



## What to do when your dog pulls on lead

Dogs that pull on lead are not pleasant to take on walks and risk serious damage to their neck or larynx. There's also a risk you might be injured by being pulled over, or pulled into the road and causing an accident.

Perhaps you've not been on our Perfect Pet course, or perhaps he's become a Terrible Teen and seems to have forgotten how to walk nicely, or perhaps you've not kept up the training just as well as you could have done. You're not alone – remember, dogs will nearly all pull if given the chance.

Here's several things you can do.

### Equipment

If you have a dog that pulls all the time, the first thing to do is to buy suitable equipment to help stop him pulling, either a harness or headcollar, while you do the necessary training. Many harnesses declare that they help stop pulling, unfortunately this is not true and many actually ENCOURAGE it.

We recommend (and sell) the Perfect Fit harness, a 3-piece harness that can be fitted for your individual pooch. It has two points of contact, on the back and at the front. Just ask and we'll fit you out with one. If you wish to buy your own harness, please look for one with these two points of attachment, or at the very least, a front attachment. Rear/back attachment harnesses make pulling worse.

Many dogs find headcollars uncomfortable and hate wearing them, but this reaction can be avoided by introducing them slowly and carefully – ask us for help if you need. Recommended headcollars include Gencon or Gentle Leader (we have a supply of both).

### Stop pulling methods

The best way to stop pulling is to train your dog from the start to walk nicely on lead, as we teach in our Perfect Pet course or via our online Simply Stop Pulling course. However, some dogs will still try to pull occasionally or in certain circumstances.

There are two methods you can use if your dog pulls:

#### The STOP method

As soon as your dog moves ahead of you, STOP. You MUST stop before he hits the end of the lead. (Use a marker, such as his tail passing your leg, as the prompt to stop early enough.) Then stand still and WAIT for your dog to acknowledge your presence by turning to look back at you, or moving back towards to you. As soon as he does, praise him, encourage him back to your side, then try moving forward again.

#### The TURNTABLE method

As soon as your dog moves ahead of you and is about to pull (use a marker, such as his tail passing your leg), turn through 180° and walk briskly in the opposite direction. Keep walking until your dog appears back at your side, then praise well and immediately turn back to walk in your original direction.

Warning: this method can make you quite dizzy, so be careful.

If your dog pulls frequently, then work on teaching him, or re-teaching him, what you want. Book a Perfect Pet course, or a 1-2-1 training package. Or buy our self-study Simply Stop Pulling course. Find them all on the website [www.downdog.co.uk](http://www.downdog.co.uk).

If you build a solid relationship with your dog and he WANTS to be with you and engaged with you, teaching him to walk by your side becomes easy. We'll show you how.