

You CAN have the dog you want PART 3:

Proper Fit:



As you can see, these should be quite snug- with the belly strap vertical and the chest strap horizontal across the center of the dog's shoulders/chest. Sometimes turning the Easy Walk upside down allows for a better fit across the shoulders since one strap is longer than the other. The straps should not sag, even when there is no tension on the leash.

Some dogs tend to get sores from these behind their front legs from the rubbing.

BEST:

I have found it's possible to get the same benefits of these types of harnesses with **any standard harness** that has a ring in the front. I have seen these styles of standard harnesses at Wal-mart for under \$10.



Attach leash here

The "**Premier Sure-fit**" is nice because even the strap between the dog's legs is adjustable. So getting a proper fit, even on an oddly proportioned dog is easier. When fitted snugly, they don't slide around and don't put pressure on the dog's neck. The design makes rubbing less of an issue too, but some dogs do still have some rubbing problems from the straps.

Most dogs accept a harness much better than a head collar and they are easy enough for a new handler to figure out.

Damage can still be done if the dog forcibly hits the end of a long leash, but to prevent that, the leash should be kept shorter when using any of the no-pull tools in situations where the dog is likely to try to lunge.

The front attach harnesses work through physics, not pain. It's harder for the dog to pull if his shoulders are being turned toward you.

Dogs can still pull if you keep the leash right next to their body (shown with red leash below). The proper use is to move the leash away from them to bring them around in an arch (shown with the green leash below). So if the dog pulls, step sideways to get the leash away from their body and bring the dog around to you. This is also true of the two strap harnesses like the Easy Walk and Sensation.



Flat buckle collars work well for dogs that have heads bigger than their necks. As long as the collar is fitted snugly enough that it can't accidentally slip over the dog's head.



But I recommend **limited slip collars** for most dogs and puppies. Martingale collars, Greyhound Collars and Limited Slip collars work in the same way- to prevent a dog from slipping out of their collar.



Good candidates for limited slip collars: dogs with heads the same size as (or smaller than) their necks and any dog that has learned to back out of a buckle collar.

But any dog can wear one!





Martingales have a loop that tightens but only to a certain point

Limited Slip collars have a tab

When properly fitted, the collar is loose when pressure is not applied by the leash. When the collar is pulled as tight as it can go, the collar should only be snug enough that the dog can't slip out of it. The collar should be fitted so that it does not push into the flesh of the dog's neck when it's at its tightest point.



The tightening does not constrict around the dog's neck, so it is NOT used as a correction, it only gets small enough to prevent the dog from slipping out of the collar. This means the puppy never learns how to slip out of a collar and the dog experienced with doing so can no longer slip loose. But even though this collar doesn't constrict the dog's neck, it should not be left on the dog unsupervised.

Regardless of the tool being used to prevent pulling, putting your leash hand at your belt buckle or hip gives you more strength than having it away from your body. Putting the leash across your butt and holding with your hands on either side of your hips can also help a handler hold back a strong dog.



If your arm is "out in space" in front of you, you have little control over where your hand goes when your dog pulls and your arm strength and balance are weakened.



If your hand (or hands) are held against your waist or hips and you keep your upper body vertical while lowering your center of gravity slightly (bending your knees) you will be MUCH harder to move and your dog will feel it. It will be easier for you to keep the dog from pulling while you wait for the dog to loosen the leash (which you reward with forward movement).

Of course front attach harnesses and head collars reduce the power of the dog's pull, so that can also help save your hands and arms while you use training to install new leash skills.

All of the items mentioned above are training tools! They are not meant to be a permanent part of the dog's attire! The collar and leash are simply a way to keep the dog from getting too far away while you train or walk with your dog. They should not be cues or consequences. If you plan to compete in obedience, rally, agility, etc., odds are good you'll have your dog off-leash so even the buckle collar is a "tool" that you'll need to teach the dog to work without.

And any one of them can cause damage if used incorrectly or fitted improperly.

Dogs can also learn to pull in any of these. If pulling works, they will still use pulling to get where they want to go! These are meant to set the dog up for success so training can work, not to be used in place of training. So learn how to properly use the tools you choose.

The need for special training tools is reduced if the dog is taught some simple games. These also teach your dog the concept of self-control and are known as "indirect access" exercises.

A dog's natural impulse is **direct access**:

See Food = Get Food.

