



From **Puppy** to **Pack Leader**



***What Every Dog Owner Should Know About
How To Successfully Train Their Dog***



by **Ryan Ritchie** 

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Now let's get started...

Introduction

It has taken me countless hours of work to learn what is contained in this book. It has taken me years of studying, hard work, and hands on experience to create the system you are about to learn. I hope you get as much out of this book as I have put into it.

I would love to hear from you. I want to know what you think so please send your comments, testimonials, and ideas to:

info@trainwalkpoop.com

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Part 1 - How To Think Like A Dog

In this section I'm going to lay down the foundation for you. You will learn to think like a dog, and use your new ability to communicate with your dog in a way he will instantly understand.

Chapter 1 - Dogs Don't Make Sense

As a child, I remember my Dad say that he wished he could get inside our dog's head for just one day to understand what he was thinking. He usually said things like this after the dog had just finished chasing the garbage truck or chasing his own tail. To most people, a dog's behavior makes no sense. Most dog owners have no idea what is going on inside their dog's brain, which makes their behavior seem completely random and unpredictable.

Here's something we all intuitively know, but tend to ignore: Dogs think differently than humans. Dogs enjoy different things than we do. This is one of the harder things for people to understand, but until you do, there is no way you can completely bond with your dog. That deep connection between a human and a dog cannot exist when you are blind to your dog's innermost drives and desires.

What do most people want from their dogs?

- Loyalty
- Affection
- Obedience

What do dogs want from their people? First they want food, water, shelter, and safety. I think we can safely assume that if you're reading this book you have provided at least these basics for your dog.

So besides the basics, what does your dog really want?

When was the last time you sat down and thought, "What would make my dog happy?"

Before reading further, quickly write down two things that your dog would ask from you if he could speak:

1. _____
2. _____

One of the things that makes humans unique is our ability to experience empathy. We can see the world through someone else's eyes, and understand that they may see the exact same event very differently than us. You need to apply this ability to your interactions with your dog.

By the end of this book you should have a pretty good grasp on how your dog views the world and how he views you. Train your brain to see what your dog is seeing, and you'll be amazed at how simple dog training becomes.

What Your Dog Probably Wants

Your dog is craving a routine, structure, and discipline. In other words he wants a life.

Surprisingly, the first thing on your dog's list of things he wants from you is not:

Play time, affection, petting, kisses. Don't get me wrong, he loves these things and loves spending time with you, but if your dog had to choose between a nice, long walk and cuddling with you he'd choose the former. Yet this is where we dog owners usually devote most of our energy. The order needs to be reversed.

Your dog's genes, environment, and training, work together to create who he is today, and how he will react in any given situation.

Dogs are playing the same role they have been for thousands of years, as humankind's most loyal companion. Dogs live in big cities now and have been bred for beauty in every shape and size, but they are still dogs.

Our ancestors purposefully bred and selected the dogs that were the most obedient, submissive, intelligent, useful, and hard working. Your dog is a result of this intricate evolutionary process. Your dog exists because he has incredible genes that make him very likely to be obedient, intelligent, useful, and hard working.

Try this: Put yourself in your dog's position. Think about what would make him happy. What would be the ideal day for your dog? And don't assume that he wants what you want.

Write your dog's ideal day down right now and come back to it later. I'm willing to bet you will make changes to that list by the time you finish this book, and you will know how to make that perfect day come true for your dog on a more regular basis.

Many modern human dog relationships follow the formula of:

Dog= leader

Human= follower.

Fido commands. Mommy and Daddy obey. For most dogs, obedience is a game. They play dumb, ignore, stall, scratch, yawn, sniff, etc, and generally obey when they want to.

Luckily for you, dogs are very quick learners. When presented with a true leader, a person who communicates effectively, it's possible for some poorly behaved dogs to do a complete 180 in a matter of

minutes.

In my business, we often bring dogs to our training facility for our Boot Camp program for anywhere from 4 days to a month. It's amazing to see that within the first couple days these "out of control, unbearable" dogs become calm and attentive to my commands. They are far from being fixed, but when given the correct guidance they make rapid progress.

Dog Buttons

Dogs have buttons that can be pushed, and when they are, a certain behavior is guaranteed to result. You need to learn to push these buttons if you want to have a calm, happy dog.

Learning how to push these "buttons" can be difficult to understand, but you need to follow through with it, so do your best to fake it until you make it. Eventually it will all click and you will understand how to keep your dog happy and obedient.

In most cases dogs enjoy complete control of their home and family, and get away with just about anything, but deep down they want structure and someone who will give them that structure by being in control. This can be hard for most to understand since your dog is not about to give his control or power to just anyone. In the end, your dog really just wants someone to relieve him from the responsibility of having to make all the decisions. Many, many times I have seen the relief in a dog's face and body language when he realizes he can relax and just follow me.

One of my training courses is called the Boot Camp, where I take a dog from their owner's home to my facility for training. In almost all cases I see a transformation, usually within a few days. They come to my facility where me and my dogs immediately begin teaching the new guy the house rules. And then I see it... *ahhh I'm not in charge here. I don't have*

to protect anything, threaten anyone, or try to control my surroundings anymore. All I have to do is follow Ryan and respect other dog's space, and Ryan will make sure my space is respected in return.

A dog's reality is this:

If they throw a fit, are stubborn, or are persistent enough, their owner will give in. The reasons owners give for why they give in to their dog's unwanted behavior vary but generally include: they don't want to hurt the dog, hurt his feelings, make him not like them, anger him, or they simply don't have the time or energy to follow through. Unfortunately, every time you give in or back away you are guaranteed to lose a unit of your dog's respect, trust, love, obedience, etc...

Behavioral Problems

Dogs do things to satisfy their inner drives and instincts. Many of our dog's most common behavioral problems are replacements to help satisfy these inner drives. Examples include:

Chewing up your furniture:

This satisfies their need to chew on something. Wild dogs will eat almost anything including bones to get all the nourishment possible, because they may not eat again anytime soon. This also helps them maintain healthy gums, teeth, and strong jaws. This is why they need to be guided to what is allowed to be chewed on (toys, bones, etc). Try redirecting your dog from your couch to an item that is okay to chew on.

Your timing must be perfect for this to work. As soon as your dog begins chewing on the furniture you have to be there to catch him or you will never make progress.

Interrupt the bad behavior as soon as it begins and toss your dog a toy or bone that you want him to chew on. Remember that it's all about timing and consistency!

Running in circles:

Does your dog have too much energy? You can blame your ancestors for selectively breeding for harder working dogs! This energy was put to good use back in the day. Nowadays we are all mostly city dwellers, and all that energy can really get your dog into a lot of trouble.

Barking at anything and everything:

We've bred dogs to be great at barking to alert us of newcomers and potential threats. They take this job seriously whether you want them to or not. Happy, well trained dogs will alert you (like when someone knocks on the door) but will generally stop as soon as they realize you're aware of the situation. Bored, untrained dogs will keep barking as long as they feel it's necessary; they're not looking to follow your lead because they feel the responsibility falls on them to make those decisions.

Remember that every behavior a dog expresses is driven by good intention. Growling to keep you away from his bone is designed to protect what he sees as a scarce resource, as well as, maintain the family hierarchy (more on hierarchy later).

Our relationship with dogs has changed (devolved) a lot since we left for the big city and suburbia. No longer are we working together for a common goal. Everything is now handed to dogs on a silver platter. Your dog has no life, no purpose (other than to let you pet him), no challenges to face, nothing to conquer or dominate, so he dominates you.

We have been living in ignorance and are simply reacting moment by

moment much like our dogs are. I hope to clarify this confusion, so dogs and humans can go back to a healthy, mutually beneficial relationship.

Dogs don't care about how much money you make, or how many friends you have. A dog would rather live with a bum on the street whom they could roam, scavenge, and explore with, than live on a beach front mansion in Maui on a \$2,000 doggy bed.

I am willing to bet most dogs would rather have fleas and eat garbage than live with Paris Hilton. What's the difference? The bum gives them structure, routine, leadership, a life; which is something the majority of modern dogs are in desperate need of today.

Dogs and aggression

Dogs use aggression to resolve conflict which can be intimidating, they are powerful animals with their own set of rules. We need to respect their social rules and use them to our own advantage.

Dogs have healthy ways for setting boundaries for other dogs and people in their life. I believe it is healthy for your dog to feel confident setting these boundaries, and the key is to teach your dog how to set these boundaries appropriately. This is something I will cover in detail in the final section of this book.

Insecurity is common

If you truly felt your life was in constant danger, if every loud noise was something seconds from attacking you, and every person that walked by posed a serious threat to your life, how would you act? How would you behave on the streets, at the park, even in the house? We train a lot of dogs that are constantly on high alert, and it's because their basic emotional needs are not being met.

This is not just in their head either. Their high alertness, although irrational, is not unjustified. When they're not being lead, they take on the responsibility of family leader, to keep everyone safe. This can be a very stressful job when you don't know what you're doing.

Remember how I talked about the relaxation I see in the dog's body language when I start ordering them around? This is precisely why. I lower their status to follower and they love me for it. Your dog will love you for it too. Be ready for him to resist the changes you make at first, but trust me he will thank you later!

Chapter 2 - How I Discovered What Makes A Dog Listen

It has become standard belief by many dog owners, and even some non dog owners that disciplining your dog is cruel. Many argue that only treats and praise should be used to train your dog. You should never lay a hand on a dog other than to pet it. This has been crammed into our brains since birth by our friends, neighbors, and society.

