

Treat & Train™

REMOTE REWARD DOG TRAINER

INSTRUCTION GUIDE



About the Inventor

Dr. Sophia Yin was a veterinarian, applied animal behaviorist and authored many books, including *Perfect Puppy in 7 Days*, *How to Behave So Your Dog Behaves*, and *Low Stress Handling, Restraint and Behavior Modification of Dogs & Cats* (book and DVD). She had an animal behavior consult practice, and she lectured and taught workshops on animal behavior, training, and low-stress pet handling in the U.S. and internationally. She wrote for a number of veterinary and popular magazines, and was for five years the award-winning pet columnist for the *San Francisco Chronicle*. She consulted for several zoos and served as a behavior expert for TV shows such as *Animal Planet's Dogs 101*. Dr. Yin's mission in life was to improve our understanding of animals and their behavior so that we can care for, appreciate, and enjoy our time with them better. Learn more at her animal behavior website, drsophiayin.com.

Acknowledgements

While humans have been training animals for centuries, we have been lax in collecting data and then methodically testing and revising our techniques using the scientific method. The Treat&Train™ Remote Reward Training System is one of the first training systems to be tested in such a manner prior to commercial release. Such research invariably requires input and collaboration from a plethora of resources and as such, I would like to thank everyone who helped with or participated in the two research studies preceding release of this product. I would especially like to thank Bob Bailey, Karen Pryor and Eduardo Fernandez for their suggestions during the early brainstorming process of the protocol development.

Additionally, Dr. Sarah Richardson was particularly helpful in coordinating the first experiment and Dr. Daniel Mills was extremely helpful in reviewing both the methods prior to the first experiment and the scientific paper prior to journal submission.

I would also like to thank everyone who helped to evaluate the system and who participated in the instructional DVD, including the focus-group members who watched the DVD and then demonstrated their interpretation of the techniques. Their interpretations lead to some key revisions that have greatly improved the instructional quality of the DVD.

Treat&Train™ System Instruction Manual
© 2004, 2012 Sophia Yin, DVM

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IMPORTANT SAFETY INFORMATION

Explanation of Attention Words and Symbols used in this guide

 This is the safety alert symbol. It is used to alert you to potential personal injury hazards. Obey all safety messages that follow this symbol to avoid possible injury or death.

WARNING indicates a hazardous situation which, if not avoided, could result in death or serious injury.

CAUTION used without the safety alert symbol, indicates a hazardous situation which, if not avoided, could result in harm to your pet.

NOTICE is used to address safe use practices not related to personal injury.

WARNING

When using this product, basic precautions should always be followed.

Read all Instructions before using this product. Save these instructions for future reference.

To reduce the risk of injury, close supervision is necessary when using this product near children.

Dispose of all packaging material properly. Some items may be packed in plastic bags. These bags could cause suffocation. Keep away from children and pets.

CAUTION

Do not use this product with dogs less than 6 months old, those unable to reach the feeding dish or those with any physical disability.

Intended for use with dogs only.

Check operation frequently to be sure the product is dispensing properly.

NOTICE

For dry food or semi-moist food use only. Do not use wet, canned or moist food.

Do not allow electronics to contact liquids.

Do not place any foreign object into this product.

This product should be placed on a level surface.

Do not disassemble product other than as instructed.

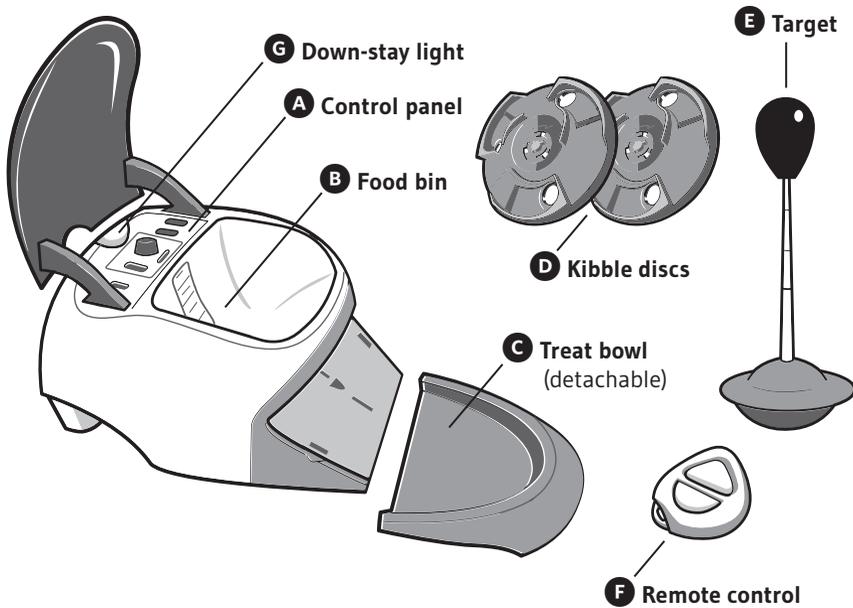
Do not mix old and new batteries.

Do not mix standard, alkaline or rechargeable batteries.

Do not use rechargeable batteries.

Exhausted batteries should be removed immediately. Do not dispose of batteries with household waste.

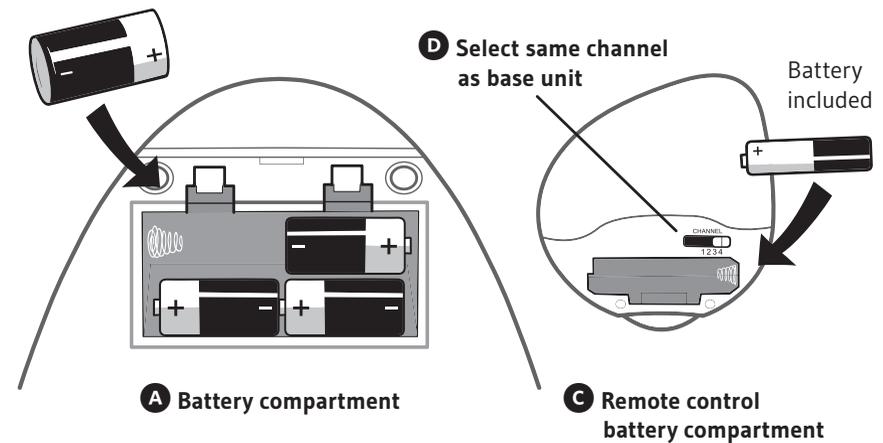
1 Know Your Treat&Train™ System



- A Control panel:** Houses the POWER switch, down-stay settings, volume, and channel settings.
- B Food bin:** Holds the dry or semi-moist food rewards (or treats) for dispensing.
- C Treat bowl:** Where your dog receives treats. (To remove for washing, grasp the front and pull up very firmly.)
- D Kibble discs:** Fit within the food bin and are interchangeable for different food sizes. Place the correct one for your dog's food size onto the dispensing mechanism of the food bin.
- E Target:** Can be used stationary or removed from its base and be handheld. In Game 2 of training, dogs run to the target and touch it with their noses.
- F Remote control:** Activating the DISPENSE button causes the base unit to release a single treat. Holding the DISPENSE button down causes continuous delivery of treats. The DOWN-STAY button activates the down-stay mode (Games 3 and 5).
- G Down-stay light:** Turns on when the DOWN-STAY button on the remote control has been activated. To turn it off, hit the DOWN-STAY button on the remote again. When the food delivery mechanism is jammed or empty, the light also activates and a beeping sound is emitted. If this happens, turn the machine off and refill the unit or turn the disc clockwise to reverse the jam.

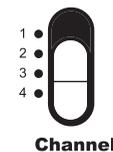
2 Set Up the Machine

- A** Insert four **D** batteries into the battery compartment [bottom of machine] of the base unit. Batteries not included.
- B** Open the control panel and select a channel—1,2,3, or 4. In Step D you'll select the same channel on the remote control.
- C** Open the back panel of the remote control; insert one 12V 23A battery (included with your unit).
- D** With the battery compartment still open, choose the remote control channel that matches the channel you set the base unit to in Step B.
- E** Open the lid. Place the disc that fits the size of kibble or treats you will be using. (To see a list of treats and kibble that work go to www.treatntrain.com.)

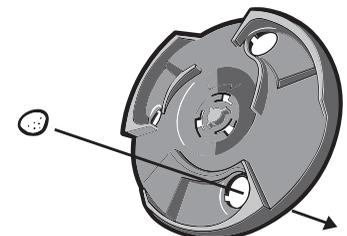


A Battery compartment

C Remote control battery compartment



B Select channel on base unit control panel

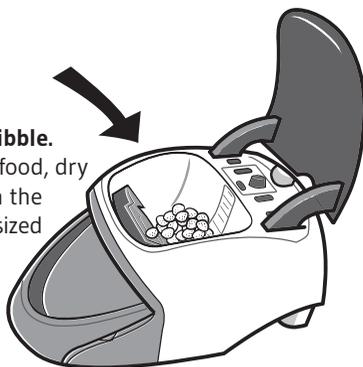


E Insert the disc that fits the kibble or treats you will be using

3 Load Treats or Food

- A Choose a dry or semi-moist dog treat or kibble.** The Treat&Train™ system requires dry dog food, dry treats, or semi-moist treats that fit through the food disc holes on either the large or small-sized kibble disc. Round or oval-shaped treats or kibble of uniform size work best.

- B Add 1-2 cups of dog food or treats to the food bin.** While the bin holds up to 3 cups of food, the batteries and motor will last longer if you use less food. If your dog will use his regular meal allotment for games and training, then place one meal's worth of food in the bin.



4 Turn Base Unit On and Test (away from dog)

- A Turn the POWER on.** This will cause the control panel indicator light to turn green. If it's red, it indicates the batteries are low. A slow, blinking green power light indicates the unit is in sleep mode—which occurs after 30 minutes of non-use. To wake up the system, press any button on the remote.
- B Set the VOLUME to "off" if the dog is in the room.** Some dogs need to get used to the machine noises before they are introduced to the tones.
- C Ignore the DOWN-STAY controls.** They are discussed later.
- D Hit the DISPENSE button on the remote control to dispense kibble.** The treat should drop into the treat bowl within a second. **Note:** If you hit DOWN-STAY, the light on the base unit will turn on. To turn it off, hit the DOWN-STAY button again.
- E IMPORTANT: Test whether the food is the optimal size for dispensing.** When food is too large, gets stuck, or does not make it into a disc hole, the disc will continue to spin until the next hole can dispense its treat. When food is the right size for the disc, it will dispense from every hole. Press DISPENSE 20 times in a row to see if treats are dispensed with each hole or if the machine sometimes skips one or more holes. If it skips more than one or two times, try a different size, shape, or texture of food.



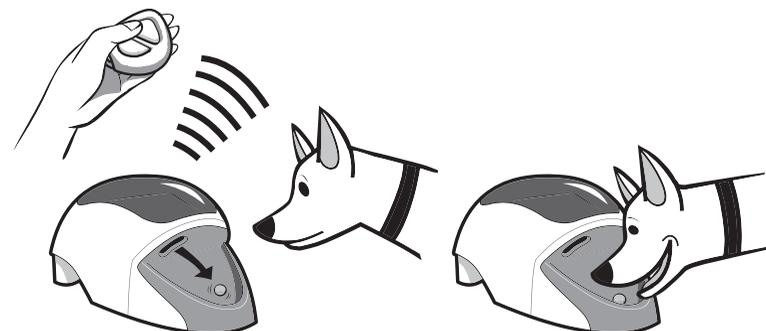
5 Introduce Your Dog to the Treat&Train™ System

Dogs quickly learn to love the Treat&Train™ system when introduced correctly. Some dogs are afraid of electronics with sounds and moving parts. Here is the safe way to introduce this tool.

- A Put the Treat&Train™ system on the floor.** Introduce your dog to it by placing treats in the treat bowl. Once your dog has finished, add a few more pieces. **If your dog is tentative around the unit, switch to better treats such as peanut butter or cheese spread.** Repeat this step until he will immediately and without hesitation eat the treats in the bowl.
- B With the VOLUME set to OFF, hit DISPENSE on the remote control to dispense treats.** At first, do this when the dog is still looking at the bowl or near the bowl. If he doesn't notice the treats, then show him by pointing. Repeat this a few times until you're sure he's comfortable with the sound of the machine dispensing treats. **Don't point the remote at your dog or at the machine. You want your pooch to associate treats with you and not with the remote control.**

Note: If you think your dog might be afraid of the movement of the system, then modify Step B by starting with your dog over five feet away from the unit. Hit DISPENSE and point to the treat. If he is far enough away and the treats are tasty enough, he will trot up to the unit to eat the treats in the bowl. Repeat until he's comfortable at that distance. Then move the machine closer until he can be right next to the machine and looks relaxed while the treats are dispensing.

- C Switch the VOLUME from OFF to LOW and repeat Step B.** The goal is for your dog to learn that the tone means a treat is coming. When he orients to the new sound and sees the treats dropping into the bowl, he should run to get the food. Point to the bowl a few more times, if needed. Repeat.
- D Once he gets the idea, start dispensing only when he's looking at you** so he learns it's still important to look to you for direction instead of becoming fixated on the system. Make sure you never dispense treats when he's barking or pawing at the machine. To prevent this, give a few treats by hand so he's more likely to look at you and then dispense a reward to him for standing quietly.



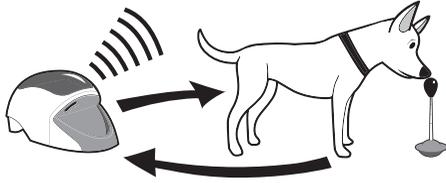
6 Get the Best Results

The Treat&Train™ system comes with a laboratory- and clinically-tested program for training dogs to be calm in high distraction situations, such as when visitors come to the door.

Training is divided into five games:



Game 1: Tone means a treat is coming



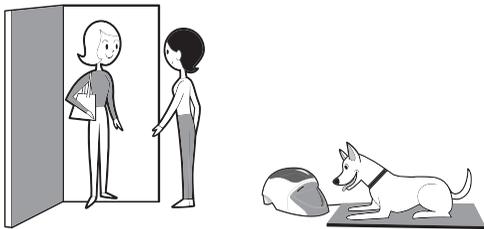
Game 2: Targeting with the nose



Game 3: Lie down and stay at a specific spot



Game 4: Race to the rug or special spot on cue



Game 5: Lie down and stay at a specific spot even in high-distraction situations

Included with the unit are an instruction manual and DVD with the step-by-step training program as well as common mistakes to avoid. For best results watch the DVD one step at a time and refer to the instruction manual to quickly review what was covered.