See toy = get toy

See dog to play with = go to that dog

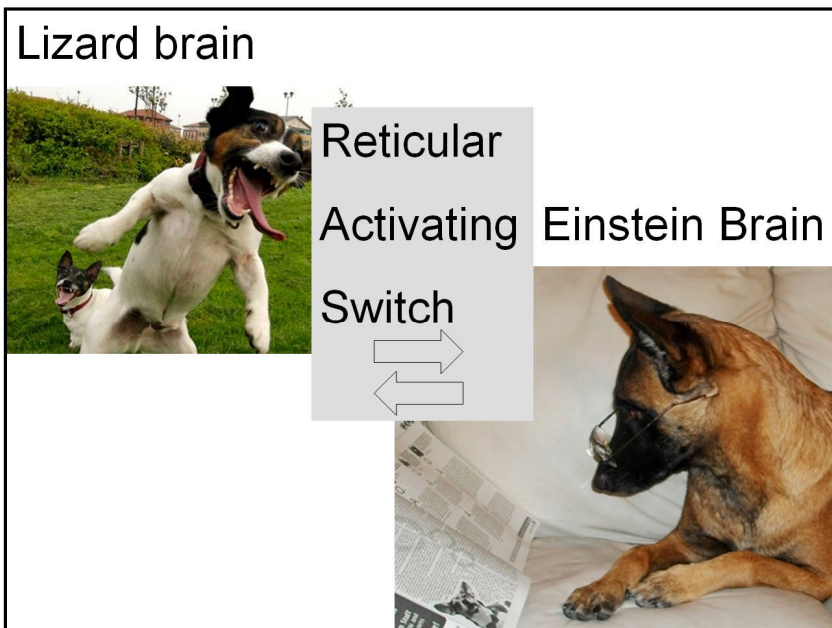
Whatever the fastest route is to what the dog wants, will be the route the untrained dog takes.

Indirect access is a round about way for the dog to get what he wants; namely doing as WE ask before he can get the food, toy, playtime, whatever.

Since we'll want to use the food or toy the dog really REALLY wants, we will need to teach the dog self-control and indirect access early so we can keep all our fingers! ☺

There is actually a real part of the brain called the Reticular Activating Switch (System actually). It is where the process of switching from the primitive part of the brain (which is involved in automatic reactions) and the frontal part of the brain (involved in conscious thought) occurs.

The ability to quickly switch from one state to the other, from reacting to thinking, can be taught! The more practice a dog has with this, the faster he will be able to switch.



This is good news for dogs:

- with high prey drive (likes to chase things),
- self-control issues,
- dogs that do fast paced sports they LOVE like Agility or Flyball and
- dogs with aggression, fear and reactivity issues

So how do you help the dog practice?

- No mugging you for food which can be shaped into a “leave it” by gradually transferring the food from your hand to the floor. Training steps:

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/1/PRT6r6d79OU>

- Loose leash walking exercises:

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/6/sFgtqgiAKoQ>

and

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/14/ueE1S1k74Ao>

Solving loose leash walking issues:

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/55/xHwu0T7PoSw>

- Practice being able to switch to thinking mode during an exciting activity- so ask the dog for an obedience behavior like sit or down when he’s in an excited state of mind and reward compliance with exciting activity. This 30 second clip is an example:

<http://www.youtube.com/watch?v=Hz9-rhNb6O8>

- Go to your mat (which can be combined with settle and stay by rewarding for signs of relaxation) Teaching Go to the mat:

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/50/tVGaslyGaGE>

Example of “settle” on mat: <http://www.youtube.com/watch?v=yIbVixSZ9Mw>

Gradually increase the excitement going on around and in the dog while doing mat work

- And just about any situation in which the dog needs to do something for you to gain access to what he wants.

--Greeting people without jumping on them (even at the front door):

http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/9/lC_OKgQFgzw

--Paying attention to you around distractions:

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/12/aTSuPk2Ccjo>

--Not biting/pulling on the leash

http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/23/IR7TvrUQ_1k

--Teaching proper “tug-o-war” games

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/40/x9mPoWuvnLg>

The more of these the dog figures out and the more practice he has with them, the better he gets at trying alternate, hopefully more acceptable behaviors. This means that if what he is doing isn’t getting him what he wants, he will try something else. The dog also becomes easier to redirect off distractions and even obsessive behaviors.

These types of games create a dog that is:

- easier to live with,
- has better manners
- that maintains his own control so you don’t have to do it for him

- and a dog that does better at any exciting sport or activity. This is because it teaches the dog HOW to stay in thinking mode, able to respond to you, when they are in a highly excited state of mind.

All of these lessons are taught with reward, instead of punishment, threats or physical control. This means the dog WANTS to do them, instead of feeling like he HAS to do them or else. It also means the dog is likely to do them when off leash or when you are not close enough to physically control the dog.

It's also taught in a way that helps the DOG figure out what you want, instead of you doing the thinking for him. One top trainer uses the analogy of driving:

- One person gets to a location by following a friend's car.
- A second person uses directions or a map to find their way.

