



Adolescent Foundations

Session 6 Summary

What you learned today:

Come Up Sits: Keeping your arm glued to your side is a good visual reminder of where *heel* is. Take one step, stop, cue sit with your “treat” hand raised to 90°, mark and treat for a sit position *directly* at your side. Limiting movement to 1 step at a time provides more practice for proper position.

Get the Heck Out: Toss a cookie through the threshold out of the room saying “get out” as the dog moves through the threshold. Body block the dog from reentering the room. Once the dog shows they aren’t going to try to reenter (either by backing away, sitting, downing, or turning away, etc.) praise with “good wait”. Use your release word to allow the dog back into the room. Gradually increase your distance from the threshold.

Brush & Wipe Your Dog: Always pair this with food until your dog readily accepts brushing and wiping off. Practice with each person in your household and trusted friends.

Drop the Cookie & Don’t Run: If you always run when teaching recalls your dog will think that the recall signal entails someone running away. Intersperse this game with Drop the Cookie and Run but remember to call your dog after they’ve eaten the treat and always mark then Jackpot when he gets to you.

Teach an Alternative Behavior to Jumping Up on People aka Person Approaching = Sit: See the Dumb Friends League handout.

Go...Say Hi: Remember the Premack Principal (eat your peas and you’ll get desert). Ask your dog to perform a simple behavior (i.e.: a sit or a hand touch) and then if the dog performs what you have cued to your criteria, *give your dog permission* to "go say hi" to your friend. Once the greeting is complete (20 seconds or so), recall your dog off your friend (restrained recall). When your dog comes to you, *celebrate!* and have a game of tug or grab the collar and give him a high value reward.