



Training Rules

1. Dog to dog interaction is allowed on FCCA property only with the permission of your trainer. Your dog may be friendly, but the other dog may be defensive or fearful.
2. Dogs entering the training area must be on leash or in heel. Your dog is learning ALL THE TIME. Your consistency will pay off.
3. Proper training attire includes closed toe, full heeled shoes or boots. Sandals, clogs, flip-flops, high heels, and bare feet are not allowed. When applicable, dress appropriately to work outside.
4. PRACTICE MAKES PERMANENT. Be consistent and remember to praise your dog.
5. Turn cell phones off during your lesson. If it's necessary to answer an emergency call, please do so outside of the training area so as to not disrupt the class.
6. Dogs that are ill or suspected of being ill should not attend class. Should it become necessary, the trainer may excuse a dog from a class for any medical reason.
7. Spectators are allowed but must remain quiet and off the training area. Small children must be supervised by an adult (other than the person participating in the lesson).

8. Respect your appointment time and call us if you'll be more than 15 minutes early or late. We often schedule appointments back to back and aren't able to spend extra time with you beyond your scheduled appointment.
9. Make sure your collars are properly fitted and charged before coming to class. Also, be sure to use a leash while getting your dog from the car into the building.
10. Ask questions during class and contact your trainer if you have any questions after you leave. We are here to support you and do our BEST to be clear, concise, and helpful.



PHASES OF TRAINING

"TRUST THE PROCESS"

PHASE ONE

2 weeks for a Jump Start program, and 4-6 weeks for a Private Lesson program.
We are shaping the behaviors and teaching the dog what the remote collar means.
It is also important to implement the Leadership Program during this time.
For consistency, you are tapping with EACH command.

PHASE TWO

3-6 Months, depending on human's consistency and the dog's personality.
Building muscle memory.
Practice Makes Permanent so practice in the RIGHT way.
Increase the 3Ds (distance, distraction, duration).
For consistency, you are tapping with EACH command.
It is very important to attend Momentum Group Classes to reach your Phase Two goals.

PHASE THREE

This is the maintenance phase and lasts forever. Use it or lose it.
Phase out remote collar in your dog's daily routine. Still use remote in new situations.
Incorporate dog's skills into daily life. Have fun!
For enrichment you can add fun things such as Rally Class and Trick Class.



Commands

Heel: your formal walk, dog on your left side, no sniffing

Let's Go: your informal walk, no pulling on the leash, sniffing is allowed

Place: all four feet on "that," may be in any position

Come: stop tapping once your dog is headed in the right direction

Break: your release word, do NOT tap

Sit: has a built in stay

Down: elbows on the floor, has a built in stay

Kennel Up: go into your crate

Wait: stay behind boundary; works well for doorways, coming out of the crate, & getting out of the car

Off: dog should get her teeth, feet, or intentions off of it; in many cases this replaces "no"

Quiet: stop barking and/or whining

Notes About the Remote Collar

- Remember to register your collar at www.ecollar.com. Registering will activate your warranty.
- Don't get caught up in the number: there is only too high, too low, & just right.
- Remember your cadence. Don't tap too fast or in an uneven rhythm.

Notes on Training

- There are three ways to make training more challenging for your dog: distance, duration, distraction. Add challenges gradually.
- For the first week, have your dog drag a leash around the house. This will help you to guide her into the correct behavior if she's confused.
- Tap to button each time you give a command for the first 4 – 6 weeks. After that, use the button less but still have the collar on (just in case you need it). After 2 – 3 months of consistent training, most dogs don't need the remote collar during their *regular* routine.
- Don't forget to PRAISE!

Always feel free to call us with questions.

(260) 490-8386



Settle the Dog

**If you only do ONE exercise with your dog, this is the one.
This exercise will do more to create a bond and build a relationship of trust with
your dog than any other.**

In order to help your dog learn that you will not be available to entertain him at all times, and to teach him that he is expected to calm down and be well-behaved during those moments, we will introduce the long down, or “settle the dog” exercise.

“Settle the dog” is deceptively easy: place your dog on his leash, then sit on it, allowing him just enough length to lie quietly at your feet. You may find it more convenient to put your foot on the leash (either while sitting or standing). And then **ignore your dog for 30 minutes**. That’s it. Resist the urge to praise your dog for lying down. You must actively ignore him for this exercise to work.

Be sure to “settle the dog” when you are working on something else: watching television, reading the newspaper, working on the computer. **You must do the exercise for 30 minutes, at least once, and preferably twice a day.** It is helpful to have each family member practice the “settle the dog” exercise.