Which one would be more likely to go the correct route again without assistance? As you drive on your own, you are seeing landmarks and cues about the route. If you are just following the bumper in front of you, you miss those.

It's the same for dogs- If you are always showing or telling them what you want, you are the car they are following. If you let THEM figure it out, the lesson stays with them for longer and they learn the path to the new behavior faster.

I was able to pull out the painting supplies 6 months after we spent about 2 hours of training time at our first camp and my Rottweiler went right to swiping his paw on the canvas! Before I even had a chance to get the bootie or paint on! Without any practice or re-training during that 6 month interval!

So what about those MAJOR distractions, like

squirrels or
other dogs wanting to play or
people to greet or
livestock

For some dogs, the novelty they experience when on a walk is of higher value to them than any other treat or toy.

If you have distractions that are at the top of the dog's reward scale, where no other item or activity is going to be more rewarding and get their attention, then you need to use the Premack Principle. This is also known as Grandma's Law.

You use those distractions as the reward! Just like your mom may have used your favorite activity to get you to eat your vegetables or do your homework. How many times did you hear statements like: "If you clean your room, you can (fill in the blank)". Well, now you're going to tell the dog "If you do what I ask, you can do (or get) what YOU want".

I have 2 true stories from friends of mine that perfectly illustrate the power of the Premack Principle...



The first is about a friend of mine named Joanne and her amazing seizure alert dog, Willy, who sadly has passed away. This dog had literally saved her life on at least 2 occasions and was featured on Oprah for it.

He was also featured on the show and in the book "Dogs with jobs" and countless articles. So this dog clearly knew his job.

One of those jobs was to nudge Joanne if her watch alarm went off. This is her reminder to take her medication. If the alarm went off during a seizure, Willy would continue to nudge her till she was aware enough to take her meds; which earned him a treat.

But one day when Joanne was visiting Willy's trainer, they encountered a problem. Willy had been watching "doggie TV" also known as a big picture window over-looking a yard full of squirrels. But when Joanne's watch alarm went off, he didn't even twitch an ear!

This is a very serious job and he has to do it no matter what. Joanne lives in the woods and often goes for walks in the woods so squirrel distractions were a real possibility. So she and the trainer thought about the situation. What was the reward the dog most wanted at that moment? Squirrels! Was anything going to be of a higher value reward than the squirrels? No.

So the squirrels had to be the reward. They set her watch to go off again. Again no response from Willy, so the trainer calmly went to get him and brought him to Joanne where he did a half hearted alert. As soon as he started the alert, Joanne gave the marker and the trainer opened the front door to let him go chase the critters up into the trees.

After his fun, they brought him back in and waited till he was again settled at the window. The alarm went off again and he did look... but didn't move. Joanne called him, he came over and did the alert which earned him a marker and the trainer again opened the door for his fun.

The third time, Willy practically ran into Joanne with enthusiasm when he came racing over as soon as the alarm went off. He was allowed to play for several minutes in the yard. He never had any problems with squirrel distractions after that; Even though she never again let him chase the squirrels as a reward. The possibility was still there in his mind.

Do you think punishments for ignoring the alarm would have worked as well? Remember, he was already getting the reward of watching squirrels when he stayed in front of the window. And punishments can't negate rewards.

The next story is also a link on the handout page titled "Song and the sheep". It was posted by Sue Eh. If you want to reproduce it, please get Sue's permission. Her email is with the article.

Let me tell you the story of Song and the Sheep. Song is a Giant Schnauzer, and Giant Schnauzers are generally relatively calm and reasonable creatures, but they do have passions about some things, and one of Song's passions is sheep.

She would start screaming in the car when we were a quarter of a mile from the sheep pasture, and keep it up until she was running around sheep, where she wouldn't listen worth a darn, being too busy running around sheep to bother with me.

The herding people around here basically told me to let her go, let her run around sheep, use a bag on a stick in her face to keep her from dive-bombing them, and after ten or fifteen minutes she would start to slow down and listen to me.

My response to that was not to do herding any more, because a Giant Schnauzer having a heart attack on the floor could still be screaming about sheep. I whined about this on a list one day, and got several helpful answers, resulting in the flat-forehead DUH.

I took a paperback book, a lawn chair, a sturdy leash, a clicker, and Song, and drove to the pasture. I got her screaming out of the car, put down my chair, sat in it, and read my book, holding the leash of the screaming, lunging, jumping Giant Schnauzer for over an hour.

Note I did NOTHING but read my book and hold the leash. When she finally shut up and looked back at me ("Did you die? Why aren't we in with the sheep?"), I clicked and started to stand up.