7 Control Panel

The control panel of the Treat&Train™ system has basic controls and more advanced down-stay settings you won't need until Game 3 (Down-Stay) of training.

A On-off switch: Turns the base unit on and off.

Down-stay controls and light:

B Treat settings:

Single treat setting: Dispenses one treat at a time when Down-stay mode is activated (see below).

Multi-treat setting: Dispenses treats 5 times in succession.

Cue dispense setting: Alerts you when to press the DISPENSE button during DOWN-STAY mode. In this setting the timer will beep, but food won't dispense until you press the DISPENSE button.

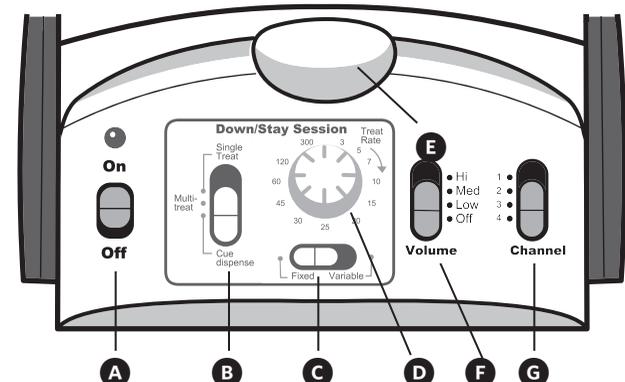
C Fixed or variable switch: Determines whether treats are dispensed at the fixed time interval chosen on the TREAT RATE dial or on a more unpredictable interval—one that averages the interval chosen. In most of the down-stay exercises (Games 3 and 5) the switch is set to FIXED and each trial lasts one minute. When set to VARIABLE, the down-stay repetition continues until the machine is out of food.

D TREAT RATE dial: Determines how frequently treats are dispensed during a down-stay session.

E Down-stay light: Indicates that the DOWN-STAY button on the remote control has been pressed and the machine is in a down-stay session and is set to dispense treats according to the timed TREAT RATE dial settings (e.g., for Games 3 and 5).

F Volume control: The system has 3 volumes. Start with the lowest volume until you're sure your dog is comfortable with the sound.

G Channel selector: Needs to match the channel selected on the remote.



8 Warning Lights, Sounds, and Troubleshooting

Green power light: Machine is on and batteries are good.

Slow blinking green power light: The machine is in sleep mode. After 30 minutes of non-use, the Treat&Train™ system goes into sleep mode. To wake it up, hit any button on the remote control.

Red power light: Indicates batteries need to be replaced.

Down-stay light:

Solid: Button on the remote control has been pressed, putting the unit into a down-stay session (see Section 7). To turn the light off press the remote control DOWN-STAY button again.

Blinking and beeping: This occurs when the food delivery mechanism is jammed or empty. If this happens, turn the machine off and refill the unit, or turn the disc clockwise to reverse the jam. (See Section 4E for choosing the right food).

Other Troubleshooting

What if the dog is afraid of the machine? Be careful to pair treats with the Treat&Train™ system before you activate the machine. Follow the steps in 5B in this Quick Start Guide for instructions on how to test to see if food is the optimal size. For a list of foods that work in the Treat&Train™ system visit https://drsophiayin.com/app/uploads/2016/01/tnt_dog_foodsm.pdf.

What if the treat takes more than a second to dispense? Properly sized treats will dispense within a fraction of a second after you press DISPENSE on the remote. If they aren't, see Section 4E.

What if the disc seems to spin slowly? Change the batteries. The batteries may be old or they are rechargeable batteries with a low mAh rating. (MAh capacity rating refers to the storage capacity available for a particular battery.)

I put the Treat&Train™ system in DOWN-STAY mode and it shuts off after one minute. Why? You must set the FIXED-VARIABLE switch to VARIABLE if you want the machine to dispense until it's empty. When the FIXED-VARIABLE switch is set to FIXED, treats will dispense at the TREAT RATE determined by the TREAT RATE dial, but only for one minute.

What if the treat takes more than a second to dispense? Treats should dispense within a fraction of a second after you press the DISPENSE button on the remote.

What do I do if my remote control isn't working? Check that the remote control and base unit are set to the same channel. Also check the batteries in the base unit and remote control.

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1.1 The General Approach

1.2 A Scientifically Tested Program

1.3 Training Dogs to Be Calm and Quiet in Other Distracting Situations

1.4 Training is Divided Into Five Games

1.5 Train Dogs to be Calm at the Door, or Other Distracting Situations

1.6 Other Uses for the Treat&Train™ System

1.1 The General Approach

The Treat&Train™ system program focuses on the scientifically proven approach of rewarding desired behaviors instead of removing rewards for unwanted behaviors. For instance, if dogs whine, bark and jump on you for attention, we don't have to use intimidation or force to change their behavior. We can instead reward with attention for sitting quietly and calmly and make it clear that the other behaviors don't work—they cause you to remove your attention.

1.2 A Scientifically Tested Program

During the Treat&Train™ system product development, the training program went through rigorous lab and clinical trial testing to see whether the step-by-step training program could be successful for training dogs to run to a rug and lie calmly in highly distracting situations such as when visitors came to the door. The testing, published in the *Journal of Applied Animal Behaviour Science*¹ showed that:

- When done correctly, the program is efficient and dogs can complete it with few errors.
- The program worked well for regular pet parents and a wide variety of dogs. In the clinical trial, a set of dogs with undesirable greeting behavior were trained with the system to lie down calmly when visitors came to the door. All dogs passed with flying colors and learned to lie down calmly when visitors came to the door.



¹ Yin, S., Fernandez, E., Richardson S., Pagan, E., Snyder D. (2008). Efficacy of a remote-controlled positive reinforcement protocol for training dogs to behave at the door. *Applied Animal Behaviour Science*, 113: 123-138

1.3 Training Dogs to Be Calm and Quiet in Other Distracting Situations

Fortunately, the Treat&Train™ system's step-by-step program for training dogs to lie calmly in the face of high distractions can be used for many types of situations where we need dogs to remain calm. Examples include:

- in the car,
- in a travel carrier, crate or kennel, or separated in another room,
- at dinnertime when everyone wants to eat in peace, and
- whenever you want Fido present with you but calm and quiet.



1.4 Training is Divided Into Five Games

The Treat&Train™ system program for training dogs to be calm in high distraction situations is broken into five core games. Each of these game takes an average of 1-5 days to complete. You can practice in short 10- to 20-minute sessions. Train during low stress times such as during TV commercial breaks so that you can keep the sessions short, fun, and relaxing. End sessions while both you and your dog are still having fun.

- **Game 1: Tone means a treat is coming:** In this game, the dog learns that the tone from the machine means a treats is coming. All dogs need to go through this stage of training.
- **Game 2: Targeting:** Here Fido learns that if he runs and touches his nose to a target, he'll hear the tone, which means he can run and get his food reward. This game is important for several reasons. 1) It's helpful for training dogs to run to their specific spot on cue where they can lie down. This way you don't have to walk with them to their rug. 2) it will help break up the repetitiveness of the Down-stay and Down-stay with distractions games (Games 3 and 5), and 3) it's also a useful behavior for teaching many tricks, training dogs to heel, and for providing exercise.
- **Game 3: Down-stay:** This is the first game that rewards Fido for lying down on a rug or other specified location.
- **Game 4: Place:** This game teaches your dog to run to a rug or bed on cue to lie down.
- **Game 5: Down-stay with distractions:** In Game 3, dogs learn to remain lying down on a rug. To lie down in the face of distractions, such as people running around, toys bouncing, and doorbells ringing, most dogs have to go through Game 5, too. As an added bonus, the steps that we go through to teach dogs to ignore these distractions are also useful for training dogs to enjoy things that they used to dislike—such as being groomed.

Once these games are completed, you have the option to fade the machine out so that you don't need it anymore.

1.5 Train Dogs to be Calm at the Door, or Other Distracting Situations

Item 1: Dog bed or small rug where you will send your dog.

You'll be sending your dog to a specific spot or place on cue. The best type of "place" to use is a surface that's large enough for your dog to comfortably lie down. Some examples include a dog bed or a small rug. Throughout this program, we will refer to the bed or rug as a rug.

If you have a rug that your dog is already used to lying on, make sure there has been no history of yelling or forcing him onto the rug; otherwise the training may take much longer.

We want your dog to think of the rug and machine as a special treat only available for a limited time. If they're available whenever he wants, then he may learn that it's okay to get off at-will because he can just get back on to receive his reward later on. In fact, in the clinical trial testing of this product, some owners accidentally trained their dogs to run to the door to see the guest, then to go back at their leisure in order to get a treat.

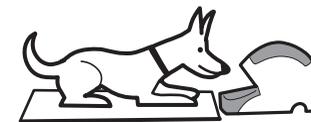
Item 2: Choose the final location for the rug.

Ultimately, this spot will be located about 3-10 feet from the door and within sight of the door or distracting location. During early practice sessions you can put it in a more convenient practice location.

1.6 Other Uses for the Treat&Train™ System

Besides the uses described here, the Treat&Train™ system has a limitless number of uses. For more information and to see videos, visit www.treatntrain.com.

Use a rug or dog bed that's large enough for your dog to comfortably lie down on.



CHECKLIST:

- Rug or bed selected?
- Final location selected?
- Practice location selected?

IMPORTANT NOTE:

Until you've completed the entire training program, only keep the Treat&Train™ system and the rug out during training sessions.



- 2.1 The Secret to Training Dogs
- 2.2 Immediate Timing Is Essential
- 2.3 Motivation
- 2.4 Turning Regular Meals Into a Flurry of Fun
- 2.5 Keeping Fido Healthy and Trim
- 2.6 Get Fido Onto Meal Feedings
- 2.7 For Dogs That Are on Meal Feedings but Eat Without Gusto
- 2.8 Won't Fido Lose Too Much Weight?
- 2.9 Body Condition Scoring

2.1 The Secret to Training Dogs

Imagine you're in a foreign country and someone rushes up waving his arms and speaking in a language you don't understand! That's what life can be like for your dog every day. Dogs aren't born knowing English, French, or even Chinese. In fact all of the babbling that we tend to use when training is a huge distraction to learning, and the extraneous flailing and speaking confuses our dogs even more. So how will we fix the communication gap and train Fido to behave better?

We'll focus on our actions, instead of our words. The universal approach and secret to changing behaviors in all animals, not just dogs, is to reward the behaviors we want and remove rewards for the unwanted behaviors. For instance, if your dog jumps or whines and barks at you for attention, avoid yelling at or pushing him away—these can all be seen as forms of attention to the dog and actually strengthen the naughty behavior. Instead we can train Fido that sitting quietly and politely earns your attention (treats, petting, praise—whatever he wants at that instant) and that noisy or pushy behavior causes you to remove your attention (look away or turn your back on him).

2.2 Immediate Timing Is Essential

Clearly, one key to success here is rewarding the correct behavior as it occurs, or immediately afterward. That's why the Treat&Train™ system is so handy. It allows you to more precisely reward your dog as she's performing the behavior correctly, rather than one or more seconds late! We'll want to remove accidental

Dogs care about our actions, not our words. To avoid confusing Fido, we'll focus on our actions first and add words later on.



FORMULA FOR CHANGING DOG BEHAVIOR:

1. Reward only the behaviors you want.
2. Remove the rewards for unwanted behaviors.

rewards for unwanted behaviors equally as quickly. For instance if your dog starts to bark at you to get you to give him a treat, you should turn your head or body away from him—whichever he'll perceive best as removal of attention—and you should do it as soon as he starts barking or, better yet, right before he gets that first bark off!

2.3 Motivation

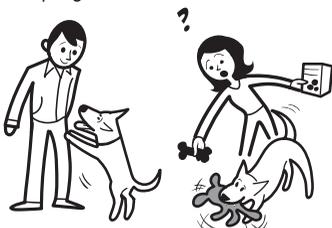
Like people, different dogs are motivated by different things. Some dogs like to play with toys, others like praise and petting, and still others will do anything for food. In this program, we'll take all of these motivators or reinforcers into consideration and use them to our advantage. But the main reward we'll use initially for all training steps is food. That's because with food, we can reinforce a lot within a short span of time; which, in turn means more efficient training.

Not surprisingly, preparing your dog to earn his food or treats is key to successful and efficient training in this program. Dogs that love the training treats or food will have an attitude that says they like the pay. They'll be engrossed in the training. Those that are pickier about eating or have not been properly prepped may look lackluster, make more mistakes, or appear stubborn or stupid. In other words, what people interpret as stubborn or stupid is often just a lack of motivation for the rewards that you are using!

2.4 Turning Regular Meals Into a Flurry of Fun

As pointed out earlier, some dogs will eat anywhere and anytime, whereas others are pickier. This pickiness causes some owners to claim their dogs don't like food. However, all dogs are motivated to eat because they have to eat in order to survive. It's just that some dogs have

Some dogs are more motivated by play and attention than food. We'll consider all motivators in this program.

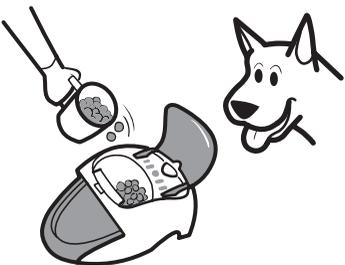


All dogs are motivated to eat because they have to eat for survival.

Some dogs have learned, just like kids holding out for dessert, that if they wait long enough they can trade their kibble for cookies.



By feeding regularly from the Treat&Train™ system machine, you'll turn meal times into a fun, interactive game.



learned, just like kids holding out for dessert, that if they wait long enough they can trade their kibble for cookies. These dogs have to be convinced that their dog kibble is cool and also in limited supply so that it has more value.

With humans we make food more appealing by placing it in eye-catching packaging or by doling it out in petite portions and dressing it up with fancy decorations. These tactics are not likely to impress even the most finicky Fido. Dogs are more motivated by the actions involved with obtaining their food. By feeding regularly from the Treat&Train™ system, you'll turn meal times into a fun, interactive game.

2.5 Keeping Fido Healthy and Trim

Because you'll be training Fido using quite a bit of food, we recommend you use a nutritionally balanced dry dog food — one that's approved through feeding trials for your dog's life stage by the Association of American Feed Control Officials (AAFCO). (For a list of commercial foods and treats that work in the Treat&Train™ system, visit https://drsophiayin.com/app/uploads/2016/01/tnt_dog_foodsm.pdf)

If you decide instead to use dog treats, your sessions should be spread out over an increased number of days and the total calorie intake should be subtracted from Fido's daily allotment of food. Overall, treats should make up less than 10% of a dog's daily food intake. If your dog is not motivated enough for his own kibble yet and you still want to train but using treats, you can try using a kibble that's different from his regular food as treats. That way you can train using more than 10% of his daily allotment and his diet still remains balanced. As a general recommendation you should gradually get your pet used to new foods since some dogs get upset stomachs even when switching between different dog foods. In this instruction manual, when we refer to treats, we mean portions of your dog's daily meal (kibble), although higher value foods can be used too.

