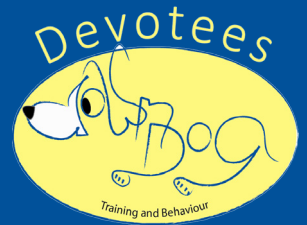


Down Dog Digest

£5 (where sold)

Issue 3



In this packed issue

Main feature: How to use daily opportunities to make training easy
Education feature: What training essentials should your dog know?
Carol's Challenge: 10 training challenges to complete this month

How to fit training into everyday life



Welcome to our latest Down Dog Digest.

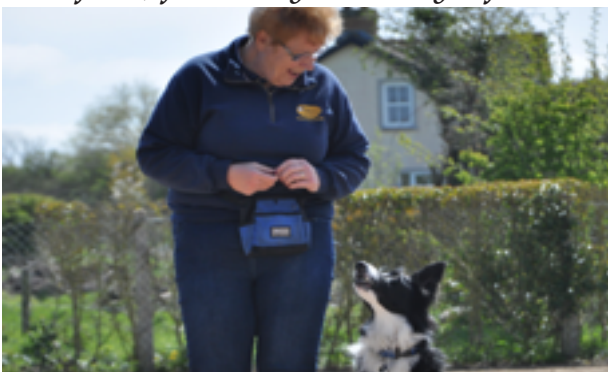
This issue is all about training.

Untrained dogs are a menace and spoil everyone else's walk.

If you have a dog you also have a duty to train it.

"But I just don't have the time," you wail.

Well, you DO have time. This Digest will give you lots of ideas for how to make training easy, fun, achievable and, best of all, fit into your busy life.



Clare was fed up with Max. He just wouldn't listen to her at all. She knew he was still just a puppy at only six months old, but his charging round the house, stealing and chewing toys, socks and shoes, jumping up at the children when they were playing in the garden and tripping her up by getting under her feet all the time, was getting her down.

She had enjoyed the training classes she'd been to, but the things they taught there didn't seem to help with his behaviour at home. She was really struggling.

Does this story sound familiar?

Have you eagerly gone along to training classes - but then struggled to do the practice once you got home and found yourself buried under the weight of stuff that has to be done every day to run your home and family?

You're not alone. Everyone struggles to find the time to train their dogs.

You know you need to - Aunt Edna has refused to visit again because Rufus jumped up and knocked her over the last time and your children's friends won't come round any more because he pesters them and steals their toys.

I'm not going to ask you to find any additional time anywhere - you're just going to fit training into what you already do.

And best of all, your dog will behave better generally, because he'll be tired mentally - and tired dogs are good dogs.

How to fit training into everyday life

Here are five easy ways you can fit training into your everyday life:

1) Kettle training:

How many cups of tea or coffee do you have each day? Quite a few, I'm guessing.



So why not use the couple of minutes while the kettle boils to do some training?

2) TV advert or programme breaks:

It's great to flop down in front of the TV in an evening. I'm not going to ask you to miss your favourite programme - but why not do some training in the advert breaks or the breaks between programmes?

3) While the dinner is cooking:

There's often a few minutes spare while the dinner is cooking. Even if you have to stand and stir a pan, you can practice some wait/stay training.

Or you could plan your menus so that food just needs throwing in the oven - giving you even more time to do some training while your meal cooks.

Better still, get your other half to do the cooking while you train your dog...

4) Watching TV or listening to the radio:

You can multi-task sometimes. Whenever you're watching TV or listening to the radio, why not do some gentle handling training?

Finally, and probably best of all:

5) Train on your walks:

Ditch the earphones and train on walks!

Your daily walk is not just about physical exercise for you and your dog. The more training you do with your dog, the more interaction you'll have and the better your bond will become, making more difficult things like recall easy to achieve.



Simple, single exercises like sit, down, wait/stay or leave it are great for those short training sessions while the kettle boils, or during TV ad breaks.



A simple recall game to play in short sessions is to throw a treat a short distance away from you, let your dog go and eat it, call him, praise him all the way back to you, then give him a fuss and a treat when he gets to you. Then throw a treat out again to repeat the game.

You can do just about any training on walks. Our Perfect Pet courses give you loads of different games to play to help you teach your dog to walk nicely on lead, to come back when called, and lots of relationship building, good manners and handling practice games. Book now on the website www.downdog.co.uk.

What does your dog need to know?

What 3 training essentials make a great family pet

What makes a great family pet?

A super- friendly dog that wants to be with you, can come anywhere with you and be involved in everything you do?

A dog that's safe with everyone, loves children, is ready for action when you are but will snooze away in a corner when you're busy?

A cuddle bunny that just wants to sit on your lap anytime, anywhere?

There are three key training successes you'll want your Perfect Pet to have (excluding puppy stuff such as housetraining and stopping biting - see another Digest for that).

