



## ☺ GENERAL RULES FOR DOGS ☺

Dogs are pack animals, which means to be able to live in a balanced “family” they have to have rules. With rules, dogs feel safe, relaxed and mentally and physically balanced.

Here are some tips on how to reach these goals.

- 1) Dogs have to be on the “**NO FREE LUNCH**” policy!
  - This means they are NOT allowed to get any food/treats for free. They **HAVE** to obey an obedience cue - sit, down, etc.
  
- 2) They need a lot of **physical and mental exercise**.
  - Walk/Jog with them every morning and evening (before feeding them!) for at least 30 minutes.
  - Purchase the Kong for mental exercise - fill it up with treats (cheese, kibble, hot dog, peanut butter, etc.) and let him work hard to get the treats out.
  - Play fetch in the backyard - you can just sit on the porch so you don't have to exercise with him; let him do the work
  - Have a structured walk and reward your dog at the end of it - go to the park where your dog can sniff, potty and play.
  
- 3) **Feeding Rules!**
  - Feed your dog; do **not** leave food down for him! They have to work for their food, ask them to sit before feeding.

### Training Tips and Hints

- ◆ **Consistency** - Consistency is critical when teaching and maintaining behaviors. The dog will only be as consistent as you are!
  
- ◆ **Tone of Voice** - The tone of your voice has meaning.
  - **Praise** using positive, happy tone of voice
  - **Cues** should be given in a neutral tone
  - **Verbal Correction** (no reward marker “no”) should be said in a low firm tone of voice
  
- ◆ **Obedience Should Be Fun** - The easiest way to get off-leash control of a dog is to make obedience a fun and rewarding experience.
- ◆ **Never say a cue if you can't get that behavior.**
- ◆ **Always offer something the dog finds rewarding for proper behavior.**
- ◆ **Say a cue only once before expecting and/or helping the dog to comply.**