Use a nutritionally balanced dry dog food — one that's AAFCO approved for your dog's life stage.



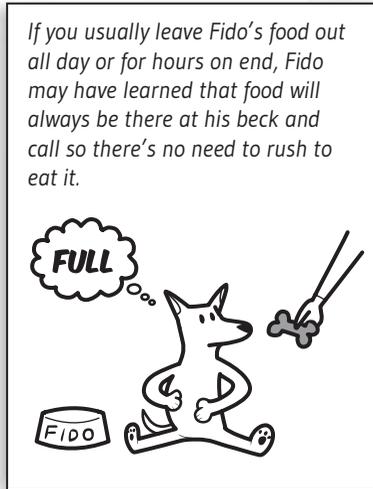
AAFCO STATEMENT

2.6 Getting Fido Onto Meal Feedings

If your dog's already on meal feedings and eats his food exuberantly, right away you're all set to start training. If you usually leave Fido's food out all day or for hours on end, Fido may have learned that food will always be there at his beck and call so there's no need to rush to eat it. That is, food is not a valued resource. This may sound odd but it's the same with humans too. If you had chocolate and brownies available all day every day, brownies would not be a good reward for you. In fact, you might even avoid them. It's only when the item is somehow limited or controlled that it comes into demand.

One way to make dog food a high-demand item for your dog is to first put him on meal feedings.

Put Fido on two daily meal feedings with half of his daily allotment in the morning and half at night. Put a measured amount down in the morning. If he turns his nose up or eats a little and then walks away, remove the food and put it back in the dog food bag. He's telling you he doesn't really want it, so let him wait for his next meal. He has lost this portion for that morning. Repeat the process at dinner and for additional meals if needed. If everyone in the household holds out for up to several days and refrains from giving treats in between, then even the dimmest Fido will quickly learn that he'd better eat what's in front of him or he'll have to wait for the next meal.



For those who feel guilty about going so long without giving Fido a chance, you can re-present his food 15 minutes after you've removed it to see if he'll eat it immediately at that time. If he removes his head before he's finished the meal, then remove the food again.

For Fidos that do eat their kibble immediately but not with much gusto, cut the total meal down to $\frac{3}{4}$ of the normal amount for several days until Fido clearly enjoys his food and then start training.

Once Fido's regularly excited to get his food, you can start on the Treat&Train™ system training Games 1-5.

If Fido's not willing to work for his meal, it generally means he's not really that hungry. Of course you should also evaluate other reasons why he might eat his food for when you provide it free, but not when you want to use it during training. For instance, during training sessions he might be confused, afraid, ill, or the environment may be too distracting for him.

2.7 For Dogs That Are on Meal Feedings but Eat Without Gusto

For Fidos that do eat their kibble immediately but not with much gusto, or that eat their kibble except when slightly distracted or who are overweight, try the following:

- Cut the total meal down to $\frac{3}{4}$ of the normal amount for several days until Fido clearly enjoys his food and then start training. Once you start training if he ever seems bored or gets distracted, remove the Treat&Train™ system and stop the game until you feel like playing again later in the day. If he loses interest, even for a short instance, he's telling you he's not that interested

in eating or at least he's not willing to work for his food. By removing it before or immediately once he shows disinterest, you will quickly train him to become a good eater. You'll also be teaching him that you are in charge of the resources; they aren't just at his whim and free.

- Once Fido's regularly excited to get his food, which he shows by running to the machine when you take it out and staying focused on the machine during the entire game, then your training sessions will be much more efficient.

2.8 Won't Fido Lose Too Much Weight?

Some people worry that their dogs will waste away or will dislike them for withholding their food. Cutting back or missing meals for a few days won't make much of a difference in weight. In fact, if Fido's not willing to work for his meal, then he's telling you that he's really not that hungry. He's just eating because the food is available and there's nothing better to do.

According to the fifth annual nationwide survey conducted by the Association of Pet Obesity Prevention (APOP) in 2011, 53% of adult dogs are overweight and 21.5 percent of all dogs were obese. Because dogs don't walk around naked or wear bikinis — rather they hide their fat under their fur — it's easy for the excess to go unnoticed. That means that if Fido actually looks fat, he's probably very heavy or even obese. Even if you're not concerned about how the extra weight looks, you should consider developing a plan to become more healthy.

2.9 Body Condition Scoring

To tell whether your Fido's fat, look at his waist and feel his backbone, hips, ribs and skin. From the top, his waist should curve in like an hourglass right after the rib cage and from the side you should see a clear line where his last rib demarks the start of his abdomen. On short-haired dogs, you should even see the last one or two ribs. If you put your hands on the rib cage and run them from the shoulders

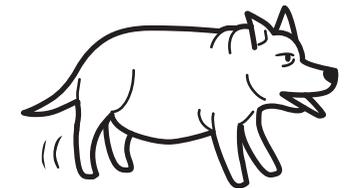
For Fidos that do eat their kibble immediately but not with much gusto, cut the total meal down to $\frac{3}{4}$ of the normal amount for several days until Fido clearly enjoys his food and then start training.

Once Fido's regularly excited to get his food, you can start on the Treat&Train™ system training Games 1-5.

If Fido's not willing to work for his meal, then he's telling you that he's really not that hungry.



According to the fifth annual nationwide survey conducted by the Association of Pet Obesity Prevention (APOP) in 2011, 53% of adult dogs are overweight and 21.5 percent of all dogs were obese.



towards his hind end, your fingers should bump over his ribs. If you have to press to feel the ribs you know that there's a layer of fat under the skin. In general, skin is not very thick. Any increased thickness is due to fat.

You should easily be able to feel the spine and hips too and even see them. But if they jut out or you notice a loss of muscle mass, then your dog is probably too thin.

If you're unsure, have your veterinarian help you determine your dog's body condition. Also visit www.treatntrain.com for a link and poster on body condition scoring.

3.1 What Comes in the Box?

3.2 Description of the Base Unit and Remote Control

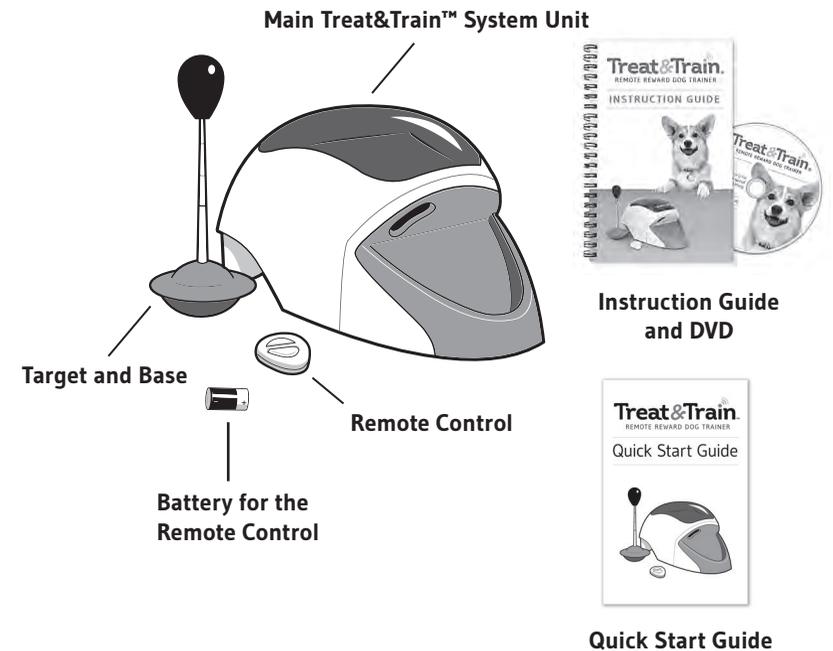
3.3 Setting Up the Machine

3.4 Overview of the Control Panel

3.5 Warning Lights, Sounds, and Troubleshooting

3.6 What to Watch on the DVD

3.1 What Comes in the Box?



Main Treat&Train™ system unit: This unit houses and dispenses the dog treats.

Remote control: The remote controls dispensing of treats.

Target and base: The target is adjustable in length, and can be hand-held or placed in its base as a stationary target. It's introduced in Game 2 of training.

Instructional DVD: This DVD takes you step-by-step through the lab and clinically tested training program. For the most efficient training, watch the DVD before each exercise and then refer to the instruction manual as a reminder of what was covered (see Section 3.6 for more information).

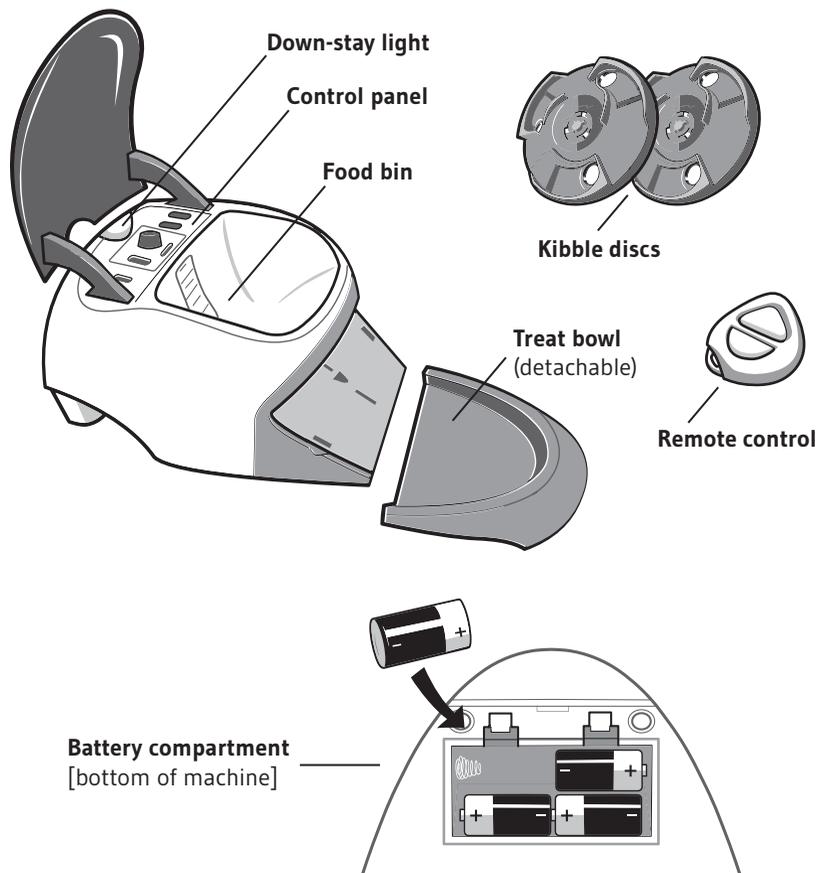
Watch the DVD if you want to experience the quickest success and avoid common mistakes. The DVD demonstrates all of the steps in detail and also shows the common mistakes you'll want to avoid.

Instruction guide: This instruction manual parallels the information on the DVD and serves as a good reference for what you saw on the DVD.

Battery for the remote control: One 12V 23A battery is included and located near the remote.

NOTE: Additional or replacement remotes and targets (including base) can be purchased by calling Customer Care at 888.640.8840.

3.2 Description of the Base Unit and Remote Control



Down-stay light: Turns on when the DOWN-STAY button on the remote control has been activated. To turn it off, hit the DOWN-STAY button on the remote again. When the food delivery mechanism is jammed or empty the light also activates and a beeping sound is emitted. If this happens, turn the machine off and refill the unit, or turn the disc clockwise to reverse the jam.

Control panel: Houses the on-off switch, down-stay settings, volume, and channel settings (see Section 3.4 for more information).

NOTE: Select a CHANNEL – 1, 2, 3, or 4 – for both the base unit and remote. Be sure to select the same CHANNEL for both. (The CHANNEL switch on the remote can be found under the battery cover adjacent to the battery compartment.)

Food bin: Holds the dry or semi-moist food rewards (or treats) for dispensing. It can fit up to 3 cups; however, the batteries and motor will last longer if you use less food.

Treat bowl: Where your dog receives treats. To remove for washing, grasp the front and pull up very firmly.

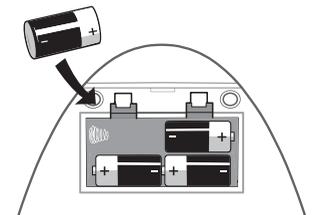
Kibble discs: Fit within the food bin and are interchangeable for different food sizes. Place the correct one for your dog's food size onto the dispensing mechanism of the food bin. See Section 3.3 #10 for testing the food size.

Remote control: Activating the DISPENSE button causes the base unit to release a single treat. Holding the DISPENSE button down causes continuous delivery of treats. The DOWN-STAY button activates the down-stay mode (Games 3 and 5).

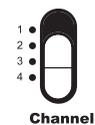
Battery compartment [bottom of machine]: Requires four D batteries. Batteries not included.

3.3 Setting Up the Machine

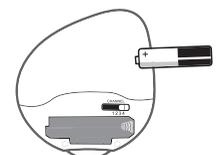
1) Insert four D batteries into the battery compartment [bottom of machine] of the base unit. Batteries not included.



2) Open the control panel and select a channel—1,2,3, or 4. In Step 4 you'll select the same channel on the remote control.



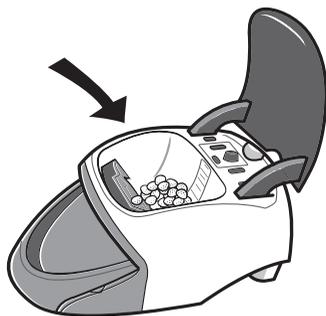
3) Open the back panel of the remote control; insert one 12V 23A battery (included with your unit).



4) With the battery compartment still open, choose the remote control channel that matches the channel you set the base unit to in Step 2.



5) Open the system's food bin lid. Place the disc that fits the size of kibble or treats you will be using. The Treat&Train™ system requires dry dog food, dry treats or semi-moist treats that fit through the food disc holes on either the large or small-sized kibble disc. Round or oval-shaped treats or kibble of uniform size work best. See a list of foods that work well in the Treat&Train™ system at https://drsophiayin.com/app/uploads/2016/01/tnt_dog_foodsm.pdf.



6) Load the food bin with 1-2 cups of food. Since your dog will be earning his meals out of the system, fill the machine with approximately one meal's worth of food.