These people are all well intentioned, I admire their passion, and I am grateful for the good they certainly have done for dogs everywhere. At the same time I believe much damage can be done if this mindset is taken too far.

Dogs learn from their mistakes in much the same way humans do, reward AND punishment. Sometimes we need to get an “F” on a paper or get fired from a job. Sometimes the only thing that humbles an overly confident show off is for him to fall flat on his face. Don’t get me wrong, I absolutely would never hurt a dog, but sometimes a tug on your dog’s leash can do more to teach him than any dog treat ever could.

And the beauty of being a good dog trainer is, the more calm you are the faster you start seeing results. This is just one of the many reasons I love dogs; when we strive to be the best version of ourselves it naturally brings out the best in our dogs.

Positive vs. Negative Reinforcement

You need to know the difference between positive and negative reinforcement training. In dog training there are two main ideologies, positive reinforcement and negative reinforcement training.

Positive reinforcement is the most widely recognized training, which rewards the dog with treats. You get the dog to sit, shake, roll over, and then he gets a treat, and verbal praise like “good boy”.

Negative reinforcement deals with things like giving a tug on the dog’s leash when he growls, or spraying something bitter on furniture he likes to chew on.

In my opinion the really effective trainers, the ones that really have the art of “dog training” mastered, are those who implement both ideologies. You have to both reward the dog’s good behaviors and correct the bad ones.

Who is at the head of your family?

As I touched on earlier a dog is a family animal; the family has a hierarchy, and your dog will challenge each rule to see what he can and can’t get away with.

My Story

As a child I always had very disobedient dogs. I remember taking my dog for a walk...

Excuse me, I mean I remember being taken for a walk by my dogs. They would drag me down the street chasing cats, neighbors, cars, you name it. At that time, I probably weighed 75 pounds and was no match for the pulling power of my English Spaniel "FlapJack" or my big, black Newfoundland “Kuma”. I still remember how sore my shoulder would be after the walks, and how I could feel blisters forming on my palms from the leashes. And the worst part was watching some of my neighbors walk their dogs without a leash at all!

How I got to where I am today.

In a lot of ways I am actually a pretty typical dog owner. At some point I realized that dogs don't always turn out to be perfect angels.

I won't bore you with the details, but I had just moved to a new city and I made a spur of the moment purchase. I ended up coming home with a 3 month old Pit Bull puppy, and I had no idea how to potty train him, leash train him, socialize him, etc.

One night I was talking to one of my good friends, and he told me about a dog trainer who seemed to magically reverse dog's bad behaviors in a matter of minutes.

I knew I had to learn what he knew. So I went off determined to do just that. And let me tell you, it was no cake walk, and I've got the scars to prove it. It has taken me hours and hours of time spent reading, working with other trainers, and experimenting with some pretty crazy ideas on my own dogs.

I made it a point to try every technique that I learned, and my pit bull Butters was my favorite guinea pig.

I have seen some pretty unhealthy dogs in my day. I have trained fearful dogs, territorial dogs, stubborn, and even violent dogs. They all behaved this way for a reason; one or more of their core needs were not being met.

A Dog's World

In a perfect world, for a dog anyway, we would live in a more rural area,

where he is free to roam and has a job to perform (like herding sheep or guarding property). This alone would satisfy many of the urges a dog has, as well as use up some of that pent up energy. In a setting like this it would actually be easier to train, as many of those needs and desires are being taken care of naturally.

If you think of a setting like that, and take that into consideration when training you'll get a lot more obedience out of your dog and achieve your goals much faster.

If you want your dog to be completely obedient, you're going to have to practice for months before you really get it down. I would say a minimum of 6 months before you feel competent reading your dog's body language and at least 2 years of hands on work before you are skilled at reading the body language of dogs you don't know.

There are many subtle body language cues that your dog is giving you all the time that tell you what he is thinking (more on this later). Chances are you're missing many of them!

Your Dog Is Always Mindful Of Your Behavior

It's important to note that your dog is constantly testing you to see if you are a leader or a follower!

Either you are someone who can be trusted to lead him safely forward, or someone who needs to step back and let the dog make the decisions. Everyone he meets falls into one of these two categories.

In the beginning your dog doesn't know what it's like to be led by a human, so don't take it personally when your dog doesn't obey or ignores your commands. Please remember that your dog won't hold a grudge against you if you make a mistake, so stop worrying about hurting your

dog's feelings. As long as you are gentle and follow the principles outlined in this book, your dog will only trust and respect you more as time goes on.

Many times the funniest moments of our lives come from stepping out of our comfort zone and trying something new only to fail miserably. Imagine reminiscing with a friend about the first time you tried to properly walk your dog and he ended up dragging you through a thorn bush to chase down a cat (true story). It's embarrassing when it happens, but if you learn from it and laugh at yourself, you'll make quick progress.

Knowledge and practice solve problems. If you're having trouble in any aspect of your life you probably need to obtain proper knowledge and get some practice. For example, if your dog is great on a leash but terrible as soon as the leash is removed you need more knowledge and practice.

There are 7 billion people out there gaining knowledge and experience everyday that you can benefit from. Find someone in your city who has dedicated his/her life to the art of dog training and save yourself years of frustration through trial and error!

I recommend you take all the money you'll waste buying the wrong leashes (throw that retractable leash away), feeding the wrong food (have you researched your dog's food?), unhealthy daycare centers (30 dogs in a room together and no trainer on staff? What?!) etc, etc, etc... Instead take that money and give it to a reputable dog trainer in your area.

Be ready to try some new things and rethink some beliefs you have. If you are one of those people who is always telling everyone how this or that won't work and whose negativity keeps you from moving forward, or even worse it keeps others from moving forward. Do us all a favor and delete this book and email me for a refund. This book will not help you, and I

have no desire to teach you.

For the rest of you, I want you to know that your body language and what you say to yourself can completely alter your mood.

Practice this: slouch in your chair, lower your head, nervously twiddle your thumbs and think, “I’m so tired and sad today.” Now think about something that didn’t happen the way you hoped it would in the last week.

Next, stand up, throw your shoulders back and stick your chest out, raise your head, and think about one good quality you have really developed in yourself that you are proud of. Think about the last fun thing you did.

You probably went through some very real emotions just now and absolutely nothing changed but your body language and thoughts. Use this knowledge when working with your dog.

Another key concept is that this very same process will work wonders on your dog. You can change your dog’s behavior by influencing his body language (more on this later).

The Most Valuable Tip I Can Give You

The most valuable tip I can give you is to start hanging out with people you know that have consistently had well behaved dogs. If you don’t know any, go on a hike with your dog and befriend the people who have obedient dogs or at least watch how they interact with them. Compare this to the way the owners of disobedient dogs act.

Take Action: Hire a professional trainer in your area (many trainers have free or low cost socialization classes these days), join a dog hiking club on meetup.com or contact your friends/family members, and start learning

from people who have well behaved dogs.

Once these different types of dog owner behaviors become like night and day to you you will really start to make progress. If you do nothing else do this! You can learn so much for free by simply observing other dog owners, especially if you build a group of friends that have obedient dogs. Ask them questions and learn their mindset. Find out why they do what they do with their dogs.

Try keeping a journal of what worked and what didn't and how you think you can improve it next time the same situation comes up. This makes you accountable for the way your dog acted and lets you consciously reflect about what went on. You will find that a lot of your predictions are wrong, but when they are right it usually means you've had a huge break through.

What is the outcome you seek?

Just want your dog to stop doing a certain behavior? Want to train your dog to be the perfect hunting dog? Want your dog to give you 100% obedience? Or are you happy with him obeying just most of the time?

Whatever it is you need to write it down right now. Otherwise it's like getting in your car and driving for a few hours only to realize you had nowhere to go. Pick a destination and use this book to get you there. 3 months from now pick a new destination and reread the concepts and they'll help get you there too.

Part 2 - How To Communicate With Dogs

Chapter 3 - How To Become The Type Of Person Dogs Trust And Respect

You Need The Training, Not The Dog

Sound is your least useful tool with dogs but it's what people tend to use the most.

It's the least useful tool when dealing with people too. This is precisely why we have phrases like, "actions speak louder than words", and "a picture paints a thousand words". Your body language and physical contact is the most powerful tool you have.

If your words fall on deaf ears, use a physical touch to redirect your dog's attention. Dogs can only focus on one thing at a time, so if you give them a reason to focus on you, you can snap them out of almost any behavior.

If you are one of those dog owners who is constantly talking to your dog try this for 1 full day: tape your mouth shut. I'm serious! Some trainers make everyone in their group classes do this for a full training session to really drive the point home. This will force you to use your body language ONLY. You will be far more effective and you will learn much faster when forced to focus on your body language and how that is affecting your dog's behavior.

For dozens of fantastic examples of this concept, I highly recommend you watch, "The Dog Whisperer" with Cesar Millan. The program runs on the National Geographic channel or you can purchase the show in DVD form online.

I recommend starting with Season 3 or later (this is when Cesar gets good

at explaining what he is doing instead of simply doing it and leaving the audience with little idea of how to recreate it at home).

It is believed that human beings learn best by tinkering. Once we get in school we tend to steer clear of this type of learning, but if you want to apply the dog training principles I'm teaching you properly, you have to begin tinkering with your dog. You have to play around with ideas until you find what works best for your situation and your dog.

Also, don't forget that you are fighting against precedence. If you have done something one way for 2 years and now you're going to change it, you have 2 years of precedence to break through. That's a 2 year routine that will be a bit painful for both you and your dog to change (usually more painful for you than your dog; humans are the stubborn ones).

