



Information Booklet

TRAINING TIMES

Sunday Mornings

Please refer to the club's training calendar and Facebook updates on training dates and times.

<http://northernsuburbsdogclub.org/calendar.html>

Classes may not be run on days when there are special
events such as members' competitions.

enquiries@northernsuburbsdogclub.org

or like us on Facebook

**For a list of recommended websites
please visit**

<http://northernsuburbsdogclub.org>

**NORTHERN SUBURBS TRAINING &
OBEDIENCE DOG CLUB (Inc)**

(Affiliated with Dogs West. formerly the Canine
Association of Western Australia)

**POSTAL ADDRESS: PO BOX 122 GREENWOOD
WA 6024**

Contents

THE OBJECTIVES OF OUR CLUB	3
CLUB GROUND RULES	4
WELCOME TO OUR CLUB	6
CLASS STRUCTURE.....	6
PUPPY CLASSES	7
ORIENTATION CLASS	7
PET CLASSES	7
AGILITY	8
CHILDREN AND DOGS	9
UNDERSTANDING AND MANAGING YOUR DOG	13
LEADERSHIP.....	15
SOCIALISATION OF PUPPIES AND DOGS	18
HANDLING – GROOMING – EXAMINING	19
BITING / NIPPING – MAINLY PUPPIES.....	20
HOUSE TRAINING - PUPPIES AND ADULT DOGS	21
PUBERTY.....	22
TEETHING	24
TURN YOUR DOG OFF	25
LEARNING TO BE ALONE	25
PLAYING WITH YOUR DOG.....	26
RESPONSIBLE OWNERSHIP	29

GENERAL TRAINING INFORMATION	34
REWARDS-BASED TRAINING	34
TRAINING REWARDS	35
PAIRING PRAISE AND REWARDS	36
REPRIMANDS.....	36
TRAINING BASICS	37
A BEHAVIOUR MARKER.....	38
SHAPING AN EXERCISE	39
EXERCISES.....	40
PROGRESSION THROUGH THE CLASSES.....	60
PROMOTIONS CRITERIA from 1A to 1B.....	60
PROMOTION CRITERIA to 1C	61
PROMOTIONS CRITERIA to 1D	62
PROMOTIONS CRITERIA to 1E.....	63
GRADUATION CERTIFICATE.....	64
AN INTRODUCTION TO TRIALLING CLASSES	65
CLASS STRUCTURES.....	65
COMPETITIONS AND TRIALS	67
MEMBERS' OBEDIENCE COMPETITIONS.....	67
OPEN OBEDIENCE TRIALS....	Error! Bookmark not defined.
CLUB ACHIEVEMENT TRIALS	68
AGILITY TRIALS	Error! Bookmark not defined.

THE OBJECTIVES OF OUR CLUB

1. To promote, as a community service to the residents of the northern suburbs of Perth, the training of dogs, whether pure bred or otherwise, to be obedient and companionable.
2. To encourage, assist and instruct members and other interested persons in matters concerning the training and/or working of dogs.
3. To conduct training exercises, exhibitions, obedience and agility trials, and to hold other fixtures as may be permitted by the Canine Association of Western Australia (Inc).
4. To promote public interest in the training, working and handling of dogs.
5. To educate and encourage members, breeders, exhibitors and judges to abide by the standards for the conduct of obedience trials as approved by the Canine Association of Western Australia (Inc.)
6. To promote good fellowship and sportsmanship amongst members and others participating in club activities or attending fixtures organised by other bodies.
7. To educate members in the laws and regulations that apply in the State of Western Australia relevant to the ownership of dogs.
8. To highlight the responsibility of owners for the conduct and actions of their dogs.
9. To foster good relationships with organisations, stakeholders and members with similar aims and aspirations.

CLUB GROUND RULES

1. Punctuality is expected. If you are late for class, please see your instructor before joining the group.
2. Pick up after your dog (excreta) – plastic bags are available at the club trailer.
3. Please park your car in accordance with the by-laws and consider other people and local residents.
4. Bitches in season must not come to the training grounds until their cycle is over (approximately 4 weeks from onset) but owners are welcome to observe the class.
5. All dogs must be on a lead at all times, unless indicated otherwise by an instructor of the club.
6. Collars - we recommend soft ½ check (martingales), head collars (haltis and gentle leaders), harness or a flat collar. **The use of choke/correction collars are NOT permitted to be used at the club and must be removed or attached to a soft collar before undertaking training.**
7. Leads - we recommend a 4ft - 6ft which should be light and easy to use. Extender leaders are not permitted to be used while training and the club recommends that chain leads also not be used.
8. Know what your dog is doing at all times.
9. We do not allow play between dogs on lead, before, during or after class, as it could lead to aggression developing.
10. If you want your dog to meet another dog, keep your distance until you ask the other persons permission. The meeting should then be kept short (about 3

seconds) then the dogs should be encouraged to return to their owners. Some dogs will not like long hellos and some dogs will be uncomfortable with dogs coming right up to them. If either dog is showing signs of discomfort, no meeting should take place. Please respect these dogs and their owners.

11. If you notice your dog is becoming worried, get their attention by luring and rewarding them and then walk away slowly to a place where they feel more comfortable. Observe, praise and reward all good behaviour in order to focus their attention on you.
12. Club equipment is only to be used at the direction and under the supervision of an instructor.
13. Some of the club instructors will have their own dogs tethered or in a crate while taking class. Please never approach these dogs nor allow your dog to approach them. Approaching these dogs can cause them a great deal of stress and they may feel a need to defend their territory.
14. Please wear appropriate clothing, including closed in shoes. Sun-screen is available at the trailer for members' use.
15. Smoking is not permitted on the training grounds. Dogs can be burnt quite badly if they step on a cigarette butt or walk into a cigarette held in your hand.
16. Keep all food secure in a treat pouch, pockets or sealed container. No treats are to be kept in plastic bags as they can be dropped and ingested by another dog or animal with dire results.
17. Never feed another person's dog without permission

WELCOME TO OUR CLUB

Northern Suburbs Training and Obedience Dog Club is a voluntary organisation which aims to improve the relationship between dog and owner, building a rapport between them that will allow them to work as a team and enjoy their time together. Our emphasis is on teaching people how to control their dog in an atmosphere that offers support and assistance, whilst also having fun.

Positive training methods are taught, as well as how to use the occasional reprimand. Reward based training builds trust and confidence and develops your relationship with your dog. If at any time you have a training problem or something is concerning you, please speak to one of the Senior Instructors.

We are primarily a training club; if behaviour problems occur we will try our best to assess them and forward you onto the appropriate people to help with the problem. We hope you enjoy our classes.

CLASS STRUCTURE

Obedience classes are held on Sunday mornings. Junior classes are puppy through to 1E and Trialing classes are 2a and above. For training times please refer to the club's website as training hours are subject to change.

Classes start early February and run all year until early December. Only puppy classes continue through the Christmas break. There are no classes on long weekends or when some trials are being conducted. See our website or Facebook page for details.

New members join the club each week and progression through the classes is individual. You will be presented with a certificate on graduation from Class 1E. You may then continue and attend the senior classes for more advanced work.

You must wear your badge each time you come to class and you will be given a coloured dot each time you are promoted. Should you forget your badge, you can get a temporary badge from the trailer which is only valid for 1 week. If a replacement card is required, a fee is payable.

PUPPY CLASSES

Puppy class (for dogs aged 8-16 weeks) covers socialisation, temperament training and simple obedience training. A senior instructor may decide some dogs should remain in the class longer if they need special help. Children may attend under the supervision of an adult. When puppies reach 17 weeks, they will then attend our Orientation class for one session and will then progress to class 1A to begin their formal training.

ORIENTATION CLASS

On enrolment, dogs over 16 weeks will attend orientation class for one week only. In this class, you will be taken through general information about the club, dogs in general and shown some of the exercises you will be learning the following week when you go to class 1A.

PET CLASSES

Classes Puppy - 1E are the junior classes that cover general obedience and include things such as the name game, coming when called, loose lead walking, the sit, drop and stand

positions, stays, general everyday good manners, the instructive reprimand 'leave it', leadership and communication. The senior classes, being Class 2 and above, are at a more advanced level where off-lead work and trialling methods are covered. Learning games and tricks and general good fun are included in all our classes. Instructors may vary in their methods slightly from time to time, so do what is working for your dog.

AGILITY

To take part in Agility your dog must be 14 months or over and must meet the following assessment criteria.

Assessment Criteria –

1. Attention: the dog must pay attention to handler.
2. Distraction: the dog must be able to stay focused on the handler near distractions.
3. Recall: the dog must be very reliable on recall.
4. Handler must have control of dog when off-lead in a stimulating environment.
5. Beginner's intake: every 12 weeks (four intakes each year) on a Wednesday at Carine Open Space. Refer to the club website for further information on training times.
6. Juniors: each program runs for 10 weeks, with assessment at the end for promotion.
7. There is a two-week break between intakes
8. General Club Ground rules apply as well as Ground rules specifically for Agility Training.

CHILDREN AND DOGS

No child is allowed to handle a dog until they have been promoted from class 1B. However, children are welcome to participate in Puppy class with the assistance of a parent.

Below is an extract from NST & ODC Domestic Rules.