Remove the Treat&Train™ system when not in use until your dog has completed Game 5 of training.

7) Turn the POWER on (dog should be away from the machine). This will cause the control panel indicator light to turn green. If it's red it indicates the batteries are low. A slow, blinking green power light indicates the unit is in sleep mode—which occurs after 30 minutes of non-use. To wake up the system, press any button on the remote.

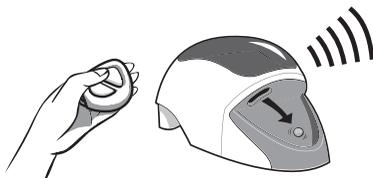


8) Set the VOLUME to "off" if the dog is in the room. Some dogs need to get used to the movement of the machine before they are comfortable with the machine also emitting a tone.



Ignore the DOWN-STAY controls. They are discussed in the next section.

9) Test the treat dispensing: Hit the DISPENSE on the remote control to dispense kibble. The treat should drop into the treat bowl within a second. If you hold the DISPENSE button down, treats should continue to dispense until you stop pressing.



NOTE: If you hit DOWN-STAY, the light on the base unit will turn on. To turn it off, hit the DOWN-STAY button again.

10) Test whether the food is the optimal size for dispensing. When food is too large, gets stuck, or does not make it into a disc hole, the disc will continue to spin until the next hole can dispense its treat. When food is the right size for the disc, it will dispense from every hole. Press DISPENSE 20 times in a row to see if treats are dispensed with each hole or if the machine sometimes skips one or more holes. If it skips more than one or two times, try a different size, shape or texture of food.

3.4 Overview of the Control Panel

The control panel has basic controls and more advanced down-stay settings you won't need until Game 3 (Down-stay stage) of training.

On-off switch: Turns the base unit on and off. Set it to ON for all system operations.

Indicator light: Turns green when the unit is on. If it's red it indicates the batteries are low. A slow, blinking green power light indicates the unit is in sleep mode—which occurs after 30 minutes of non-use. To wake up the Treat&Train™ system press any button on the remote.

DOWN-STAY CONTROLS AND LIGHT

Single treat setting: Dispenses one treat at a time when DOWN-STAY mode is activated (see below).

Multi-treat setting: Dispenses treats 5 times in succession when in DOWN-STAY mode.

Cue dispense setting: Alerts you when to press the DISPENSE button during DOWN-STAY mode. In this setting the timer will beep, but food won't dispense until you press the DISPENSE button.

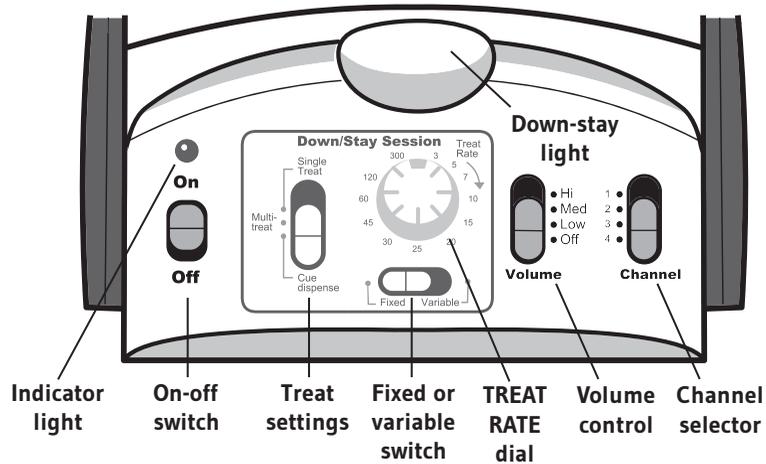
Fixed or variable switch: Determines whether treats are dispensed at the fixed time interval chosen on the TREAT RATE dial or on a more unpredictable interval—one that averages the interval chosen. In most of the down-stay exercises (Games 3 and 5) the switch is set to FIXED and each trial lasts one minute. When set to VARIABLE, the down-stay repetition continues until the machine is out of food.

TREAT RATE dial: Determines how frequently treats are dispensed during a down-stay session.

Down-stay light: Indicates that the DOWN-STAY button on the remote control has been pressed and the machine is in a down-stay session and is set to dispense treats according to the timed TREAT RATE dial settings (e.g. for Games 3 and 5). If the Down-stay light flashes on and off, check for dispenser jam or see if the unit is empty. The unit will beep and the light will flash for one minute before turning off automatically.

Volume control: The Treat&Train™ system has 3 volumes. Start with the lowest volume until you're sure your dog is comfortable with the sound.

Channel selector: Needs to match the channel selected on the remote.



3.5 Warning Lights, Sounds, and Troubleshooting

Green power light: Machine is on and batteries are good.

Slow blinking green power light: The machine is in sleep mode. After 30 minutes of non-use, the system goes into sleep mode. To wake it up hit any button on the remote control.

Red power light: Indicates batteries need to be replaced.

Down-stay light:

Solid: Button on the remote control has been pressed putting the unit into a down-stay session. To turn the light off press the remote control DOWN-STAY button again.

Blinking and beeping: This occurs when the food delivery mechanism is jammed or empty. If this happens, turn the machine off and refill the unit if it's empty or turn the disc clockwise to reverse the jam if a jam exists. (Go to https://drsophiayin.com/app/uploads/2016/01/tnt_dog_foodsm.pdf to see a list of foods that fit well in the Treat&Train™ system).

3.6 What to Watch on the DVD:

If you are using the Treat&Train™ system and following the scientifically proven protocol for training dogs to run to a location and lie calmly in highly distracting situations, you should:

- view the entire video one chapter at a time for the Chapters 1-3; and
- view sections one step at a time for the chapters on the specific training games and exercises.

If you are training your dog to lie down calmly with distractions (such as when in the car, separated in another room, or in a crate) and you don't need to send your dog to that location on cue, you can skip Games 2 (Targeting) and 4 (Placing).

If you are using the Treat&Train™ system to train your dog to be calm in a crate, car or another room and you think your dog may be "easy" to train, you can use the system to distract and reward him for quiet behavior even if he's standing instead of lying down. As a result, you can skip Games 2 (Targeting), 3 (Down-stay), and 4 (Place); however, watch Game 5 (Down-stay with distractions) and apply the general approach to your situation.

CHAPTER	DESCRIPTION	WHEN TO VIEW
1. Overview	Introduction to the machine, the clinical trial and interviews with clinical trial participants.	Ok to skip now but good to watch later.
2. How Fido Learns	Introduces the science behind changing behavior, how to use all motivators to our advantage, the importance of correct timing and reinforcement rate, and how behaviors are often taught in a stepwise manner (shaping).	Ok to skip but watch later.
3. Getting Started	Provides an overview of how the machine works.	Ok to skip if you've read the Quick Start or Chapter 3 of the instruction manual.

Set-Up and Control Panel Instructions

4. Game 1: Tone & Treat	Illustrates how to start a dog on the Treat&Train™ system.	Everyone should watch this. It's needed for all behaviors you will train with the Treat&Train™ system.
CHAPTER	DESCRIPTION	WHEN TO VIEW
5. Game 2: Targeting	Illustrates several methods for training difficult-to-handle dogs to lie down.	Targeting is useful for training many behaviors as well as for the specific Treat&Train™ system program.
6. Say "Please" by Sitting	Provides examples of unwanted behaviors and how to fix them. Shows how handlers often give mixed signals that confuse dogs. Demonstrates the basic "Say "Please" by automatically sitting" exercises. Shows how to train impulse control by applying the automatic sit to other situations such as getting the leash on, going out the door, getting into the car, fetch, and for permission to pick up dropped food or items (leave-it).	Most dogs will need these exercises. All dogs with impulsivity issues (take things without thinking) should be trained through these exercises.
7. Teaching Fido to Lie Down	Illustrates several methods for training difficult-to-handle dogs to lie down.	For dogs that don't know how to lie down on verbal or visual cue.
8. Game 3: Down-Stay	Illustrates the detailed steps in training down-stay with the Treat&Train™ system, as well as the mistakes to avoid. Illustrates what can go wrong.	

Set-Up and Control Panel Instructions

9. Rewarding Calm Behavior	Provides additional exercises for dogs who love to jump on people. Changes the reward to petting or praise, shows how to change the calm behavior to down. Shows other ways to practice (fetch, going out doors, getting leash on).	For dogs who need help with impulse control.
10. Come When Called	Shows how to teach a come when called and the most common mistakes to avoid.	For dogs who lack a 100% reliable come when called in the house.
CHAPTER	DESCRIPTION	WHEN TO VIEW
11. Game 4: Place	Details the steps in teaching "place."	For dogs who need to learn to run to location and lie down.
12. Game 5: Down-stay with Distractions	Details how to train dogs to ignore distractions and perform a more appropriate behavior (lying calmly) instead.	Watch this to learn a general approach to training dogs to ignore distractions.
13. At the Door	Illustrates the process of working with visitors at the door.	
14. Credits		
Bonus material	<ul style="list-style-type: none"> Fading Out the Treat&Train™ system More on How Fido Learns Body Condition Scoring 	

4.1 Which Dogs Should Learn This Exercise

4.2 Overview

4.3 Step 1: Feeding Out of the Bowl

4.4 Step 2: Dispensing Treats

4.5 Step 3: Adding the Tone

4.6 Step 4: Rewarding Eye Contact

4.7 Step 5: Adding Distance

4.8 Troubleshooting

4.1 Which Dogs Should Learn This Exercise

All dogs using the Treat&Train™ system need to go through these exercises. Some dogs may be able to skip steps. For dogs who are nervous around new objects, follow the extra steps that take their personality into account.

4.2 Overview

In this section, you'll first teach Fido to eat kibble or treats out of the Treat&Train™ system bowl. Then you'll teach him, through classical conditioning, that the tone means a treat is coming. Once we've trained this association, we'll use the tone to tell Fido when he's done something right. The tone will mark the correct behavior and it'll immediately be followed by a food reward.

Recommended Practice: Two 15-minute sessions every day.

TIP: For multi-dog households, train one dog at a time. If your dogs fight amongst themselves over their food bowls, then train one dog through the protocol before starting the second dog. Start with any dog.

4.3 Step 1: Feeding Out of the Bowl

Switch the power to ON, but turn the machine VOLUME off. Then place treats by hand into the treat bowl to attract Fido to the bowl. After he eats them, add a few more pieces of kibble. If he's wary of the bowl, continue adding kibble each time he's finished eating the previous kibble until he readily eats from the bowl. Most dogs are attracted to the bowl after several kibble.

If you think your dog might be afraid of the machine, then use higher value treats such as peanut butter, canned spray cheese, or cream cheese. If needed, you can leave the system out for a few days and frequently place portions of Fido's meal as well as treats in the machine. Even the biggest 'fraidy cats will love the machine within a few days.

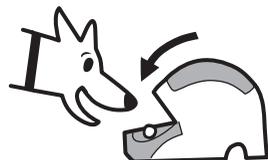
4.4 Step 2: Dispensing Treats

Once Fido's no longer suspicious of the machine, press the DISPENSE button so that the Treat&Train™ system dispenses kibble. Wait for him to get his treat. Then repeat. The tone should not be sounding at this stage because it can scare some dogs.

Many dogs look at their owners or away from the Treat&Train™ system, but orient to the sound of the system and then see the treat coming out. If your dog doesn't orient, either point the treat out or make sure he's looking at the Treat&Train™ system when you dispense the treat. Once he comfortably takes food immediately after it's dispensed, go to Step 3.

Step 1: Feeding Out of the Bowl

Switch the power to ON, but the VOLUME off, then place treats by hand into the Treat&Train™ system treat bowl to attract Fido to the bowl.



Step 2: Dispensing Treats

Once Fido's no longer suspicious of the machine, press DISPENSE on the remote control button to dispense kibble. Wait for him to get the treat. Then repeat.

If you think your dog might be afraid of the movement and sound of the Treat&Train™ system, start this step with Fido on the other side of the room. He should already be interested in running to the machine because he knows good things come out. Show him that you're placing yummy treats into the bowl. Then hit DISPENSE so additional treats come out and then release him. He may be a little hesitant at first due to the sound of the machine dispensing but should walk up to the Treat&Train™ system and start eating shortly. Repeat this step until Fido consistently runs up the machine after you've dispensed treats. Then switch to just rewarding with treats that you have dispensed (assuming they are tasty enough—as tasty as peanut butter, spray cheese, and other treats you may have had to smear onto the system's food bowl). If he continues to run right up to the bowl you can start closer to the machine. Alternatively you can continue using really tasty treats that you smear onto the bowl even as you move Fido closer to the machine.

4.5 Step 3: Adding the Tone

Next turn the VOLUME to low. Fido will probably orient towards the sound of the food dispensing or to the tone and then get the treat. Repeat this procedure, until he immediately gets the treat 9 out of 10 times in a row.

If you think your dog might be afraid of the tone, then introduce it the same way the food dispensing is introduced to potentially fearful dogs in Step 2.

4.6 Step 4: Rewarding Eye Contact

Now we'll work on teaching Fido to pay attention to you by giving you eye contact.

This step is important for teaching Fido to focus on you rather than becoming overly engrossed in the system. It's also important for confirming that Fido knows that the sound of the tone means a treat is coming (e.g. tone/treat association). Some dogs automatically look at their owners for reassurance between treats or because they know who's controlling the treat dispensing. If your dog already automatically looks at you, make sure you reward him by toning and treating when he looks at you.

If he doesn't look at you, you can get his attention by making a smooching sound once and when he looks, TONE & TREAT. If he passed Step 3, then he should immediately go to get his treat when he hears the tone. Repeat until your dog is consistent.

Some dogs don't look when you smooch. If smooching doesn't work after two tries, give your dog a treat from your hand several times in a row and then when he looks at you expecting another morsel of food, TONE & TREAT. Do this a few more times in a row and then see if he'll look at you on his own. Pretty soon you'll no longer need to give him treats by hand to get his attention.

Next stand in several different locations when you practice this step and make sure your dog stays fairly close to the system during this step since we'll wait until the next step to add distance.

When your dog consistently looks at you then immediately goes to get his treat upon hearing the tone, and he can do this when you're standing in at least two different locations, go to Step 5.

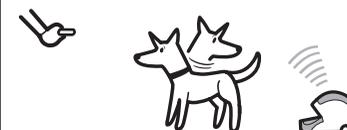
Step 3: Adding the Tone



CHECKLIST

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<input type="checkbox"/>				

Step 4: Rewarding Eye Contact



Location 1

<input type="checkbox"/>				
<input type="checkbox"/>				

Location 2

<input type="checkbox"/>				
<input type="checkbox"/>				

Repeat until your dog performs correctly 9 out of 10 times in a row.

