

Loose Leash Walking and Meet-N-Greet

LOOSE LEASH walking means not letting your puppy pull on a walk! You need to make it clear that pulling will get him nowhere. Allowing him to pull sometimes but not others will just send mixed messages and delay success with training. Use a Release word for sniffing and exploring.

- ❖ If your puppy is not pulling, that's awesome, but just make sure you reward that behavior. We want puppy to know we like it and continue to walk right where you're at.
- A. **Tools:** There are a lot of options to choose from to help decrease pulling. Different collars work for different dogs and situations. The key is to use these products properly.
- B. **Methods:** use all or just whatever works best for your puppy.
 1. **Be a Tree** – Stop and lure puppy back to the “magic spot” and then say, “Let’s Go”
 2. **Turn Around** – frequent turns keeps your puppies attention – use “Let’s go” to start the walk again.
 3. **Small Steps** - take 3 steps, stop and ask for Sit. Take 5 steps, stop and ask for Sit. Take 2 steps, stop and ask for a Sit. Change up the number of steps so your puppy doesn't recognize a pattern and needs to watch you.

Auto-Sit is when your dog learns to automatically SIT when you stop!

When you stop walking, ask your puppy to SIT. This is Auto-Sit. Your puppy will learn to Sit automatically when you stop walking. This is great when stopping to talk to a neighbor.

- **Start in low distraction and gradually add more distractions. Start with frequent rewards for being in the “magic spot” or for frequent Auto-Sits. When your puppy becomes consistent, ask for more out of him before rewarding. Example: a longer Sit. Don't ask for too much too fast.**
- Don't be discouraged if you're not getting too far on a walk at first. Practice makes perfect and the more you are consistent with training the faster the results.

MEET - N - GREET

You have practiced walking without pulling and sitting frequently, now lets ask for both in a real life situation. Let's "take this show on the road!"

When on a walk and you stop, your puppy should Sit (Auto-Sit). Now you can talk with a friend or neighbor without your puppy jumping all over them.

- ✓ Set your puppy up for success by starting off with a very quick visit. You can add more time as your puppy becomes use to this routine.
- ✓ Step back from person if puppy gets jumpy. They can return to you and pet puppy when ready. If puppy is too excited for a Sit, allow the person to pet for All Fours on the Floor. Don't repeat the word Sit over and over. End on a good note and practice when puppy is tired and less excitable.

Points:

If possible, play a game of fetch before heading out for a walk. This will give you a better opportunity to work on not pulling while on the leash. The walk is important for exercise, but you don't want to send mixed messages that it's ok to pull either. Consistency is important for fast results.

Desensitize to the leash if your puppy gets really excited when they see their leash. Carry the leash around randomly throughout the day without going for a walk.

Reward for calm! Ask for a (very quick if starting this) SIT before exiting out the door. Sit, say Ok to release from Sit. You may need to repeat this a lot before your puppy understands that calm is required to go through the door. This will help keep the excitement level down before your walk begins.

Remember: although you may not be getting far on your walks in the beginning of training, this is mental exercise for your puppy.

Consistency and Repetition will equal success and you won't have to break bad habits when they are adult dogs.