

# Heather Witt's

## *Complete Canine Company™*

*(Reference Sheet for Training & Behavior Modification)*

### **BEHAVIOR MODIFICATION**

#### **A. Discouraging the Two Types of Unwanted Behaviors**

1. Self-rewarding behaviors (Chewing, Digging, Stealing Food)  
To Discourage: Say “eh-eh” and then redirect to more appropriate behavior. Do this 3 times, and then move to using sneaky corrections (listed below)
2. Attention-seeking behaviors (Jumping Up, Barking)  
To Discourage: \*Give no attention and reward absence of behavior (behavior must be absent for 5 seconds, minimum)  
\* *No Attention = Do not look at, talk to, or touch your dog*

#### ***Correction Examples***

- Tug on long line
- Water sprayed in face (½ H<sub>2</sub>O + ½ Apple Cider Vinegar)
- Sound correction (soda can filled with pennies, Pet Agree device, Scraminal, or a Tattletale)
- Throw chain
- Binaca Blast
- Snappy Trainers
- Bitter apple cream or spray

(You will find most of these devices at [www.jbpet.com](http://www.jbpet.com), [www.rcsteele.com](http://www.rcsteele.com) or [www.drsofostersmith.com](http://www.drsofostersmith.com))

#### **B. Encouraging and Rewarding Desirable Behaviors**

1. Desirable behaviors (Laying Quietly, Chewing Appropriate Objects, Calm Approaches, Playing Gently, Staying With You Away From Home, Not Barking)
2. Rewards (Pleasant Eye Contact, Gentle Verbalizations, Play, Access To Good Things Like Greeting A Neighbor Or Another Dog, \*Treats) \**When using treats, don't forget your “BRIDGE WORD.” Say your bridge word before delivering treat, and if you use your bridge word you must give a treat*

### **C. Setting the Dog's Status**

#### 1. Dog must be omega or lowest rank

##### REASONS:

- Dog is more obedient to all
- Dog is then watch dog, not guard dog
- You're better able to influence dog's behavior in different situations (encouraging calmness or confidence)
- Dog then does not have right to teach you manners (growl, snap, bite)

#### 2. The Process

- Dog should be greeted last
- Dog should be fed last
- Dog should enter/exit house last
- Dog should not be on furniture
- Dog may not make demands
- Dog should get nothing for free (Dog should work for attention, meals, play, everything good)

## **HOUSE TRAINING YOUR PUP**

### **A. Giving Commands (4 Steps)**

1. Say "Command Name"
2. Give command once only in an upbeat tone
3. Follow through within 2 seconds
4. Reward (Play, Praise, Access to Good Things, Treats)

### **B. Common Canine Instincts and Habits**

1. Dogs go away from the den to "eliminate." The object is to teach the dog that the entire house is the den. Our homes are much larger than canine dens.
2. Dogs go away from the pack to eliminate too.
3. Dogs generally prefer absorbent surfaces like carpeting.
4. Dogs will be attracted to areas that have been used in the past.
5. Chewing, eating, sleeping, playing and drinking can all cause a need to eliminate

- Tips:**
- Confine dog to one room at a time (with you)
  - Do not make a room off limits just to protect it
  - When the dog is left alone, start with a small area and gradually increase it
  - Initially, take the dog out if it stops what it is doing suddenly or moves away from the pack
  - Keep a line on the dog to make it easier to scoot the dog out
  - Do Not correct the dog unless caught in the act. Correction should not be frightening, just a bit startling
  - Clean dirty areas with an odor neutralizer like Nature's Miracle, without letting your dog watch you do it.

### C. Bathroom Trips

1. Develop a Routine: Take your dog to the same area (on your property) and give them five minutes. If dog goes, say "get busy" or the like, while dog is going, and praise when dog is finished. Then play outside for at least a few minutes. Repeat in about 1 ½ to 2 hours. If dog does not go within 5 minutes, bring back inside and watch closely, crate, or tie to you.
2. When you know your dog's routine: Cut out unnecessary trips to the bathroom spot (you can still go out to walk or to play). When you know the dog is likely to need to go (may look a little desperate, searching for a place) take him to the door, have him ring the bell and go out to your spot. Tip: Do not use bell to go for walks and play sessions...bathroom trips only.
3. Once your dog is ringing the bell on its own: Take him out to do his business and then right back in with no play break, so he won't ask to go for walks or play, but learns to ring the bell for bathroom trips only. Walks or play should be separate trips out.

- Tips:**
- Do not make corrections fierce or scary
  - Do not rub anybody's nose in anything
  - Dog may not realize how to ask from upstairs or other end of the house. It helps if you do not carry them all the time.

### D. Socialization (You can use your "bridge word" whenever you like what you are seeing during socialization)

1. Definition: The process of acquiring the necessary values and behavior modifications for the stability of the social group of which one is a member.

2. Process: Dog has to adjust to a people pack, or a people/cat pack, or a people/dog pack, or a people/dog/cat/horse/bird pack, etc. and follow the rules of the pack.

**Examples:**

- This pack does not chase soccer balls at a soccer game
- This pack sits quietly in the car at the bank and toll booth
- This pack does not chase cats and is friendly to strangers and strange dogs

3. Exposure: Whatever you want to do with your dog as an adult, do now (Boating, Travel, Visiting Friends, Outdoor Sports, etc.). Whatever attitude or demeanor you want to see in your dog, exhibit it for yourself.

- If your dog is excited, you be calm
- If your dog is too excited or anxious, reduce intensity or increase distance from trigger until dog is calm, then reward as you gradually increase intensity or decrease distance
- If your dog is afraid, you be exciting and interesting
- Do not feed an anxious dog

4. Things To Socialize Your Dog To:

- Being disturbed while eating
- Having bones and treats taken away (and given back)
- Having objects dug out of mouth
- Being disturbed while sleeping
- Having nails cut, being groomed, bathed, brushed

5. Overcoming Fear:

- Play is the best way to prevent a situation from being scary
- Play near construction sites or during dog's first thunderstorm
- Food can be used to make an experience good before it gets scary (like at vet's office)
- Do not feed an already scared or anxious dog

6. Socializing With Other Dogs:

- Your dog will not be suited to play with every dog
- Do not let them get aggressive to solve things, or the use of aggression can become too casual
- Discourage mounting
- If your dog plays too rough, say "Too Rough" (at the moment of inappropriate play), place them in a Down (without saying "down") for 3-5 minutes