TIP: If you are using the Treat&Train™ system to train Fido to perform a calm, quiet down-stay and...a) you don't care whether he learns to run to a specific location and... b) you want to skip 'targeting' (Chapter 5), you can skip Step 5 as well and go directly to down-stay training (Chapter 8). If you do this, then during the down-stay exercises you should have a leash on Fido so you can guide him off the rug instead of targeting him off between trials.

Step 5: Adding Distance
First move 3-5 feet away from the Treat&Train™ system. Only TONE & TREAT when he's standing close to you. Repeat until he consistently responds to the tone from 5 feet away. He should immediately run to get his treat 9 out of 10 times in a row before you go on to the next stage of training.

CHECKLIST

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4.7 Step 5: Adding Distance

To ensure that your dog's response to the tone is strong enough to prepare him for Game 2 (Targeting) or for use of the machine for training of other behaviors, build up the distance at which Fido responds to the tone next.

First move 3-5 feet away from the Treat&Train™ system. If your dog follows you, TONE & TREAT. If he passed Step 4, he should immediately walk or run to get his treat from the system. If he stays near the system, lure him away by giving a treat by hand, then TONE & TREAT when he's standing close to you.

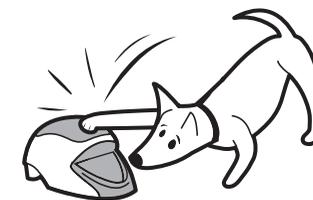
Repeat this step until your dog consistently responds to the tone from 5 feet away. He should immediately run to get his treat 9 out of 10 times in a row before you go on to the next stage of training.

4.8 Troubleshooting

- **Fido's afraid of the Treat&Train™ system:** See the tips in Steps 1, 2 and 3. In general, start with the best treats you have. Continue putting food in the system's food bowl until Fido's comfortable taking food. Then, when you go to the step where you dispense the treat (Step 2) or the step where you turn the beep volume on (Step 3) start with Fido on the other side of the room where the sounds and movement of the system will be less scary, such that he can then approach the machine at his own speed.
- **Slow to learn the tone-treat association:** Use a higher value treat. Some dogs will work for treats that you give by hand but aren't as motivated to work for treats dispensed by the Treat&Train™ system, at first. In some cases, this may be because these dogs find the human interaction part of the reward. The food isn't motivating enough on its own. In other cases it's that he's a little nervous about the machine. In either case increasing the treat value will solve the issue quickly.

- **Fido paws or barks at the machine:** Avoid letting Fido paw at or bark at the Treat&Train™ system, and be especially careful to avoid rewarding this behavior. Instead, distract him from the unwanted behavior if needed and reward him when he's standing quietly with all four feet on the floor. An easy way to do this is to get him to focus on you, instead of the system by giving him several treats in a row by hand and dispense treats when he's focused on you but before he has a chance to bark. Repeat this pattern several times, then start treating from the system before Fido has a chance to paw or bark again. Systematically increase the amount of time he stands stationary and quiet with all four feet on the floor. Always make sure you reward him before he starts pawing again. Once he consistently waits with all four feet on the floor to get his treat, go to the next step.

Avoid letting Fido paw the Treat&Train™ system.



Make sure you don't reward barking.



5.1 Which Dogs Should Learn This Exercise

5.2 Overview

5.3 Step 1: Presenting the Target

5.4 Step 2: Taking 1-3 Steps

5.5 Step 3: Taking 4-6 Steps

5.6 Step 4: Adding the Verbal Cue

5.7 How Do You Know When He Knows the Cue?

5.8 The Stationary Target

5.9 Troubleshooting

5.1 Which Dogs Should Learn This Exercise

This exercise is useful for anyone who wants to train their dog to perform tricks, train in obedience, agility, service or military work because targeting is handy for training many behaviors.

In terms of training dogs to be calm in highly distracting situations, targeting is used in between Down-stay and Down-stay with distraction repetitions (Games 3 and 5) to get dogs off their rug and to add variety to the training. It's also used in Game 4 (Place) where dogs are trained to run to a rug on cue.

For cases where owners want to train their dogs to lie down calmly but don't need to have the dog run to a location such as a rug or kennel on cue, this game can be skipped. But that means during the down-stay and down-stay with distraction games, the dogs must be called off their rug. This is trickier than targeting them off their rug.

5.2 Overview

In this game, you will use the hand-held target and you'll train your dog to run to it and touch it with his nose. Make sure you adjust the target so you can easily present the target below your dog's nose level. Generally the target should be fully extended.

- **Recommended Practice:** Two 15-minute sessions every day.
- Practice each step in sets of 5-10 repetitions with breaks in-between.
- When Fido gets 9 out of 10 right, you can go to the next step. You can conveniently practice this exercise in short sets during TV commercials if you want.

5.3 Step 1: Presenting the Target

Put a small dab of wet dog food, peanut butter, or something tasty onto the target. Then with Fido facing the Treat&Train™ system, present the target at his chin level several inches away but close enough for him to reach with an outstretched neck. When he reaches out to sniff the target, TONE & TREAT and simultaneously remove the target. (Make sure you watch the video since most people perform this step incorrectly unless they've watched the DVD). If he knows the TONE & TREAT association well, he should immediately run to get his treat. If he's not that motivated for the food or doesn't know the association well, or you have not removed the target from in front of his face, he will take his time. If Fido doesn't try to touch the target, remove it and present it a little closer. When he can touch the target immediately upon visual presentation 9 out of 10 times in a row, remove the food on the target and go to Step 2.

TIP: If at any point Fido does not respond to your visual presentation of the target, avoid moving it closer or your dog will train you to move the target closer. Instead, remove the target and then re-present it closer.

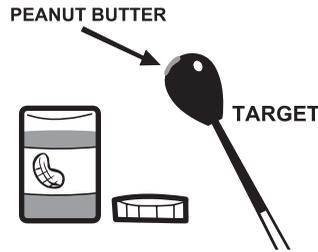
5.4 Step 2: Taking 1-3 Steps

Present the target far enough from Fido so that he has to take 1-3 steps to reach it. TONE & TREAT when he touches it. Remember to start with the target out of view and once he touches it, remove it while simultaneously activating the TONE & TREAT. When he touches the target immediately upon presentation 9 out of 10 times in a row, go to the next step.

In this and the following steps, it's important to be ready to target again as soon as Fido eats his treat so that he knows within a second what you want him to do next.

Step 1: Presenting the Target

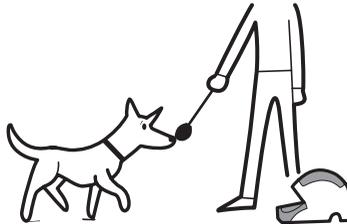
Put a small dab of wet dog food, peanut butter or something tasty on the target.



CHECKLIST

Step 2: Taking 1-3 Steps

Present the target far enough from Fido so that he has to take 1-3 steps to reach it.



CHECKLIST

5.5 Step 3: Taking 4-6 Steps

Repeat Step 2, standing far enough away so that Fido has to take 4-6 steps to reach the target. When he can perform this 9 out of 10 times in a row, go to Step 4.

5.6 Step 4: Adding the Verbal Cue

Right now, Fido's cue for touching the target is your visual presentation of the target. Now you will add a verbal cue so that in the future you'll be able to get him to target even if he's not looking in your direction when you give him the cue.

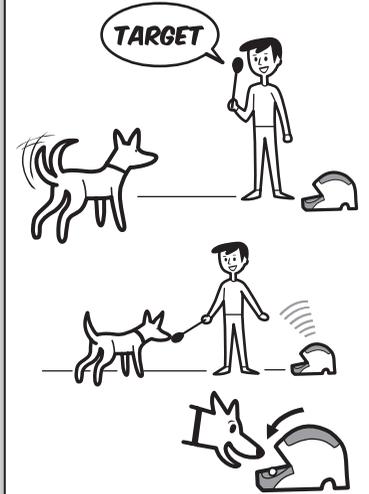
Start by saying the word "Target" once in a distinct and loud manner so that your dog is likely to orient in your direction. Then immediately present the target. Your voice should cause him to orient and then the first thing he will see is the target. After several repetitions, he will get the idea that the word is always followed by a presentation of the target; therefore to him, the word will mean he should go and touch the target. If when your dog is looking away from you he won't orient towards you at the sound of the verbal "target," then start by saying the word and presenting the target when he's already looking at you.

NOTE: If you say the cue word and present the visual cue at the same time, it may take Fido a longer time to learn that the cue word means the same as the visual cue. That's because he has no reason to learn the second cue. The visual cue is more noticeable and will block his learning of the second cue that's presented at the same time. In psychology, this phenomenon is called blocking. The take home message? Be sure to present the verbal cue first followed quickly by the visual cue.

Step 3: Repeat Step 2, standing far enough away so that Fido has to take 4-6 steps to reach the target.

CHECKLIST

Step 4: Adding the Verbal Cue
Say "Target." Then after your dog looks, quickly present the target at his nose level.



CHECKLIST

5.7 How Do You Know When He Knows the Cue?

We know that Fido has a clue about the meaning of “target” if he’s facing away from you and he orients towards you upon hearing the cue word 9 out of 10 times in a row.

NOTE: We don’t actually have to have targeting with verbal cue down to go on to the next exercises. The visual cue (presentation of the target) is good enough.

5.8 The Stationary Target

On days you don’t feel like training, you can exercise Fido by having him target to the stationary target. Place the target in the included base. To teach him to touch this target, just TONE & TREAT whenever he touches it. You can have him run quite a distance to touch the stationary target and run back to the machine to get a treat.

5.9 Troubleshooting

Some Dogs Bite the Target

This is ok but if you only want Fido to touch with his nose, then only reward when he touches his nose to the target. Don’t reward instances where he bites the target.

Dog Responds Slowly

If your dog responds slowly, you either:

- Skipped a step and he’s confused or unsure of himself.
- Moved on to the next step too quickly. (Go back and repeat an earlier step.)
- Your presentation of the target was not quick enough.
- Fido was not motivated by the food reward. You need to try a different, more enticing treat, or reduce the amount of available food throughout the day.
- Fido needs more practice and a longer history of reinforcement for the “targeting” behavior, so that he understands the behavior better and enjoys it more.

6.1 Which Dogs Should Learn This Exercise

6.2 Overview

6.3 Step 1: Learning to Say "Please" by Sitting Automatically

6.4 Step 2: Sits in Rapid Succession

6.5 Practice in Other Situations

6.6 Troubleshooting

6.1 Which Dogs Should Learn This Exercise

Any dog with impulsivity issues should work on this exercise. That includes dogs who whine or bark for attention, jump on or lunge to reach people/other dogs, or who act without thinking. It’s also important for dogs who love attention and toys more than food because it’s a way to use all motivators to your advantage. It’s important for dogs with low attention span because it trains the dogs that all fun comes from the humans and they can’t have access to other things that distract them (toys, other dogs) unless they ask their owners for permission by sitting.

The leave-it exercise that’s shown in Chapter 6 of the DVD will be especially important for the last stage of training dogs to lie down calmly when visitors come to the door.

6.2 Overview

This is the most important exercise in all of dog training, and failure to do this exercise is one of the top reasons for delay in program completion. By training your dog to automatically Say "Please" by sitting, you’ll teach him to ask for privileges rather than taking whatever he wants for free. In other words, he’ll learn impulse control. Once your dog consistently sits automatically in all of the situations described, you can elect to use it or not to use it in all of these situation. Regardless, you’ll have it in your toolbox in case you need it later on.

Recommended Practice: At least three sessions of 10 repetitions daily, plus every time your dog wants something from you.

TIP: Your dog will respond more to your actions than to your words. Make sure your body language and actions are correct.

6.3 Step 1: Learning to Say "Please" by Sitting Automatically

Start with a hungry dog either on a leash or in a small room without any distractions. Let him see that you have a treat so that he knows what he can earn, then just hold the treat hidden in your hand against your body and above your belt. At first, Fido will wonder why there is a delay in treat delivery. If he’s a go-getter, he’ll try to get your attention doing what’s worked in the past. This probably means a few pogo-like pounces on you and a “woof, yap, yip.” Rather than barking back an English equivalent of “No” or placing a hand on him to keep him down, make

like an icicle and freeze so that he knows you're ignoring him. You can even turn your back on him. Be completely quiet and still.

This will puzzle your punchy pooch and give his mind a workout. If he wasn't attached to you by a leash or stuck in a small room with you, he might give up and find a simpler game. Since he's hungry for your special treat and strapped to you by his leash (or in a small room), you can wait him out. Eventually he'll sit. Immediately give him a treat before he has a chance to get up. Then give him additional treats sequentially to reward him for remaining seated.

Next, walk away a few steps while hiding the treat in your hand and repeat this exercise. If he starts to wander, get his attention by making a smooching sound. Don't bother using his name unless you're 100% sure he'll look at you immediately. Otherwise, you'll just be teaching him to ignore his name. If making a smooch sound once or twice doesn't immediately get his attention, then hold still and just wait (sometimes for quite awhile) until he gets bored and figures out that he'll continue to be bored until he sits again and gives you his attention.

Once you have his attention again and he decides to make another try for the treat, he'll still start with the old song-and-dance routine. When it just earns a cold shoulder, he'll start thinking about what worked last time. As soon as he sits, send the treat quickly before he stands up and follow up with additional treats sequentially to reward him for remaining seated. As he gets better at remaining seated, increase the interval between treats, vary the interval between treats and vary the number of treats that you provide sequentially, sometimes only giving one.

Practice this exercise 10 times in a row and Fido should clearly have the concept that

Dogs say, "Please" by sitting patiently while awaiting the go-ahead from you. Avoid rewarding Fido for jumping, standing and climbing all over you.



Step 1: Learning to Say "Please"
by Automatically Sitting — 10 times in a row, 3 sessions a day, for 3 days.



Reward while sitting.

CHECKLIST

- Day 1
- Day 2
- Day 3

if he wants something from you he should offer a sit in order to say "please." Once he reaches this stage you can switch to giving treats intermittently (meaning not every time he sits) and replacing with praise or petting (whichever reward he wants at that instant).