Of course, she screamed and jumped back at the sheep, so I sat down again immediately. About twenty minutes later, she shut up and looked at me again, click. This time I got to stand up and almost take a step before she started screaming and I had to sit down again.

That day, it took me three hours to go the approximately 20 feet into the pasture. When we were in there, I had a responsive, quiet, pleasant herding dog working sheep.

The next day, it took me twenty minutes to get into the pasture, and once in, I once again found myself working a responsive, quiet, pleasant dog.

The third day, it took five minutes.

The fourth day, she bounced eagerly out of the car and strut-step heeled with eye contact into the sheep pasture, without me asking her to, and then went to work.

It works. Stop jumping around. Stop trying to DO something to get the behavior, simply decide that you don't go that way until you have eye contact.

End of Article



So would you be willing to spend 3 hours and 25 minutes over 3 days to solve a problem like this that would stay fixed, without a need for force or intimidation?

It's not magic, it's science. It's the laws of learning. And it works!

Eye contact is often the biggest problem people have with their dogs. The dog is paying attention to everything BUT them, right? A lot of this problem can be solved simply by having the dog's most treasured reward on you and keeping them engaged so they can quickly and repeatedly earn that reward.

Teaching eye contact: <http://www.youtube.com/watch?v=PBMTYOV0-f8>

The key to getting your dog's attention is just like everything else- you get what you practice, mark and reward.

If you want a behavior (like heeling) to include eye contact... then make sure your clicks happen when you have heeling AND eye contact. I also recommend you start with eye contact in heel position while stationary before adding in movement. And get the dog good at heeling with eye contact before adding in distractions.

Shaping is the key- Take it in small bites and build on success. If the dog starts making mistakes, then you have assumed understanding before the dog really understood. Back up to an easier step and do more repetitions where the dog is successful and build again from there.

Once the behavior is established as a default- meaning it's not on cue, it's just what the dog offers, then you can start having the reward off your body. And then you can ask for longer and longer periods of eye contact before you deliver the reward.

Teaching the dog that heel position involves his rear end also helps tremendously! You can do that by following the steps in this video:

<http://www.youtube.com/user/kikopup#p/c/F09632A4A4BD3DDC/46/xsvNvK8T1z8>

Once the dog is moving into heel position, you can start moving sideways and then gradually change to diagonal movement away from the dog and then to moving in a straight line. Your dog will have beautiful heeling and left turns if you use this method.

Do you have a dog that does things you wish the dog wouldn't do?

10 tips for solving any problem behavior

If your dog has certain behaviors you want to change, here are 10 tips for solving any unwanted behaviors. These are also explained on the web page you have a link to on the last page.

Prevent rehearsal

Each time the dog does the unwanted behavior, the "pathway" in the brain to that behavior gets used and something like "muscle memory" is established. These things make the behavior a more likely option the dog will turn to when presented with similar situations in the future.

Not all behaviors can be prevented completely, but recognizing what triggers the unwanted behavior will help you prevent that situation from occurring. You can control your dog's access to his behavior triggers using the leash, crate, baby gates, avoidance, etc. while you are working on some of the next tips.

Train a substitute behavior

If the dog is not doing the undesirable behavior, he is doing something else. If he's being quiet, he's not barking. If his feet are all on the floor, he's not jumping. When a behavior gets a reward (either from you, something in the environment or the dog himself) it will be repeated. You need to be sure that it's the desirable alternative that gets the reward and attention from you.

Think about what you want the dog TO DO rather than what you want to stop. Try to get the dog to do the desired behavior in place of the unwanted one. Be sure to reward heavily for the desired behavior, especially if the dog starts to choose that option without your help.

Understand normal dog behavior

Often, a behavior people don't like is perfectly normal for a dog to do (or for the breed of dog to do.) Terriers dig, herding dogs like to chase things, and guarding breeds tend to bark at noises and anything trespassing on their turf. In some cases, such as chewing, it's a behavior the dog NEEDS to do.

By giving the dog an appropriate outlet for these natural behaviors, the dog will be much happier and more relaxed. You can use these highly desired behaviors as a reward for when the dog does something you like.

If your puppy is chewing on furniture (then you failed the prevention step) ☺ ... but you get the pups attention, make an appropriate toy interesting by moving it around and then reward the choice to leave the furniture leg with the toy or bone he's allowed to chew on.

Often supervision and redirecting the dog to an appropriate outlet is the best solution for natural dog behaviors.

Be consistent

Dogs learn much faster when the rules remain the same. If you sometimes got a pay check for going to work and sometimes got it for staying home, but the rules about which was which weren't clear, you would have some stress and confusion.

