



## ALERT BARKING – TRAINING QUIET

### TRAINING THE “QUIET” CUE

Training your dog to be quiet on cue requires your dog to be barking! Set up a family member or friend to create a situation when the dog is likely to bark (walking past the house, or knocking at the door) so that you can teach “quiet”.

As soon as you hear even the smallest first “woof”, pass a treat across in front of your dog’s nose, say “quiet” and when they stop barking, immediately praise and treat really well.

Repeat three times, then try the cue and hand movement without the treat, producing the treat(s) once your dog stops barking. You can also encourage your dog to run away from the door or window, say into the kitchen, to get their treat.

When you can’t be present, make sure you don’t allow your dog to practice his barking. Keep him out of front rooms or hallways, or put up blinds where necessary.

### WHAT IF MY DOG KEEPS BARKING OR BARKS AT OTHER TIMES?

If your puppy doesn’t listen to “quiet” said twice, 3 seconds apart, and continues to bark, get up and take them out of the room/hallway, shutting the door. Wait until they have been quiet for 2-3 seconds then go back in. Leave immediately again if barking restarts. Praise all quiet.

If you are outside, take your dog back inside behind a shut door, wait for silence then praise. Once quiet, your dog can go out again but be prepared to repeat this step if they start barking again.

Never leave your dog outside on his own – it’s too easy for them to develop a barking habit.

If barking happens on a walk (barking at odd objects, or other dogs or people), turn sharply and walk away in another direction. Once your dog is quiet for a few seconds, praise and turn back to walk in the original direction. Repeat as necessary!

### ENCOURAGING QUIET BEHAVIOUR

Watch your dog carefully and praise all quiet, calm responses and provide attention, affection, food or play to encourage these behaviours. Saying “No”, yelling or other punishment can make barking worse.

Once the barking stops you should distract the dog with affection or a favourite treat or toy so that the quiet behaviour can be reinforced and barking is less likely to recur.

Use of a bark activated device (audible alarm, citronella spray, bark activated collar) may possibly inhibit barking in some dogs but **only if linked to appropriate training**. You MUST be present to teach your dog not to bark.

### OTHER TYPES OF BARKING

There are lots of other reasons dogs bark, far more than can be put into a help sheet like this! For example, if barking is due to anxiety or stress, you’ll need a treatment programme to address the underlying cause of the stress.

Please seek our Doggy Doctor help if you’re struggling with your dog’s barking.