- 6.1.a No child is allowed to handle a dog until they have been promoted from class 1B. The exception to this rule is puppy class where, with the approval of an instructor and with the help of a parent, the child may participate in the class. Children between the age of 12 and 16 years, however, may handle a dog in class provided both the child and the dog have been assessed as proficient by two obedience instructors, one of whom must be a Senior Instructor and the following criteria is adhered to.*
- 6.1.b The parents have agreed to train the dog in Class 1A and 1B prior to the child being assessed.*
- 6.1.c The child may begin training their dog in Class 1C once he/she has been assessed as proficient to do so.*
- 6.1.d They will be issued with a proficiency badge when he/she is deemed capable of training his/her dog.*
- 6.1.e Children may not attend class without a parent present.*
- 6.1.f A parent must always stay within close vicinity of their child during all training sessions.*

The primary concern with children and dogs is to put the child's safety first: all interactions between children and dogs must be supervised.

For example, a child should never approach a strange dog without asking the owner if it's OK to pat the dog. In saying that, if the dog does not willingly approach the child they are saying they don't want to. Respect the dog's feeling. A child should never just approach a dog.

Parents, it is your responsibility to ensure that your children are taught to be well behaved and respectful around animals.

They need to learn what kind of games are appropriate, how to touch the dog properly, how to interpret the dog's body language and when the dog is not to be disturbed.

It is up to the adult to keep children safe from the dog and to keep the dog safe from the children.

Adult supervision is always essential where children and dogs interact. This may seem obvious, but even quite grown up children (and some adults) cannot recognise when a game is getting out of hand.

Parents should set the example for their children. Your child will copy you if you are calm and structured with the puppy or dog.

Avoid physical discipline or yelling at the pup, establish clear rules for your children when they are playing with their dog - no tug games, no using themselves as play toys, no chase games, etc. These types of games encourage the dog to chase and nip and become very boisterous. They may seem fun in a young pup but these games can become quite dangerous and difficult to stop when they are fully grown.

Prevent the puppy from chasing children when they are running around by putting them on lead or placing them in their safe area. After a while, get them out and teach the

children the correct way to play with them. Games of find, puppy agility and teaching tricks using positive training methods will allow children to train their own dog.

An adult should supervise all training until the child and dog interact well together. Children under the age of 5 years are too young and should never be left alone with a dog or puppy. Take extra safety precautions when other children visit your home.

Teach children not to run past the dog or puppy and scream as this can excite them and can, in some dogs and puppies, stimulate an instinctive predator-prey reaction.

Get your dog used to children pushing and pulling them by giving them a treat as you (the parent) gently push and pull them. When allowing children to greet your dog/pup, only allow one or two children to say hello at one time. Hold a treat in your hand to get their attention on you as they pat the dog down the side. If your dog/pup is a bit shy, the child could squat down at their side and offer them a treat with an open hand.

Where there is a lot of noise and squealing going on, frequently feed your dog/pup and stay calm, gradually they will get used to the exciting situation.

Teach children to pat the dog or puppy gently, no squeezing around the neck and teach children to leave the dog/pup alone while eating. Work on food bowl safety as soon as possible especially if you have small children. Please see a senior instructor if you are concerned about this issue.

Show your child how to stand like a tree if their own dog, or another dog, scares them. Dogs can feel threatened or become over excited, by high pitched noises or fast movements.

Never tie a dog in the yard. Children tend to tease tethered dogs even without realising it, which can lead to aggressive behaviour. Many instances of dogs attacking children occur when the dog is tethered in the yard and a screaming or running child enters its space.

Hunt the toy is a good game to play with children and the dog, Get a child to hide something in another room and then encourage the dog to find it, food treats, or a game with the toy can be used as a reward.

You can teach your dog/pup to find the children in the same way, they should call out to the dog and when they find them they can ask the dog/pup to 'sit' for a treat.

To enjoy football without tears, use a large ball, one that the dog cannot get their teeth into. No teeth can contact the ball, or the game ends.

Place the ball right in front of the dog, as soon as they sniff it, say 'Yes' to mark the behaviour, then praise and give them a treat. The dog needs to learn that touching the ball and pushing it is what will get them a reward.

Living with a pet can be beneficial to children. Pets can enhance a child's self-esteem, teach them responsibility and help them to learn empathy.

However, children and dogs are not always going to automatically start off with a wonderful relationship. Parents must be willing to teach the dog and the child acceptable limits of behaviour in order to make their interactions pleasant and safe.

UNDERSTANDING AND MANAGING YOUR DOG

We train our dogs to open up lines of communication between us.

A dog is a master of reading your body language which includes your tone of voice, emotion and emotional energy. Basically, they can read us like a book, therefore you should use your body language to communicate with your dog.

Dogs have their own set of calming signals that help them to diffuse situations that may get out of hand. Signals such as yawning, standing still or turning away from something.

Squatting down, leaning backwards, open arms is asking your dog to play. With shy puppies or shy dogs, turn side on and do not have eye contact, allow the puppy/dog to come to you if they want to.

Looming over the dog is a threatening posture and may cause your dog to submit by lying down or even wetting themselves. Stiff and angry waving arms around or yelling could cause your dog to become fearful, cringe or slink away. They are reacting to your body language and nothing else. They are trying to tell you to calm down.

Voice tones generalise what you are feeling and give information to the dog. A happy light tone indicates that they have done right etc. A low neutral tone means you are not happy. All commands should be given in a neutral but calm confident tone.

Soft eye contact is essential for all dogs. Do not ask them to look at you all the time; work towards them looking at you when you say their name.

Remember most of the things we consider bad behaviour are natural behaviours for a dog. They need physical and mental stimulation to avoid getting stressed, worried, or bored.

Dogs have the usual five senses.

SCENT - is extremely important. When entering a new environment we use our eyes, but a dog uses their nose. It tells them many things about where they are and who has been there.

SIGHT - Dogs have poor binocular vision, poor depth of field and poor vision close up. Contrary to popular opinion, dogs can see colours but most likely basic muted colours. They see better at night and see moving objects better than stationary ones. Using hand signals with a verbal command makes learning easier for the dog.

HEARING - A dogs hearing is better than ours. They can hear at four times the distance than we can, so you do not need to shout at your dog.

Dogs discriminate between pitch better than we can. Think about the tone of your voice when training your dog.

TASTE - The palatability of food is based on odour, then texture and finally taste.

TOUCH - Touch is very important to your dog's development. Touch remains important throughout a dogs' life, especially with older dogs.

Massage your dog as they will love it! Use it as a reward for some good work when training. Gently stroke and lift their face up when praising them. Soft, long strokes right down their body will calm them down, whereas quick, short hand movements on the chest will usually excite any dog.

Emotion and emotional energy. If you are worried, your dog will be as well. What is going on in your house has a direct influence on your dog's behaviour. A very excited, busy household will lead to an active or stressed dog. Calm atmospheres equate to a calmer dog.

Dogs love and need company. Being shut outside all the time can lead to a lot of unwanted behaviours developing.

They need periods of calm relaxation, especially the working breeds.

The leash is an extension of your arm. It allows you to control your dog when walking or training. A loose lead is essential at all times, especially when meeting another dog.

LEADERSHIP

Establish your status as leader by calmly and confidently setting clear and consistent house rules, boundaries etc. which everyone in the family should follow.

A leader remains calm and in control at all times, getting angry will lower a leader's status in the eyes of the dog. Leaders are aware of their dogs mental and physical well-being at all times. If the dog is uncomfortable with any situation it is up to the owner [leader] to calmly walk their dog away to a point where he is relaxed and calm.

Training a dog is something that should happen throughout the day. Remember that dogs can learn a lot when we play with them and groom them. Intelligent, confident, ambitious dogs may need reminding as they grow older as to who is really calling the shots in their pack. Just go back to basics and they will settle down.

Signaling Leadership - Dogs love attention, however sometimes you will need to remain aloof with them. Attention-seeking behaviours develop very quickly and can become very annoying.

Watch for the dog staring at you, placing a paw on you, barking in your face, dropping a toy at your feet, etc. If these behaviours occur frequently, ignore the dog and look away. If you wish to interact, call the dog to you and ask for a sit or similar before you do anything. Focus on good behaviour and develop it.

Natural behaviours for dogs include digging, chewing, sniffing, holding, nipping and chasing. Dogs dig because it's natural and relieves stress. Barking is usually associated with boredom and a lack of mental and physical exercise. If you are experiencing these types of problems please let your instructor know and they will direct you to a Senior Instructor.

When you are working with your dog, give them all of your attention. It is best if they learn early in life that most of their fun and enjoyment comes from you. Playing and meeting with doggy friends is nice but running wildly in the park with a bunch of dogs, completely ignoring you is not a behaviour you want your dog to learn.

Interactive toys are excellent. Use them when you want them to lie down quietly and praise them whenever they are chewing the correct item.

During play sessions with your dog or puppy, learn to stop before things begin to get too exciting. Say “enough” and get your dog’s attention (by luring) ask for a sit, give them time to settle before continuing. Or calm them with long, slow steady strokes down their body. “Enough” is an exercise which can be used to control the dog in any stimulating environment.

Keep play sessions short and do not allow unlimited, uncontrolled play sessions, whether it is with you or other dogs, which only lead to boisterous, over the top play. This can lead to problems down the track. It is the reason why most puppies nip at clothing, hands etc.

For control in and around the house, garden or park consider using a playpen or a crate, as they are great places to put the pup/dog when you need a little breathing space. They also provide somewhere safe and peaceful for them to rest.

