



Adolescent Foundations

Session 2 Summary

What you learned today:

Go to Mat & Sit with Release: Go to Mat should be shaped, allow them to make the choice to return to the mat and Jackpot* when they do. If they consistently go to the mat, assign a cue word. Once you cue "sit", your dog should not move until released. Keep it short, 5 - 10 seconds. You may gradually increase your distance, but not more than 2-3 feet away but shorten the duration of the sit as distance increases.

Where's Heel: Stand facing your dog. Keep your baited fist next to your leg, say your dog's name and take two steps backwards. Mark & reward as your dog moves with you then immediately take 1-2 steps forward, cueing "touch" then stop. Enthusiastically reward "touch" when your dog is in heel position. Repeat the game as soon as the reward has been swallowed. Keeping your hand next to your leg both directions encourages correct position.

The Pat Down: This is not a petting exercise. Make sure you use gentle, but firm, pressure starting from the head, down the back, and over the tail. Then do from the hips to the feet, over the chest and under the belly. This should be done daily for the rest of your dog's life. Note any changes or concerns. Pair with food if your dog is nervous.

Ear Lift and Hold: Make sure you check the entire ear, looking inside at color, texture, and for debris. Feel through the fur and on the ear leather for any possible wounds, parasites, or unhealthy skin.

Drop the Cookie and Run: This is one of many relationship-building games that also practices recall. Throw a cookie a few feet away making sure your dog sees it. Quickly run away from your dog. As your dog is coming toward you, stop running and face her while excitedly saying your recall word. When she gets to you, praise and Jackpot*

Tug and Fetch and Destructive Chewing: See the handouts attached to the email.

*A Jackpot reward is feeding 10-15 tiny treats one at a time while praising your dog.