

# Time for Great Results

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## 1) Start with a Plan:

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While change can happen quickly at first, the more you practice, the better and more sustainable your results will be.

**You are Your Dog's Best Teacher.** The trust, respect, and bond that you and your dog share cannot be replicated by anyone else. That makes your training more meaningful to your dog and therefore more effective in the long run.

**Build Upon Exercises That Are Most Successful and Important for You.** Move ahead only when you and your dog are ready to do so. Better results are built upon a strong foundation. Moving ahead too quickly may cause setbacks.

**Make Teaching a Part of Your Daily Routine.** It is best to set aside time every day for you to focus on teaching with your dog. When we talk about teaching in this context, we are discussing exercises that have a beginning, middle and an end. Examples of this could be "Sit", "Don't run to the Front Door", "Walking", etc. Other teaching goes on all day long. If your dog jumps, you must always teach him to stay down. If your dog counter surfs, you must always teach him not to. Repetitive consistency is the key to teaching your dog what is right and the rules that he needs to obey. This is the only way that you will see improvement and will attain your goals.

**Be Patient.** If your training suffers a setback or doesn't seem to be working, call us for advice. It is normal to experience some challenges along the way. If something isn't working, step back to where you were succeeding and move forward from there.

**Be Safe.** Never leave your dog unsupervised around young children or off leash in a busy area.

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## 2) Practice Good Technique:

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HOW you teach your dog is far more important than WHAT you say.

**Use Proper Body Language.** Being calm, tall, and confident are critical.

- Be calm and still when giving commands or corrections.
- Use your height to show you are the boss.
- Lower your body to guide him to you.

**Use Your Voice Tones to Gain Focus.** Your words are not important, but the sounds and tones you make must be consistent.

- Use a calm voice for your commands (come, sit, stay, walk, etc.). Say your command once. Do not repeat it over and over again.
- We suggest that you use a low tone for a correction.
- Use a high tone for praise.

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**Time Your Corrections.** Your dog will associate your correction with whatever he is doing at that exact moment.

- Set up teachable moments to control the environment so you are prepared to educate your dog.
- Catch him in the act of making the mistake.
- Anticipate your dog's actions. If, from his body language, you know he is about to break a rule, you can correct him then. This is the equivalent of our mother saying "Don't you even think about it!". This is the most effective way to teach and gains the fastest results.

**Remember that a correction is really the process of education.** It starts with letting your dog know he made a mistake. After you gain his focus, you show and guide him to the correct action. As soon as he has made the right choice, praise him for being correct.

- Do not show your dog affection or praise if your dog is misbehaving.
- Show and guide your dog to the behavior you want; then praise him immediately.
- Every correction should end on a positive note. Always finish with a win and praise.

**Apply Your Rules Consistently.** Dogs are much more consistent than humans. Your rules must be clear and simple. You must apply them every time your dog breaks them 24/7. There is no such thing as a "Rules Holiday". If your dog breaks your rule, you correct. Period.

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## 3) Manage Your Dog's Environment:

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**Correct When You Are Present and Set the Scene When You Are Not There.** Your dog is learning all the time, so if you are not prepared to manage problem situations, he will continue to make mistakes. If your dog has not learned a particular rule and you are not present, you must modify the environment to remove his ability to break the rule and make the wrong decision.

You must always direct your dog to make the appropriate choices, whether you are there or not. The better you manage this process, the less time you will spend being frustrated and fixing problems.

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## 4) Time to Be Your Dog's Boss:

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**The purpose of your first lesson was to teach you and show your dog that you know how to be an effective leader.** Based on your continued actions over time, your dog will recognize that you actually are the leader.

Some dogs learn this very quickly while other dogs are a little more "head strong" regarding your leadership abilities. Your dog continually watches you for signs of leadership or weakness. Because of this, you must constantly pay attention to the following:

- Satisfy your dog's basic needs in a way that he can understand.
- Lead thru simple rules. Everything is black and white, up and down, left and right. There are no grey areas.
- Always make sure it is your idea. You always want to make sure that it is "I want YOU to...".
- Look and act like a leader. Your confidence is important to your dog. When you don't feel well or are unsure of yourself, he knows it. Don't train if you aren't in the mood.

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- Complete your training exercise. When you issue a command or start a behavioral training scenario, you must complete it. You must always succeed.
- Be consistent. Dogs learn through consistency and expect that their leaders will be consistent in their actions. You must always enforce your rules if you have the ability to do so.
- **Have fun!** You have a dog because you love dogs. You want to enjoy his presence and to have a loving and fulfilling experience with him. Don't train because you have to. Train because you love to.