If your dog does anything for attention, you are to ignore him. If he climbs up on you, chews the leash, mouths your hand, or anything else that is inappropriate, put your foot on the leash next to his collar and put steady, gentle downward pressure on the leash – do not talk to or touch your dog. Continue to provide this pressure until he settles again, and continue with the “settle the dog” exercise. **The 30 minutes can only end if your dog is lying calmly.** If he starts to throw a fit at 29 minutes and 30 seconds, you can’t end the exercise until he is calm again. Take heart – your dog will soon learn to settle very quickly.

You should “settle the dog” at least once, preferably twice a day, and make sure everyone in the family takes a turn. It may take a little while, but you will find that your dog will settle quietly at your feet, and learn that when he wants your attention, sometimes he will just have to wait.

The “settle the dog” exercise often feels like you are “not doing anything” with your dog, and people are sometimes tempted to not do it. To skip this exercise is to deny your dog the gift of self-confidence, self-control, and “doggy zen.” It teaches your dog how to calm himself down by choice and to defer to you when you are not able to pay attention to him. Relaxing quietly is something that puppies can have a difficult time learning, but it’s an important skill for any pet dog. “Settle the dog” is an excellent exercise for achieving the overall leadership role you should have with your dog.

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COLLAR SORES/ HOT SPOTS

The e-collar does **not** generate **heat**. It **cannot burn** your dog in the way that a match can burn. However, the friction generated by the contact points rubbing against the skin in combination with any moisture from the dog's skin **can** cause a collar sore. This type of sore is commonly called a "hot spot". This is the same type of sore that would be created if a regular flat collar or choke collar was left on tight for a long period of time, or if a dog is licking or scratching at a particular area for a period of time. Left un-noticed and on too long, the collar can create a hot spot that can become very irritated, infection and takes medical intervention to heal.

Precautions to take to prevent hot spots:

- Fit the e-collar snug on the dog's neck to minimize the friction created by rubbing movement.
- Move the collar to a different location on the dog's neck if he/she is to be wearing it for an extended period of time (every 2 – 3 hours).
- Remove the collar after the dog has been swimming or has become wet. Allow the dog and the collar to become completely dry before putting the e-collar back on.
- Replace the plastic collar strap with a nylon, cotton or leather collar strap. All of these will allow moisture to escape more easily than will the plastic strap.
- When removing the e-collar from your dog, check the neck area to see if any irritation is beginning. If so, follow some of the above steps to prevent further irritation.

If a collar sore does develop, treat immediately with the following remedy. If the sore is infected or oozing seek medical treatment from your veterinarian, as your dog may need to be put on antibiotics.

Hot Spot Treatment:

Clip area and clean with an antibacterial product (can be purchased over the counter from a pharmacy). Allow the area to dry. Apply Desenex Athletes Foot Powder on it. Do this 2x per day until the hot spot is dry and gone. This should only take a couple of days. Then apply a solution of Listerine and olive oil (mixed 50/50) to help stimulate hair growth in the area.

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Adapted from That's My Dog



Summary of “Leadership Program” by Marc Goldberg, CDT

Leadership is about controlling resources.

NILIF: Nothing In Life Is Free

Resources are: food, water, toys, time, space, smells on the walk, affection.

Resource	Management Plan	Time for Average Dog	Time for Dog Who Has Bitten
Food	No free feeding; have dog sit and wait for meals	Forever	Forever
	No treats (including bones, pig ears, etc.)	2 weeks	2 weeks
	Dog works for treats (as reward, not bribe)	Forever	Forever
Water	No free water; have dog sit and wait, offer, then remove	2 weeks	2 weeks
Toys	Toys kept in the closet; you choose when play starts and ends; dog sits for toy	30 days	30 days
	No Tug of War	30 days	Forever
Time	Tether dog to you several times a day for 5-10 minutes (dog to settle and lay by you)	30 days	30 days
Space	Dog does not sleep in bedroom	30 days	Forever
	Dog not allowed on furniture (e.g. couch)	30 days or Forever	Forever
	Walk through tight spaces before your dog	Forever	Forever
	Periodic use of crate	Forever	Forever
Smells on the Walk	Stop to sniff as a reward for walking attentively	Forever	Forever
Affection	Affection as a reward for a job well done (dog not allowed to demand affection or attention)	Forever	Forever
	Give only “skimpiest” amount of affection	2 weeks	30 days

Notes from Flying Colors:

We commonly tell people that dogs can sleep in the bedroom, but NOT on the bed. Sleeping on the bed is a privilege and privileges can be revoked.

Controlling your dog's water is not as important as controlling food, affection, and space.