Becoming The Leader

Let's get one thing straight. Dogs respond to very specific traits in people. There are specific traits you must demonstrate before being trusted as the leader. We see these traits all the time in our own dogs with leadership qualities and also in our group of regular daycare dogs.

Examples of Healthy Dog Leadership and Human Leadership Over Dogs:

1. A dog leader is confident; he has a calm confidence about him. Ex: my friend has 5 dogs. And in their family Bob, the Jack Russell Terrier, is the leader over an 80 pound Rottweiler, 2 pugs, and a Boston terrier. Bob is the calmest of the bunch, but he never hesitates to enforce the rules or claim his territory. A human family leader remains calm even when a fight breaks out and quickly resolves the dispute.
2. A dog leader avoids conflict whenever possible, but stands up for herself when necessary. She hates unnecessary fights, but when a

boundary has been crossed there are consequences.

3. A dog leader is a peace keeper. She will be the first to walk between two family members that are staring each other down or are preparing for a scuffle.
4. A dog leader demands respect of her property. She has no problem protecting the bone she's chewing on, but when she's not chewing on it she allows any other dog to have a turn.
5. A dog leader loves to work. She has energy for life and loves to get up each morning and put that energy to good use.
6. A human leader knows when to give affection. She understands that when affection is given it is a reward. When a dog is hyper, angry, scared, or in any mood other than calm and obedient the family leader withholds affection (more on this later).
7. A human leader has no reservations about giving orders. She doesn't hesitate to let a dog know when he has crossed the line. She can do this because she understands that dogs love structure and boundaries. The dog will only trust and respect the human leader more for maintaining order in the family and leading confidently.
8. A good family leader and a good dog leader is happy. She lives to work each day, play each day, and be with her family. The life of each family member is enriched because together they are happier and healthier than any of them could ever be alone. A family has what we like to call synergy.
9. A family leader and a dog leader is playful. She loves to unwind after a full day's work with a round of play. It's important to note that a family leader knows that play does not replace work. Just as one shouldn't play video games all day long, a dog shouldn't play fetch all day to drain his energy. Playing fetch should come after a healthy dose of disciplined, structured exercise.

Owners Who Annoy Dogs

In my experience, many dogs seem to be annoyed by their owners. They

tend to see them as the irritating little puppy at the dog park. The puppy's demands are rarely taken seriously and although they love the puppy sometimes he needs to be growled at or bitten to maintain order. Puppies need a lot of attention and are always looking for acceptance. Chances are your dog feels the same way towards you when you hesitate to correct him for being disobedient or are too "nice" to follow through with your rules.

Pay attention to your daily interactions with your dog, and see if you can catch yourself begging or pleading with your dog to obey like a puppy incessantly pleads with other dogs to play. Quickly correct course and begin demanding immediate compliance with your rules.

NEVER REPEAT YOURSELF AGAIN. From now on if you give your dog a command and it isn't immediately obeyed, get off the couch and make it happen!

When a dog does something naughty, the biggest difference between how you respond and how one of my trainers is this:

-A trainer will mark the behavior with a "hey" or a snap of the fingers, and as she's snapping she's already on her way towards the dog to reinforce her verbal correction if necessary.

-You say "hey" or "uh uh" or "Fluffy no, no" 3-5 times before you even think about getting up to do something about it.

This is a massive difference! Without immediate follow through your dog is getting anywhere from 5 seconds on up to an entire lifetime of free passes for inappropriate behavior. If you get nothing else from this book, change this one habit of repeating yourself. Start walking toward your dog as soon as you verbally correct her, and watch how your relationship and her behavior transforms.

Keep in mind that you can't expect to calm your dog by being frustrated and angry. In any situation, realize that your dog is far more likely to mimic your mood than anyone else's. So if your dog is barking like crazy at the door and you start yelling at him, don't expect your frustration to calm him down. Calm yourself first, get control of your own emotions and then use the techniques you have learned from this book to handle the situation quickly. Your dog will likely want to join your calm mood.

This is a big part of why dogs get so hyper and excited around people. They are perfectly calm and then as soon as someone shows up they go ballistic, licking everything in sight, jumping up and down, and running in circles demanding attention from everyone. It's because we all reward this behavior by getting overly excited when we see them, baby talking them, and petting them when they are in a hyper mood. We are essentially training our dogs to be in "hyper mode" far more than is healthy or normal.

Humanizing Your Dog

I talk to my dogs all the time; there is nothing wrong with that. It's fun to humanize our dogs and interpret things they do in an anthropomorphic way. Deep down we know they have no understanding of what was said, but it is fun to pretend dogs can understand us.

The problem comes when you truly think your dog understands English on some level. When the reality is he only understands a few memorized commands. If he does respond to your words he is almost certainly responding to your eye movements, body language, and his memory of similar moments in the past.

Amazingly though dogs, unlike wolves, or even chimpanzees, have evolved the ability to read human body language in very intelligent ways.

For example, one study showed that dogs could pick a container of food when the experimenter looked at it! (“The Science of Good and Evil” pg. 225-226). Dogs are experts at reading our body language, and I’m willing to bet that they can read a person’s body language 10 times better than we give them credit for.

Understanding Your Dog’s Personality type

There are many different personality types a dog can have and many different ways of describing each type. I am going to focus on only 2 of the many traits a dog may have because I believe they are the most important to understanding your dog’s behavior when looking at him through a dog training lens.

Here we will focus on the spectrum from dominance to submission, and the spectrum from confidence to insecurity. The 4 quadrants below illustrate a simple way of categorizing a dog’s personality:

Dominant	
Dominant Confident	Dominant Insecure
Submissive Confident	Submissive Insecure
Submissive	

I’m going to give you an example of a dog that would fit into each personality quadrant. Keep in mind that these are generalizations, but they can help you determine what personality type your dog has.

Dominant Confident - Aiden

The very first dog I was paid to train was an English Mastiff named Aiden. His owners were in desperate need of help as Aiden was chewing on everything in sight. He had destroyed several remote controls, his dog bed, a recliner, a book shelf, and the plastic hose that supplied his owner with air from her oxygen tank.

He also put his mouth all over everyone's hands. This form of gentle biting is also called cuffing. It's a behavior that dogs often develop when left uncorrected, and in this case, it was making the grandmother that lived with Aiden bleed frequently because of her thin, delicate skin.

Needless to say this guy was not shy.

Aiden fits into this category perfectly because he was very curious to meet new people and dogs in just about any situation. He never shied away or tucked his tail. At the same time he was not about to obey just anyone. Aiden was not born to wait around for someone to lead him. He was ready to go as soon as his owners picked him up, and he was going to take every inch of freedom he could get.

Now that his owners have applied the principles I taught them, Aiden no longer jumps on everyone he sees or attempts to slobber all over their hands. He listens to his owner even though she spends most of her time on crutches or in a wheelchair. He even reserves his destructive chewing for his toys instead of the walls and baseboards. He has slowly but steadily progressed to fit into the Submissive Confident quadrant.

Dominant Insecure - Max

Of all the dogs I've worked with to date Max has been my favorite. There

is something about his Great Dane dopiness that I love. At 160 pounds Max nearly outweighs me, and when he shows his dominance everyone within earshot knows about it. Max lacks socialization skills with other dogs even though he is great with people.

Max lacks the ability to control his rage and will attack unprovoked, in part due to his insecurity. Even when other dogs are giving Max clear signals that they mean no harm he will often lunge at them.

Other dogs communicate their submission to him by looking away from him, licking the air, and turning their body away. If the other dog gives him eye contact for a little too long he will snap, and you can almost smell the adrenaline running through his veins preparing him for “battle”.

Just like most dogs I work with though Max has a sweet side. With no strange dogs around to attack, Max is the biggest sweetheart you’ll ever meet. He does that innocent puppy dog look where he drops his ears, lowers his head and trots over to you for some affection.

However, if I raise my voice at him he will immediately tuck tail and run. Max could use a higher self esteem and the ability to relax around strange dogs would do just that for him. Sadly his owner hasn’t set apart the time to work with him on this, but I am hopeful that he will soon.

Submissive Confident - Butters

Butters has been the best canine companion a guy could ask for. I’ll be honest though, it hasn’t been easy training this 70 pound Pit Bull. His natural personality definitely tends toward dominance, but with proper training and daily exercise he is happy to follow the rules I set for him. He sits when told to sit, follows me happily on a leash, and can get any dog, no matter how antisocial or insecure, to play. He is the best training tool I have because he can communicate things to dogs I can’t. He

teaches new dogs the rules by being a good example. His confident, playful personality is contagious.

For severely antisocial dogs, the only real solution to their insecurity is a friendly dog like Butters. If your dog has poor social skills I suggest you look for a group socialization class in your area for assistance. Don't take any chances at a dog park or any park for that matter where dogs are running off leash. You need the help of a professional and a well behaved family of dogs.

Butters is the type of dog that lives to make new friends. He is like me in that he has a hard time waking up and has to do a lot of stretching and yawning before starting the day's activities. But once he is up, he is up. He would run and play 10 hours a day if I let him.

On the other hand, when Butters gets bored and has a lot of energy, his favorite naughty behavior is to go straight for the garbage can. Whenever he does this I am quick to accept responsibility because it means I haven't been attentive enough, and I have been giving him too much free, unsupervised time in the house. Even dog trainers need the occasional reminder to not trust any dog too much. Dogs are perpetual toddlers after all, and leaving a dog unsupervised around a full garbage can is like leaving a toddler alone in a candy store; they can only resist the temptation so long.