Place the crate or pen in the room you use the most. Care should be taken when introducing your dog/pup to a crate. Information on crate training is available on our website.

Crates are also good for keeping your dog in one place as you move around the house, it allows the dog to learn to be alone while in the house with you. Some areas should be off limits and you can restrict access to these areas by using baby gates, etc.

A house lead (a cord attached to your puppy which they can drag around) should only be used when they are supervised. The house lead can also be used to keep the dog/pup under control when visitors arrive and assist with loose lead training.

SOCIALISATION OF PUPPIES AND DOGS

The prime time for socialisation of puppies is between 8 - 14 weeks of age. It should be a gentle, calm and controlled exposure to life in all its forms. They should be allowed to see, hear, be around and experience as much as possible. It cannot begin too soon or encompass too much and should continue throughout your dog's life.

You should expose your pup to people of all ages, both adults and children, male and females. Get them to meet people wearing different clothing, hats, carrying things. Also expose them to noises, activities, bikes, prams: anything and everything!

Get your puppy used to different things in the environment. It is a good idea to just go to parks, beaches, shopping centres and just sit down and let them watch the world go by.

When you introduce your pup to other animals, they should be on a loose lead and under control at all times to inhibit the chase instinct. Praise all calm behaviour.

Please be aware that a dog or puppy can be over socialised with other dogs/puppies if they are allowed too much uncontrolled play.

For car journeys, travel short distances at first. Use a car harness or some form of restraint, as dogs can become over excited and may cause an accident. Sometimes just go around the block. Do not just go to the park all the time, as they will start to get excited whenever they are in the car. Some trips need to be boring.

Exercise with a puppy can be frequent, small 15-20 minute walks. No jogging or jumping until they are at least 12 months of age. If you wish to jog with your dog, it is better if they can run freely beside you and ensure you stop now and again to let them rest. Never exercise in the heat of the day and make sure your dog has access to water at all times.

HANDLING – GROOMING – EXAMINING

Relaxed tolerance to handling does not come naturally to dogs. Puppies should be handled and groomed from the time you get them. Start straight away and do it on a daily basis. Pick a time and place where you and your pup/dog feel calm and relaxed. Let your hands slowly and gently massage them while you talk softly, breathe slowly.

If they struggle, gently hold them, keeping calm, wait quietly for them to relax, when they relax, let them go and build up slowly.

Feel your dog all over and get to know the feel of a healthy body. Smell their ears and if they are smelly and appear unclean, have them checked out by your Vet. Know your dog's grooming needs, brushing them (long/short hair) 2-3 times a week.

Touch and examine their mouth and massage their gums with a wet cloth wrapped finger.

Put a mat on a table and place a few treats on it and let them eat them, this is getting them used to being on a table (make sure you have a lead on at all times).

Understand what your dog is saying. If they put their mouth on you when grooming or handling them, they are letting you

know that they are uncomfortable, so take things slower or seek advice.

If you are having difficulty with handling your dog, a good website to visit is dogmatics.com. Emily Larlham has an e-book with videos showing you how to get your dog used to being handled.

BITING / NIPPING – MAINLY PUPPIES.

No dog/pup should think they can put their teeth, even by accident, on people's hands, bodies or clothing. Your puppy or dog should not hold your hand or arm in their mouth, they should not bump into you when running or playing. If they do, stand still, no moving and say 'ouch' and stop what you were doing whether playing or training.

Do not under any circumstances get cross, hit or threaten your dog in any way, it will only undermine your relationship with your dog and they will lose their trust in you as a good leader and may cause them to fear hands coming near them.

If a puppy is biting/nipping you while playing, you are either playing the wrong games or you have allowed play to go on for too long and they have become over excited. To calm them down, simply stop everything take slow deep breaths and maybe after they have calmed down, do something else that is not so exciting, or simply let them be for a while, they most likely want a rest anyway.

If children or other animals are running around, have your dog on lead or somewhere safe with a chew toy so they learn not to chase and play roughly.

Prevention is best – do not allow them to chase and grab. Do not use your body as a toy. Play sensible training games.

HOUSE TRAINING - PUPPIES AND ADULT DOGS

The routine is the same whether housetraining a puppy, or a mature dog with toileting problems.

The key principles to housetraining are close observation, prevention, control their freedom and showing them where you want them to relieve themselves.

95% of housetraining is praising the dog for eliminating in the right place. Toileting problems should resolve themselves if you regularly take the dog to the area you want them to use and praise them upon relieving themselves.

Preventative techniques when housetraining include the use of crates, barriers, and playpens. The dog or puppy can also be tethered on a lead near you or attached to you. Close confinement allows your dog or puppy to develop bladder control.

Once your dog has eliminated, they can have the freedom of the house for a while. Observe them for signs that they may want to go out. These include going around in circles, sniffing, squatting, or over excitement.

They will want to relieve themselves within 5-10 minutes of waking up, eating, playing and chewing. If they don't go, take them back inside and control their movements and take them out again in 10-20 mins. A young puppy should be taken out every 30 mins to one hour. Do not take them inside straight away when they have relieved themselves, have a game, give them a little one on one time as they may not have completely emptied their bladder.

Keep to the same routine of feeding and exercising each day. This will help your dog to develop regular toileting habits. If

accidents occur, just put them away and clean up. You will need to watch them more closely next time.

If you are paper training them be aware that you are teaching them to go in the house.

A very small snug area to sleep in at night will allow them to develop bladder control. Dogs do not need to move around at night, moving stimulates the bladder and therefore the desire to empty it.

You may need extra help with rehomed dogs or dogs that have come from kennels. Problems with rehomed dogs or kennel dogs can be caused by stress, tension, the anxiety associated with being alone or not having lived in a house before.

You may need professional help. There may be an existing medical problem if your dog starts having accidents for no apparent reason. Old age also has its own problems. When in doubt have your dog's health checked out at the vet before getting professional help.

Never get angry, it will only make matters worse and the dog or puppy will learn not to go when you are around.

When walking or at the park do not go home as soon as they relieve themselves, they will start to associate their toileting with the end of the walk and consequently will hang on forever. A great idea is to teach them to go at home first and then go for a walk.

PUBERTY

At about 5 months of age a pup's hormones will start to kick in. They will start to assert their independence in a variety of ways. You should focus on the small things in their life, such as sitting for dinner, waiting at doors, not jumping up, etc. The

hardest thing at this time is not to become frustrated with your dog. Remember this equation - adolescence equals patience plus persistence.

Male dogs that are not neutered will begin marking, mounting you, other animals or objects. They will become restless and even try to escape to roam the neighbourhood. They are likely to be more competitive with other males which can lead to them being harassed by more mature dogs.

Female dogs who are not sterilised will have changes of behaviour which will appear a few weeks before the onset of her first season. She may appear distracted, bad tempered & generally unlike her usual self.

Some female and male dogs can learn to become aggressive to stop other dogs harassing them.

Dogs who have been neutered or spayed become more human- orientated. Neutered dogs may have a tendency to put on weight. Speak to your veterinarian about the medical benefits of having your dog spayed or neutered and the best age to have it done for your breed of dog.

Do not give your dog too much freedom too quickly. Use a long lead when in the park, so that they learn there are boundaries and cannot develop the bad habit of running off and ignoring you.

It is most important to focus on rewarding and noticing all their good behaviours, such as lying down quietly, and calm behaviours around other dogs.

You will have the awakening of breed specific instincts, herding, hunting, retrieving, etc. It is important to continue

obedience training and socialisation and teaching your dog new things to do and play.

If they get uptight, get their attention and walk calmly away - do not yank on the lead but speak softly and breathe. Maybe just go and sit on a bench and just let them watch the world go by. Give them a treat now and again.

We sometimes inadvertently reward a dog without knowing we are doing it (dog barks and we yell at it -you have now rewarded the dog for barking).

If you have this problem or something else, please ask the instructor for more information. Hang in there, they will grow up eventually!

TEETHING

Your puppy will begin to go through teething between 16 - 22 weeks of age. It is important to let nature take its course. They will need something to chew, otherwise they will chew anything that becomes available. The following items are ideal: a cold, stuffed puppy Kong, an old hand towel that has been rolled up and knotted and put in the freezer for a while.

During this time, be careful of their mouth when playing, as it could be sore. Take special care if playing tug games and observe them for retention of baby teeth, see your Vet if you suspect this may be the case. The puppy will go through another chewing period at approximately 8 - 12 months of age when their adult teeth are settling into their gums.

TURN YOUR DOG OFF

Getting your puppy or dog to settle down in one spot is a lesson that you will appreciate for the rest of your life. “Settle” means they are to remain quietly in their spot.

To begin, put your dog on a short lead several times a day and teach them to settle down, using a mat or rug to define their area.

Secure the lead to an immovable object near their spot with just enough slack for them to lie down comfortably.

The spot you choose for your dog to settle should not be in the way and should also allow them to see what is going on.

Periodically quietly praise them when they are quiet and ignore them if they are noisy.

Your puppy or dog will learn “place” commands quickly if their spot, or spots, are always in the same area. Eventually you will be able to tell them to go to their spot/mat.

If you have a special mat that you can take with you, plus a chew toy you will be able to settle them anywhere.

LEARNING TO BE ALONE

The pup/dog should not be allowed to follow you everywhere all the time, as that can lead to separation anxiety.

