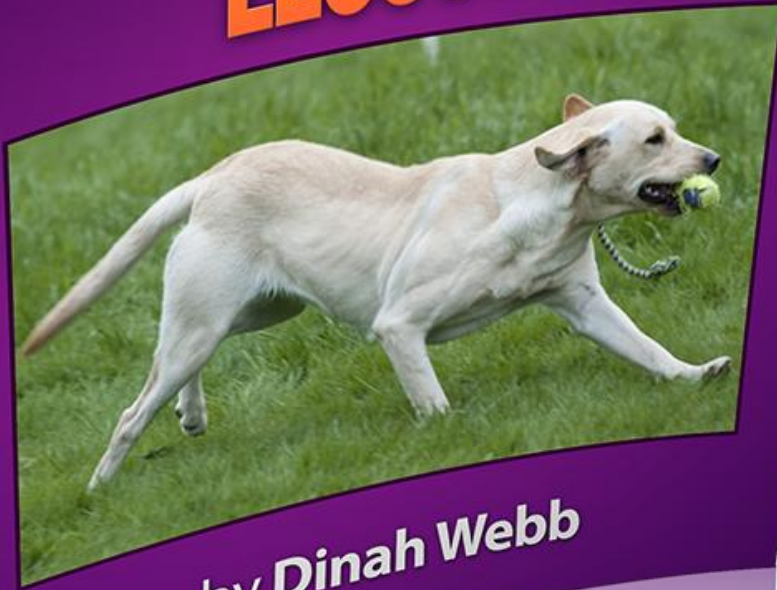


6 Minute DOG TRAINING LESSONS

6 Minute

**DOG TRAINING
LESSONS**



by Dinah Webb

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GETTING PREPARED

Like everything else in life preparation is the key to a good training session. These are the 6 tips you will need to bear in mind before each training session

(1) Timing - make sure your dog is ready

Like the rest of us dogs will learn best when they're at their peak. At the end of a busy day or after a long walk when all your dog wants is a drink and a lie down or he or she is getting ready for a meal is not the best time. Start the training when your dog has been rested but is ready for play.

Bear in mind, however, that trying to learn a new command is tiring in itself and this is why I recommend 6 minutes a session. Inevitably if you try to push your dog you are bound to have a very frustrated dog.

(2) Make sure your dog is in a comfortable place

Like any creature, including humans, dogs will perform at their best if they feel secure and confident.

Start your session by making sure that your dog is in familiar surroundings or has had ample opportunity to "scope" things out. Imagine if you were in a dark alley at night and asked to think about something complex – you would have at least 50% of your efforts constantly scrutinising your environment! Start on your own patch with new lessons, the lounge, the garden or anywhere the dog is used to - gives you and the dog the best chance of things going right.

(3) Fun

We all learn best when we're having fun.

Ideal play or training sessions with your dog end with the dog feeling both tired and successful. One method that accomplishes creating a sense of accomplishment in both you and your dog, as well as enforcing obedience, is doing a session or two of doggie sit-ups. More on Doggie sit ups in the next free tip.

(4) Treats

It helps to have a lot of small treats on hand. At first, you may have to give a tiny tasty morsel after each part of the activity. Eventually, your goal will be to complete the entire task before a treat is given and then you will move to rarely treating. I will also show you in the book how to conduct training with no treats or where a dog really does not like to eat when training.

(5) Calm and in command

As a pack animal your dog will be looking to you for leadership. The best leaders are those who appear calm, collected and in control, even if they are not! If your dog feels that they need to take control then they will feel conflicted and this will show in their actions.

Make sure your dog feels confidence in you. Your dog will pick up on any anxiety or frustration you have so

- pick a time that is right for you – too tired or not in the mood is not the right time
- if you feel yourself getting frustrated then stop! Tomorrow is another day.

(6) Step by step

Learning is best when tackled place step by step. After all you didn't learn to read before recognising the letters of the alphabet.

Take it step by step and make sure that your dog is confident with each step before moving onto the next.