



Adolescent Foundations

Session 3 Summary

What you learned today:

Rev Up & Cool Down: Remember to slow down BEFORE they get too aroused, that may be just 1 or 2 steps to begin with. When your dog matches her pace to yours, throw a treat on the ground or treat at your leg. Repeat.

Go to Mat & Down with Release: Send your dog to their mat and cue *down*, making sure you mark then treat the down on the floor between the legs. Release after 5 seconds. Do not let your dog release on their own.

Clam Shell Hold: Keeping a close check on the health of your dog's gums and teeth is essential to their overall health. Cup one hand under their chin, the other over the top of the muzzle to gently lift lips. This can feel very invasive, so make sure you pair with treats in the beginning.

Emergency Recall: Choose a recall signal that is NOT used for anything else, e.g. a sharp whistle, "now", "yahoo". Begin training with a leash or long line on. Start with your dog 6 – 8 feet away from you. Make a big deal out of them coming to you by reinforcing with "Jackpot".

It's Your Choice: Once your dog is taking objects in their mouth consistently, begin giving it a name like "Take It" or "Yours". Gradually increase criteria by cueing to pick something up off the floor. Place your open hand under their chin as you mark and reward the pickup so the object doesn't fall on the floor. This leads to holding the object until cued to release it to you.

LAD Play: See the handout from class.