People do this to their dogs all the time! Jumping up is OK unless I'm wearing nice clothes or your feet are dirty. Barking is ok unless the neighbors have been complaining or the baby is sleeping or you want to watch TV or talk on the phone. Sometimes it's ok to get on the couch, sometimes it's not. The problem is compounded when more than one person routinely interacts with the dog. Make sure all family members understand and enforce the same rules. Dogs are often willing to follow the rules when the rules are clear and consistent.

M.A.C.E. your dog



NO, not that kind of mace ☺



When you reward the dog for:

Manners,
Attention,
Calmness and proper
Exercise choices,

you greatly help increase the odds of good behavior.

When the dog learns that the things YOU like are rewarding for him, your dog will start doing what you like more often.



This program also helps teach the dog the concept of self-control. If mugging you for food works, why should he sit politely? If pulling on the leash works, why should he try to keep the leash loose? But, if the dog has to sit before he gets a treat and has to keep the leash loose before you are willing to move a single step, he has more reason to try self-control.

This program goes hand in hand with redirecting the dog toward an acceptable behavior and then rewarding that behavior with something the dog wants.

Look for the good

We are a punishing species. It is a proven fact that when a person uses punishment and it gets results, the use of punishment is more likely. Why? Because the punisher got rewarded with what they wanted! It's rewarding when it works. However, the same can be said of using rewarding methods. The more you see the method working, the more you want to use it.

If you are watching for behaviors you can reward (& you reward them) those behaviors will become more frequent. This works better than always looking for what the dog is doing wrong so you can yell or jerk on the leash. The punishment method will cause a dog to hide the behavior from you. The reward method will cause the dog to bond with you because he wants to figure out what you want him to do (so he can get what he wants.)

Be active

Most dogs do not get the amount of exercise they need or desire. Many are over weight and bored out of their minds. By keeping their mind and body active, the dog will have less time to get himself into trouble by creating his own fun games- like let's see how many springs are inside the bed. The Dog Scouts website has many suggestions for keeping dogs busy both with and without the owner present. Just click on the "Help my dog is hyperactive!" link on the home page.

Brain games, like clicker training, can actually do more to tire a dog than physical activities. So even on bad weather days, or if you are injured, you can play some training games and teach your dog new skills while you wear him out.

Don't mix signals

As humans, we communicate primarily with words. Dogs, however, are best at reading non-verbal signals like body language and tone of voice. We also tend to use our words in a confusing way- saying "down" when we mean "off" and repeating the cue so fast it becomes a new cue ("sit, sit, sit".) Now the dog waits to hear "sit-sit-sit" before he responds. Our message and tone can be confusing too. Saying "come here!" in a ruff and growly voice does not indicate to the dog that going toward you will be safe.

Dogs are masters at reading our body language. Even subtle changes like breathing patterns and raised eye brows are often noticed by dogs. Be aware of what you are saying with your tone and body to be sure it's not confusing the dog. If your dog is not correctly responding to what you ask, check to make sure your body language and tone aren't asking for something different (or indicating a bad mood that could make the dog hesitant to respond.)

Train, train, train

Dogs do not come with "good behavior" naturally. In fact, most behavior that DOES come naturally to a dog is in direct contradiction with what we want. By looking for and rewarding the desired behaviors, and redirecting unwanted behaviors into ones you can reward, you will be teaching your dog what you like and expect.

Just as with raising a small child, teaching dogs what will make you happy and what will upset you is a 24 hour/ 7 days a week job! Dogs and children are always learning. You need to make a decision to be sure they are learning what you want them to learn.

Love your dog

This is not always easy when the dog is being bad. It is very easy to get frustrated with them and perhaps even want to lash out at them. I've been guilty of that and regretted it. But when this happens, take a moment to take a deep breath, then assess the situation.



- What can you do to prevent it?
- What alternative behavior can you get the dog to do so you can reward that?
- Is it a natural behavior the dog needs an outlet for?
- Is anyone else allowing the dog to practice the unwanted behavior?
- Can you use the situation to teach the dog self-control?
- Does the dog need more exercise?
- Would the dog be doing this behavior if he was tired?
- Are your desires being clearly communicated to the dog?
- Has the dog has enough practice with the desired behavior?

When you answer these questions, it is likely that you will have something to work with. You'll have a behavior (or more than one) you can watch for and reward. You will understand how to prevent the unwanted and reward the good dog.

For anyone still wondering about what to do when the dog doesn't respond when you have asked him to do something he clearly "KNOWS how to do", I want to read a beautiful response written by Crystal Saling-

"Clicker trainers know their animals very well- I truly believe they understand them better than just about any other type of trainer or pet owner. This is because we are constantly studying their body language both for minute things to click and for state of mind... "hmmm let's see, that piece of kibble really didn't seem all that reinforcing in this environment, let me try the cheese. Yes, the cheese works." Or "She is lip licking and stress panting right now- why? She never is stressed in this environment. What could be stressing her out so much?" That last one was me a couple of weeks ago with my therapy dog, Penny. I had taken her to a bookstore that allows dogs, to practice for her Delta re-certification test, and all I could figure out was that Penny didn't feel well.

