



Train the Trainer Programm
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Teaching a Dog Impulse Control (Emotional Self-Control)

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WHY teach Impulse control

-) most dogs tend to be impulsive and need to be taught how to control themselves
-) annoying habits are often related to poor self-control, because dogs don't know how to wait to get what they want
-) Their frustration can lead to all kinds of rude behavior, especially in exciting situations.

SIGNS of Lack of Impulse control

-) Pulling on leash
-) Jumping on people
-) Charging at other dogs
-) Scratching at doors
-) Jumping out of car as soon as door is opened, etc.
-) Stealing of food f. ex. from tables, counters

BENEFITS (Advantages for *owner* and *dog*)

-) dog will be more pleasant to live with
-) a patient dog is better behaved and less stressed.
-) rather than feeling frustrated by their need for instant gratification, they will feel calmer and more in control of their environment.
-) they will learn how to get what they want (by showing desired behavior) instead of struggling against you.
-) Learning is much easier in a relaxed state of mind, so dog will understand easier what is wanted from him and make faster progress in training.
-) Dog can have more freedom if he is behaving well (f. ex. can be taken to other places, meet friends etc)

HOW TO TEACH Impulse Control in Dogs

-) **Learn to Earn:** there is no such thing as entitlement to rewards (treats, toys, access to yard, going for a walk): all rewards come from **you** rather than just from the environment. Teach your dog how to earn those rewards (Check out attached "Learn-to Earn-Program" by Dr Yin www.lowstresshandling.com)
-) Show your dog that by giving you what you want, they will get what they want - **control the benefits/resources/outcome** rather than physically controlling the dog!

-)] **be consistent** and always set the bar where your dog can succeed (**aim for a success rate of at least 8/10**)
-)] Impulse control is best trained through **GAMES** that teach your dog that patience brings rewards.
-)] **Be quick:** to get the dog to understand which behavior is desirable you have 0,2-2 sec time to reinforce (use marker words like “Good”, Clicker or reward directly)
-)] **Equipment Required:** Tasty treats that your dog LOVES
-)] Grade the level of learning slowly by using the **3-D-Approach** by Susan Garrett: Change **duration** (the dogs waits for longer before being rewarded), **distance** (increase distance between dog and owner) and add **distraction**. **Always only change one** of these, f. ex. if you ask for more duration, keep the same distance and distraction. Small steps!!

Try the following GAMES

by Susan Garrett (susangarrettdogagility.com, dogsthat.com) and the American Kennel Club (www.akc.org).

-)] Choose the games that suit the dog’s (and owners) personality and you’ll be amazed how fast they learn to control their impulses.
-)] On top of these games, do not forget to **reward calm behavior whenever you see it**. Anytime your dog is showing restraint, be sure to give them a treat or kind word so they know it’s worth their while to control their emotions.

1. My-butt-is-a-switch-Game: Wait for Your Food Dish

Mealtime is a golden opportunity to do a little training. Teach your dog that their polite behavior makes dinner happen. Here are the rules for this game:

-)] Hold your dog’s food bowl high enough that he can’t reach it. Wait for him to sit or ask for a sit
-)] Once sitting, slowly lower the food bowl. As soon as your dog’s bum pops off the floor, raise the bowl again and wait for the sit again. He will learn this exercise better if he can figure out by himself what to do. So do not repeat the sit command, just wait. **Stay calm and relaxed.**
-)] Continue to lower and raise the bowl with your dog’s bum until he figures out that his **butt is like a light switch** – on the ground brings the food closer and in the air makes the food go away.
-)] Once your dog remains sitting until the bowl is on the ground, add your release cue (e.g. OK, “get it”, “enjoy”) and let your dog eat.

2. It’s-yer-Choice-Game

Excellent for safety as it can prevent your dog from eating dangerous items. It also teaches your dog that **ignoring a reward is the very behavior that will earn it**. Here are the rules for this game

-)] Place a treat in your fist and hold your fist in front of your dog. (Especially for large or wild dogs, anchor your arm on your leg for support)
-)] Allow your dog to paw and sniff at your fist as much as he want. Try not to pull the hand away or upwards, as this would trigger the dog to chase the hand. As soon as he backs

away (already looking away counts here), reward him with a **treat out of the fist, but presented from your other hand close to the fist.**

- J When your dog can ignore your fist, start opening your hand so he can see the treat. If he tries to steal, close your fist again. **Do not say anything or push your dog away!** Let your dog again figure out by himself what will get him closer to the reward! If he backs away slightly, re-open your hand. Once your dog ignores your open hand, reward him with a treat out of the open hand, but presented from the other hand. You can also give the release cue (ok, get it, enjoy) and throw one treat away to get him moving and changing position. He can then come back for the next try.
- J Now try placing the treat on the floor and covering it with your hand or foot. Again, reward your dog for not stealing. **Make sure you are in control of the rewards but allow the dog to try out himself what behavior is effective. You choose, which behavior is acceptable. Stick to your criteria!**

3. Wait at the Door

This will teach your dog to wait at the crate door, the car door or a door in your home. In the beginning, this is best trained in the house. Here are the rules for this game

- J Wait for your dog to settle down then begin to open the door a crack. As soon as your dog approaches the door, close it again.
- J Repeat this until your dog either backs away or stays still and waits. Now you can slowly increase the amount you open the door, again closing it whenever your dog moves toward it.
- J Once you can open the door completely, add your release cue and allow your dog to go through.

