge until the end of April. Please take advantage of them! This is where we get a lot of confidence building in, practice new skills, and challenge each other's dogs. Group classes take place on Fridays at 2 PM at Canine Country.

E-Collar Guide

How Your Collar Works

Magnet to magnet to turn remote on, long hold “On” button on the back to turn remote on. N

When turning your collar on, ALWAYS press the vibrate (T) button before putting the collar on your dog, this is important to ensure that your collar is on and functioning properly.

Charge your collar every night. It will last two days and one night on average, but charging every night ensures that it stays charged consistently and doesn't get left on the dog.

Your remote should say 1D on the top of the LCD screen (this means it's set to use for one dog), and M and C on either side of the number. If this changes, you've pressed the tiny M/C button on the back by accident and changed your settings. Easiest to just call or text me :)

Do not let other people use your remote.

[Video Instructions In Case You Forget Anything](#) (See description to pinpoint your issue)

The e-collar does not generate heat. It can't burn your dog in the way that a match would. However, the friction generated by the contact points rubbing against the skin in combination with any moisture can cause a collar sore. This type of sore is commonly called a hotspot. Moisture combined with friction for extended periods of time is a bad combination that can lead to skin irritation. Hot spots and collar sores don't happen often, but with dogs who have skin allergies or in situations where the collar is left on for too long (overnight), irritation may occur. This is preventative advice to set you up for success, if you run into trouble, don't hesitate to reach out and we'll solve the issue together.

Hotspots can also be created by a dog licking or scratching in a particular area over a period of time. This irritation, left unnoticed, can become very irritated or make it infected and take medical intervention to heal.

Precautions to prevent hotspots:

- Fit your remote collar snug on the dog's neck to minimize the friction created by any rubbing movement.
- Move the collar to a different location on the dog's neck if he or she is to be wearing it for an extended period of time (every three hours or so).
- Remove the collar after the dog has been swimming or has become wet. Allow the dog and the collar to become completely dry before putting the remote collar back on.
- When removing the remote collar from your dog, especially during the first few weeks of training, check the neck area to see if any irritation is beginning. If so revisit some of the above steps to prevent further irritation.
- Consider a buckle/Bunjee collar combo. This makes taking the collar on and off convenient, which I've found makes the routine of taking the collar on and off every day much easier. It also ensures comfort and breath ability for your dog's neck. Keep in mind that your dog's neck size will change periodically and you should check to make sure it's fit well as you put it on- this quickly becomes second nature if you're consistent.

[Comfort Strap for Mini Educator](#)
[Comfort Strap for Dogtra 1900s](#)

Hot Spot Treatment:

If you believe your dog may have developed a hotspot, please reach out to me immediately and I will make sure we address it together. If your dog has long hair clip fur on and around the area. Clean the area with an antibacterial product. Allow the area to dry thoroughly, then apply *Desenex Athletes Foot Powder*. Do this twice per day until the hot spot is dry and healed. With any collar irritation, either stop using the collar until the issue was resolved, or move the collar to a lower area on the dogs neck to avoid further irritation.

Remi is not a dog that I believe is prone to this.

General Training Info

VERBAL MARKERS

- Good - duration marker; I like what you're doing, keep doing it.
- Yes - terminal marker; You did it, you're done, come to me to get rewarded.
- No – stop what you're doing (to be followed by correction unless the dog beats you to it)
- Free (Release – to be used when dog is allowed to break their stay, but you are not going to pay or ask them to do something else)

POSITIVE REINFORCEMENT

- A behavior must be marked with “GOOD” or “YES” **immediately**. A behavior should be rewarded with food within 5 seconds after marking.
- **Always** mark a behavior before rewarding.
- GOOD = duration marker; I like what you're doing, keep doing it.
- YES = terminal marker; You did it, you're done, come to me to get rewarded.

Eg. Say the command “SIT” —> Dog does the behavior *dog sits*

—> Mark “GOOD” or “YES” immediately —> Reward with food.

- Use a Variable Reward System (vary the number and frequency of rewards given) when practicing all obedience commands.

- Whatever is in your hand when the dog takes the food reward is considered ONE reward. Whether that is one piece of kibble, or 10 pieces of kibble, the dog views this as one reward if given in one handful.
- Praise and affection cannot replace a food reward. Food rewards should be used regularly for training.
- Hand feeding should be done daily with the dog's meals. Hand feeding your dog's meals should be done for a minimum of 6-8 weeks upon arrival from a Board & Train program.
- Treat **every interaction** with your dog as a **training interaction** for at least those first 6-8 weeks (For behavior mods, recommended min. 3-6 months). This means you should have food on you every time you interact with your dog, if you ask them to do something, you should be able to reward it. Subtract this amount of food from their daily structured training times.
- During the first few weeks, your dog may struggle to understand you the same way they understood me. Body language, tone, and diction all play a role. They are also coming home to a familiar place with an entirely new set of rules and boundaries that are foreign in the context of their home. If your dog struggles, you may lure them or use body language (pointing, special pressure, ect) to help them out of confusion to complete the behavior. However, the command MUST

come first. (Order of operations: Ask for behavior → Dog struggles to complete →

Help comes through luring or body language → Dog completes behavior → Mark →

Reward)