And that is the key, because the behaviors are trained positively, the environment, the cues, the behaviors' should all be fun and happy things for the dog- if the animal doesn't comply it's communication as to how they are feeling.

Ted Turner tells a story about a whale he was training that out of the blue stopped doing back flips. Being a young male trainer, Ted was thinking "I can get the whale to do that" - but no matter what he tried, he couldn't. It turned out that the whale had a slipped disk in his back!

If the animal was trained properly to perform in that environment and refuses to do so, it is a red flag to the trainer that something is wrong with the animal or the environment that day. I feel blessed that when my dogs don't comply, that I am close enough to them to know that something is, in fact, wrong. I don't think I would know that as well if I trained with punishment based methods."

I see a lot of stressed dogs attached to owners that are clueless to the fact that the dog is stressed. So I wanted to include a bit about recognizing canine body language to hopefully open your eyes about what happy looks like and what stressed looks like.

The list I'm about to cover is included in the links on your handout, and I also included a link to a fantastic YouTube video series presented by Jean Donaldson. Jean is an amazing trainer and an award-winning author. I recommend ALL of her books!

Happy dogs are loose and wiggly. There is no tension in their bodies.

“Loose and Wiggly”

Signs of a happy/content dog:

- Head up or in normal position
- Able to sleep/eat
- Ears in relaxed/normal position
- Tail relaxed/wagging (full range of motion)
- “Grin” on face (mouth open with corners of the mouth wrinkled)
- Playing with or chewing on toys
- Eyes move freely (not focused on any one subject for more than a few seconds)



This is video of a “loose and wiggly” dog:

<http://www.youtube.com/watch?v=bh5ejKyr1aY&feature=related>

A dog that is stressed or fearful will have body language that is “down and back”.

Imagine that you are walking by a group of people playing soccer and you hear them yell “heads up!” What is your body going to do? Likely you will crouch, lean away and turn your head away from the potential incoming ball, but your eyes may still try to look for it.

Dogs can have the same crouching body language. They tend to look like they are trying to get small or low. The degree to which the dog shows some of these things can express just how stressed or fearful the dog is.

The tail wag will have tension and it may be only the tip that wags. It will be lower than the position the tail is normally carried.

“Down and back”

Signs of a fearful or stressed dog:

- Head down/held low (may be turned away from other dogs/people)
- Tail low or tucked between legs (may wag quickly)
- Mouth closed/may see wrinkles at corners of mouth
- Ears held back/low (if tall ears: they may stick out to the sides or be folded against the head)
- Hair on the back may be raised
- May roll on his back with belly exposed
- May urinate while crouching or on his back



Most of the things on the list are also appeasement signals and the dog trying to diffuse a tense situation.

I'll be showing you both photo and video examples of many of these stress signals.

- May “freeze” and be stiff all over/glassy eyed or will show body tension and stiff movements
- May try to run away (usually with tail tucked and head low)
- May growl, snap, show teeth or whine
- May repeatedly bark with a short, high-pitched yap or yelp
- May try to hide in or behind things
- May be constantly moving, restless or have decreased activity levels
- Won't sleep or rest



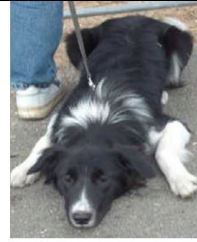
Chows can be hard to read, but this dog clearly has a furrowed brow, ears back & mouth closed.

The growling, snapping, showing teeth and whining are often stress or fear related. The rest of the dog's body will help show that.

Even an aggressive looking lunge and retreat can be based in fear, with the dog simply trying to get the other dog or person to go away.

Each signal is a word, but you have to look at all the signals as a whole sentence to get the full meaning.

- Trembling
- Disinterested in food or hard mouth
- Shallow or rapid breathing
- Excessive drooling, "ropes"
- Quick yawning (looks nervous, not tired)
- Feet sweaty (leaves paw prints that evaporate quickly)
- Excessive and/or sudden hair loss
- White rim of eye showing more than usual
- Muscle ridge visible around the eyes or mouth
- May show appeasement signals like lip licking, ground sniffing, shaking (like when wet) or scratching (like he has an itch).



Sometimes if the dog doesn't seem to want food, it is not because they don't like the food, it's because stress has shut down the digestive system or released acid in their stomach the same way it does for stressed humans. Stress can also cause the dog to grab at treats or take them more forcefully than normal.

