Table of Contents

Foreward 13 Introduction 15 Acknowledgements 17

Chapter 1: Modern Training Fundamentals 19

Clicker Training The Three Laws of Learning The First Law of Learning The Second Law of Learning The Third Law of Learning 22 Reinforcing What You Like Ignoring What You Don't Like Breaking Down Each Behavior Into Tiny Pieces 24 Keep Sessions Short and Successful Fixing Bad Behaviors By Reinforcing Good Ones 26 The Positives of Modern Training Pop Quiz 28

Chapter 2: 10 Myths of Positive Training Dispelled 31

Myth #1: The Clicker Is a Fad or Gimmick 31

Myth #2: The Principles Are Too Difficult to Learn and to Understand 31

Myth #3: Positive Reinforcement Takes Too Long 32

Myth #4: In Training, a Dog Should Never Be Given a Choice 33

Myth #5: You Must Always Have the Clicker with You 33

Myth #6: Clicker-Trained Dogs Won't Work Without Food 33

Myth #7: Force Works Better 34

Myth #8: Positive Training Isn't Effective with Barking or Aggression 34

Myth #9: You Must Be Dominant to Your Dog 35

Myth #10: TV shows are real life 36

Pop Quiz 37

Chapter 3: Are You Listening to What Your Dog is Telling You? 37

Why Dogs Give Off Calming Signals 39
Understanding Your Dog's Signals 40
Is Your Dog Stressed? 41
Stressed-Out Puppies 42
Stress for Adult Dogs 42

A Brand-New Language: What the 50 Dog Signals Are Calming 43 Stress 43 Ambiguous Signals 50 Personal Stress Signals Body Language That May Stress Your Dog Ways That You Can Reduce Your Dog's Stress How Will Knowing Your Dog's Signals Help You Train Him? 57 Growling 58 Stopping Bad Behaviors in Stressful Situations Strangers 59 Leashes 60 Set Up For Success 61 Homework 61 Pop Quiz

Chapter 4: The ABCs of Learning 63

The Basis of All Learning A Is for Antecedent 64 B Is for Behavior C Is for Consequence 64 The Four Main Principles of Operant Conditioning 65 Positive Reinforcement 66 Positive Punishment Negative Reinforcement 67 Negative Punishment Classical Conditioning (Associative Learning) 68 Why Is Classical Conditioning Used? **Bad Associations** Keeping Those Good Associations Happenin' 69 Pop Quiz 70

Chapter 5: Foundation Skills 71

Just Say No to "No" 71

Begin at the Beginning 72

What is a Learned Behavior? 72

It All Starts With Eye Contact 74

My Name Is "No, No, Bad Dog!"—What's Yours? 75

Praise Words 76

The First Stage of "Come" 76

Sit, Down, Stand 77

Pop Quiz 85

Chapter 6: Verbal and Whistle Recall 87

Recall: The "basic recipe" Priming the whistle The "Drop-the-Cookie-and-Run-Like-Heck" Game 88 "Drop the cookie and don't run" game The "Let your dog get distracted" game The "Liar's Game" Play Hide-and-Seek 93 Walking in a Field or Trail What if my dog doesn't respond? 94 Adding Distractions 94 Pop Quiz 96

Chapter 7: Animal Husbandry 97

Petting and Handling "Collar" (noun) 100 "Collar" (verb) 101 Leash and "collar" 101 "Collar" (lead) 101 Scruff (lead) 101 Belly 102 Brushing and touching One foot, two foot, green foot, blue foot 103 Toe nails 105 "Settle" and "Roll Over" 105

Chapter 8: Loose Leash Walking 109

Why Dogs Pull 109 Because We Follow To Get to the Other Side 110 Opposition Reflex 111 Building an Outdoor Relationship 111 Be the "Stupid Bunny" 112 Moving Backups Pivot to heel 115 Heeling games "This way" 116 Automatic sit 116 Call front 116 Follow the Leader Loose-Leash Walking 118