Being alone is not a natural thing for a dog. They are a pack animal and, as such, need to learn to be alone sometimes. Over attachment to us can cause separation anxiety. So, do not allow your dog to follow you everywhere.

Use the settle exercise to tether them in one room or have a playpen or a safe area for the pup to be in when they are tired. At other times just put them in it (with a chew toy) and just go about your business. Remember to take them out to the toilet first. Ignore any whining or barking and only go to them when they are quiet.

When you are going out, keep everything calm and matter of fact and just leave. Prolonged speeches only leave the dog feeling insecure.

Give them a Kong or safe chew toy, access to water, a comfortable place to sleep. You could also leave a radio on for them and, as you leave say something like ‘mind the house’ and then leave - this will become a cue to the dog so they know what to expect.

Coming home is the same: do not make a fuss of them, ignore them for a minute or two, then ask for a sit and greet them quietly and calmly, then go about your business.

PLAYING WITH YOUR DOG

If your dog is possessive of his toys, take care around other dogs. Do not throw a ball for your dog during class or use a squeaky toy.

Please have consideration for other handlers and their dogs.

The games you play and how you play them will directly influence your pup’s/dog’s future behaviour. Games should be fun for all, keep the sessions short, and leave them wanting more.

Puppies usually like to fetch soft toys, throw it only a little way and have them on lead and make sure you are in a quiet area. Playing and training go together. Use commands such as “Find

it”, “Get it”, “Wait” and “Give” when playing with your dog or puppy.

Building their interest - make sure that you are not looming over them when playing. Go down low and use a soft voice. Keep the toy moving to make it more interesting for them and when they reach the toy, give praise and encourage them to pick the toy up. If they are holding the toy, do not try to take it from them but keep your hand away from their face and stroke them down the side to keep them with you.

Praise your dog/pup whenever they are carrying something as this helps to build their enthusiasm for the game. You can play excitedly with the toy yourself and not let them have it at first.

Chasing a puppy whenever they are carrying something only makes it a game, one that you will never win. When first teaching your puppy to fetch, always have a light lead on them for control. Spend lots of time reassuring them that you will not take the toy as soon as he reaches it.

To get your dog to let go of the toy, let them hold the toy for a while as you praise them. Slowly take hold of the toy from underneath where they cannot see your hand. Pull the toy towards you, holding it tightly and keeping it as still as possible. Ask them to “give” and at the same time, produce a treat and wave it under their nose. Be patient, and in time they will let go for the treat. Throw the toy a short distance again, repeat 2-3 times, and then stop.

You can try the two-toy game. Use two toys that are the same. Throw one, and as the pup picks it up, call them and wave the other toy. As they get closer to you, tell them to drop it, then throw the other toy. Repeat this a few times.

To teach your dog/pup to “find it”, hold their collar, throw the toy so that it lands out of sight but quite close, then release your pup and tell them to ‘find’. Encourage and help them to find the toy, practice over several sessions and always praise and reward them for finding the toy.

When playing messenger, begin by asking your pup to go to a named person i.e. husband Jeff. Make sure it is someone they know well. Ask the named person to offer a treat and lure the pup to them. Repeat this several times over several sessions - always with the same person at first, then gradually introduce different people, one at a time.

Only adults using rules should play gentle tug games. You should be the one to start and finish the game. Your dog should tug when told to and give it up when asked. Playing tug games can be very rewarding for some dogs and makes a very good reward for training purposes. Do not shake a dog or puppy up and down or from side to side or pull up off the ground when playing tug, as you could damage their teeth and neck. It should be a back and forth motion.

To encourage “get it” games, hold the dog’s collar and place a treat on the ground, telling them to ‘wait’. Tell them to ‘Get it’ as you let go of their collar. You can use a toy or whatever your dog enjoys. This game builds their excitement.

To start Puppy Agility, using children’s play tunnels or boxes with the end cut out will make good tunnels. A 30cm wide plank with a brick under each end makes a good dog walk. A wooden ladder laid on the ground makes an interesting item to walk through.

Hoops can be used to go through or walk through if laid on the ground. Have a place to teach the pup to sit and wait for a minute. Garden stakes make great poles to weave through.

When the dog gets to the end of a piece of equipment, sometimes throw a piece of food or a toy.

Whenever we are teaching a pup/dog anything new, always heavily reward them. Do not lure them and then give no reward. Going across the dog walk may entail giving them 5-6 treats along the way and the same goes for everything else. If you wish to include jumps, they must be no higher than a puppy's elbow for the first 18 months or you could damage their joints.

Playing rough and tumble games means that your dog will learn to play roughly and this could lead to serious problems. Always stop play immediately (just stop, stand still say nothing) whenever your dog or pup lapses into inappropriate play behaviour such as grabbing clothing, shoe laces, bumping, snatching or accidentally nipping and over excitement when playing. This will ensure that your dog/pup learns that their careless behaviour caused the game to end. Give your dog/pup time to settle before starting again.

Dogs that play with people grow into dogs that see people as a source of pleasure and enjoyment. They are more fun and enjoyable and the relationship between yourself and the dog is enhanced. You should spend three times as much time playing with your dog than they do with other dogs.

RESPONSIBLE OWNERSHIP

All dogs over the age of 3 months must be registered with their local council and wear a clear identification tag. Micro chipping is mandatory in Western Australia. Your local council provides leaflets relating to dog laws in your area.

Your dog will depend on you for their health, care and safety throughout their life. It is important to exercise your dog on a regular basis.

Teach your dog/pup good manners at home and out and about. Teach them to use their brain. Games of “find” can really wear a dog out, both physically and mentally. Make sure they have company as much as possible.

REMEMBER.... A DOG IS FOR LIFE

A healthy dog should have bright eyes, a shining coat, damp nose, pricked ears, sweet breath and a lively gait when moving. The anal area should be clean and they should be urinating and passing stools regularly. Always clean up after your dog, especially at home as this will lessen the chance of your dog eating their own faeces.

Watch for changes in temperament and behavioural patterns as these are often warning signs of present or impending health problems.

Your dog should have a healthy appetite and a slight fat cover on the ribs. You should be able to see their waist behind the ribs and they will have minimal abdominal fat.

Make sure your home and garden are “dog safe zones”, by checking your home for potential dangers and dealing with them promptly. It is important to make sure all fencing and gates are in a good state of repair and secure. The dog should have an area that is warm, clean, sheltered and dry if they are to sleep outside. Fresh water must be available at all times.

Keep all sharp implements and dangerous chemicals, such as pesticides, locked away and out of your dog’s reach. Teething puppies like to chew vegetation and a surprising number of

common plants contain natural toxins that may harm a small dog. Snail pellets are deadly.

Some of these plants are foxglove, ivy, azalea, lupine, laburnum, daffodil bulbs, oleander, etc. These are just to name a few of several plants that are poisonous to dogs. Household chemicals, such as bleach and detergents, should be kept out of the dog's reach as well. Keep all electrical cords or cables out of the way or protect them with chew proof covers.

Dangerous toys, such as sticks, should be avoided. Instead use something like a piece of hose. Small objects that a puppy or dog may swallow should also be kept out of the way.

For example, squeaky toys that are left with them can be chewed and swallowed. Small balls can cause choking or even death. Pick up shoes and socks, etc. and put them away, as they can also cause death if swallowed.

It is important to check your house for anything that could cause a life-threatening throat obstruction. Tablets and medicines of all types should be kept out of a puppy's or dog's reach.

Several items used in the home are poisonous to dogs. These include deodorants, soap, lime, paint, perfume, human toothpaste, furniture polish and some indoor plants, antifreeze, chocolate, grapes, raisins, macadamia nuts, onions, rat poison, snail pellets, Imitation sugar and blowfish are very dangerous and may even be life threatening. These are just a few of the items that are dangerous to dogs.

Keep exterior doors shut or use a barrier gate in the hallway so that your puppy/dog cannot escape on to the road and become lost or injured. A puppy should never go through the front door without a lead on. The club does not recommend

the use of extender leads but if you do use one always remember to have the break on near other dogs, people and especially children and roads.

A wide selection of toys is important for your dog's happiness and mental development. Toys can be used as rewards and training aids or to alleviate boredom, stress and anxiety. More importantly, they can be used as a focus for the interaction between yourself and your dog.

Some toys can be left with the dog unsupervised and can include things such as soccer balls, knotted ropes, chew toys, "nyla" bones, and stuffed Kongs and interactive dog toys. Avoid leaving thin walled plastic toys with your dog. Keep some toys just for your one on one play times.

Food guarding should be prevented, so feed your puppy/dog around people and movement. Have some tasty treats in your hand and as they are eating their meal, feed the treats to them by either placing them in the bowl or by hand. This is teaching your dog that hands near their bowl brings extra nice treats.

When your pup/dog is comfortable with this, you can start to supervise the children doing it. You may have to hold their hand at first. Never take your puppy or dogs dish away as this will only cause them to feel the need to protect it.

Bites and stings should be watched carefully. Check for ticks, flystrike, grass seeds that may get caught in your dog's coat, flea allergies and spiders in their kennel. Check with your vet if you are at all worried about your dog's health. Be aware that some dogs are highly allergic to bee stings. When in doubt, see your Vet.

Heat stroke can affect your dog. Cars can quickly become a death trap, even on a very mild day. Provide your dog with a

cool, ventilated area to rest in. Exercise in the cool of the morning or evening.