Some of the behaviors people see as the dog ignoring them are actually stress signals.

Sniffing,

Stopping to scratch,

Full body shake like they would if they were wet,

Looking away

Take these in context and be watching to see if maybe they might be stress

Are you wondering why I chose this photo as a stressed dog?



What I see:

- Eyes are wide
- Glazed look
- Ears are half-mast
- Dog is as low as possible
- Looks as if he wants to get away but knows he can't



What I see:

- Head Down
- Ears back
- Stiff body
- Tension in face
- Trying to make her body smaller
- Eyes/head turned away



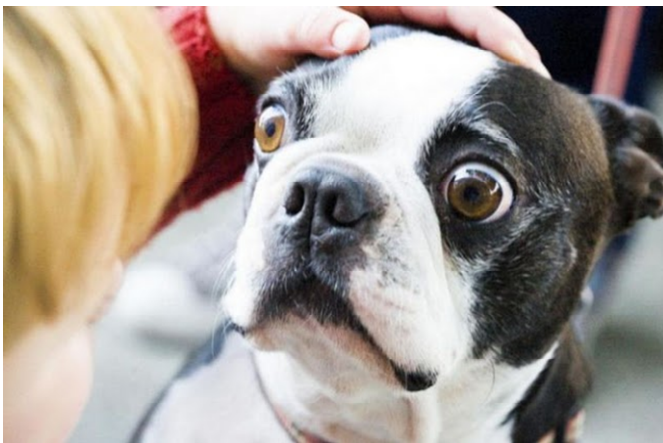
Hunched body
Lowered head
Flat ears
Tucked tail
Looking away



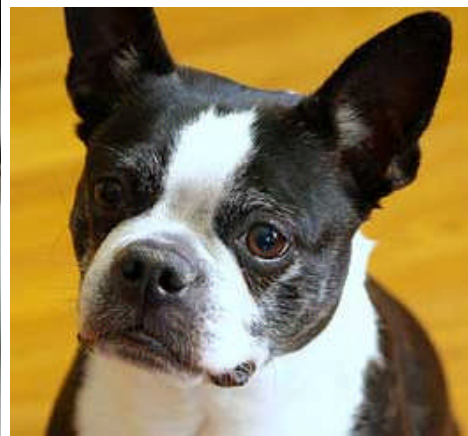
Nervous
lip lick



Exaggerated
yawn
Stress reliever



Stressed Boston Terrier



Relaxed Boston Terrier



Stressed Malinois



Relaxed Malinois



Stressed Labrador



Relaxed Labrador

Video Clips:

Watching videos to try to find good clips was really hard. It breaks my heart to see such stressed dogs. But I want to be sure everyone understands what stress looks like so you can avoid it and help others avoid it. On most of these videos, I have added text to point out the stress signals I'm seeing. **THERE IS NO SOUND ON THESE VIDEOS:**

Statue Dog (:30) – this dog just wants to melt into the ground and disappear as the trainer is explaining how to deliver a “proper correction”

<http://www.youtube.com/watch?v=zH1hrh5d1Lg>

Looking for Exit (:40) – This dog wants to leave the area and gets no support or direction from the handler <http://www.youtube.com/watch?v=MLmJzHH9cmw>

What do you want? (1:40) – This dog has no idea what the humans want.

<http://www.youtube.com/watch?v=EsNss5m10CU>

The dog is completely stressed and given no useful info. He/she tries a number of different things, but nothing seems to please the human who is just ignoring and jerking on the dog.

Test your skills- See what you think (1:14) Is this dog stressed? What do you see?

<http://www.youtube.com/watch?v=uXSogBwQESo>

Same video with my observations pointed out (how did you do?):

<http://www.youtube.com/watch?v=yhhNBXXh-do>

Comparison (1:10) Shock collar training the down.

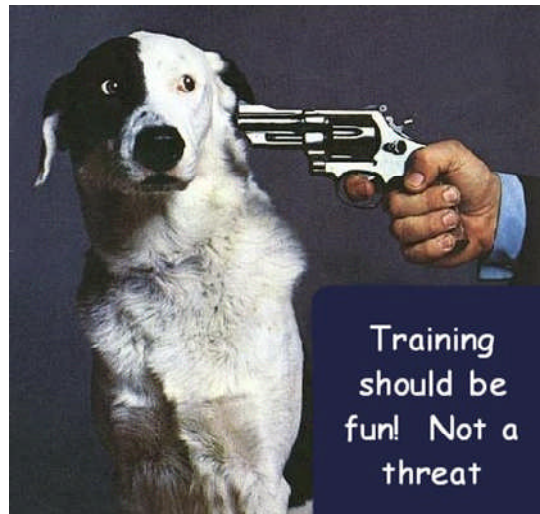
<http://www.youtube.com/watch?v=HmjD8y8VAmM>

The shock (which is called a “stimulus” by this trainer in the original video with sound) is delivered when the command is given and removed when the dog complies. This dog seems fine till she hears a command. Then her body curls, ears go back, tail goes down, lip licks, she averts her eyes, there is body tension. Then when released, she relaxes a bit till the next cue.