6.4 Step 2: Sits in Rapid Succession

Now, practice getting sits in rapid succession. Each time your dog sits, give a treat while he's still sitting and 1-3 more treats for remaining seated, then take several brisk steps away with your dog and repeat. Give only one treat if he's already good at offering a sit and staying seated, but give several treats in succession if he tends to get up immediately after you're done or if he has a long history of jumping on people. This means you should have 5-10 treats ready in your hand. If your timing is good and your dog performs these sits in rapid succession, your dog's eyes should be glued to your face. If you're too slow or your timing is off, he'll get bored and his attention will wander. The more we reward immediately when Fido sits and remove our attention within a split second when he stands up, the quicker his rapid-sit behavior becomes a habit. Try to get 10 sequential sits in a minute. When he's good at this you can go to an intermittent reinforcement schedule where you don't reward him every time.

6.5 Practice in Other Situations

Once Fido knows this exercise so well that he's performing 10 sequential sits in a minute, apply this polite behavior to other situations where he wants something from you. Avoid using a verbal cue such as "sit" because we don't want to have to micromanage his sit behavior; rather we want him to say "please" automatically every time he wants something from you.



Step 2: Sits in Rapid Succession

Now, practice sits in rapid succession. Each time your dog sits, give treats while he's still sitting, then take several steps away and repeat. Work up to 10 sits in a minute.



Immediately give a treat while Fido is still sitting.

CHECKLIST

- Day 1
- Day 2
- Day 3

Don't use any verbal cue because we don't want to have to micromanage Fido's sit behavior; rather we want him to say "please" automatically every time he wants something from you.

Fido should sit and remain seated in all of these situations below and remain sitting until you give a verbal or visual signal that he can get up. So for instance, when he sits for you to open the door, he should remain seated even with the door wide open until you tell him he can go through. The goal is to teach Fido that the door only opens when he sits. As soon as he stands without your permission, the door closes. This will be very important for the last stage of training.



- To go through doorways and gates, especially when guests come to the door.
- To get out of his crate.
- To have his toy tossed.
- To receive treats or meals.
- To get his leash on when he goes for a walk.
- To get out of the car.
- To greet people.

To gain potential access to dropped food and other things you ask him to "leave it" (leave-it exercise).

TIP: To see video on how sit is trained in some of these other situations, watch the DVD Chapter 6. For the last stages of the Treat&Train™ system program, training the leave-it exercises will be important.

For more information about how these automatic sit exercises are incorporated into the Learn to Earn Program for impulse control, read *Perfect Puppy in 7 Days: How to Start Your Puppy off Right* or *Teaching Fido to Learn to Earn: A Program for Leadership in Humans and Impulse Control in Dogs*.

6.6 Troubleshooting

If after a day or two you don't see a dramatic change in behavior here's what might be going wrong:

- Your timing is off and you don't get the treat to your dog quickly enough or while he's still sitting. Fido should be in the sitting position when you give him the treat.
- You don't give enough sequential treats for sitting and remaining seated. Dogs that jump a lot need lots of treats for remaining seated.
- You or other family members are inconsistent. Sometimes you require Fido to sit to earn privileges such as getting his leash on or getting attention. Other times you don't.
- You don't wait long enough for Fido to sit. You may have to wait a minute at first for dogs who are comfortable waiting in a standing position or don't like to sit much. Hold completely still until the dog realizes nothing is happening. Wait until he chooses to walk up to you and sits with his attention focused on you. Some dogs need for you to lure them to sit the first 5-10 times.
- You don't stand silent and stationary while you wait for Fido to sit. Rather you move your arms around, try to bribe or lure Fido by waving the treat, grab the leash with your hands, or physically take one or more steps. Every time you make a movement, you create a stimulus and it takes longer for Fido to learn that nothing happens until he sits politely.
- Your body language confuses Fido. You may be leaning over him as he stands, so it's not clear to him that he is being ignored, or you feed the treat in such a way that you cause him to stand.
- Your dog is not motivated by the reinforcer you're using. For instance, don't require your dog to sit to go through the back door if he has no desire to go out the back door.
- It's easy for your dog to ignore you because he finds other rewards such as running away to play with his toy. Use a handsfree leash, or attach the leash to your waist, if your dog does this.

7.1 Which Dogs Should Learn This Exercise

7.2 Overview

7.3 Method One: The “L” Pattern

7.4 Method Two: Make a Tunnel

7.5 Adding the Cue Word “Down”

7.6 Troubleshooting

7.1 Which Dogs Should Learn This Exercise

All dogs should learn to lie down on cue. Down is a calmer position for dogs than sit, and an easier position to hold for long periods of time.

7.2 Overview

If your dog knows how to lie down on cue, you can skip this chapter. If your dog doesn’t know this yet, don’t fret. It will only take a few short sessions and he only needs to know how to lie down for a second or two before you continue with the rest of the program for training dogs to lie down calmly in high distraction situations.

Here are two different methods. Both rely on shaping—meaning we’ll start with a behavior or position we can easily get, and systematically reward ones closer and closer to our goal behavior of lying down.

Recommended Practice: Three 10-minute sessions every day.

7.3 Method One: The “L” Pattern

Start with Fido already in a sit and hold a treat several inches below his nose so that he has to look down to touch it. This will draw his nose down and cause him to lower his head and front end a little. When he lowers his head and front end to sniff it, let him eat the treat, then offer additional treats in the same location. When he eats

The “L” Pattern



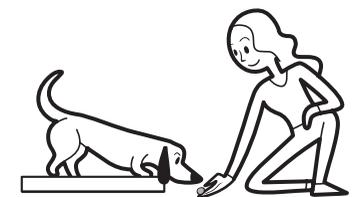
CHECKLIST

Day 1

Day 2

Day 3

For small dogs with very short legs, sometimes it’s easier to start with them on a raised dog bed so that they have to reach down a little.

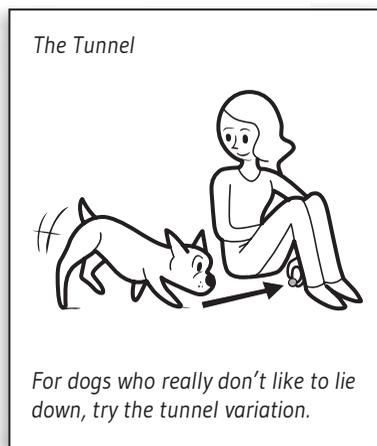


5-10 treats in a row in this position without lifting his rear off the ground, end the exercise and start another repetition. If he gets up to get to the treat, then you're holding it too low (or too far in front of him). Raise it a little for now.

In the next repetition, hold the treat a little lower so that Fido bends down a little more. If he loses interest or keeps getting up, you're holding the treat too low. Continue this process until he's pretty good, then increase the difficulty in the next repetitions by holding the treat further down. Once you've gradually worked to the level where the treat is almost on the ground, take the next step by holding the treat on the ground but a few inches away from him. This will allow him to bring the front of his body the rest of the way down. Make sure the treat is not too far away from Fido or you'll lure him to get up. If you accidentally lure him to get up, just start the repetition again. Overall, you are moving the treat down and then away from him in an "L" pattern. Pretty soon he should be going down fairly easily.

7.4 Method Two: Make a Tunnel

For dogs who really don't like to lie down, you can try the tunnel variation. Start with both you and Fido sitting on the floor. Raise your knees so that you've made a little tunnel and hold the treat under your tunnel but protruding out a little. Fido will have to bow down and reach into the tunnel. At first, he'll just bow. Reward him for this a bunch of times. Then, gradually shape the behavior in steps by moving the treat further under the tunnel so that Fido has to reach further into the tunnel. If he runs around to the other side to get the treat, then you've moved through the step too soon and put the treat too far into your tunnel.



Eventually, he will magically bow low enough and then lie down. When he lies down immediately several times in a row, you can switch to the "L" pattern method.

7.5 Adding the Cue Word "Down"

Once you have shaped a reliable down using a food lure, you can turn that hand motion you use in the "L" method into a cue. Just place your treat in the non-cue hand and hide it behind your back. Then with your regular luring hand, make the movement you've been making to lure him down. When he follows the hand and lies down, give him the reward from the other hand. Make sure you give it in a way that he remains lying down.

Next, once he can lie down with this visual hand signal with no food in that hand and he can do it 5-10 times in a row, you can start training the verbal cue "down," if you want.

Simply say "Down" before you give the visual signal or right before he's going to lie down on his own. This timing is important. If you say the word while you're giving the visual signal, Fido won't really notice it; whereas if you say it immediately before, it will come to predict that he will see the visual hand signal and that he should just anticipate and lie down. Also make sure you say the cue word distinctly but in a happy voice and with the word drawn out long enough. Give a treat immediately when Fido lies down followed by a few more for remaining down. Practice this 5-10 times per set and after each set test whether he knows it. When you can say the verbal cue while holding perfectly still and Fido responds by lying down, then the dog knows the "Down" cue.

7.6 Troubleshooting

If your dog just won't lie down or he starts to lower his front end but then gets up, it's for one of the following reasons:

- You're holding the treat out too far and luring your dog into a stand rather than into a down. The treat should drop in a line from his nose to the ground.
- You went on to the next step too soon. For instance you move the treat too close to the ground too quickly, or when using the "L" pattern method, you start drawing the treat out along the ground too soon.
- Fido isn't comfortable on the surface. Start on a comfortable surface such as a rug. Later train on more difficult surfaces such as a hardwood floor or concrete.

8.1 Which Dogs Should Learn This Exercise**8.2 Overview****8.3 Starting the One-Minute Repetitions****8.4 Step 1: The First One-Minute Repetition****8.5 Step 2: Down-Stay with Treats Coming Every 3 Seconds****8.6 Step 3: Down-Stay with Treats Coming Every 5 Seconds****8.7 Step 4: Down-Stay with Treats Coming Every 7 Seconds****8.8 Step 5: Down-Stay with Treats Coming Every 10 Seconds****8.9 Step 6: Down-Stay with Treats Coming Every 15 Seconds****8.10 Step 7: Down-Stay with Treats Coming Every 20 Seconds****8.11 Step 8: Down-Stay with Treats Coming Every 25 Seconds****8.12 Step 9: Down-Stay with Treats Coming Every 30 Seconds****8.13 Step 10: Down-Stay with Treats Coming Every 45 Seconds****8.14 Step 11: Down-Stay with Treats Coming Every 60 Seconds****8.15 Troubleshooting****8.16 Automatic Training Session – Quick Meal**

8.1 Which Dogs Should Learn this Exercise

For some dogs who are anxious or highly excited in certain situations, dispensing treats in order to distract them works well, and they learn to be calm. However, in more difficult situations or for dogs who are more challenging, it works better to actually train them to perform a replacement behavior such as lying calmly in a down-stay. The Treat&Train™ system is particularly well suited for training this task because it provides the reinforcer to the dog when the dog is in exactly the correct position and posture—a task that’s not as easy or convenient when you’re rewarding with treats given by hand.

8.2 Overview

The goal of the down-stay exercise is to train Fido to remain lying down for extended periods of time. In this exercise, Fido gets treats when lying down and the treats come so frequently that there’s little time for him to get distracted and get up. The first few times he may get up to get the treat before he realizes that he can get them while lying down. If he gets up, just tell him “Down” or lure him down again and reward him again once he’s lying down. Do make sure the Treat&Train™ system is conveniently located so he can eat from it while lying down.

NOTE: Make sure Fido is truly motivated to work for his food. Stop the session if he looks bored or isn’t hungry. To test whether food motivation is the issue, switch to a tastier treat and watch to see if he’s suddenly more focused, or try later on when you know he’s hungrier. Also realize that if Fido is nervous or scared, he will be less likely to eat. So in some cases you may need to make his environment more comfortable.

The basic exercise goes like so:

1. Practice the down-stay in ONE-MINUTE REPETITIONS. It's best if Fido learns to lie down on verbal cue or automatically when he gets on the rug, as this will be important for Game 4. So each time you practice the down, if he doesn't already know the verbal cue on its own, say the verbal cue once, and then use the hand-signal or lure to get him to lie down. By the time you get to Step 5 of the training or later, he should be able to lie down on verbal cue alone.

2. At the end of each one-minute repetition, randomly provide 2-3 more treats. The purpose of these 2-3 treats at varying intervals is to prevent Fido from learning to anticipate and get up on his own at one minute. He might get a few more treats. Because they are at variable intervals, he will not know exactly when he might get another treat, so he will learn to wait patiently.

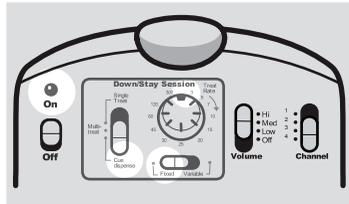
3. After he gets the 2-3 treats at variable intervals, target Fido off the rug by using the target stick. The purpose of targeting is to give Fido practice running to the Treat&Train™ system and rug, which will be important for Game 4. Target him 1-5 times in between down-stay repetitions.

4. When you're ready to start another down-stay repetition just follow him to the rug after he's targeted and is running back to get his treat. Once he's eating his treat, cue him to lie down.

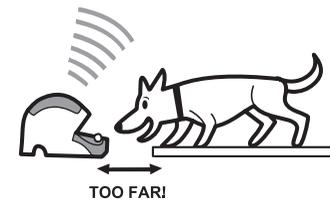
5. Make sure you always target Fido off the rug after each one-minute repetition rather than letting him get up on his own. That way he learns that he shouldn't just get off on his own. If Fido has a good recall (come when called), sometimes you can also call him off the rug. You should mostly target him off since this gives him practice running back to the rug, which will be important

Set the control panel to:

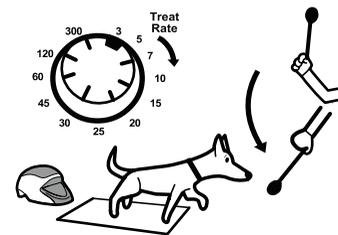
- Power = on
- Volume = low, medium, or high
- Session = cue dispense
- TREAT RATE = 3 seconds
- Treat Interval = fixed



Make sure the machine is conveniently located so that Fido can eat from it while lying down.



At the end of each one-minute down-stay session, provide 2-3 more treats at variable intervals and then target Fido off the rug.

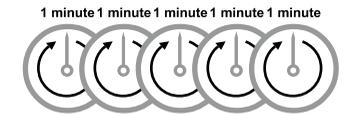


in Game 3. If Fido likes to stay on his rug that is a good sign as it means he's learning his down-stay well.

6. When Fido correctly performs 5 repetitions in a row, go to the next step. He should be able to get through each step in about 7-10 minutes.

Recommended Daily Practice: Two 10-20-minute sessions with breaks. The further along he is in training the longer his sessions can be because it will take longer to work through his food.

When Fido can repeat 5 one-minute repetitions in a row at any given level or step (with short breaks between each minute), then he can go on to the next step.