I never discipline him when I catch him after the fact because Butters lives in the moment. If I were to scold him even a few seconds after the deed was done he would have no idea what was going on, but he would drop his ears and back away from me nonetheless.

The only time a dog can be disciplined effectively is in the exact moment he does something wrong because unless you **catch him in the act** he will have no idea what you want.

Submissive Insecure - Toa

Toa was my second dog, also a Pit Bull. I adopted him when he was about a year and half old. The day he came home with me I said his name to call him over and he cowered, peed, and started shaking; the abuse he experienced was worse than I expected.

The first thing I do when I bring a new dog home is take them on a long walk. I like to get all their extra energy out before I introduce them to their new home; it makes all the changes much less stressful for the dog.

On Toa's first walk he pulled on the leash as hard as he could, as they generally do. After 10-15 minutes and some light jogging he learned what I was telling him with the leash and began walking by my side.

Whenever a dog or person went by he would growl ferociously while pushing up against my leg. With his previous owners anytime Toa was in a new situation he would run and hide behind the mother of the family, growl and shake in fear. The reason for this is his mom would reward it by petting him and saying "oh it's ok Toa, poor guy, it's ok". Not only was she rewarding him for being frightened, but she was quite literally telling Toa that she wanted him to be more frightened more often.

Upon arriving at my home he immediately began hiding behind anyone he saw. I instructed everyone not to pet him when he did this, and we would quickly put him in front of them so he would learn a different response in these situations. It was important for us to remain calm so he could feel how calm everyone was and that there was nothing to be afraid of.

As time passed, Toa became more and more confident. His body language in most situations now shows clear confidence (head up, tail held hanging calmly, not overreacting to every sound he heard, etc). He now very

rarely growls at another dog or person.

As with Toa, any dog over time can change dramatically with the proper training until he falls under the Submissive Confident category which should be the goal of every city dwelling dog owner in my opinion.

Chapter 4 - Doggy Communication Skills

Our most powerful communication tool is our touch. Our touch has the ability to prevent otherwise inevitable fights, stop an enraged dog from attacking, calm a dog that is bouncing off the walls with energy, and tell a dog that he is deeply loved and cared for.

It has been shown that when we pet our dogs our heart rate drops and so does the dog's. We both find comfort and relaxation in each other's touch. That being said from now on you need to think of petting your dog as giving him a dog treat.

If your dog is barking and you tell him to be quiet but he ignores you would you give him a dog treat? Of course not, that only trains him that you like when he barks; petting works the same way. It should only be done when your dog is calm and never when he is breaking a rule.

My favorite example of this terrible habit is when there is a little yappy dog at the dog park that freaks out on another dog, begins barking like crazy, and either hides between his owner's legs or charges the other dog aggressively. The owner's solution is almost always to pick up their little dog and begin talking to and petting it. Here's what the dog is experiencing:

"I'm scared so I bark to warn the other dog. When he doesn't listen I try to bite him to show him I mean business. When that doesn't work I hide behind Mom.

Mom always picks me up and pets me. This way I can bark at everyone from up high where I am safe and everyone can see me better.

She loves when I get loud and aggressive. When I'm all bottled up with

rage inside mom gives me treats and massages my back.”

The moral of the story is never pet your dog unless you want more of what he is doing. If your dog is scared or aggressive and you pet him, you are reaffirming his belief that he is doing the best thing for his and your safety. You are asking for him to develop a serious insecurity and fear of say the Vet. Petting your dog at the Vet will not soothe him; he is not a human baby. He will become more and more fearful of the Vet until it develops into a phobia (more on this later).

Leash Talk

The leash can either be used as a teaching tool or as a meaningless piece of rope that merely annoys your dog. Most people have trained their dogs that the leash is part of a tug of war game between them and their owner. Believe it or not the leash is supposed to be completely tension free.

The Wrong Way

Imagine having a rope around your neck and the person on the other end is pulling it. Tension in the rope is annoying so you step towards them to relieve the nuisance, but every time you take a step they tighten the rope even more. You are now side by side and can't possibly get any closer and yet they keep the tension in the rope. You want to smell that bush so you take a step away only to be pulled back. Annoyed you pull with all your might. It works! You finally got what you wanted! The solution to this leash problem seems to be to pull as hard as you can until the person holding it goes where you need them to.

The Right Way

I offer a better way to use this simple and effective tool. The leash

should be loose at all times unless you are giving the dog a correction. This way he learns that tension in the leash means something. If he doesn't want to feel that tension he should follow you. When he does as he is supposed to it's like he's not wearing a leash at all.

Leashes Stress Dogs Out!

Dogs lunge on leashes because it takes away their escape route if things get out of control. When they are off leash they know they can flee but on leash they are tethered to you which means they are sitting ducks unless they charge forward and force the strange dog, person, car, bike, etc to back away.

One day at our local off leash, hiking trail there was a lady with 5 dogs, when Butters went to smell one of the dogs the dog tried to attack him. The lady freaked out on the dog, then the other 4 dogs started barking and chased us away from their area of the park.

The lady snapped in half a second just like her dogs did. She would do much better to think first how the bad behavior was triggered and address the issue there before simply snapping out of frustration and yelling at her dog. Walking 5 dogs at a time is tricky for anyone to pull off, especially if you're going to take them to an off leash dog area; she really set herself and her dogs up for failure.

I think we have all snapped on our dogs before; I know I have. The difference between a good dog owner and a bad dog owner is what we do after we snap. Do we take it personal and blame the dog for being stupid, or do we look for a solution. Good dog owners look for the unwanted behavioral trigger and then go out and desensitize their dog so he no longer reacts to that trigger.

Chapter 5 - Body Language

There are some great books out there that cover the specifics of canine body language, and I don't have time to cover that here. Instead I'll recommend you read "Dog Language" by Roger Abrantes and "The Dog's Mind" by Bruce Fogle for an in depth understanding of the subject.

I will however, give you some general guidelines to follow, as well as, my best insights into canine body language and what it tells you about a dog's stress levels.

Your body language is quite literally a conversation with your dog. You are both reading each other all the time. Dogs are 10 times better at reading body language than we give them credit for, so keep in mind that your dog is always reading and smelling your mood and intentions.

This is why it is sometimes wise to slow your dog's approach to a new dog to lower everyone's intensity when they first meet. If your dog is bounding over to smell a newcomer it's important to understand that the other dog's stress level will be much higher and he will be much more likely to snap. It's our job as dog owners to train our dogs to politely and calmly introduce themselves to other dogs.

For example, when a dog puffs up he is telling (the dog, person, garbage truck, whatever) to stop and when they don't, he feels he has to lash out. He feels threatened and when his warning to stop is not heeded he must attack or run like hell. His body language warning was clear.

The Greeting Ritual

When two dogs meet there is a greeting ritual that they go through like we humans go through ours.

When we meet a stranger for the first time the first thing we do is see them and begin making our first impression of them based on their body language, physical appearance, and so on. We make eye contact, shake hands and exchange a few common phrases like, “hello nice to meet you” and “my name is Ryan, what is yours?”

Dogs have a different ritual with the same purpose: to understand the stranger’s intentions, determine where we stand with them, and begin building trust.

When two strange dogs meet it is in their nature to be suspicious of the other’s intentions so they are very cautious. They first smell each other’s faces then quickly move to smelling each other’s rears and anal glands (not familiar with what an anal gland is? Check out this short description: http://en.wikipedia.org/wiki/Anal_gland). By the way, one dog will almost always lower its’ head and pull back its’ ears to show immediate submission while the other dog keeps its’ head held high with ears erect.

If both maintain raised heads and dominant body language some strong eye contact is likely to ensue. If allowed to go unbroken a short scuffle or full on fight is likely to follow. I will generally call my dog away, or in an ideal situation, I recognize that the oncoming dog is not a dog we want to meet and we avoid the situation altogether.

Many times after a neutral or positive greeting one dog will want nothing more to do with the other; this is perfectly normal and the dog who walks away should be allowed her space.

Dogs give a few specific warning signals and if they are not heeded the dog will feel it is in the its’ best interest to lash out. Some signals that your dog wishes to be left alone are: looking away from the other dog, walking away while keeping an eye on the other dog, barking, tightening

lips to show teeth, growling. A huge misconception is that your dog is being aggressive or rude when doing this, not so.

Your dog is being polite in my opinion. Instead of just outright attacking the other dog he is giving plenty of signs to the other dog that he means no harm but wants to be left alone. If left unheeded he is warning, “I will attack you”. If the other dog ignores the warnings and you don’t want to see a fight, you should chase the other dog away or distract him. This general mindset doesn’t just apply to how your dog interacts with strange dogs but also with every other dog and human he knows as well.

I’m definitely not advocating letting your dog growl and snap anytime he wants. He should never be allowed to growl at you or bare his teeth just to keep you from say getting him off your bed. But this really works well when dealing with dog introductions. Your dog needs to be able to create space for himself from other dogs. If he is proactively going into other dog’s space and barking, growling, etc then he is just being a bully and you should seek out professional help and a highly structured socialization class.

Body Language Specifics

Let’s talk more specifically about how the different parts of a dog’s body move when in different moods.

What would I do if I were about to get pummeled by a mob of angry rioters? I would run like hell or curl up in a ball and beg for mercy.

When dogs are afraid they try to make themselves as small as possible too. Their tail tucks between their legs, they squint their eyes making them seem smaller, their ears go back, their head lowers, they squat lower to the ground, anything to appear less threatening.

What do humans look like right before a fight? We humans throw our arms out as wide as possible, making us look bigger than we actually are, we get wide eyed in an attempt to be aware of all our surroundings, we throw our heads back, widen our stance, puff up our chests, etc.