Pavements are hot and radiate a lot of heat upwards. Dogs are closer to the ground than we are. Cool a dog down by wetting their feet and chest only. If your dog/pup is really distressed, wet them all over as fast as you can and take them to the Vet immediately.

Sunburn on dogs is often seen on noses and other burns could be caused by cigarettes (stepping on or walking into), electric light cords or feet on hot pavements, anything that is too hot for your hands is too hot for your dog.

Bones should be uncooked. Raw chicken wings are good for dogs but watch puppies with them. Brisket bones, shanks, and marrowbones are all good. Keep an eye on your dog's weight when feeding them marrow bones. Dogs should not have bones that are very hard as they can damage their teeth. Food high in fat content can also be harmful and lead to Pancreatitis.

For car safety, always use a car harness, crate or barriers and teach your dog/puppy to 'wait' in the car until you have a lead on them before they get out of the car. Use commands like "In" and "Out". Further information is available on the club website if your dog is nervous in the car.

We also have information available on a variety of subjects, including living with more than one dog, dogs and cats, barking, deaf dogs, etc. Please ask an Instructor for further information.

GENERAL TRAINING INFORMATION

The basis of all training is the relationship between you and your dog. If you get that right, everything else falls into place. Your relationship with your dog is different to the one you have with people, Dogs need clear, unambiguous guidance. Everyone in the family should participate and follow the same rules.

REWARDS-BASED TRAINING

Reward based training will enhance your relationship with your dog and it keeps the dog willing. Remember training is not just Sit or Come etc. - it covers all his behaviours. A trained dog is a confident dog. Lack of confidence is the reason for many problems we see with dogs.

Guidelines to this type of training are simple. Firstly, find out what your dog wants and likes. Begin offering these to him for the behaviours you want. If your dog wants to go outside and he already knows how to sit, put your hand on the doorknob and ask him to 'Sit'. As soon as he sits, open the door and let him out. If he does not sit take your hand off the doorknob and start again.

Notice and reward all good behaviour. If you only notice your dog when he is doing something you do not like, you will be rewarding that behaviour and the dog will continue doing it. Notice his good behaviour – eg. {praise/reward} things like lying down quietly, waiting at doors, not jumping up, being calm in stimulating environments etc.

Ignore or prevent unwanted behaviour. Interrupt any potential life threatening behaviour.

TRAINING REWARDS

Rewards can be anything your dog finds enjoyable. They can be:-

1. **You:** Be enthusiastic and fun, make your dog giggle. Dogs read emotion so be happy and confident. If you like what he is doing let him know.
2. **Food:** this can be anything the dog likes, but does not get often. It should be irresistible and varied. Tiny pieces, maybe three to five at a time if he has done something really good - food such as dried liver, carrot, cooked sausage, roast meat, liver cake, cheese, apple, carrot or anything else your dog may like. Do not keep treats in a plastic bag as these can be harmful if ingested by another dog. A bum bag or treat pouch are ideal and should be washed after use. Please keep an eye on your dog's weight.
3. **Toys/Tricks:** Play games with your dog that include you, such as fetching, tug games played by the rules. Teach your dog to touch, high five etc. Even a massage can be great for some dogs.
4. **Life Rewards:** Things like getting to 'go play' or a sit to get his lead on will lead to a walk. Coming back when called means he gets to 'go play' again.

Respect yourself, and the dog will respect you. Do not give your dog the treat if he snatches, grabs or hurts you in anyway. He should only get it when he takes it gently. [Close your hand if he tries to snatch the treat] Remain calm in all situations and if he doesn't settle, walk away and try again later.

PAIRING PRAISE AND REWARDS

Verbally praising your dog at the same time as you give a treat, when playing with a toy or stroking or grooming him, will mean that verbal praise becomes paired with the reward and can be used effectively if you have no reward.

1. Be consistent, concise and clear
2. Be patient and give him time to learn what it is you want him to do.
3. Work towards reliability in all situations
4. Add distractions slowly
5. Know clearly what it is you are going to train, before you try it with the dog.
6. Short sessions [5 mins] especially for puppies,
7. Most of what you learn at Club, can and should be used whenever you interact with your dog throughout the day.

REPRIMANDS

Healthy, effective dog training combines lots of rewards with the occasionally applied instructive reprimands.

Why you choose to reprimand is just as important as how and when.

Never reprimand after the fact or out of anger. Use the softest verbal reprimand first. A gentle “uhh uhh” for a puppy. A low firm voice in conjunction with an instructive reprimand [i.e. “leave it” which is taught to the dog first].

'Time Outs' - dog is put away for a few seconds, [show no emotion during this procedure], preventing him from continuing the behaviour. Allow him out a few seconds later. You may repeat this a few times.

In some cases it may be better to just let things settle down.

Only reprimand a dog when you are sure he fully understands what you want. Don't assume he is getting back at you - dogs don't think like that.

To reprimand a dog when he does not fully understand what you want will only cause him to be confused and that is simply not fair to the dog. You will erode his trust in you and inhibit his learning abilities.

Dogs and puppies only have an associative memory of approximately three seconds. The reprimand must therefore be given within three seconds of the misdemeanour so that the dog can make the association between the two. You may at times think your dog knows he has done something wrong but he is only reacting to your angry voice and body language.

Dogs and puppies learn much more quickly if they are praised and rewarded for doing the right thing, rather than being punished for making a mistake.

TRAINING BASICS

1. Teach him tricks — Play the right games with him.
2. When teaching most exercises dogs should be on lead or in a safe area.
3. Always 'release' [i.e. "Free" "okay" etc] your dog from any command you give him. At first, reward him at this time.

4. Some dogs need rewards more frequently than others who are easier to please, so always assess your dog's responses.
5. Be aware of what you are actually rewarding, If you have told your dog to 'Sit' and you reward him as he breaks the sit you are rewarding him for getting up and moving.
6. If teaching something specific, like 'wait' at doors, it is a good idea to do them in sets of 5. Your dog is unlikely to learn if the exercise is only done on the odd occasion that you go out the door. It should be treated as a training session.
7. The same method should be applied for greetings. Enlist the help of a few friends to knock on your front door every five minutes. Then all sit down and have a cuppa.
8. Teach your dog to come to you to have his lead put on and answer the door with him beside you. Ask your friends to ignore the dog until he is sitting quietly. You may lure him into the sit and reward him as the visitor gives him a pat. Keep the greeting calm, relaxed and short.
9. If your dog is showing you he is not comfortable with anyone greeting him DO NOT FORCE THE ISSUE and let him be. If your dog makes no move towards the people/children etc., no meeting should take place.

A BEHAVIOUR MARKER

This is used if we want to mark the correct behaviour more precisely. It lets the dog know it has, at that moment, done exactly what we want. It can be a simple word like 'Yes'. We discourage the use of clickers in our classes as we believe it

could be detrimental to a more advanced clicker trained dog with random clicks going on around him/her by inexperienced handlers.

Before we can use the marker word we need to fire it up. We do this by having a pile of small treats near at hand. We say the “marker word” and give the dog a treat. Repeat this a few times and at the end of this they should be looking to you for a treat when you say the “marker word”. One thing you need to remember is that whenever you say the “marker word” you must reward the dog.

SHAPING AN EXERCISE

When teaching something new, we sometimes have to use little steps to shape the exercise. For example, if you want to teach your dog to roll over:

1. Firstly get the dog to lie down and reward.
2. Secondly, use a lure to get them to lay on their side and reward.
3. Thirdly, use another lure to bring his head slightly towards his chest and shoulder and lure him into the roll over and reward.

You are, therefore, creating a behaviour by guiding the dog in these steps. You must reward the dog each step of the way.

Using a lure

“A lure is offered before a behaviour is elicited and can assist in guiding/shaping the behavior”.

The lure is given as a reward when he reaches the position and at other times more frequently if you are asking for a little

more from the dog. For example, when teaching the dog to go round in a circle you would start off giving him a reward every few steps as you teach him to keep going around.

Gradually expect a little more until he can do it with only one reward at the end.

The lure eventually becomes the reward; the hand movement becomes the signal.

Phasing out the lure:

It is very important to get rid of the lure quickly, once your dog is following your hand willingly - try two with the lure and a third one without – make sure you have the same movement with your lure hand, then treat from the other hand at the end.

Be confident if at first he doesn't do it without the lure step away and try again and give him time to work it out for himself.

EXERCISES

The Name Game

The Name Game is learning what his name means. This will enable you to get his attention when needed.

Begin in a distraction free area and say your dog's name. If he looks at you, say 'Yes' and reward him, then give the release word 'free' and let him relax.

When you call his name he should then know that you want him to look at you and to see what you want. When he answers to his name first time, every time, you can start to

delay the reward for a few seconds and hold his attention by speaking to him, then praise and reward and release him from the command.

You can slowly start to add mild distractions but do not attempt this if he is more than 3 - 4 metres away. Gradually increase the level of distraction. You can call him from a distance and if he looks at you, throw him some food and release him or call him into you.

Calling your dog's name should mean 'pay attention'. He doesn't always have to come to you, just pay attention.

Wait

The 'wait' command simply means hang on a minute, something is going to happen. For example - tell your dog to wait while you go through the door or gate first and before allowing him to get out of the car.

Hold your dog behind you with the lead in a sit position.