TIPS:

- If Fido makes more than two mistakes in a row or starts barking at or pushing the machine, refer immediately to the Troubleshooting section at the end of this chapter.
- If he's not performing well or frequently gets off, stop the session.
- If he's not willing to work for the food, he may be telling you he wants it for free. Wait until he finds food to be a more valuable resource, or learns that it's only available when you present it and when he's willing to work.
- Also, if Fido's more motivated by praise, play, or other things, or overall has a low attention span, you will need to work more on the exercises Say "Please" by Sitting (Chapter 6) and Rewarding Calm Behavior (Chapter 9) in order to successfully complete this. Then move on to the next two sections.
- If the last down-stay session was on a previous day, it's a good idea to review the last step that Fido completed.

8.3 Starting the One-Minute Repetitions

Preparing the rug:

Take out the Treat&Train™ system and a comfortable rug or dog bed. Find or purchase a rug that you will only use for this purpose. Avoid using his regular rug or one he lies down on regularly. Be sure to choose something that you won't mind having near your front door (or other distracting location) later.

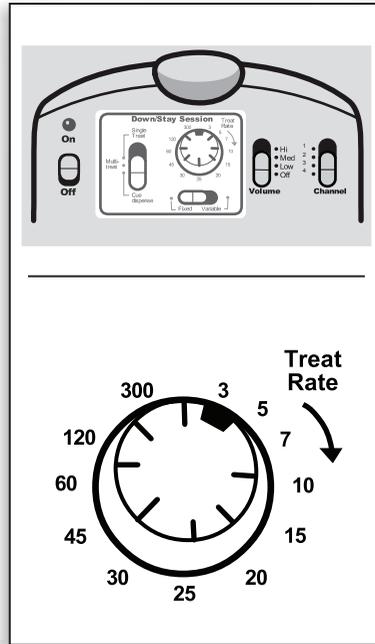
- Remember: At this point, both the Treat&Train™ system and the rug should only be out during training sessions at this point so that your dog learns these things are special and access to them is limited.
- Only reward your dog from the Treat&Train™ system for lying on his rug when you ask him to. Otherwise, he may end up training you to give him treats at his will rather than on your terms.
- Position the Treat&Train™ system at the edge of the rug in a way that allows your dog to eat the treats without having to get up. You may have to prop it up on something if you're using a dog bed.

Setting the control panel:

- Turn the system to ON.
- Turn the TONE VOLUME to low, medium, or high.
- Set the Down-Stay Session switch to CUE DISPENSE. This setting directs the system to give you an audible cue that tells you when to dispense a treat. (Note: This is also depicted in an illustration.)
- Set the TREAT RATE time to 3 seconds so that it gives you the cue tone every 3 seconds.
- Set the Interval to FIXED so that the Treat&Train™ system will give the cue tone at a fixed interval.

Using the machine on the CUE DISPENSE setting:

- Now if you hit the DOWN-STAY button on the remote, the DOWN-STAY light will go on signaling that you've started a one-minute session and the system will emit a cue tone every 3 seconds.
- When you hear the cue immediately, press DISPENSE on the remote so that your dog hears the tone and gets his treat. This cue tone is a guideline. If your dog



needs treats more frequently at first, then give them more frequently. If your dog takes longer than 3 seconds to eat treats, then give the treats less frequently.

- If your dog gets up, immediately stop giving treats or you may accidentally reward your dog for getting up. To do this, press the DOWN-STAY button to stop the tones. Then, give your dog a verbal or visual cue to lie down. Dispense a few treats with the DISPENSE button and start again.

TIPS:

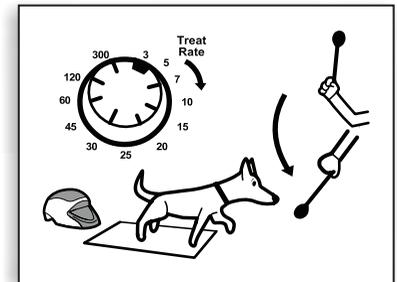
If your dog gets up to get his treats, immediately stop dispensing treats and have him lie down again. You can target him back in position or lure him with a treat by hand if needed. **Avoid physically repositioning him as this confuses and scares some dogs and causes others to resist, which often leads to poor performance later.** Then dispense additional treats. Check the positioning of the Treat&Train™ system to make sure it's convenient for your dog.

At first, some dogs get up each time you dispense a treat. Just continue having them lie down each time they get up. After they lie down many times in a row to get the treat they figure out that it's less effort to just stay lying down the whole time. So take your time on this preliminary step. Once your dog consistently lies down to get his treats, go to Step 1 of the Down-Stay Game.

NOTE: Even flat-nosed dogs such as Bulldogs can eat out of the Treat&Train™ system's treat bowl. We suggest elevating their rug or using a large kibble to make eating from the treat bowl easier.

8.4 Step 1: The First One-Minute Repetition

Now, we'll start our first one-minute repetition. Kneel or sit next to your dog's rug. Get your dog to lie down on his rug and immediately press the DOWN-STAY button on the remote. Immediately dispense the first treat. Then dispense treats every 3 seconds when you hear the cue tone.



When the DOWN-STAY light turns off, signaling one minute, dispense a few extra treats at varying intervals so that your dog doesn't learn to tell time and get up on his own at one minute. Then inconspicuously pull out your target and target Fido off. Target him several times between each repetition in order to provide variety in training and also to give him vital practice for the Place Game in Chapter 11.

During Step 1, Fido will probably look like he wants to get up and will move around on his rug. If he gets up, stop the treats, put him back in a down, and start the minute over. At first you may have to do this a bunch of times in a row because he will get up each time to get the treat. But after 3-4 times of getting up and being put back in a down, he will get the idea that he should stay down. When

he completes this level for 5 one-minute sessions in a row, and then target him off his place between repetitions, go to Step 2.

TIP: If you are just training Fido to do a down-stay but don't need to send him to a specific location, then between repetitions you can call him away from his rug or use a leash and lead him off by walking away and then taking a lap around the room before you have him lie down again. Then after training him through the down-stay stage you can skip immediately to the Down-Stay with Distractions (Chapter 12).

8.5 Step 2: Down-Stay with Treats Coming Every 3 Seconds

Repeat as with Step 1 but deliver the first treat starting at 3 seconds AFTER Fido lies down.

At the end of the one minute, give him a few treats from your hand while he's still in a down so he learns that he still has to stay down when getting treats from your hand. Make sure you reach down low enough so that you don't lure him into a stand!

Prevent Fido from becoming possessive of the machine by occasionally giving treats from your hand. By doing so, you help Fido learn that when you approach his machine he gets good things from you rather than giving him a chance to think that you are going to take something away from him. You can also sometimes provide better treats from your hand than from the machine, if you're concerned that Fido may start guarding. (If he has a history of food guarding, you should get help from a qualified professional animal behavior specialist.) Otherwise, the treat should be the same or lower value than what's coming from the machine because you want the dog to be more interested in staying in his "place" than coming over to you.

Once Fido correctly completes 5 repetitions in a row, go to Step 3.

At the end of one minute, dispense a few extra treats, then target Fido off.



CHECKLIST

Step 2: Treats every 3 seconds.
Goal: 5 correct repetitions in a row.



At the end of one minute, give some treats by hand.

CHECKLIST

8.6 Step 3: Down-Stay with Treats Coming Every 5 Seconds

Repeat as with Step 2 but now the TREAT RATE is 5 seconds with the first treat coming at 5 seconds. By now you probably don't have to crouch down. Rather, once you get Fido in a down, you can sit within 3 feet in a chair.

NOTE: If your dog is really short so that he wants to get up to look at you during this exercise, you may have to go back to giving treats more frequently for 5 repetitions now that you're sitting at this new height. Make sure that you give him treats right as you're starting to stand up so that he concentrates on the food rather than on your change of height.

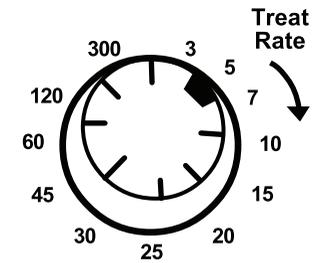
If Fido does well with you in this new position and correctly completes 5 consecutive repetitions, go to Step 4. If he's having problems, go back to giving treats every 3 seconds while you are sitting in the chair 3 feet away for several consecutive correct repetitions before you increase the interval to 5 seconds.

Vary the end of each session: From here on, at the end of one minute you will vary the routine even more so that Fido doesn't just learn to tell time and automatically think he should get up after one minute. We also don't want him to learn that every time you stand up or approach means that he should get up. So, after the minute down-stay is finished, try these different variations:

- Randomly give 2-3 treats from the Treat&Train™ system and then target Fido off.
- Walk up to Fido and give 2-3 treats from your hand at varying intervals and then target him off.
- Walk up and give a treat and then DISPENSE treats as you start to walk away. Then stop and target him off.
- Make up your own ending variations.

Remember to always target or call Fido to leave his rug. If he gets up before you call, then put him back on his rug and tell him down. Then give him sequential treats for staying down until you target or call him off again.

Step 3: Treats every 5 seconds.
Goal: 5 correct repetitions in a row.



At the end of one minute, vary the routine so that Fido doesn't just learn to tell time and automatically think he should get up after one minute.



CHECKLIST

8.7 Step 4: Down-Stay with Treats Coming Every 7 Seconds

Repeat as with Step 3 but now the TREAT RATE is 7 seconds with the first treat coming at 7 seconds. Give 2-3 more treats at the end of a minute at a variable interval. When dogs can correctly perform 5 repetitions in a row, go to the next step. At this stage dogs may start to prefer staying on the rug to running to touch the target with their nose. This is why a good targeting response is important. You may need to review targeting at this point. If you are having problems, go to the Troubleshooting section at the end of this chapter.

8.8 Step 5: Down-Stay with Treats Coming Every 10 Seconds

Repeat as with Step 4 but now the TREAT RATE is 10 seconds. Give 2-3 more treats at the end of a minute at a variable interval. When Fido can correctly perform 5 repetitions in a row, go to the Step 6.

8.9 Step 6: Down-Stay with Treats Coming Every 15 Seconds

Repeat as with Step 5 but now set the TREAT RATE to 15 seconds. Remember to give 2-3 more treats at the end of the minute at a variable interval. When Fido can perform 5 repetitions in a row, go to Step 7.

8.10 Step 7: Down-Stay with Treats Coming Every 20 Seconds

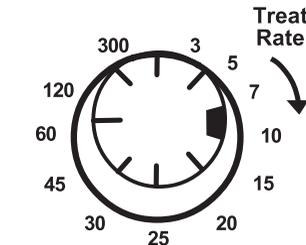
Repeat as with Step 6 but now with TREAT RATE set to 20 seconds. Remember at the end of a minute to vary how you end the repetition before you target or call Fido off his rug. Also during this step, increase your distance from the Treat&Train™ system to 5 feet. When Fido can correctly perform 5 one-minute repetitions in a row (with targeting in between), go to Step 8.

Step 4: Treats every 7 seconds.
Goal: 7 correct repetitions in a row.

CHECKLIST



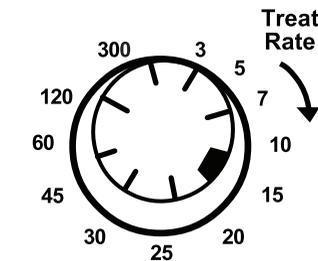
Step 5: Treats every :10 seconds.
Goal: Five correct trials in a row.



CHECKLIST



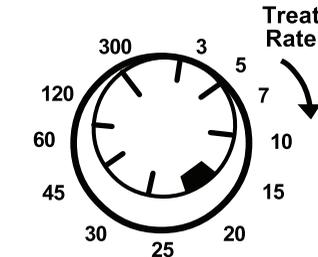
Step 6: Treats every 15 seconds.
Goal: 5 correct repetitions in a row.



CHECKLIST



Step 7: Treats every 20 seconds.
Goal: 5 correct repetitions in a row.



CHECKLIST



By now your dog should have a pretty stable down-stay. Also by now, Fido should be starting to go to his “place” even before you walk him over and give him the cue to lie down. In fact, he may be lying down on his own. If he’s not going readily, then your treat value is probably too low (i.e., he’s getting too much free food or has had too much to eat). Watch his expression and see if he’s truly motivated for the food. He should have his ears pricked forward and be watching for the food.

8.11 Step 8: Down-Stay with Treats Coming Every 25 Seconds

Repeat as with Step 7, but set the TREAT RATE to 25 seconds. Give treats at 25 seconds, 50 seconds, and one minute and then give 2-3 more treats afterwards at varying intervals. When Fido can correctly perform 5 one-minute repetitions in a row, go to Step 9.

8.12 Step 9: Down-Stay with Treats Coming Every 30 Seconds

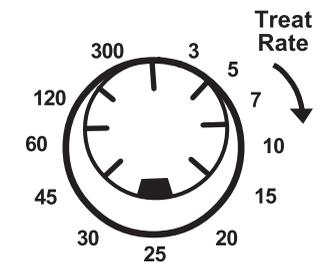
Repeat as with Step 8, but set the TREAT RATE to 30 seconds. Give treats at 30 seconds and one minute, and then remember to vary how you end the repetitions before you target Fido off. When Fido can correctly perform 5 one-minute repetitions in a row, go to Step 10.

Most dogs will focus on the Treat&Train™ system in the early steps of the down-stay, but by 30 seconds or longer they often spend time looking at their owner before they get their treat.

8.13 Step 10: Down-Stay with Treats Coming Every 45 Seconds

Repeat as with Step 9, but set the TREAT RATE to 45 seconds. Give treats at 45 seconds and one minute, then 2-3 treats afterwards at varying intervals. When Fido can correctly perform 5 one-minute

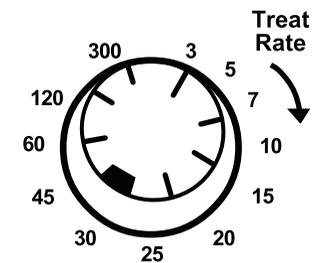
Step 8: Treats every 25 seconds.
Goal: 5 correct repetitions in a row.



CHECKLIST



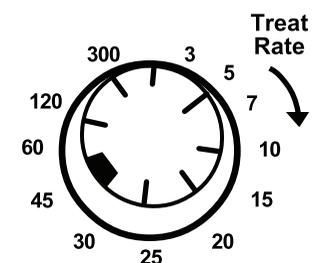
Step 9: Treats every 30 seconds.
Goal: 5 correct repetitions in a row.



CHECKLIST



Step 10: Treats every 45 seconds.
Goal: 5 correct repetitions in a row.



CHECKLIST



repetitions in a row, go to Step 11. (Note: At this stage, because Fido's getting so few treats per each trial, it is okay to sometimes offer him a jackpot by giving him a string of treats each time.) Press and hold the DISPENSE button on the remote to give him multiple treats.