Dogs do much the same thing when getting ready to protect themselves or their territory. They stand tall with head raised high, ears up and forward, their eyes widen, tail up, hair poofed up to look larger, chest out, lips curled to expose their weaponry (teeth). This is much like the movies when thugs lift their shirts to expose their guns in gangster movies; intimidation is their goal here.

Pay attention to these subtle clues and you'll begin to be able to read a dog's mood before you approach him. Learn to avoid dogs that are obviously in a hyperactive dominant state and encourage your dogs to interact with those that are showing strong signs of a calm, confident attitude.

Tail Movement

You will notice that the tips of dog's tails are often white/black or a different color from the rest of the dog's body because it is so key to their communication. Tails are very important in determining the mood of a dog.

It's important to note that just because a dog's tail is wagging does not mean he is happy. Dogs often wag their tails right before a fight. The key is to notice the angle of the tail. The higher up and more stiff a dog's tail is, the more dominant and aggressive the mood. If the tail is tucked the dog is obviously afraid and submissive, although still ready to fight if necessary.

It's when the dog's tail is about level with his back or slightly lower than

his back that shows he is comfortable and confident in that moment. When wagging in this position you can be pretty sure he is happy and ready to play. But don't just rely on reading a dog's tail. There are many other indicators of mood and intention to be aware of.

Note: Dogs with curly tails are harder to read so you will have to rely on other indicators when dealing with them. This means other dogs will have a harder time reading your dog too if he has a curly tail.

If you think about it, dogs never wag their tails at inanimate objects. Instead they use it to communicate with you and other animals.

As a side note, I recommend petting dogs under their chins until you know them better. A hand coming down at them from someone 3 times their height, that they don't know, can be rather threatening to a dog. Petting a dog under his chin is not only less threatening but it also raises his head which is what confident dogs do. This can actually help raise an insecure dog's self esteem. By mimicking the body language of a confident dog he actually becomes more confident.

Warning:

Never pet a dog upon first greeting. Just because a dog comes over to you does not mean he wants you to pet him. You will eventually be bitten if you disobey this proper dog etiquette. Children are far more likely to be bitten than adults and it is doubly important that children learn this rule. Go to [Stop the 77 website](#) if you have children, it's a great resource for preventing dog bites among children.

Give the dog at least 30 seconds to sniff you out and get a feel for your intentions. Remember, dogs are ALWAYS suspicious of newcomers, so don't be that person who smothers dogs with hugs and kisses the second they walk in the door. It is true there are some dogs who love this behavior

from strangers, but in my experience, the majority of dogs would prefer 30 seconds of calm, quiet, sniff time and then bring on the affection!

Focus vs. Fixation

Pay attention to your dog's degree of focus. A common scenario is when you're on a walk and there is an aggressive dog behind a fence.

If your dog looks over and watches the dog and then looks away without getting worked up then he was just focused. When your dog chases down the ball in a game of fetch, focus is a good thing. However if he will barrel through anyone or anything on his way to get that ball he is now in an obsessive, fixated state which is a very bad thing.

If when passing a dog your dog begins huffing and puffing, growling, or lunging, you have a fixated dog as well. A good rule of thumb is if your dog's walking speed changes when looking at another dog he has become fixated; sometimes a firm, well timed correction can snap him out of it, but chances are he's not ready for that level of distraction if you have to give heavy corrections. If he is looking over at the dog behind the fence he is fine, but as soon as he takes a couple quick steps ahead or slows down to maintain eye contact he has become fixated and must be corrected quickly before he begins growling and lunging. If this situation comes up regularly for you on walks around the neighborhood, it's time to schedule some one on one training sessions with a high quality dog trainer in your area.

Hint #1: your dog needs to learn to walk properly in your house and in your backyard on a loose leash before you think about going past heavy distractions.

Hint #2: your dog needs lots of healthy social interaction to truly overcome leash aggression. Do NOT go to a dog park and definitely do

NOT go to any old, dog daycare company either; those 2 places will only exacerbate the problem.

What do you need? A high quality dog trainer of course! Many dog trainers are starting to offer daycare services these days too. If they know what they're doing, their facility is the perfect place for your dog to learn how to socialize properly with others.

Also, there is a huge difference in neck stiffness when a dog reaches fixation. You'll be able to feel this stiffness when the leash goes tight, and your dog is fixated.

When A Dog Charges You

Another thing to pay attention to is if a dog is barking at you while backing away or standing his ground he is just warning you. On the other hand if he is barking at you and bouncing forward it is a clear sign of aggression and is to be taken much more seriously. With these types of dogs it is important that you stand your ground.

The worst thing you can do is turn and run. This is a clear signal from you that you are scared and the fact that you are fleeing will trigger a chase; like when your dog sees a cat running away. You are likely to be bitten if you flee. (If you're a jogger, stop running as soon as you notice an off leash dog coming towards you. Make sure you face the dog at all times to avoid being bitten. NEVER keep running! (This simple tip could save thousands of ankles from being bitten each year) If a dog is charging you, I recommend getting something between you and the dog if at all possible. Use a backpack, a stick, a garbage can, a coat, anything, but it must be done without turning away from the dog.

If you can, stand your ground and wait until the dog takes a couple steps back. As soon as he does you stop. By doing this you communicate that if

he backs away you will not pursue. If you continue forward he may interpret this as him becoming the victim of an attack. This may stress the dog out more and he may turn to protect himself.

When the dog shows no signs of pursuing you it is safe to proceed. The steps I've mentioned above should cover the majority of encounters.

If you are unlucky enough to have a dog, or group of dogs, come running towards you I would highly recommend you not be between your dog(s) and the strangers. One client tried to keep her dogs from interacting with the off leash aggressors and her own dog ended up biting her. Part of the reason we own dogs is because we know they have the ability to protect us. I would much rather have my dog, who is well equipped to fight an angry dog, take on the aggressors. I recommend you do too, but I guess that decision is up to you.

Your dog should ask for your affection not demand it.

When a dog is hyper and trying to get your attention by jumping on you, mouthing your hand, pawing at you, or licking you, think of it as him demanding your attention instead of asking for it. The goal is to have them gently nuzzle you, calmly lick you, or calmly lean on you when asking to be pet. Happy, submissive dogs don't demand attention from their owners.

And when you do decide to give your dog some love, make sure it's only when he is calm because that is the mood we want to reinforce as much as possible. Not only because hyper, dominant dogs are really annoying, but because this is your dog's most natural mood.

He should spend 95% of his day in this mood instead of what we usually see, where dogs spend half the day lying around bored and the other half in an unhealthy state of hyperactivity. Pay attention to what mood your

dog is in before deciding to give him a belly rub.

Part 3 - What, When And How

Chapter 6 - How To Demonstrate Family Leadership

The truth is, when someone hires me to train their dog, I'm usually not teaching the dog anything he doesn't already know. I'm merely changing his role in the family in which he lives. He has known since he was a puppy how to do as he is told, but he is only going to show that obedience to someone he respects.

Notice how your dog will obey certain people better than you. He sees himself as dominant over you but submissive to that other person. He isn't being rude or trying to make you feel bad, he is simply reacting to reality. That person is to be taken seriously and you are not. Why? Probably because that person will follow through with a command if ignored, thereby demanding respect.

A true family leader is good at keeping the peace and resolving disputes quickly. Your family leader status is never constant. It is always in flux.

If you show signs of stress, anger, frustration, and fear it is not in your dog's best interest to listen to you or follow your lead. You aren't acting calmly and confidently; your dog is wise to ignore you.

Dogs who have never met a human who has put them in their place have a huge disadvantage to dogs that have met that type of human but whose owners just aren't doing it. Half the battle for the dog is knowing that people can and will take charge. If the dog has never experienced this it will take more training and patience.

Extremely aggressive dogs who have lost their ability to react properly to the body language of another dog or person should only be handled by a

professional. These dogs go straight from calm to extreme rage in seconds. Humans are almost always to blame for them reaching this level of insanity, but with help many they can become healthy again. Only you can be held responsible for harboring an aggressive animal; don't take on this responsibility without the help of a professional.

Many insecure dogs will attack for no reason at all, they simply assume every new person or dog is a threat and lash out immediately. They don't look to read the other dog's body language. The other dog could be giving them plenty of cues all saying "I mean no harm", and these very poorly socialized dogs will still feel the need to attack.

Here are the progressive steps most dogs will take on their way to becoming a dangerous liability:

1. They begin barking, growling at other dogs.
2. They begin biting, attacking other dogs.
3. They begin barking, growling at humans.
4. They begin lunging at, biting humans.
5. They begin barking, growling at their owners.
6. They begin lunging at, biting their owners.

If your dog reaches step 2 you should be receiving professional help in my opinion, but if you fail to take action by step 4 you are asking for a lawsuit and for your dog to be put down. Don't wait for a disaster to happen before you do something. Get some help now!

Chapter 7 - Potty Training

When a mother gives birth to a litter of pups she keeps the den very clean. She will eat the pup's waste during the first few weeks of life.

For a young puppy to suddenly end up in your house, or even more confusing in your apartment, and be expected to "hold it" for any period of time is just unrealistic. Here is how to potty train a dog in as little time as possible:

The following will work for adults and puppies:

Adults are generally much easier even though they've had the "bad habit" for so long because they usually know what we are looking for already and have developed the necessary bladder control muscles. If your dog is over 4 months old and still having regular accidents in the house it is more likely due to frustration or simply to not knowing where you want him to go.