You can train your dog/pup to go through doorways calmly by saying 'Wait' and opening the door slowly. If there's a rush for freedom, shut the door quickly. Repeat this until you achieve the desired result. Usually, a couple of times is enough. You can use a hand signal or simply tell him to 'wait' with a confident voice.

Other ways to teach the 'wait' include:

- Put a treat on the ground and ask him to 'wait' - then tell them to 'get it'.
- You can also teach him to wait for you when you are walking. Hold the lead taut, say 'wait' and, keeping the lead taut, walk up to him. When you get to your dog, treat, tell him to walk on.

Self-Control

Self-control is very important for your dog to learn. This exercise teaches your dog to control their emotions in a stimulating environment. No treats are used in this exercise.

1. If your dog is finding it hard to settle move further away, so he can settle and therefore start to learn to control himself.
2. Your dog may take up any position close to you, with the lead short and loose.
3. No instructions (ie. Sit, Drop, etc.) are given to your dog during this exercise. Hold or anchor your lead to your body. Your hand must not move away from your body, not even 1cm.
4. Now you wait patiently without saying anything to your dog. Your dog may pull on his lead, whine, bark or even go to the end of the lead and look at you.
5. Say nothing to him while he is behaving like this. Eventually he will relax and it is exactly at this point that you verbally praise him in a calm, quiet tone. No touching him.
6. Your dog will begin to learn that he can remain calm in different and exciting situations if this technique is used.
7. You may gradually move to a more stimulating environment once your dog is proficient at controlling his emotions in a quiet area.
8. Move to a quieter area if your dog is pulling on the lead or barking a lot.
9. Put one foot in front of the other to steady yourself if you have a large dog.

Just sitting quietly in the park watching people go by is good practice.

During this exercise it is important that you are aware of what your dog is doing, so you can acknowledge them by giving calm verbal praise when their lead is loose and they are calm.

Sit

Using a lure to teach your dog to sit:

1. When your dog is standing, hold a lure just in front of his nose. Take it upwards and backwards, slowly and smoothly, so that it remains just in front of his nose.
2. As his head follows, his rear end should hit the ground. As soon as he is sitting, verbally praise him and give him a treat, as you say 'Sit'. Release him from the command with a word like 'free'.
3. Sometimes all we have to do is stand up straight and hold our hand out in front of us and your dog will eventually sit. Even moving the hand with the lure a little bit upwards can induce a dog to sit.
4. Luring the sit from the down position -
5. If the dog is lying down, bring the treat up and slightly backwards over the dog.

Remember your dog knows how to sit, stand, and lie down. What we are doing is connecting a word to the action of sitting, etc. Therefore, when you are teaching a new command, you should only use the word when your dog is in, or going into, the position you want to name. You should only reward the dog while he is in the position you want.

Release command

“Free,” “Okay” etc., teaches the dog when it is free to move from position. Your dog learns to wait until he hears this command before moving from position. i.e. Dog is sitting - maybe rewarded for sitting and then you give the command ‘Free’ or similar, get your dog to move and reward them immediately they move.

The “release’ command is used all the time, but as your dog learns it do not always reward him for it.

Drop or Down

Using a lure to teach your dog to drop or lie down:

1. Begin with your dog standing. Hold the treat in front of your dog's nose. Take the treat downwards towards his chest at an angle so that your hand ends up on the floor, just between his front paws and close to the chest. Do not bring your hand forward, as they will most likely just stand and follow it.
2. Some dogs will go straight down but others will worry at the treat a bit before going down. Do not push them down. If they don't respond, then they do not get the reward, so try again. It might be better to wait until they are tired.

To extend the time your dog will hold the position, keep rewarding him while he is in the down position and then extend the time between rewards. Ask for a little more each time.

Stand

Using a lure to teach your dog to stand from a sitting position:

1. Have your dog in a sit position and hold a treat just in front of his nose. Move the treat slowly away from your dog, lowering it slightly as you do so.
2. Do not move the lure too far forward. You do not want him to walk forward, just to rise from a sit position in the same place.
3. You may place your hand on his chest to stop him from walking forward.
4. You may touch the dog's stifle to help bring them into the stand position.

Using a lure to teach your dog to stand from a drop:

1. Kneel down beside your dog when he is in the down position. Hold the treat just in front of his nose and move it forwards and upwards, you can help your dog by touching his belly.
2. The dog should follow the movement of the treat without having to move their paws.
3. If they take one or two steps, that's okay at this point.

Walking

You have to teach your dog how to walk with you. [i.e. on your left side, and reasonably close]. Treat with left hand.

Hint. If you speak to and reward your dog consistently from your left hand when he is beside you, he will come to love that position.

Don't wait until he is pulling before you do something.

Ideas that you can try:

1. The lead should be short and light, with a light catch, unless your dog is strong and out of control. (may need a head collar)
2. Your dog should be learning to sit when you are putting the lead On/Off. Practice a number of times at home without going anywhere and it will become a habit.
3. Practice in and around the house with frequent, short sessions.
4. Attach the lead to your waist as you are going about your normal jobs. He will get practice at following you.
5. Talk to your dog and let him know when he is doing well, or if you are turning etc. Don't wait, turn clap your hands, encourage him to follow you and go.
6. If your dog pulls in any direction turn and walk in another direction, or
7. Stop and either ask them to come back to you, or wait until they come back. Get or wait for their attention and walk on again
8. Having the lead attached to your waist allows you to have both hands free to treat and encourage your dog. It will also stop you pulling back on the lead. [which actually teaches a dog to pull]
9. Be unpredictable - keep him guessing where you are going.
10. Sometimes just standing still and waiting to get your dog's attention is more effective than talking to them.
11. Tell them to relax when you are finished, so they can have a sniff, etc.' While walking you can ask them to sit and then tell them to go sniff sometimes.

12. If you have a dog who has a history of pulling on the lead, using a head collar or training harness for a while will allow you to get control and train them to walk properly.
13. Always reward good walking from the left hand.
14. Some dogs will learn quicker than others but all dogs can learn to walk with a loose lead, it just takes practice, practice, practice.
15. Use a Long Lead [in the park] - with a soft collar or harness. You can use a long lead (5m) when you are at the park to help with training with a relaxed stroll around the park.
16. If your dog checks in with you, reward; if he walks with you reward. Reward any and all behaviours that you wish to develop.
17. As your dog improves and is more responsive you can add an extra lead, or drop the lead and let them have a little more space.
18. When you are confident that your dog will come back under most circumstances you may dispense with the lead, but if he regresses use the long lead again.

Do not:

1. ... allow your dog to pull on the lead at any time—or—allow them to pull you over to anything or anyone.
2. ... pull back on the lead, as this will only make them pull more.
3. ... use a check chain or head collar with a long lead as this could lead to harm.

Tell him 'long lead' to let him know he can relax and do his own thing. Interact with him frequently.

Make sure you do not allow your dog, to pull you around.

Come when called

You need to have your dog's attention when teaching the 'Come When Called' exercise. If your dog is not looking at you, you need to get their attention by saying his name but make sure you pause before saying 'Come'. Your dog needs to come on the word 'Come' and not his name.

Condition your dog to having his collar taken and held. Have some treats in one hand and with the other hand, take hold of his collar and reward him. Repeat this procedure a few times. Now take his collar and say "Come" and reward. Repeat this a few times.

Your dog needs to be able to trust you, so never call your dog and tell him off. Doesn't like a bath – go get him etc. Be genuine and generous with your praise and rewards.

If he has taken something he should not have, teach him to bring it to you for a treat, do not chase him but squat down and lean slightly backwards and lure him to you, then swap what he has for a treat.

Even if you do not have a treat handy, praise and run with him to the fridge (or the treat jar) and make him think he just did something fantastic.

Teaching Come When Called

You can teach your dog to come in happily and quickly to you the first time by:

1. Calling him to you, praising him as he comes to you, taking/touching his collar and then rewarding him with lots of little treats and praise.
2. Lure him right up to you and give him a treat when you have taken/touched his collar.
3. Giving multiple treats separately while praising your dog will encourage him to stay with you – 5-10 tiny treats.
4. With puppies and shy dogs, you may have to squat down and lean slightly backwards so your dog will come right up to you.
5. Continue in this way until they are comfortable with the exercise and are coming in quickly and happily.
6. Call your dog to you many times during the day. Sometimes call and praise and reward then send him to go back to playing. For his dinner, for a cuddle etc. Just to say 'hello' to him. Always praise and reward him well, keep the rewards varied and exciting.
7. You can play games by sending your dog from one family member to another. One person holds the dog, another calls and vice versa. Each person rewards the dog.

Things not to do when teaching the “Come”.

1. Make sure that you never get angry at your dog. A strong voice and stiff body language is enough to worry your dog to the point where may not want to come back.
2. Do not call him unless you are 99% sure that he will come. If he is sniffing something, wait till he looks up.
3. Never chase your dog but run away from him as this will get his attention.
4. Don't stand still. When you call him, move your arms because if you stand still he may not see you and dogs respond better to movement.

Getting your dog's attention to call him

Another way to get your dog's attention is to clap your hands together.

The effect a hand clap has on your dog is that he will stop for a microsecond as if to say 'oh, what's that' and he will gravitate to the sound.

1. Only call when you have your dog's attention. Call him and praise him and reward heavily.
2. Repeat this and you will notice that your dog starts to pay more attention to the hand clap.
3. Gradually start to practice getting your dog's attention around distractions.
4. A long lead allows you to have control of the dog when in the park and will stop him/her from running over to all dogs.