Controlling affection does NOT mean ignoring your dog. Affection is fine as long as you are initiating the attention, not your dog. In other words: If it's *my* idea, it's a good idea. If it's *my dog's* idea, it's a bad idea.

Leadership Program

By Marc Goldberg, CDT

The Leadership Program is for people with dogs who rule the home and exhibit problem behaviors. This is a gentle and fair program designed to earn you more respect from your dog. If your dog is aggressive, please consult a professional dog trainer for solutions to specific problems.

- Leadership is not about being harsh or unkind
- At first, Leadership may confuse your dog because it is new
- Before long, Leadership will make your dog happy
- Leaders make the rules: Is that you or your dog?
- **Leadership is about controlling resources**

Resources are the “stuff of life,” all the things your dog needs or wants.

We control resources for humans! So why not for dogs?

- If your two year old child wants to grab every candy bar off the shelf at the store, we do not permit her to do so. (*Controlling food.*)
- If your four year old child tries to run into the street, we stop him. (*Controlling space.*)
- If your eight year old child does not want to do homework, we insist that she does. (*Controlling time.*)

Here is a new word that will help you become a Leader, one who your dog not only loves but also respects. The word is **NILIF**. It stands for:

Nothing
In
Life
Is
Free

Nothing in life is free? That's right. Nothing. Everything is the opposite of Nothing. For a period of time, we will control Everything. So what will we control for our dog? Resources! Before we define the term, remember that we control resources everyday for our children. We do this as a *gift*, for their physical and psychological wellbeing. We can and must do the same for our dogs, at least those who exhibit symptoms of poor psychological adjustment.

Dogs who have clear Leadership from their owners are not unhappy, nervous, or aggressive. Deprived of Leadership, dogs may withhold affection from their owners at times then *demand* affection at others, refuse to follow commands, or not permit grooming. In some cases, deprived of Leadership, dogs may bite their owners or others.

Dogs who growl at or bite their owners do so when they are afraid, or when they are attempting to explain their rules to people who “just don’t seem to listen.”

If your dog bites you when you try to remove him from your bed, here is his message to you: “*This is my bed. I let you sleep here too, but it is my bed. You have no right to remove me from it. I have told you and told you by growling. Now I must show you by biting.*”

This is life in the Backwards Zone, where the dog is convinced that he owns the house and everything in it, including the people. Yet, try as they might, most dogs do not make good Leaders. After all, they live in a confusing human world. To flip the situation around, you must employ good Leadership skills and NILIF. Before long, you will find your dog become more relaxed, more affectionate, more tolerant, and much happier.

NILIF is about controlling resources.

Resources are:

- Food
- Water
- Toys
- Time
- Space
- Smells on the walk
- Affection

Your dog needs every one of these resources. If your dog, however, believes he gets all of these things because he was born a Special and Powerful puppy, into a home full of servants, he will appreciate none of them. So to be perceived as a Leader, you must control resources, making it clear *that you are the fountain of all things good*, and that you are to be respected. Help your dog *earn* resources as *payment* for a job well done.

Here is how we control each resource.

Food: No more free feeding. Food is to be given at designated meal times only, not left on the floor all day. A very high percentage of problematic dogs are allowed to pick at food all day long. In nature, dogs must work hard to find food. The psychology of the dog depends on working for food. Feed your dog twice per day. Have him sit before you put the bowl down. Release him to the food. This is working for food. Remove what he doesn’t eat within 10 minutes. Do not offer food again until the next meal time. Do this for the rest of your dog’s life.

Treats, including bones, rawhide, and pig’s ears, are also a food resource. For the first two weeks of the NILIF program, do not feed treats. This will help your dog get on a regular meal schedule, and also shows you are no longer a servant. After two weeks, if you want to give your dog a treat, ask him to do a small series of jobs to earn it. Tell him to come, then sit. Use the treat as a reward, not as a bribe. (If your dog guards food or high value treats, consult your professional dog trainer for a special process to deal with food guarding behavior.)

Water: Dogs need frequent access to water, especially in hot weather, after exercise, or after eating dry food. Frequent access does not mean 24/7 access. When you’re home, take up the water bowl. Offer it when your dog needs water. Sit your dog, put the water down, and release your dog to the bowl. If he doesn’t want to drink, put the bowl away and try again a bit later. Do this for the next two weeks.

Toys: If you have toys all around the house, pick them up, put them in a box, and put the box in a closet. When you think your dog would enjoy playing with a toy, *you* select one from the box and give it to your dog. Ask your dog

to sit or down before giving the toy. Do not play tug of war with your dog for 30 days. (If he has bitten, never play tug of war with your dog again.)