4. Settle-on-Cue-Game

A game of tugging or even just wrestling with your dog are all great ways to teach them to settle down. Simply add moments of calm into the middle of the fun. Once your dog understands what you're expecting, you can add a cue like "Settle Down" or "Relax." Here are the rules for this game:

1. Start with gentle play. You don't want your dog too excited before you ask them to settle down. **In the middle of the game, stop playing and ask your dog to sit or lie down.** Once they do, **reward them immediately** (within 0,2 to 20 sec!) **by starting up the game again.**
2. When your dog is sitting or lying down consistently, stop asking for the behavior and wait for them to offer it when you stop playing. Again, reward by restarting the game.
3. When your dog is offering the sit or down, you can start to slowly increase the intensity of the game before stopping for a settle break.

5. Hot-Zone-Game

Imagine being able to go to the park for a picnic and your dog patiently relaxes quietly nearby. Or opening the front door and have your dog automatically choose to sit calmly away from the door. No begging dogs beside the table anymore. Think of that freedom and of never worrying about misbehaving dogs when having people over. When the Hot Zone Game is mastered, the

game will give your dog a great behavior that has clear expectations for him, no matter what distractions life presents.

Equipment Required: Tasty HIGH VALUE treats (broken into small pieces) and a target to use as a 'hot zone' for your dog (a yoga mat, folded blanket or dog bed). *Here are the rules for this game:*

There are three parts to training the 'Hot Zone':

1. Get "in" the hot zone;
2. "Stay" in the hot zone; and
3. Get "out" of the hot zone.

- J Present the target item (the blanket or mat) you have chosen for your initial Hot Zone training.
- J Reward your dog with the treats for 'finding' the Hot Zone. When he touches the zone, throw the treat a little in front of him, so he leaves the mat. This will give him the opportunity to find the zone again! Your distance to the target is crucial! At the beginning, you must be very close by, evtl. even sitting down beside it.
- J **Key Point "Search" Cue:** Before you toss the treat say "search" (or a word of your choice). This word will help you later to release your dog off the mat, and it will let him know he can hunt down the cookie and then come back to play.
- J **Advancing the Game:** When your dog is showing understanding about being in the Hot Zone, you can make the zone smaller and keep playing (for example, folding up the blanket or mat).
- J The next step is to reward your dog in position on the mat with a few of the tasty treats. To 'release' him from the mat, say "search" and throw a cookie off the mat for him to chase.
- J Work up to your dog choosing to leave the Hot Zone when you say "search" without the cookie throw.
- J **Let Your Dog Make Choices:** If your dog 'stalls' or does not immediately go to the Hot Zone, resist the temptation to help him. Allow him the opportunity to figure out what you want. Dogs are brilliant! Again: your position is crucial! Only raise your distance to the Hot zone in very small steps.
- J **Increase the Complexity:** In the next stage, put your Hot Zone mat in a dog bed or similar. This will increase the complexity of the game for your dog, so if needed, repeat the steps from the beginning.
- J When your dog is finding the 'new' Hot Zone, move yourself away further to increase the difficulty. Remember to let your dog "think" and make choices when you make a change. **Remember the "3Ds"**
- J When your dog comes back to the Hot Zone, continue to reward him in the zone. Remember to release him with the word "search" and a cookie throw. The next step is to take the mat out of the bed, and let him find the bed as his Hot Zone!

The Learn to Earn Program

Dr Yin's Program for Developing Leadership in Humans and Impulse Control in Dogs

From excessive barking, to jumping to aggression and separation anxiety, one of the common issues is that these dogs tend to lack impulse control and their humans need to find better ways to provide guidance and leadership. Fortunately humans can develop the needed communication skills while training dogs to have self-control and emotional control in Dr Yin's fun, reward-based version of the Learn to Earn Program.

Become a Leader Your Dog Can Trust

Once owners set guidelines and communicate the rules by consistently rewarding desired behaviors while removing rewards for unwanted behaviors until the desired behaviors are a habit, then the owners are seen by the dog as the leader whom they can trust to guide them. Alternatively, when rules change randomly or the messages are garbled the dog may view the owner the same way you might view an indecisive boss who mumbles.



Throw Away the Food Bowl



For the fastest training, dogs should earn their meal throughout the day when you are home. That means no food in the food bowl. Instead you'll carry food around with you in a bait bag, your pockets, or have it available in easily accessible containers throughout the house. Then, throughout the day, when you are home, you'll reward appropriate behavior. Now your dog will get 100 rewards for desired behavior instead of a free meal.

Require the Dog to Say Please By Sitting

In this program we turn the house rules onto their head. Whereas taking things without asking worked before, the only thing that works to get the dog what she wants now is to automatically say please by sitting.



FREE!

VS



100 x REWARDS!

Use All Motivators to Your Advantage

If on top of that you require her to sit for other resources such as petting, attention, and play, when she wants these things, you'll increase your toolbox of rewards even more. Add to this, removal of all rewards for undesired behavior and now you have a formula for changing the dog's behavior patterns virtually overnight (meaning days to weeks instead of weeks to years).

Keep Your Dog Attached to You

Tethering to you teaches your dog that when she doesn't want to pay attention to you, she can't just blow you off and walk away and then get rewarded by something else, such as food that she grabs off a table. That is, tethering her to you helps prevent rewards for undesirable behavior. Plus, if your dog's near it's easier to reward good behaviors as they occur. Otherwise you tend to forget and miss opportunities, which makes the training take weeks or months longer.



Walk with a Loose Leash

When your dog's attached to you on leash, she should sit and remain seated when you are stationary and then walk by your side on a loose leash (not ahead of you) when you move from place to place.



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