- It is good practice to continue training and reinforcing the dog's behavior on a variable reinforcement schedule for the rest of the dog's life. The amount of variability just gets a lot bigger, sometimes my dogs don't see treats on walks for a while, but I still have a couple on me occasionally. I just have a jar of training treats on my counter and throw a couple in my pocket when I think about it (and my dog isn't looking)

CORRECTIONS - PRONG COLLAR & LEASH

- An unwanted behavior must be marked with "NO" immediately. An unwanted behavior must be corrected with the prong collar or e collar within 5 seconds after marking.
- Always mark a behavior with "NO" before correcting.
- A prong collar and leash should be used both in and out of the house immediately upon arrival from a Board and Train and continued through the

heavy structure period. The prong collar and/or drag leash should NEVER BE ON IN THE CRATE.

- Both the e collar and the prong collar can be worn at the same time outside of the crate.
- Correction with prong collar and leash: Mark with “NO”, followed by multiple pops with the leash until the unwanted behavior stops.
- Do not allow the dog to play with another dog while wearing the prong collar and/or leash. On leash greetings are NEVER a good idea.
- NEVER allow other people to correct your dog with the prong collar or e collar.

CORRECTIONS - E COLLAR

- The e collar should be **worn regularly** out of the crate and may be used in the crate as well if you're home. The e collar is the **only** tool that can be used to correct a dog both in their crate and off leash.
- IN ORDER TO AVOID SKIN IRRITATION, THE E COLLAR MUST BE FIT PROPERLY AND MOVED TO OPPOSITE SIDES OF THE DOG'S NECK EVERY FEW HOURS. Do not put the e collar on a wet dog for an extended period of time for the same

reason. The e-collar should be snug enough that both contact points are in contact with skin at all times, but loose enough that you can fit a few fingers under the band. Once fastened correctly, the e-collar should not slide around at all. If it is too loose, you may think you have contact, crank up the e-collar because the dog “isn’t responding to it”, and accidentally correct your dog too harshly.

- Both the e collar and the prong collar can be worn at the same time outside of the crate.
- Correction with e collar: Mark “NO”, followed by multiple clicks with the black “S” button until the unwanted behavior stops.
- To turn on e collar, touch the red dot on the remote to the red dot on the collar until a green light appears on the collar.
- Green light flashing = collar is on and functional; Red light flashing = collar is dying and needs to be charged.
- E Collar Button Guide:
 - Black “S” = tapping pressure at set level
 - Red “S” = continuous pressure at set level
 - Both black and red “S” = Boost at set level
 - Black “T” = vibrate

On/Off Light = click once for strobe light, click again for consistent safety light, click again to turn light off. Press and hold button to turn remote on and off.

Hold down dial to lock in the level you are using until the number flashes, so that the dial does not move accidentally if you put the remote in a bag ect. Hold down the dial again until the number flashes to unlock. I don't personally use this.

TRAINING OUTLINE

- **HEAVY STRUCTURE:** Weeks 1-6 (or more depending on dog, owner, and consistency achieved)
- **MODERATE STRUCTURE:** Weeks 7-16 **ONLY achieved if behavioral issues are RARELY present. If behavioral issues resurface, go back to HEAVY STRUCTURE.**
- **LIGHT STRUCTURE:** Weeks 17-TBD **ONLY achieved if NO behavioral issues are present. If behavioral issues resurface, go back to HEAVY or MODERATE STRUCTURE.**

PERMANENT BOUNDARIES!

- NO unsupervised time or activities (for safety).
- Crate used daily when dog cannot be supervised, when not home, and overnight (for safety). You may naturally gravitate away from this, but if your dog has ANY behavioral issues, they should not be free to make decisions unsupervised yet.
- Dog must wait with crate door open before being released with “free” or another command.
- Dog must sit at thresholds and allow you to open the door until you release them with “free” or give an alternative command.

DISCLAIMER: Our Board and Train Programs come with lifetime support for anything covered during the paid Board and Train. However, failure to maintain the Permanent Boundaries listed above, as well as failure to follow recommendations and training programs outlined in this packet will result in termination of our lifetime training support, refresher lessons, and courtesy boarding.

SCHEDULE SAMPLES

The following schedules are samples of an ideal day of training. The schedules are meant to be used as a guideline of a 16-hour day's activity and rhythm and should be altered to fit your lifestyle.

*****NEVER crate a dog that is hot. Always cool your dog down after walks/exercise.**

HEAVY STRUCTURE

*****You should have food reward on your person at all times when interacting with your dog during the heavy structure period – subtract this amount from their meal times**

*****For multidog households, work dogs separately during heavy structure period. Long place time can be done together if all dogs are under control.**

HEAVY STRUCTURE DAILY SCHEDULE SAMPLE (Low - Moderate Activity)

- Wake Up & Potty Break
- Training or Food Chase with Breakfast (meal and training ends if dog turns away food)
- Crate Time (3 hours)
- Training Walk
- Cool Down in Place (15-30 minutes)
- Crate Time (2-3 hours)
- Potty Break or Training Walk with Dinner

- Eye Contact or Obedience Training with Dinner if not walked, or if you have leftover food from the walk
- Crate Time (2-3 hours)
- Interactive Playtime (fetch, tug of war, enrichment activities) (15-30 minutes)
- Long Place Command (1-2.5 hours)
- Potty Break & Bedtime - 8-9 hours of sleep nightly

***feel free to add extra walks, interactive play times, or training sessions if your schedule allows and your dog is doing well.