Allow your dog to play with the toy or play with him. Periodically remove the toy from the dog. Ask him to sit, and then give it back, or replace it with a different toy. When *you* decide playtime is over, once again, put away all the toys. Do this for the next 30 days. (If your dog guards toys or objects, consult your professional dog trainer for a special process to deal with guarding behavior.)

Time: *You* are the one who decides what you and your dog will do at any given moment. We make an exception for those times when your dog asks to go outside to potty. However, do not respond to your dog's demands to do anything else specific. You set the timetable. For example, if you have decided that your dog should lay quietly by your side for a few moments, do not respond to his attempts to distract you from that goal. Merely place your dog on leash, hold the leash and gently prevent him from leaving the area, barking, or soliciting play. Eventually, he will settle and lay down all on his own. This is called tethering. Do this several times per day for five to ten minutes, and do it for 30 days.

Space: *You* get to decide where your dog will put his body. A very high percentage of dogs with problems sleep in their owners' beds. If your dog has bitten when on a human bed, your dog should never again be permitted on a bed, or even in your bedroom. Simply close the bedroom doors. If your dog has bitten, do this for life. Your dog should sleep in a room other than a bedroom. If your dog has not bitten, do this for the next 30 days.

Getting up on furniture also sends the wrong message to dogs with behavior problems. It tells them they are your equal, and that you are not the Leader. If your dog has bitten, then have him drag a 10 to 20 foot line in the home *when you are observing him* so he doesn't tangle and choke. If he should get up on furniture, do not say anything or even look at your dog. Simply take the end of the line, turn your back, and walk away from the furniture, impersonally removing your dog. Be persistent, and eventually your dog will learn to stay off furniture. If your dog has bitten, furniture is banned for life. If your dog has not bitten, do this for 30 days if you don't mind your dog on furniture. If you *do* mind, do this for life.

When walking through tight spaces, such as through doorways, *always* walk though *before* your dog. Simply use your body to block the openings until you have walked through first. If your dog has bitten when guarding space, consult your professional dog trainer for a solution before trying this approach. Do this for life.

Crate training is very healthy for the dog's state of mind. Dogs are born in calm, quiet space such as a whelping box. Instinctively, they can learn how to enjoy this private space. A dog who calmly permits you to crate him periodically respects your authority. To help your dog learn to enjoy the crate, never place him in it as punishment. Instead, toss a treat into the crate, and allow your dog to enjoy his treat in his very own master bedroom. Remember, the crate should not be placed in your bedroom. Your dog will learn to enjoy his space faster if you feed him his meals in the crate.

Smells on the walk: Sniffing interesting smells when on the walk is part of being a dog. But it is also a resource. When your dog stops to smell in the first few moments of the walk, keep going and deny your dog this resource. After your dog is walking attentively, grant this resource by allowing him the occasional stop to sniff. (If your dog exhibits

aggression to dogs or people on the walk, or if he pulls uncontrollably, consult your professional dog trainer for solutions.) Do this for life.

Affection: This is the hardest resource for humans to control, yet it is one of the most important. The one who decides when you show affection to your dog will control the relationship. Affection can be defined as: talking to your dog, touching your dog, and giving eye contact to your dog.

Do not give affection when your dog demands it. Instead, help him earn your affection by doing a come, a sit, or a down. Then use affection as a reward for a job well done. If your dog has not bitten, give only the skimpiest amount of affection for two weeks. If your dog has bitten, consult your professional dog trainer for solutions, and give only the skimpiest affection, as *reward for a job well done only*, for 30 days.

Here is a secret known to all professional dog trainers: Dogs are easy; people are not. I will not spend a lot of time trying to convince you to use the Leadership Program. I will simply tell you that I train many dogs with problem behaviors. This program works for the vast majority of them. After a short period of confusion due to the changes, the dogs become far happier than they were before the program. That is because dogs do not want you to be your mother. They want you to be their leader.

Give your dog the gift of Leadership, and you'll both be far happier.

TRIGGERS

SPECIFIC THINGS THAT SET THE DOG OFF

ARE THEY
FRUSTRATED?

DOES THE WORLD MAKE SENSE?

ARE THEIR PHYSICAL
AND MENTAL NEEDS BEING MET?

ARE THEY IN PAIN, DISCOMFORT, OR UNWELL?

LEASH HANDLING

COMMUNICATION VERSUS RESTRAINT

CLARITY

TRAINING, CONSISTENCY

LIFESTYLE

EXERCISE, ACTIVITIES, SOCIAL

HEALTH

CHRONIC AND ACUTE