"Leave it" or "Off"

This develops over time into an instructive reprimand. It tells your dog what to do when he is doing something you do not like, or to come away from an object or something. It also tells your dog when he can have something ("take it") but only after your command to do so.

This is not food refusal. We just use food to get the concept across to the dog. You are rewarding your dog for ceasing contact and teaching him to take a treat gently. Later on, it can develop into 'don't touch at all'.

1. Begin by having your dog on a lead. To leave your hands free but with the dog still under control, stand or kneel on the lead. Keep your body up straight.
2. Have a treat in both hands, then with one hand behind your back. Give your dog a couple of free treats. Next, offer him a treat in a lightly closed fist and, as he goes to sniff it, tell him to 'leave it' in a firm, controlled voice.
3. Watch carefully and immediately your dog moves his head even slightly away from your hand, say 'yes' - praise and reward him from the other hand with the command 'take it'.
4. You are looking for the slightest of movements away from the treat.
5. Hold your hand still as you say "leave it". Then change hands.

Over several sessions, slowly increase the amount of no contact before giving the reward. If your dog noses the food during the forbidden period, simply repeat the 'leave it' command and start again. Try to work up to five seconds of no touching. If your dog lunges or grabs at the reward, loudly say "OUCH", then offer it again and say 'gently'.

He must never get the reward until he is gentle

Once your dog understands the first concept of this command, it can be taken one step further by asking him to 'leave' something you have placed on the ground.

When teaching this command, do not use it unless you have the dog on a lead and are in a position to stop him getting the food when told to "leave it". As you train, start to encourage him to take a few steps toward you before he gets the reward.

Holding your dog's collar

From the time you first get your dog, spend a short time each day getting him used to being restrained by holding his collar.

1. Do this for a few seconds to start with whilst they are standing, sitting or lying down and gradually build up slowly until you can gently hold their collar for two minutes.
2. Treats may be used to start with, but get the treat out of your hand and onto a table and reward just before you free them from your restraint. You must be holding his collar when he gets the treat.
3. There are many times that you will need to hold your dog's collar to control his movements. It may be at the vets, for example, or to simply stop him from doing something.
4. Be aware that some dogs may show passive resistance by flipping onto their backs, mouthing or acting the fool when you try to hold their collar. If they do flip over onto their back, retain control of the collar, stand up and tell them to get up.
5. Try again later, making sure that you can hold them a little longer each time the exercise is attempted.

6. If he is struggling whilst you are holding the collar, keep calm and gently hold them until they settle down. Make sure the collar is not too tight.

Holding Dog: (Think Vet exams) hand round chest – place hand over your dog’s back and under his chest, holding your dog gently and calmly. Calmly Praise/Reward during exercise. ‘Release’

Dog accepts hand under muzzle: place the palm of your hand under your dog’s muzzle and gently encourage it to rest its muzzle on your palm. Quietly praise your dog, reward, by placing the treat in the hand that the dog is resting their muzzle on, then “release.” You must not place your fingers over your dog’s muzzle.

Touch

1. Have food in one hand. Hold the other hand, palm open, two to three cm in front of your dog’s nose. Wait for your dog to move his nose forward to ‘touch’ your palm.
2. As that happens say ‘Touch’, and reward dog from other hand.
3. You must only say ‘Touch’ when your dog actually touches your palm.
4. You should alternate hands. Gradually, as your dog’s understanding of the game increases, you can move your hand a little further away from your dog’s nose.

Stays – sits down

Never use this command and not pay attention to what your dog is doing.

For our purposes, 'stay' will mean remain in a specific body position and place until told otherwise. This exercise is an active teaching process. In order to receive absolute attention from your dog, you must devote absolute attention towards your dog.

Speaking and moving slowly and softly will tend to calm your dog and keep him in position. The command is a polite request to 'Stay'.

Use your dog's name - Rover 'Sit-Stay' and reward them while they are in the sit-stay position. Then use your "release" command. The process is as follows:

1. Start with very short stays of 3-5 seconds.
2. Initially reward and praise your dog while he remains in the appropriate position, in order to let him know he is getting it right. He deserves lots of praise and rewards for his effort.
3. If your dog moves or breaks position, just step away, and start again. Do not just correct him in position.
4. When you "release" your dog from position do not give him a treat a simple 'good boy' will do.
5. All stays should be practiced in quiet surroundings, usually in the home first and then in the yard. Do not expect too much, too soon.
6. If you go somewhere that is unfamiliar, always go back to the basics and work up again.
7. Dogs do not generalise, so they need to be shown all their exercises in different locations.

Moving away from your dog

1. Before you start to move away from your dog, get him used to you changing position beside or in front of him. You can sit, turn away, or even lie down. Make sure his stay is rock solid.
2. When you do move away, only go a few steps at a time. It is very hard for some dogs to stay while you walk away
3. When you leave your dog, leave calmly and confidently. Do not look back or creep away as that can cause your dog to move.
4. Never shout or get angry at your dog if he has problems with the stay. This will only undermine his trust in you.
5. Go back and let him learn each step again, and take it slowly. This is an exercise where your dog has to learn that even if you are not there, nothing bad is going to happen to him.
6. Do not call your dog off a STAY command. If you leave them in a position where you are going to call him to come to you, use the 'Wait' command instead.
7. Always praise/reward your dog in position before you 'release' them from it.
8. When you do 'release' them from the command - a gentle 'good dog' will do. It is the staying that is important.
9. It is vital that you cue in the specific position you want the dog to assume. For example, Sit-Stay - Long down or Down-Stay - Stand-Stay.

10. Make sure the dog is always sitting up straight. If they are sitting on one hip (unless there is a medical reason for it) your dog will most likely lay down after a while.
11. Only reward your dog when you return to him and in position before your 'release' him from the command

Problems with stays

Punishment is counterproductive and tends to destabilize the stays. Each reward, especially when first teaching this command, reinforces the specific stay position, as well as building your dog's confidence.

There are several reasons why dogs break during stays.

1. Breaking position but remaining in place, or running to you, are both signs of a confused dog that is still trying to please you.
2. Breaking stays to run off and play with other dogs is also a sign of a confused dog. This indicates that your dog is insufficiently trained, so go back to basics.
3. You may be asking your dog to maintain the stay for too long a time. You have moved ahead too quickly
4. Alternatively, there may be too many distractions, so go back to a quieter place where there are only mild ones, and work up slowly.

Leaving - Returning.

1. Have someone watch you and your dog and observe what is happening, particularly the way the dog reacts. Your command may be giving too strong a command when you leave, or you may be creeping away or rushing things.
2. If your dog appears worried, give him the command and take two steps away and then turn and reward him for staying, then continue with the exercise.
3. Repeat this a few times every so often and make it very rewarding for him to stay.
4. Never let your dog continually break the stays. Find out what the problem might be and change what you are doing.
5. Use a long lead if needed or a tie down

Using a Long Lead

1. The long lead is designed for use in large open areas as a training lead only. It is not suited to walking with a group of people. It is great for teaching a puppy to follow its handler while going for a walk with them.
2. It is very good for general socialisation with young pups or dogs who are worried. Handler should just walk s-l-o-w-l-y around the park, letting the dog take in all the sounds, sights and smells that he/she experiences. If the dog is worried, handler should move further away from object of concern to the dog.
3. The handler should hold the loop of the lead in their hand with the rest of the lead trailing on the ground. If people approach, the lead should be shortened by picking it up close to the dog's collar or by standing on the lead. Get dog's attention with food, allowing them to look at the person/dog approaching and reward the

dog when he/she looks away from the approaching person/dog and looks at the owner.

4. The long lead is very useful for setting boundaries for the dog. If the handler's dog checks in with them they should reward it....either with a food reward or 'Go sniff' command. Whenever their dog walks with them, especially if other dogs are around, they should reward the dog well.
5. The long lead allows the dog time to learn good social behaviour and also allows the dog and handler to develop a happy, respectful relationship when playing and training because the handler is attentive to what their dog is doing at all times.
6. It is extremely useful in teaching the dog cues such as 'this way', 'wait', 'come when called' 'fetch', 'sit', 'drop', etc.
7. Most importantly, the dog learns to be with their handler in a relaxed way, while not being able to run over to greet or harass another dog (or human). This teaches good social manners.
8. As the dog learns to be with their handler, it is time to drop the lead on the ground and let the dog have a little more freedom. The dog should be taught that the presence of other dogs is a sign for it to come to the handler for a reward or a game. Alternatively, the handler may give permission for their dog to go and 'say hello' to other dogs.
9. Warn the handler that if their dog is running at full speed on the long lead, they must not put a sudden stop to it as this may cause harm to the dog. They should run with the dog and slow it gently as this could cause harm. More importantly, the handler should be aware and on the alert for any full speed runs and get their dog's attention beforehand.

10. Further information on using a long lead may be obtained from the website 'dogmatics.com' (Emily Latham)
11. NEVER attach a long lead to a halti/gentle leader/head collar or a correction collar.

*Reproduced with kind permission from Bernice Nesbitt.
(former Chief Instructor)*

PROGRESSION THROUGH THE CLASSES

As you go through the classes you will most likely take longer to progress as more work is required. If you do a little practice each day you will progress through the classes more quickly.

Should you require any further information, please speak to one of the instructors.

PROMOTIONS CRITERIA from 1A to 1B

Pairing praise, petting and rewards; using the 'release' word.