Automatic check-in 118

Automatic check-in with name/come response 118

Click the leash, not the dog! 119

Does "be a tree" really work? 119

Turning Your Worst Distraction into Your Greatest Ally 119

"I'm with you, you're with me" Dance 120

Pop Quiz 121

Chapter 9: **Teaching the Stays** 123

"Sit," "Down," and "Stand Stay" 123

Door Etiquette 124

Adding Distractions to the Stay and All Other Behaviors 127

Wait a Minute! 127

Go to Your Mat! 127

Waiting for Dinner 129

Pop Quiz 130

Chapter 10: **Puppy Socialization** 131

Properly Socialize 131

Watch Carefully For Signs of Stress 132

Places for Socialization 132

To Home School or Not to Home School 133

Is One Class Enough? 133

How About Dog Parks? 134

Strangers 134

The Environment 135

Doggie Food Bowls 135

Crate Training 136

The Benefits of Crate Training 137

Crate-Training Instructions 138

The Bathroom Is Outside 140

Knowing When to Go 140

False Alarms and Accidents 142

Play Time 142

Pop Quiz 143

Chapter 11: Self Control Games 145

The two toy game 145

Building toy drive 146

Tug of war 147

Rev up and cool down 147

"Mine" a.k.a. Leave it 148

Chapter 12: Slots, Soda and Hawaii: Reinforcements 153

It's a Shell Game: Different Reinforcement Schedules 153

Continuous Reinforcement 153

Fixed Schedule of Reinforcement Slows Down Learning 153 Eenie, Meenie, Minie, Mo: Variable Reinforcement 154

When the Soda Machine Suddenly Becomes a Slot Machine 155

Eureka! Variable Reinforcement 155

Variety: The Spice of Your Dog's Life 156

Pack Your Bags—We're Going to Hawaii!: Adding Surprise Elements 157

Pop Quiz 158

Chapter 13: Manipulation Modern Style; The Premark Principle 159

Eat Your Vegetables First: What You Want 159

Hot Fudge Sundae: What Does Your Dog Want? 159

Becoming a Master Manipulator 160

Added Benefits 161

Green Means Stop, Red Means Go: Giving Consistent Cues 162

Pop Quiz 162

Chapter 14: What if My Dog Makes a Mistake 165

Proceed, Putting It on Cue 166

Proceed: Moving On to Something Else 166

Putting It on Cue 167

Management, Aid, Antecedent 167

Aid 168

Antecedent 168

Incompatible, Ignore, Innovation 168

Ignoring the Dog 169

Innovation 170

Repeat, Redirect, Recreation, Restrain 170

Redirect 170

Recreation 171

Restrain 171

Pop Quiz 172

Chapter 15: Positive Solutions to "Bad" Behavior 173

One Dog's Punishment Is Another's Reinforcement 173

Suppression 173

Barking 174

Almost Sure-Fire Way to Minimize Barking: "Uncle Fred" 175

Alert Barking 175 Jumping 175 Solutions for jumping 176 Go Visit (a.k.a. The Two Trainer Game) Person Approaching = Sit Excuse Me 177 Nipping and mouthing Biting the Kids 179 Can Dogs Really Have Selective Deafness? 180 Pop Quiz 181

Chapter 16: Side Effects of Punishment 183

What Is Punishment? 183 **Escalating Punishment** 184 Observable Effects of Punishment 184 Causes of "Bad" Behaviors Anxiety and Fear 186 Escape and Avoidance 188 Aggression 189 Types and Causes of Aggression 190 Learned Helplessness 191 Pop Quiz 192

Chapter 17: Incorporating Training Into Your Life 193

Creating Creative Training Sessions 193 **Training Goals** 195 Incorporating Training into Your Routine 195 An Apple a Day 196 Sample Training Guides Where All This Fun Might Lead You 200 Therapy Dog 200 Rally 200 Competition Obedience 201 Agility Sheep Herding 202 Musical Freestyle 203 204 Treibball Nosework 204 Other Sports 204 Pop Quiz 206

Chapter 18: The Canine Good Citizen Test 207

Accepting a Friendly Stranger 207 Sitting Politely for Petting 208 Appearance and Grooming 208 Heeling/Loose leash walking; Out for a walk 209 Walking Through a Crowd 210 Sit, down, stay Coming When Called 211 Reaction to Distractions 211 Reaction to Another Dog 212 Supervised separation

Appendix 217