

Beginning Life Skills: Week Two Homework

Visit: <https://www.gooddogsantacruz.com/handouts/>

This week, please read: **Sit for Everything; Go to Your Mat; Heel Work, and Attention Games**

Practice attention:

- Throughout your days and everywhere you are together, “catch your dog in the act of looking at you,” then reward with some attention or a “yes” and treat. If you are really observant, you may find your dog doing it 100 or more times a day!
- Do some rapid rewards of your dog looking at you. For one minute, “yes” or click and treat every time your dog looks at you. Give the treat off to the side or low so your doggy looks away to eat it, and then look back at you again.

Play the name game.

- Say your dog’s name and give a treat or run and play. Do this every day, 5-10 times in a row.

Practice sits and downs:

- This week, try to build the time your dog is comfortable and happy in the sit or down position. First time, have your pup sit or down, then reward with five or six treats in a row while he or she is still in the sit or down position. Then say your release word—OK, free, break—and play a rousing game of tug or chase. Suddenly stop and do a second sit or down. If your dog hesitates before sitting or laying down, it is OK to help them out at this stage of learning with a treat lure (but only if needed!).
- Have your dog sit or down before lots of exciting things. Sit or down for the food bowl, leash, or to run outside. Sit before you open doors leading to play or walks. Always use your release word! (Hint: please only do this for things your dog really likes—pay attention. Don’t have your dog sit before getting in the car, for example, if they hate the car!)

Loose leash walking:

- Read the heelwork handout. This week, you will work on walking in a forward motion with your dog next to you. See the directions on the handout for tips.

Come when called:

- This week is simple. All you have to do is call your dog from 6 to 10 feet (the end of your leash) and reward with VERY high value treats (we’re talking roast beef). Do this at least 10 repetitions EVERY DAY! (If your dog can’t have high value treats, consider using play for the reward... tug, chase the ball, or run and play with you.)

Go to your mat:

- Practice when your dog is tired and ready to sack out. Have your dog go to his mat, “yes” and reward on the mat. Keep this pretty low key.

Questions? Please send an email or give me a call!