You may be thinking, "yeah right! I've yelled at him so many times for going to the bathroom in the house. There is no way he doesn't know what I want."

Ask yourself the following:

1. Is your dog over 4 months of age?
2. Have you caught your dog in the act of going to the bathroom in your house 10 times in a row?
3. When you caught your dog in the act did you go outside and wait until the dog finished going potty outside?

These questions are important because unless you are consistent, your

timing is perfect and the dog knows that peeing and pooping next to you is not always a bad thing, chances are your dog is just plain confused.

Important Perspective Shift to Have Before Reading Further:

Before you learn anymore about how to potty train your dog, I'd like you to step back and consider things from a broad perspective; many unwanted behaviors go away on their own when you simply take the time to walk your dog each day and be consistent with house rules. Forget the techniques, forget all the cool, new, fun facts you just learned about dogs and how to train them. Simply go for a walk each day and stop repeating yourself!

Your dog will make huge improvements with those two behavioral adjustments alone, and notice that your dog doesn't have to change at all; it's you who needs to change some bad habits first.

"Your dog is willing to change, he just waits for you to go first" Brother Christopher of The Monks of New Skete

"Do you want to make your life easier? Or do you want to help your dog?" Chad Mackin

I'd guesstimate that 95% of all potty training problems in dogs over 6 months old quickly dissipate on their own when the rest of the principles found in this book are adhered to. Dogs who are getting regular exercise and who know their place in their family rarely leave steamy piles of poo on their owner's floor.

OK back to the techniques!

When you catch a dog in the act all you need to do is startle him. Interrupt the behavior by clapping your hands or saying "NO" in a firm

tone as you walk toward your dog. Once the peeing or pooping has been interrupted you are now your dog's best friend again. Calmly walk your dog toward the door and go outside with him so he can finish relieving himself in the proper area. When he does, praise him!

Timing is key. Be as consistent as possible. The better your timing and consistency the faster your dog will learn.

The number one commandment of dog training is:

“Thou shalt correct unwanted behavior 100% of the time, at exactly the same time, or thou shalt wake up to a fresh steamer all the days of thy life.”

Take your dog to the same exact spot every time and don't carry him if at all possible. It's important that he walks and smells the path to his spot several times a day.

The second he finishes outside pet him and praise him. No need to jump up and down and get your dog all riled up, but let him know you are proud of him. Treats can be used as well, but remember that if the treat isn't given to him the second he finishes peeing he may not associate the treat with peeing outside. Also if he smells the treat before he pees he may get so distracted by it that he will forget to pee so beware.

Again, if your pup has a routine everyday his internal clock can adjust to it. Make your dog's schedule as predictable as possible for him and it will pay off in dividends.

One last resort is to tie your puppy's leash around your waist for the first week or so. This way you are guaranteed to be there every time he makes a mistake. This works especially well for people who are easily distracted, and for owners of little dogs (they can be especially sneaky).

As a side note, **DON'T USE PUPPY PADS** unless you plan on using them for life. Puppy pads are extremely confusing to dogs when used only for a few months. You are basically training your dog to pee in the house so don't mess with pads unless it is out of necessity (like if you live on the 15th floor of an apartment building, and there is no grass outside for several blocks).

Be aware that when you move to a new home or visit other people's homes it will feel natural for some dogs to pee in this new territory. Keep an extra close watch on your dog in these new situations to prevent this nasty habit from developing. I generally potty break my dog before going into a new place. After she has been inside for 5-10 minutes I take her out again for a quick potty break. I know this seems redundant, but I suggest you trust me on this one. Dogs need to get there smell on something when they visit a new place; I'd rather it be outside than in my friends basement.

Not All Dogs Pee On Your Floor For The Same Reason

Lastly, not all peeing/pooping in the house is potty training related. I know you're thinking, "wait... what? That makes no sense."

Trust me, a dog will pee in your house out of territorial dominance, frustration, excitement and anxiety. None of which have anything to do with knowing where the humans want the dog to pee.

Most older dogs know exactly where you want them to go, but they either don't care, or they can't control their pee even though they want to (see your vet if you think this may be contributing to your dog's problem).

If the methods described above aren't improving results noticeably within 2 weeks, you are either doing it wrong or your dog may have a health

issue your vet needs to address. If it isn't health related it's time to call a reputable dog trainer in your area.

Chapter 8- Where And How To Exercise Your Dog

We already talked about how important it is to use the leash to communicate with your dog. Tension in the leash is unacceptable unless you are correcting a behavior. Another reason your dog will pull more with constant tension in the leash is because it is a natural reaction. We humans do this as well.

If we are standing next to each other and I push you, you will immediately react by pushing back against my hand. It's a natural reaction and dogs do this when pulled. Pulling back on the leash is rather ineffective most times because of your dog's forward momentum as well as the opposition reflex.

A quick tug to the side is much more effective. It has the benefit of pulling them closer to you, as well as pulling them off balance a bit which gets their attention. Pulling straight up should always be done gently to prevent hurting your dog's trachea. Leash corrections to the side can be more firm because they'll put the force of the correction on your dog's neck muscles. Note: if you have to give your dog one or more firm leash corrections every time you leave the house, something isn't right. I highly recommend you seek the help of a professional, you'd be surprised how quickly we can diagnose the situation. A professional will save you lots of frustration over the years too.

Do neighborhood dogs bark at you and your dogs when you walk by? If they do, it is partially your fault. Here's how to put an end to it:

1. The dogs behind the fence need to become familiar with your dog's scent. Fences are not a natural occurrence in the wild and they drive dogs nuts. You are a stranger approaching their territory and

they can't even get close enough to meet you to determine if you are a threat or not. You need to get everyone close enough together to exchange scents several times before all the dogs will become more comfortable with each other.

2. The dogs behind the fence need to see in your body language, and especially in your dog's, that you are not a threat. So every time you go past a fence with hostile dogs behind it you are to stop in front of the fence, turn away from the fence so neither you or your dogs can make eye contact with the neighbor's dogs. You may have to start by doing this across the street, and then each day get closer until you are right up next to the fence. Each time you do this, before passing that fence, you have to get your dogs sitting, facing away from the fence, while being completely calm. Even if the other dogs bark, your dogs shouldn't look or pay any attention. You cannot ever pass that fence without first getting your dogs calm again.
3. You will notice that the neighbors dogs will follow your lead as well. Once your dogs are truly calm, the dogs behind the fence will become calm and lose interest in you. After about 2 weeks of this the dogs will bark at everyone who goes by except you, because you are the only ones who have been polite. Here's what is going through the neighbor's dogs minds, "people and dogs come by, we bark and freak out, they leave, nice... it works every time!" Everyone in the neighborhood is training the dogs to bark in this way. So you are going to do the opposite and not allow the dogs to chase you away with their barking. Instead you won't walk away until they calm down and accept your presence. (It's important to note that some dogs will never calm down no matter how many times you pass them. I'd say 80% of dogs behind fences will respond favorably to the method I described above but not all. I'd advise you simply avoid the extremely unhealthy, aggressive dogs to be safe.)

When your dog pulls you on the leash and you are dragged behind him down the street you are essentially rewarding his pulling. You can't reasonably be frustrated with him to be honest.

Think about it. His pulling accomplishes his goal of moving forward as quickly as possible and you do nothing more than continue right along with him. Another good technique for changing this bad habit is to change directions often. So every time your dog gets ahead of you and begins pulling, you do a 180 degree turn and go the other way. As soon as he gets ahead of you again you flip around and go back the other way. It won't take long before he will get bored of passing the same 10 houses over and over again. This exercise gives him a reason to follow your lead.

A dog can be behind you and not be following you; he can also be ahead of you and still be following your lead. When my dog is off leash on a hike with me she shows all the signs of a dog following my lead. A dog who is submissive and following has her ears back, head down, tail level or hanging relaxed. When off leash, my dog looks back to check in with me often. When we come upon strangers she doesn't dart off, rather she checks in with me to see what my response is before going up to greet newcomers.

When Passing Other Dogs

When on your walks judge the body language of dogs you come across and their owners. First pay attention to the owners. Do they look stressed out and fearful or calm and relaxed?

Then look at the dogs. Are they pulling their owner down the street or walking calmly by their side? Is the dog's tail up and stiff or low and wagging loosely? If the dogs are anything but calm you should be the one to turn away from them, cross the street, avoid them, etc. This will save you a lot of stress and possibly dangerous interactions.

If you absolutely must pass them and can't put some space between the two groups, your best bet is to either put your dogs on the far side of you, away from the passing dogs, or match your calmest dog with theirs. Try to judge which dog seems least likely to lunge and pass on that side of them.

Remember dog training is like learning to drive. When we first learn to drive our eyes tend to be all over the place looking at everything we see for danger. Then our brains learn to focus only on what's important like kids playing ball, bicyclists, speeding cars, etc. It's the same for learning to walk your dog. At first you will overreact every time you pass a dog, but with time you will learn to read the other dog's body language and know when to cross the street and when to not worry at all.

The same applies to your dog's ability to walk calmly amongst so many distractions. Many poorly socialized dogs assume every dog they see is a threat which is why they threaten every dog they see. With practice however your dog's brain will learn to only focus on signals from other dogs that are actually threatening.

Switch It Up

If one type of correction doesn't work use another type instead of just doing the same thing over and over. I've given you several very effective techniques to use, some work better with different dog's personalities and in different situations. Tinker with them all and see which ones work for you.

Once you have enough practice working with your dog, your corrections will become almost automatic. It'll be like when you see a child reaching to touch a hot stove, and you immediately pull her away. You won't even think about what you should do, you will just react.