HEAVY STRUCTURE DAILY SCHEDULE SAMPLE (High Activity)

- Wake Up & Potty Break
- Eye Contact or Obedience Training with Breakfast
- Crate Time (3 hours)
- Exercise (Hiking, Swimming, Running)
- Cool Down in Place (30 minutes)
- Crate Time (2-3 hours)
- Training Walk with Dinner
- Crate Time (2-3 hours)
- Interactive Playtime (fetch, tug of war, enrichment activities) (15-30 minutes)
- Long Place Command (1-2.5 hours)
- Potty Break & Bedtime - 8-9 hours of sleep nightly

MODERATE STRUCTURE

MODERATE STRUCTURE DAILY SCHEDULE SAMPLE (Low - Moderate Activity)

- Wake Up & Potty Break
- Eye Contact or Obedience Training with Breakfast
- Crate Time (2 hours)
- Training Walk
- Cool Down in Place or Supervised Free Roam (30 minutes-1 hour)
- Crate Time (2-3 hours)
- Potty Break or Training Walk with Dinner
- Eye Contact or Obedience Training with Dinner if not walked, or if you have leftover food from the walk
- Crate Time (2-3 hours)
- Interactive Playtime (fetch, tug of war, enrichment activities) (15-30 minutes)
- Long Place Command and/or Supervised Free Roam (1-2.5 hours)
- Potty Break & Bedtime - 8-9 hours of sleep nightly

MODERATE STRUCTURE DAILY SCHEDULE SAMPLE (High Activity)

- Wake Up & Potty Break
- Eye Contact or Obedience Training with Breakfast
- Crate Time (2 hours)
- Exercise (Fetch, Hiking, Swimming, Running)
- Cool Down in Place or Supervised Free Roam (30 minutes-1 hour)
- Crate Time (2-3 hours)

- Training Walk with Dinner
- Crate Time (2-3 hours)
- Interactive Playtime (fetch, tug of war, enrichment activities) (15-30 minutes)
- Long Place Command and/or Supervised Free Roam (1-2.5 hours)
- Potty Break & Bedtime - 8-9 hours of sleep nightly

LIGHT STRUCTURE

LIGHT STRUCTURE DAILY SCHEDULE SAMPLE (Low - Moderate Activity)

- Wake Up & Potty Break
- Eye Contact or Obedience Training with Breakfast
- Crate Time (2 hours)
- Training Walk or Supervised Yard Time
- Supervised Free Roam (1 hour)
- Crate Time (2 hours)
- Potty Break or Training Walk
- Dinner: can be fed in bowl or through training
- Crate Time (2-3 hours)
- Interactive Playtime (fetch, tug of war, enrichment activities) (15-30 minutes)
- Long Place Command or Supervised Free Roam (1-2.5 hours)
- Potty Break & Bedtime - 8-9 hours of sleep nightly

LIGHT STRUCTURE DAILY SCHEDULE SAMPLE (High Activity)

- Wake Up & Potty Break
- Eye Contact or Obedience Training with Breakfast
- Crate Time (2 hours)
- Exercise (Fetch, Hiking, Swimming, Running)
- Supervised Free Roam (1 hour)
- Crate Time (2 hours)
- Training Walk

- Dinner: can be fed in bowl or through training
- Crate Time (2-3 hours)
- Interactive Playtime (fetch, tug of war, enrichment activities) (15-30 minutes)
- Long Place Command or Supervised Free Roam (1-2.5 hours)
- Potty Break & Bedtime - 8-9 hours of sleep nightly

Operant Conditioning

by B.F. Skinner

	Punishment (decreasing behavior)	Reinforcement (increasing behavior)
Positive (adding)	adding something to decrease behavior	adding something to increase behavior
Negative (subtracting)	subtracting something to decrease behavior	subtracting something to increase behavior



Nestlé PURINA

BODY CONDITION SYSTEM

TOO THIN

1

Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.

2

Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.

3

Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

IDEAL

4

Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

5

Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

TOO HEAVY

6

Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

7

Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

8

Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

9

Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.



1



3



5



7



9

The BODY CONDITION SYSTEM was developed at the Nestlé Purina Pet Care Center and has been validated as documented in the following publications:

Mawby D, Bartges JW, Moyers T, et. al. Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs. *Compendium* 2001; 23 (9A): 70

Laflamme DP. Development and Validation of a Body Condition Score System for Dogs. *Canine Practice* July/August 1997; 22:10-15

Kealy, et. al. Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs. *JAVMA* 2002; 220:1315-1320

Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT



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