Even if this collar was only providing a vibration, it is clearly something this dog doesn't like based on her body language. But it's not a vibration, it's a shock. Calling it a nick or stimulation or a tap doesn't change what it is.

As the training progresses, she starts to anticipate the down when she hears the sit cue. So the consequences of the down have damaged the sit because sit predicts the down which predicts the shock. The dog is stressed by being given a command, not eager to work.

At the end you'll see the dog is obviously motivated by the toy! Why not USE THAT!? The dog could be happy when she hears the cues and fly into a down, tail wagging. Instead she's doing the behavior to stop the aversive/punishment. And since her body language is saying she clearly doesn't like it, it IS a punishment.



Compare the responses of the dogs in the previous videos to the first video I showed with Denise and Cizu doing obedience for toys: <http://www.youtube.com/watch?v=ALKmxADHAsY>

Hopefully you have a better understanding of what I'M seeing and why it makes me cringe.

Is it ok to stress your dog in the name of training or titles?
I personally say no, but you might think differently.

So what do you do if you see your dog starting to get stressed?

- You can take a break
- Have a play session (playful movement like tug or fetch can help reduce stress)
- Ask for an easy behavior the dog knows so you can reward that
- Change locations (away from a stressor)
- Make the task easier

Learning new things is stressful. How many of you have been completely relaxed through this whole presentation? So don't add to the dog's stress by being confusing and punishing.

You CAN have the dog you want without force, pain or threats! Hopefully this presentation has helped you understand how.

Make the time you spend with your dog enjoyable - their time on earth is limited



Links to references and additional info below:

Links to items discussed in the seminar by Chris Puls (DogScouts@hotmail.com)

Where to buy the “I-Click” clickers: <http://store.clickertraining.com/newiclick.html>

My YouTube Channel: <http://www.youtube.com/user/Scoutdogs> Several “how-to” training videos, mixed in with videos of Dazzle ☺ The clip of Coyote free shaping is found here.

Another excellent YouTube channel with LOTS of training videos: <http://www.youtube.com/user/kikopup>

Denise Fensi and Cisu Obed training: <http://www.youtube.com/watch?v=c2YgjeTINLM>

Original Fish video: http://www.youtube.com/watch?v=L_lznh9VbsY

Musical stairs: <http://www.youtube.com/watch?v=2lXh2n0aPyw>

Also: www.TheFunTheory.com

BBC special titled “The Secret Lives of Dogs”- Sadly, video is no longer available online

De-bunking the Alpha Dog Theory- http://www.dogscouts.org/Letting_go_of_Dominance.html

Choke Chain/ leash jerk damage studies: <http://www.teamworktraining.co.uk/checkchains.asp>

And: <http://www.uwsp.edu/psych/dog/LA/hawgood1.htm>

Opinion of a canine Chiropractor from 1984 Dog World magazine article:

<http://www.lapuppyclasses.com/Choke%20chain.pdf>

Position statements: http://www.dogscouts.org/Why_not_punishment_.html &

http://www.dogscouts.org/Position_on_punishment.html

List of various rewards: http://www.dogscouts.org/Rewards_What_rewards.html

“8 laws of punishment”- http://dogscouts.org/Why_not_punishment_.html (bottom of page)

Study done on rats: <http://www.news.harvard.edu/gazette/2002/05.30/01-fear.html>

“Why dogs don’t do as asked”- http://dogscouts.org/uploads/Why_dogs_dont_do_as_asked.pdf

Properly fitting a front clip harness: <http://www.youtube.com/watch?v=1QEM9zl4ngs>

Proper fit of the Prong Collar (at the end of the article): <http://flyingdogpress.com/content/view/53/97/>

Self-Control Exercises: http://www.dogscouts.org/uploads/Self_Control_and_IA_are_the_keys.pdf

Song and the Sheep: <http://www.clickersolutions.com/articles/2002c/song.htm>

10 Tips for dealing with any problem behavior:

http://www.dogscouts.org/10_tips_problem_behavior.html

Dog Body Language- 7 part series of videos by Jean Donaldson-

<http://www.youtube.com/watch?v=0VmWizZueFQ>

Dog Body Language 101- http://www.dogscouts.org/uploads/Dog_Body_Language_101.pdf

Using Clickers in a group training class: <http://www.clickertraining.com/node/2383>