The Treadmill

The treadmill can be a great way to exercise your dog. Although this isn't nearly as effective as a hike in the woods or a long walk, it can be a great way to get some of your dogs extra energy out. Ideally, you want to take your dog on an early morning jog followed by a treadmill workout when your dog gets his second wind in the evening.

You want your dog's first few experiences with the treadmill to be really positive ones. Here's how to do it:

1. Put your dog's leash on and have him walk on and off the treadmill several times before turning it on. This way he can smell it and get used to getting on and off without anything scary happening (like beeping sounds or the ground moving below his feet).
2. Start the treadmill at a slow speed (generally around 1-1.5 mph), but make sure it's fast enough that the treadmill doesn't slow down when he steps. You want to maintain a constant speed.
3. Be prepared for your dog to "freak out". He may try to run off the front, the side, or stop walking altogether. Hang in there and remember that your dog is not being hurt in any way, he will be fine, but he needs you to stay calm and guide him through it.
4. Use the leash as needed to make sure he stays on the treadmill. If he manages to jump off immediately put him back on without stopping the treadmill if possible.
5. Have your dog walk on the treadmill until you notice him relaxing a bit (usually only takes 1-2 minutes but can feel like much longer if your dog is stressing out). Once you get a 5 second span of time where he walks along without trying to jump off you can turn the treadmill off, but don't let your dog off the treadmill just yet.
6. With your dog standing on the treadmill praise him and give him a treat if you'd like. Your dog must stay on the treadmill until 100%

calm! This is the rule for every single time you do treadmill work.

7. Invite your dog to jump off and then go do something fun like play fetch or go for a walk to end the session on a positive note.

Repeat this process 2-3 times and begin increasing the amount of time your dog is on the treadmill. During a future session tie the leash to the handlebar of the treadmill so there is no tension in the leash but short enough that your dog can't just stop walking and fall off the back. This way the leash automatically guides him.

Stay in the room and watch him so that if anything happens you are right there to help him. Never leave a dog unsupervised while leashed to a treadmill.

After a few sessions of this your dog should be comfortable walking for up to 30 minutes on the treadmill. When you feel confident your dog will no longer try and jump off during the sessions you can remove the leash and let him run without one.

Experiment with different speeds and lengths of time to find what your dog enjoys the most and what works best for you. I've had my treadmill going fast enough for my dogs to be comfortably trotting along for as long as 30 minutes.

It took me about 2 weeks, but my dogs love the treadmill now. When I walk past it they jump on, wag their tails, and practically beg me to turn it on.

Remember the treadmill should be used as a bonus. Not as their main source of exercise. It is vital that your dog be taken on a disciplined walk everyday. The fact that he wakes up every morning, walks by your side, and follows you for 45 minutes will naturally trigger his obedience instincts. It will become second nature for him to follow your lead the

rest of the day. At least 70% of your dog's obedience will come down to 2 things:

1. Who is leading who on the walks
2. A family who consistently follows through with house rules.

Chapter 9: Discipline

How And When To Apply Tough Love

Training is a 2 step process. First you have to address the problem. Second you have to follow through 100% of the time. Without follow through training is wasted energy.

One mistake you might be making is treating symptoms instead of tackling the problem head on. For example if your dog chews your furniture and you begin using a bitter tasting spray to deter the chewing. Or if your dog barks constantly and you decide to shake a can full of rocks to startle him so he stops barking. These techniques may work in the short term but in the long term you still have a dog who feels the need to bark and be destructive.

The problem isn't the barking or the chewing, it's the dog's energy level. A 30 minute walk each day will be 100x's more effective than constantly correcting the dog's behavior. A stir crazy dog will have a VERY hard time learning rules and boundaries.

Alpha Rolling

Let me tell you a story about when I saw my father train a kid one day and how this experience relates to dog training.

When I was younger, all the teenage boys in our neighborhood would get together once a week and play basketball at the church. At the time my dad was in charge of organizing and supervising our activities and on this night he was playing basketball with us. One of the kids named Baiden, kept running up onto the stage and turning the lights off while we were

playing. He would then run off and laugh while we yelled at him to stop. Since we were running, jumping, and shooting someone could have easily been injured when the lights suddenly went out.

My dad is a patient man, but I know when he gets that certain look in his eye the game is over, and you have about 2 seconds to do exactly as told.

Well he had that look in his eye, and as Baiden was jumping off the stage once again, my dad snagged him and wrestled him to the ground. He rolled him over on his back, and put all his weight on Baiden's chest. Baiden squirmed and struggled to get away until he was exhausted. When he caught his breath he threw another fit hoping he could slip out or that my Dad would let him go. My Dad held him there until he relaxed and then asked, "are you going to quit?" After about 5 minutes of this Baiden reluctantly said, "Yes, now let me go!"

With Baiden's compliance achieved he let him go and we resumed playing basketball.

I learned an important lesson that day. My dad had set a boundary, that boundary was ignored, and when it was he had to follow through to enforce that boundary or it really was no boundary at all. No one needed to be hurt, but someone needed to dominate and someone needed to submit for there to be order.

Sadly for most dogs the boundaries their owners give them are more like a "I really rather you didn't do that", than they are rules with consequences.

Much like how my father rolled the inconsiderate Baiden onto his back and made him submit, you can roll your dog onto his side and pin him there until he submits to you. This technique is called alpha rolling.

Should you alpha roll your dog? No! Do I alpha roll dogs? Not anymore!

When I first started training dogs I used this technique fairly often, but the better I get at training dogs the more I realize there are much easier, more effective ways to discipline a dog than pinning them on their backs.

There are simply better ways to train your dog than stressing him out with this controversial and intense training technique. I hesitate to even mention it because most non dog trainers aren't going to apply it correctly. Also, if you use this technique more than a few times your dog will almost certainly become immune to its' effects.

Keep in mind, this technique is very likely to get you bitten if done improperly. If your dog has ever shown any aggression towards you before, and even if he hasn't, he may lash out when you attempt to roll him over. You should have a professional work with you when attempting this technique. Use this technique at your own risk or even better; don't use it at all.

Wandering Dog Syndrome

There are dogs out there who suffer from wandering dog syndrome. These poor souls were born without the ability to rest. After a 1 hour run they will come home and wander throughout the house looking for trash, kids toys, tissue paper and anything else that's fun to chew on.

Sometimes they do this just so you will yell at them, because the negative attention is better than no attention at all.

If you have a dog that suffers from this debilitating disorder then you need to start structuring your dog's down time. The following schedule is an example of how to do this:

Structuring Your Dog's Down Time

8am- I make and eat my breakfast. Dog is required to lie on her bed or is kenneled until I'm ready to take her on her morning walk.

9am- 45 minute dog walk begins. Walk must be structured, which means lots of heeling, but I allow sniffing for 5 minutes after each 10 minute interval of strictly heeling. After 5 minutes of freedom it's back to a nice structured heel (think of this as 10 minutes "on" and 5 minutes "off").

10am- Feeding time for the dog.

10:20am- I put away any uneaten food.

10:30am- Dog must lie down while I work, play with my kids, or do whatever it is I'm doing that day. I prefer the dog is resting in a place that I can easily see her at all times like a dog bed or kennel.

3pm- Play time. I take the dog out back to play with her favorite toy, fetch, run around like a maniac, whatever she wants to do for 30 minutes or so.

5pm- 30 minute dog walk where we practice coming when called from a distance, sitting and staying, lying down and staying, with and without distractions (ie walking around the dog, walking over the dog, clapping your hands, throwing a ball, kids playing, cars going by, other dogs passing us, etc), as well as heeling.

6pm- Dog is required to rest in a designated spot like her dog bed or kennel while I eat dinner.

6:30pm- Dog gets 20 minutes to eat again.

7pm- Dog's day is basically over at this point. She is required to rest for the rest of the evening unless I feel like playing with her for a few minutes. If she gets another burst of energy I will generally run her on the treadmill for 30 minutes.

Some important notes about the schedule above:

1. I always make sure the dog has a bone or toy to chew on whenever she starts structured down time.
2. I will let a dog wander around for 60 seconds if she relaxes after that. Sometimes a dog simply wants to go make sure everything around the house is in order and that there isn't any food on the ground they may have missed. This is acceptable behavior, but after about 60 seconds it almost always leads to me having to correct the dog for some unwanted behavior.
3. If you have a high energy dog you can plan on spending about an hour and a half fulfilling your dogs needs everyday. Step up to the challenge or she will eat your couch. If you don't have the 90 minutes to spare each day [hire a dog walker](#) or take him to a [high quality, dog daycare](#).
4. Without the pre-planned down time your dog can feel like a 24 hour job. Trust me I know. I'm training a chronic wanderer as I write this, and this routine is saving me from pulling my hair out.
5. Most wanderers are puppies and dogs under 2 years of age. Be patient and your dog will calm down with age. Although it is true that some dogs are wanderers for life (usually hunting, herding, working breeds).
6. I prefer to make the dog rest in a kennel. The kennel gives you a chance to get a true break from babysitting your dog, so that when down time is over you can give true quality time to your best friend.

There you have it! The cure for the common wandering dog.

Chapter 10: Keeping Your Dog Healthy And Ecstatic With The Idea Of Obeying You

A dog's heart slows when you pet it and so does yours. Dogs crave touch just as humans do, but they aren't primates. They don't resolve conflicts with hugs. They give a few warning signals and if they are not heeded it is in the dog's best interest to lash out.