These are:

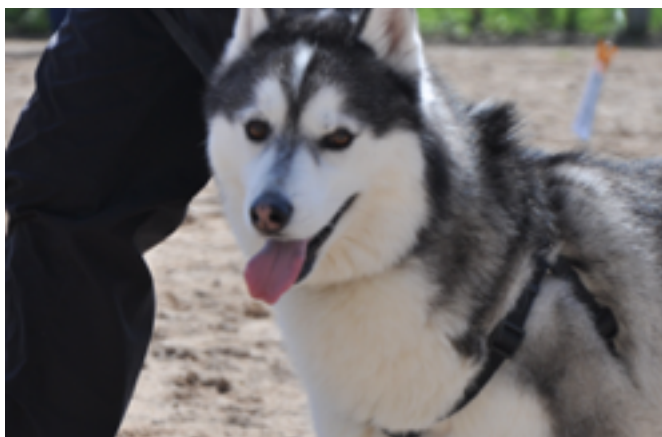
- that your dog walks nicely on lead, all the time
- that she comes back when you call her - every time
- and that your dog doesn't jump up at visitors

Walking nicely on lead is a challenge for most dogs - they all walk faster than us slow humans. But how much of a problem it is for you will depend on what dog you've got.

A pulling German Shepherd is a dangerous handful, whereas a pulling Yorkie is unlikely to cause you serious injuries.

Pulling dogs are at risk themselves from potentially life changing bony and spinal injuries or damaged larynxes and tracheas.

To teach your dog to walk nicely, you need good equipment.



A flat collar, a well fitted two point harness, or a well-fitted headcollar are all good choices.

Your lead should be a fixed, flat lead rather than an extending lead. The length should be between 3 and 5 feet long.

Just hold the lead handle, don't wrap it round your wrist in the grip of death.

Then teach your dog where you want her to walk by simply rewarding her well with treats whenever she's by your side.

Simple but not necessarily easy.

That's why we've produced an online course to take you step-by-step through teaching your dog to Simply Stop Pulling. Check it out here: downdog.thinkific.com



Coming back every time you call allows your dog to have more freedom than a dog who ignores your screeches and screams of frustration.

If your dog won't come back when you call, it's no laughing matter. It's no fun for you, your dog or for other owners and dogs.

Training a good recall starts at home - if you can't get your dog to come when you call at home, you've no hope on the beach or in the park.

The difficult bit about recall is that you need to practice on all sorts of places with all sorts of distractions. Watch out for our new online course, coming soon!

We'll look at **jumping up** in another Digest.

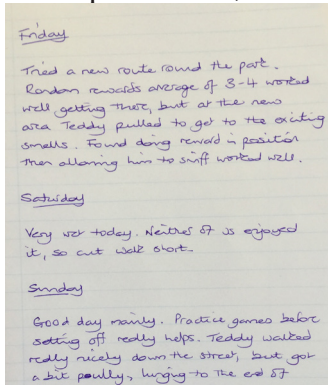
Carol's Challenge

Each issue I'm going to set you a challenge.

This time your challenge, should you wish to accept it, is to build TEN training practices into your everyday activities with your dog.

The first important part of the challenge is to set up a training diary or journal. Keeping a record of what you do each day and what happened is the most effective way to train.

You can use paper and pen or set up an online record - up to you. How you set it out is for personal preference, but make sure you include



a daily record, what you did, where you did it and what the results were.

You can add stuff that happened, what you did, what worked - anything that will help with your training.

Here are the training challenges:

1. Take your dog's favourite toy with you and play with it at least three times, in at least three different places, during the walk
2. Ask your dog to "sit" at least five times during the walk in at least five different places. Record the success rate and note any distractions and what they were.
3. Practice recall at least five times on each walk. Record your success rate, whether on or off lead/long line, and where you practiced.
4. When you see another dog, stop and grab your dog's collar. Make sure to give him lots of fuss and treats. Record his response.
5. When your dog is not sniffing, call her name once and note whether she looks at you. Record her response rate.
6. Go somewhere different for your walk at least once each week. Note how your dog behaves and record his reactions to the new environment.
7. When walking on lead, count how many steps at a time your dog stays with you walking on a loose lead. Work out the average for each walk - then aim for it to go up each week.
8. Practice calm greetings with other dogs and people you meet while out and about. Record what happened and how your dog responded each time.
9. Each week write down three things you love about your dog. Then...
10. Decide on one thing you want to improve - and make a plan to do it next week.

Once you've completed this challenge, send proof (e.g. photos, your journal) in for me to review at training@downdog.co.uk.

Good luck and keep training!

We hope you've enjoyed this Down Dog Digest. Please feel free to share it with any friends, neighbours or family members you think might find it interesting.

Check out the website for more information on our signature Perfect Pet classes and our other courses and packages.

Become a Down Dog Devotee to get future Down Dog Digests delivered to your door, as well as reduced prices on our courses and packages. You'll also get access to our huge range of training tips, videos, information sheets, webinars and podcasts as well as access to our Discussion Forum where you can ask any doggy related questions you need answers to.

Go to the website, www.downdog.co.uk, to find out more.