Self-Control - The dog is showing signs of self-control – very important.

Name Game - The dog answers to its name, first time, with the owner close by.

Walking - Handler is reinforcing the dog when it is beside them while walking, standing, moving around, or even between exercises. Their dog is not pulling them around. "Release"

Sit - Sitting anywhere without the use of a lure. Praising and rewarding in position then releasing dog from the 'Sit' position. Duration: three seconds. Then 'Release' - reward the release.

Come - Happily and quickly – handler praising dog as it is coming in toward them – take collar/lead before rewarding; using good quality treats and lots of them while telling dog how good they are.

Drop/Down - Dog is going into position - preferably from a stand – rewarding at ground level. 3 secs

Holding Collar - Handler is able to hold dog's collar. 5 secs

Touch - Dog touches handlers palm when presented.

PROMOTION CRITERIA from 1B to 1C

Dog is calm in the presence of other dogs.

Name Game - Responds to name first time called. Give 2 seconds eye contact. Handler praises and releases dog with eye contact.

Walking - Duration 30 - 40 seconds. Loose Lead for 90% of time. Handler should not be following dog.
"Release" command.

Stand - Stand position is assumed from a sit or down. May use hand on stifle to help dog.

Sit – Duration 10 seconds with dog at the side/front or anywhere. May reward during exercise. Praise and Reward in position prior to 'release'

Come - Comes happily to handler. Sit Front for 2 seconds, touch collar. Praise and Reward in position prior to "Release"

Drop/Down - Position is taken up from a Stand without lure.

Leave It - Dog moves away from treat hand. Takes treat gently.

Holding dog's collar - Hold dog's collar for 10 seconds.

Holding dog - Placing arm around/under dog's chest.

PROMOTIONS CRITERIA from 1C to 1D

Walking - Duration: 30 to 40 seconds. Walking and changing pace; handler not following dog; Dog not straining toward other dogs; handler rewarding dog when it is in correct position.

Drop/Down - Duration 5 to 10 second; NO LURES. Position - anywhere. Praise/Reward. 'Release'

Come - Comes happily and smartly; sits front; handler rewards during 'Sit front' for 3 seconds; release.

Sit - First time - sit for 5 to 10 secs. Praise/ Reward in position. 'Release'

Leave it - Leaves article on ground and turns towards handler preferably without a tight lead. Handler to mark and reward instantly the dog complies.

Stand - Without lure if possible; from sit or drop; dog stands still, not moving forward. Handler names position. 'Staaand;' praise reward in position. 'Release'

Holding Collar - 15 seconds, dog is comfortable.

Holding Dog - Arm around chest. Reward/Praise.

Sit at Heel - Dog is sitting, handler takes up position beside them praises and rewards dog especially for eye contact. 'Release'

PROMOTIONS CRITERIA from 1D to 1E

Walking - Dogs should be able to walk around in a sensible manner. U-Turn – one change of pace. Praising and rewarding during exercise. 'Release'

Sit Stay - Dog to sit for approximately 5-10seconds. The handler one step in front of dog. Preferably, the handler praises and rewards dog in position, just prior to 'Release'

Come - The dog will come to handler first time – past mild distractions. Automatic 'Sit front 'with attention - 4 seconds. Reward/praise their dog well in position, and then 'Release'

Drop/Down - Duration 5 to 10secs – handler may be rewarding dog for holding position. Dog should take up position from a stand. 'Release' dog at the finish.

Stand - Dog to assume the 'Stand' from a 'Sit' or 'Drop'. Hold position for 5 seconds. Handler, to praise and reward in position, then 'release.' They should be able to get their dog into the 'Stand' without a lure using a verbal cue and hand signal. Can help dog with hand on stifle.

Leave it - Dog leaves on first command and moves towards handler. Praise and reward.

Come into Heel Position - Handler lures dog to position. Praise and reward Verbal Cue - Hand signal.

Holding Collar - Arm around chest. Dog accepts handler holding its collar with an arm around chest.

Muzzle on Palm - Dog accepts hand under muzzle.

GRADUATION CERTIFICATE from 1E

Walking - Instructor to call some of the following: Change of pace; 'Sit' three seconds, U-Turn. Handler to use their 'Leave it' command when passing objects placed around the area. They are to 'release' dog at finish of the exercise.

Stand - Position assumed from 'Sit' or 'Down'. The dog is to hold position for 5 seconds, with no moving forward. The handler may reward their dog in position then, 'Release.' 'Exercise Finished'.

Come (5 metres) - Automatic 'Sit front with attention' 5 secs. Praise/ reward. Eye contact upon 'Release'.

Heeling - Dog and Handler move forward two paces from a 'Sit Heel' position with a verbal and hand signal. Praise, and reward the dog during exercise, then 'Release'. No sit at end.

Come into Sit at Heel - Dog comes into 'Sit' position beside handler on command. Praise/Reward 'release'.

Sit Stay - Duration 15seconds. Handler is no more than two steps away. It is best if they reward and praise at the end of the exercise. 'Release' the dog.

Group exercise – in a line - 2mts apart

Down Stay - 15secs, as with the 'Sit Stay'. Praise/Reward at ground level. "release'. Group exercise.

Holding Collar - Dog accepts collar held while arm is placed around chest.

Muzzle on Open Palm - Dog willingly places muzzle on open palm when presented. Praise/reward.

AN INTRODUCTION TO TRIALLING CLASSES

Whether you ever participate in competition or not, learning and practicing obedience exercises helps you and your dog to develop a deeper understanding of one another. It is also a fun way to spend quality time together. Developing more focus and attention will allow you to progress forward to whatever level you wish to achieve with your dog, be it Obedience Trialing, Agility, Dancing with Dogs, Endurance Work or Tracking, Herding etc.

In these classes the Instructors will demonstrate and show you the different aspects of all the exercises. We will also expect you to be able to work on your own, or in pairs or groups at times. Training aids will be used, and different areas set up. You may be given goals to work towards.

Classes will be educational as well as fun for both you and your dog. Our training methods are positive and informative, so how far you go with your training is up to you and your dog.

CLASS STRUCTURES

Class 2A/2B: Pre-trialling classes. Introduces you to all heeling positions, “Stand for exam” “Off Lead Recall” plus Stays ‘Sit and Down’ as well as Retrieving, getting your dog to ‘Find’. Etc. You will be responsible for your own promotion in this class.

Class 3: (Community Companion Dog) Trialling class.

Class 4: and above (trialling classes) - Companion Dog - Companion dog excellent - Utility Dog – Utility Dog Excellent.

Training your dog.

1. During the week practice anywhere and everywhere.
2. What the dog learns comes from you. Get what you are teaching clear in your mind before adding the dog to the exercise or sequences you are training.
3. Build a good foundation in all the sequences of an exercise before joining them together.
4. Becoming confident and comfortable with your own movements first will help your dog to learn more quickly.
5. Remember dogs learn at different rates and need help at different points of an exercise.
6. Rewards - vary them. Really good ones for a difficult or new exercise, mix rewards, sometimes treats, other times toys, praise or having a game with you.
7. Do not get into the habit of starting training by always putting food on you. Have them on the table, maybe in a screw top jar near where you are training.
8. Use 'Jackpots' and 'Get it' games that build enthusiasm. Playing 'Tug' is a great one as it includes you in the game, as does teaching the dog to 'Touch'
9. Think carefully about what you are rewarding - If the dog is in a down position and you reward as he is getting up, you are training the dog to break the down position.
10. Above all remember if you include playing and training in all you do with your dog, you will be developing a wonderful and fulfilling relationship with your dog.

COMPETITIONS AND TRIALS

MEMBERS' OBEDIENCE COMPETITIONS

Members Competitions are designed to allow Club Members to test their skills against others in the same class on an individual basis. These are good fun and are a good way to get some individual feedback on how you and your dog are progressing. There are normally two of these competitions held each year.

OPEN OBEDIENCE TRIALS

During the year, various Obedience Clubs throughout the State hold Open Obedience trials. To enter these trials, dogs must be registered with Dogs West (formerly Canine Association of Western Australia (CAWA) and be up to a certain level of obedience. Competitors need to gain a minimum of 170 out of 200 points (85%) to obtain a pass at each level, progressing from Pre-Novice (CCD), Novice (CD), Open (CDX), Utility (UD), and Utility Dog Excellent (UDX). Competitors must achieve three passes, under at least two different judges, to gain each title. The club holds two Dogs West Obedience trials each year, where some of the state's best dogs will compete.

CLUB ACHIEVEMENT TRIALS

Achievement trials are organised for club members training in the higher classes. These trials are run at the same level as Dogs West Open trials and are arranged for the benefit of members who do not wish to compete at Dogs West trials. Three passes are needed at each level for members to gain their Community Pet Dog (CPD), Obedience Basic Dog (OBD), Obedience Intermediate Dog (OID), Obedience Advanced Dog (OAD) and Obedience Advanced Dog Excellent (OADX) titles and Achievement Certificates, which are presented at the club's AGM.

AGILITY TRIALS

The club hosts two Open Agility and Jumpers trials throughout the year, where dogs are required to be registered with Dogs West and meet certain criteria to be eligible for these trials. Dogs compete in classes Novice, Open and Masters and can gain Agility Dog (AD), Agility Dog Excellent (ADX) and Agility Dog Masters (ADM) titles, and the same with Jumping.