The majority of dog owners have their dog's trust. This can easily be done by feeding them, giving them shelter, giving them affection etc, but don't make the mistake of thinking that these things will earn their respect too. The only way to gain your dog's respect is through the principles taught in this book. Your dog is wired to respect an owner who leads him and who gives him the structure he craves.

The daily walk is your dog's life. It's all he has, don't deprive him of it. A daily dose of exercise is the best medicine to cure almost any dog problem.

The weakest person in your dog's life needs to become a leader and your dog's behavior will improve 10 fold. The same applies if you have more than one dog. The behavior of the most dominant dog needs to be addressed first and the rest of the family's behavior will follow along with it.

Dr. Jekyll and Mr. Hyde syndrome is what unhealthy dogs seem to have. They are happy and lovable and then all of a sudden they snap. Happy dogs rarely have such dramatic mood swings. If your dog demonstrates these wild changes in mood, chances are he feels a lack of structure and routine in his life.

The Family Is Everything

Dogs love being social and knowing their place in the order of things. Dogs develop security and a sense of peace when they know their place in the hierarchy; they long for it. This is why it is established so quickly between dogs upon meeting.

New dogs in my family often seem more hyper and always get up and follow me everywhere I go because they aren't used to the routine and they aren't quite sure of all the rules. When you begin implementing the principles found in this book you can expect your dog to feel a little uneasy. There will be a lot of changes in his life over the next few weeks, but I promise, if you stick with it, your dog will quickly adjust. His stress levels are guaranteed to go down and his happiness will skyrocket!

Chapter 11: A Few Reasons Dogs Are Amazing Creatures

Dogs are like a kid on Christmas everyday of their life. This above all else is what I love about them. They live in the moment, that's the beauty of the dog.

As humans, our consciousness is both a blessing and a curse. We have such a hard time doing what dogs do so naturally, taking each moment as it comes. A dog will help you stay in the moment like nothing else I know of.

Your Dog's Nose

When you want new info you read email, but your dog he reads pmail. Clever right? I thought of that myself.

While doing research of my own I have run into some very intriguing articles about the power of our dog's noses.

When we smell a rose for example, the longer we smell it the less it smells. Our noses get overloaded easily but your dog's nose actually takes in more of the scent with each sniff. So the more your dog sniffs something the better he understands it, pretty cool!

Did you know that dogs trained for search and rescue, also called trailing dogs, can follow a missing person or suspect's scent by tiny skin cells that fall off as the person travels?

Imagine tree branches brushing against your legs and arms being enough to be tracked down by a dog. Some dogs are even capable of detecting

the scent of a human buried beneath 15 feet of snow to pinpoint their location.

When you're on a walk and your dog stops to smell a certain spot for an extended period of time, it's easy to laugh and think, "Well it's only a rock". Truth is, your dog's nose is watching a whole video clip of history on that rock. It's a story we can't see, smell or fully appreciate yet, but your dog knows exactly what is going on.

Here are some examples:

"In Colorado, a bloodhound named Yogi tracked the scent of a kidnapped 5-year-old girl for 7 hours, traveling 14 miles from the site of the abduction. While Yogi rested overnight, police officers found the girl's body only a mile from where Yogi had last followed her scent. Continuing on the trail the next day, Yogi located the suspect in a nearby apartment complex.

<http://www.policek9.com/html/scntline.html>"

"Experiments are being made in using canines at mental hospitals to pick out schizophrenics because they emit pheromones constantly. The fear scent is strictly the pheromones. Anxiety and other emotions may produce a different smell or scent and are different from fear scent. If you want to train your canine to pick out all the people who are afraid, you can do that. You can train him to pick out all the schizophrenics. A person feeling guilty is generally sweating from the apocrine glands. Another person probably would be sweating as much, but not from apocrine glands. Of course, the guilty person's odor is coming out like a smoke bomb and smells of "fear" (probably of being found).

<http://www.policek9.com/html/scent.html>"

Another interesting study:

In a famous study done by Russian geneticist Dmitri Belyaev at the Institute of Cytology and Genetics in Siberia they took wild foxes and bred them selectively hoping to domesticate them like our dogs. After 35 generations they achieved just that. They had foxes that wagged their tails, loved human affection, licked faces, and were generally peaceful pets.

The most interesting thing to me was that as they were actively breeding these foxes for domestication they began to develop “floppy ears, curly tails, and striking color patches on their fur, including a star-shaped pattern on the face similar to those found in many breeds of dogs.” (The Science of Good and Evil pg. 225-226)

The scientists who ran the experiment believe that even though they were only selecting for domestication there were unintended changes in the foxes that I mentioned above as well as smaller jaw size, smaller teeth size, smaller skull size, and more playfulness.

I am no scientist, but I find it fascinating that our dogs look the way they do for good reason. It's not all just for dog shows as I once thought. They look the way they do in large part because of the personalities we want them to have.

Chapter 12: Making The Good Behaviors Stick

Consistency Is The Key

In the end, the most important thing for your success with training your dog will come down to consistency. If your behavior towards your dog is consistent, your dog's behavior toward you will be consistent.

Keep Learning

It's like they say, "You don't know what you don't know". So keep studying the experts. The experience and knowledge of dog training specialists can save you countless hours of work and stress. They have done their homework and have learned what they know the hard way through trial and error. You can benefit greatly from their life's work.

Some Great Resources

Below are the names of a few of the many canine professionals that have influenced my training programs and this book:

Cesar Milan, "The Dog Whisperer"

Bruce Fogle

Roger Abrantes

The dedicated members of the [IACP: International Association of Canine Professionals](#) have had a powerful influence on me.

Heather Beck and Chad Mackin are two trainers who are members of the IACP who went out of their way to help me in my early training years; I will always be grateful for their feedback and instruction.

In Conclusion

Your dog's world is about to be turned upside down and he doesn't even know it. Once he adjusts to the new rules and the new you however he will be happier than he has ever been. Stay the course, you and your dog will thank me later.

Best,

Ryan

For free step by step dog training videos visit the author's YouTube channel:

<http://www.youtube.com/user/TrainWalkGroom>

For free training tips and articles by the author visit:

www.TrainWalkPoop.com

Bonus Chapter - The Kennel

Nothing will frustrate you more than coming home to half eaten furniture and trash scattered throughout the house. This is why every city dwelling dog owner should own a dog kennel.

By the way, if you scold your dog when you come home and find he has done something bad please pay close attention to what I'm about to say:

Dogs can only learn when corrected in the exact moment when they are doing something bad.

For example, if I am potty training a dog and he pees on the floor, and I walk into the room as he is walking away from his puddle, I will not scold him.

Unless I catch him mid stream it is pointless for me to yell at him. If I do, he will actually take longer to potty train because he will be confused about what he did wrong. This will stress him out and lead to more puddles on my floor.

So what do I do? I don't say a word.

I simply clean up the mess, and make a mental note to watch this dog more carefully, so I can catch him in the act next time.

Here's what I believe your dog thinks about being home alone:

“When mom and dad are home; eating trash and the couch is very naughty. When mom and dad are gone; eating trash and the couch is awesome!”

His thought process is that simple. Now why does your dog believe this?

Because he has never been corrected when home alone.

So unless you plan to set up a webcam in your house and have your neighbor run over every time your dog does something he isn't supposed to: STOP YELLING AT HIM WHEN YOU GET HOME.

Now what does this have to do with a kennel?

A kennel guarantees that your dog won't break any rules while you're gone.

This prevents any bad habits from forming in the first place, and has the enormous benefit of teaching your dog to relax when you aren't home.

If your dog is anything like my dog, when you aren't home, he goes from window to window hoping every noise he hears is you coming home. He is also probably barking at every noise he hears because he's a dog and wants to guard his territory.

If you live on a farm this is a good thing. If you live in an apartment I bet your neighbors think it is a bad thing. Even if you live in a house your dog is probably going crazy because he has to protect his territory every 5 minutes. People and cars are constantly passing your house in a city, and if your dog feels it's his job to warn them all he can become neurotic pretty quick.

So if you live in a city, I recommend you relieve your dog of his guard dog duties and teach him to relax and chew his bone while you are away.

How To Introduce The Kennel

Do not lock your dog in his kennel as soon as you bring it home. You need to slowly introduce him to it. Here's how:

1. Feed him meals in his kennel. Do this for a couple days so he associates the kennel with a good thing.
2. Toss treats, toys and/or bones in his kennel for him to retrieve. Do not close the door just let him go in and come out as he pleases.
3. On day 3 put your dog in the kennel, close the door for ½ a second

then open it. Later that day put him in again for 3 seconds.

4. For the next 3 days practice 2-3 times a day having your dog go into his kennel (hint: use treats) for progressively longer periods (10 secs, 30 secs, 1 minute, 2 minutes, 5 minutes, etc).
5. Once your dog tolerates 10 minutes in his kennel without any whining or signs of stress you will begin leaving the room while he is in his kennel. Repeat steps 3 and 4 but this time you will be leaving the room.
6. Be sure to reward him with praise and/or treats when you return from the other room to let your dog out.
7. The final step is to put your dog in his kennel, grab your keys, get in your car and drive down the street. Come back immediately and let your dog out.
8. Leave in your car for longer and longer periods each time until your dog is happy in his kennel for hours at a time.

This all but guarantees your dog will enjoy his kennel and see it as a safe resting place for the rest of his life.

Note: This is a long, slow process and can be sped up for some dogs who accept their kennels quickly. So be smart, and take it at the pace your dog needs you to.

Also, adjusting your dog to his kennel is easier to do if he has had a walk already that day. Never put a dog that hasn't been exercised in a kennel for long periods of time because that's just cruel.