Automatic Training Session – Quick Meal

At this point in training, on days when you're thinking about skipping a training session, instead of feeding your dog out of his dog bowl put him through an automatic training session. See Section 8.16.

8.14 Step 11: Down-Stay with Treats Coming Every 60 Seconds

Repeat as with Step 10, but set the TREAT RATE to 60 seconds. Give treats at one minute, and then give 2-3 more treats afterwards at random intervals. Remember to vary how you end before targeting or calling him off his rug. When Fido can correctly perform 5 one-minute repetitions in a row, he's completed the down-stay section!

Remember to target in between each repetition so you can get your dog off the rug and to provide a clear break between each down-stay.

Step 11: Treats every 60 seconds.
 Goal: 5 correct repetitions in a row.

CHECKLIST

8.15: Troubleshooting

1. If Fido gets up more than 2 times in a row at one level, you'll need to go back to the previous step. Here's what might be wrong.

- You went to the next step too soon (before completing the last step) or you skipped too many days between sessions. You can tell because Fido looks interested in the treats but fidgets impatiently. Solution: Go back to an earlier step.
- He's not motivated enough for the food. If you completed the earlier step recently and Fido did well, then most likely it's the treat value.
- If your dog looks bored, then randomly gets up, or if you switch to a higher value treat and he suddenly looks more interested and does much better, then motivation is the problem. Just because an animal will eat a food when given by hand or for free does not mean he likes the food enough to work for it. If he doesn't want to work for it, he is telling you he isn't that hungry and he would rather have it for free. So, overall, the best course of action is to take the Treat&Train™ system away and practice again later in the day. Alternatively, you can use a real treat instead of kibble. But remember: dog treats that are not nutritionally balanced should make up 10% or less of his diet.

2. If Fido whines, barks, nose butts, or paws the machine out of impatience, make sure you immediately address this problem instead of accidentally reinforcing the bad behavior. If you don't, it will take longer to fix if you reinforce it. You can give him some treats by hand so he's less focused on the machine and then reward him when he's looking at you but before he starts whining or pawing. Alternate between sometimes rewarding by hand and sometimes rewarding with the machine. As soon as you can, increase the interval between treats so that the TREAT RATE is close to the step you are working on. In some cases you have to go back a few steps.

Often dogs act very excited and focused on the machine when the TREAT RATE is only 3-15 seconds, but generally as the interval between treats increases to 30 seconds or 45 seconds or more, they start relaxing instead of just staring at the machine.

3. If Fido's too focused on the machine, smooch to get his attention when he's lying down. Follow this with a treat out of your hand for a few sessions. If he won't look the first time you smooch, then smooch and immediately put a treat right up to Fido's face. Then follow with a few more treats. Repeat a few times and Fido will then start watching you. Next, once he's watching you, reward him from the system for looking at you. Once you do this for 5-20 treats you can go back to the down-stay training.

NOTE: At this point, Fido can do a down-stay under normal household conditions, but not with major distractions. In Game 5 of training he will learn to perform the down-stay even with significant distractions such as visitors at the door.

8.16 Automatic Training Session – Quick Meal

Once you get to the point where Fido's getting rewarded at 30-45 second intervals, you can use automatic training sessions as a way to feed your dog his meal.

Set the TREAT RATE between 3-20 seconds, put it on SINGLE TREAT and VARIABLE interval so that the system doles treats out on average at the TREAT RATE listed. As your dog improves you can increase the TREAT RATE systematically until you reach 2 minutes (120 seconds), but with occasional manual dispensing of treats, and later 5 minutes (300 seconds). For example, if you set the treat rate to 10, treats will dispense between 2 seconds and 20 seconds, but on average they will dispense every 10 seconds.

Then hit the DOWN-STAY button to have the machine feed your dog his entire meal automatically. In the variable mode, the Treat&Train™ system will keep going until it runs out of food. Make sure you're nearby so that you can call or target Fido off his rug when he's finished his meal and so that you can stop the session if he gets

If Fido's too focused on the machine, give treats by hand until he focuses more on you.

up prematurely on his own.

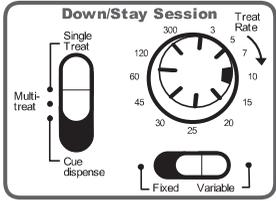
If you use an automatic session before you finish this stage of training, when you do resume a formal training session, make sure you don't skip ahead just because your dog maintains a Down-Stay during automatic sessions on these "non-training" days.

If you're on a long interval such as 30 or more seconds, or you want to get through the meal faster, you can set it to MULTI-TREAT so that each reward is a jackpot. Remember to stay relatively near your dog during this down-stay stage of training since we haven't yet worked on distractions.

Automatic Training Session:

- Power = on
- Volume = low, medium, or high
- Session = single treat or multitreat

– TREAT RATE = 3 – 20 seconds
– Treat Interval = variable



Chapter 9: Rewarding Calm Behavior and Teaching Impulse Control

9.1 Which Dogs Should Learn this Exercise

9.2 Overview

9.3 Step 1: Suddenly Settle

9.4 Step 2: Changing Reward to Petting and Praise

9.5 Step 3: Changing the Calm Behavior to "Down"

9.6 Troubleshooting

9.1 Which Dogs Should Learn this Exercise

Some dogs love attention and play with people even more than food, or have so much practice jumping on people that reversing this behavior is challenging. This set of exercises is for dogs who jump on people/visitors even after they've gone through the say "please" by sitting exercises in Chapter 6.

9.2 Overview

In the earlier say "please" by sitting exercises, we worked on developing impulse control by requiring Fido to say "please" by sitting for treats, dropped food, to get his toy tossed, and in other situations where he generally acts without thinking. (Some exercises are shown only on the DVD, Chapter 6.) If you haven't worked on those exercises and you know that your dog loves to jump on people and has impulse control issues, it's a good idea to re-review the DVD - especially on the portion that teaches leave-it and sit - to go through doors and gates.

In this chapter we focus on training Fido that no matter how excited he gets and wants to play or jump on people, only sitting will earn attention and fun. Two key points here are that we will increase the excitement level systematically and that it is as important to remove attention immediately when jumping behavior is about to begin as it is to reward the correct calm sit or down behavior.

Recommended Daily Practice: Practice in 2 or more 10-minute sessions with breaks. In fact the training can replace play sessions if you practice exuberantly enough.

9.3 Step 1: Suddenly Settle

Now that Fido knows he should Say "Please" by sitting in order to get your attention, you have a built in ON-OFF switch. You should be able to jump, cheer and get him bouncing around with you, and then be able to freeze and expect him to immediately sit in a game called "suddenly settle." Start by just running a few steps and stopping before Fido gets so excited that he jumps. Reward Fido for sitting. Then as Fido gets the hang of it, increase the excitement level. Always stay just below the level that causes him to jump. So Fido gets to run around, but when you suddenly stop and stand straight and still like a tree, he should immediately settle.

9.4 Step 2: Changing Reward to Petting and Praise

Now we'll make it a habit for Fido to sit politely to be petted. The best way to do this is when everyone in the house concentrates on each interaction with Fido for the first 24-48 hours. Without this special attention to this exercise, it's the humans who will have problems changing their habits. Fido will do whatever you reward him for.

Every interaction with Fido is a training session, so he's always either learning what we want him to learn or what we don't want him to learn. If people pet him for calmly sitting, he'll learn to be calm when he wants attention. If others pet him or give him attention when he's jumping, or just pushing hard against them, he'll learn to jump and be pushy for attention. If individuals are inconsistent, Fido will be inconsistent, too.

Step 1: Suddenly Settle

Practice several times each day.



You should be able to jump, cheer and pet Fido bouncing around with you. Then stop and wait for him to sit.

Step 2: Changing Reward to Petting and Praise

Practice this with every interaction with your dog.



If people pet Fido or give him attention when he's jumping, he'll learn to jump for attention.

In this exercise, when Fido comes over to be petted, stand up straight and silently ignore him until he sits. When he sits, reach out to pet him. He's used to getting treats as a reward for sitting and may not be used to staying seated for an extended period of time, so expect him to get up immediately or start wiggling when you start petting. When he does, immediately withdraw your hand and stand up straight again so that it's clear that this behavior was not right. Then when he sits, go to pet him again. (Make sure to watch the DVD to see the right timing.)

He may wiggle each time you try to pet him for up to 10 times or more in a row. If you're strict about straightening up and removing your attention immediately so that he knows what you want, he will, within 10-20 minutes, understand that he must stay seated in order to be petted. You may need to videotape yourself to see what "immediate" is. When you do pet Fido, rub or stroke slowly. This will help keep him calm.

Some dogs are motivated by so many other things that as soon as you expect them to sit to earn something they walk off to focus on something that's rewarding for free. They go to sniff a toy or play with the other family dog. They'll just come back to you later when you'll lower the price of your praise and petting. In these cases, you should start by practicing with Fido on a leash, preferably a handsfree leash (or one tied around your waist or to something stationary in the house), so that you don't give mixed signals by tugging on the leash.

Now when Fido goes to walk off, make sure you stand stationary instead of letting him drag you with him. He may pull and tug at his end but if you're completely still, he'll realize he's going nowhere. Eventually he'll focus his attention again on you. Wait until he sits on his own, then pet him.

If the whole family sticks to this regime regularly every time they want to pet Fido, then Fido will be a changed canine quickly. He will understand that even when he's maximally excited, he has to calm himself and be polite. Have strangers and other guests also practice this routine. Soon sitting politely for pats on the head will be a habit and Fido will no longer think of jumping on family members or guests for attention.

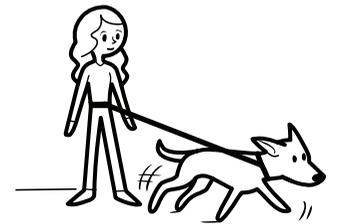
Pet Fido only when he's sitting.



If your dog walks off, start by practicing with him on a handsfree leash, so that you don't give mixed signals by tugging or letting him pull your arm forward.



Stand stationary when Fido pulls on the leash.



As an added bonus, Fido will also be more focused because he's now used to controlling himself when excited. So now, instead of going off and doing his own thing or being sidetracked by the smallest distraction, he'll pay better attention to you.

NOTE: Once he's consistently calm for petting, you can let him run around exuberantly when you're playing with him, but he should immediately sit and calm down when you stop and stand still.

9.5 Step 3: Changing the Calm Behavior to "Down"

To speed up training of the down-stay and to strengthen Fido's calm behavior, you can require that Fido earn all petting and attention by lying down instead of just sitting. As with the sitting exercise, Fido may at first wiggle or put his paws on you as soon as you start petting. If he does this, immediately remove your attention so that the message is clear. Pet only when he's lying calmly. Pet him in a slow, relaxed stroking at first. Once you're good at this, then increase the exuberance with which you pet. If you also only pet Fido when he's on his rug during the days or weeks of training, this will speed up learning that lying down on the rug is his favorite thing.

9.6 Troubleshooting

- If after a day or two, you still don't see a dramatic change in behavior in your dog who enjoys praise or petting, here's what you could be doing wrong:
- You don't remove your attention quickly enough or don't remain stationary when Fido starts to get up. When Fido even starts to get up, stand up straight within a split second (as if you've just smelled a whiff of something gross and pungent when you were leaning over). Then silently hold completely still. You have to make your signal black and white so your dog knows exactly what he has to do to earn your attention.

Fido will pull and tug at first, but if you're completely still, he'll finally realize he's going nowhere, then sit to receive a reward.



Practice this consistently. Fido will soon understand that even when he's maximumly excited, he has to be calm to be rewarded.

To strengthen Fido's calm behavior, you can require that Fido earn all petting and attention by lying down.



- Some family members or friends are petting Fido for free or they are inconsistent about rewarding the appropriate behavior. Keep your eyes out for the offenders!
- You correctly ignore Fido when he tries to get your attention for free, but you don't reward him enough for sitting or lying down. If you only withhold attention for bad behavior but fail to reward him frequently by giving attention when he's performing the appropriate behavior, it will take him a long time to learn to sit or lie down calmly when he's excited and wants attention from you or from guests.

10.1 Which Dogs Should Learn This Exercise**10.2 Overview****10.3 Method One: Send Fido on a Chase****10.4 Method Two: Come When Called With Low Distractions****10.5 Practice Until the Behavior Becomes a Habit****10.6 Troubleshooting****10.1 Which Dogs Should Learn This Exercise**

This exercise is useful when you want to call Fido away from a distraction—such as people he wants to jump on or bark at—rather than sending him away from you to go lie on his rug. For instance, if you want to skip the "Place" training in Game 5 (Chapter 11), you can instead stand near Fido's rug and call him over when guests come to the door. Once he comes, you can have him lie down on his rug.

10.2 Overview

For a Fido who has spotty hearing when it comes to coming when called (that is, he doesn't immediately come when called 100% of the time), it's a good idea to teach him to consistently come when called. Before you've finished training Fido to be polite at the door, you can handle the door situation by calling him to you every time he starts to run to the door. Then reward him for staying with you and focusing on you (or put him away in a separate room).

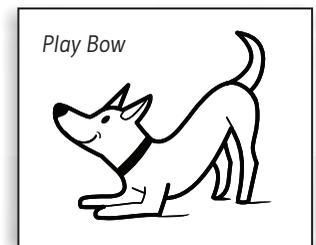
Recommended Daily Practice: Three short sessions and other impromptu times during the day when you have yummy rewards available.

10.3 Method One: Send Fido on a Chase

The best way to get Fido to come when called is to send him on a chase. Practice say "please" by sitting several times so Fido is focused on you. Then suddenly run backwards a few steps and give him a treat as soon as he catches up. When he reliably runs after you several times, start adding the cue word "come." That is, say his name and "come" just one time in an exuberant tone of voice right before you run backward. Then give the treat and praise or petting (if he indicates with his body language that he likes praise and petting). If he loves toys, you can use toys as a reward too.

10.4 Method Two: Come When Called With Low Distractions

Alternatively, when Fido's across the room and there are no distractions, you can bend down in the human equivalent of a play bow which will elicit his attention and say, "Fido come." If he doesn't immediately come, then run the other way



to stimulate him to chase. Again, as soon as he catches up, praise him and give him a treat. If he loves toys, toss the toy for him.

If Fido doesn't come when you call him immediately every time, practice with him on leash without pulling so that he has to follow when you run. When he consistently comes immediately when you call, then you can graduate to off-leash in the house. You can cheer him on while he's running towards you so he thinks it's really fun. Make sure you call him and only say his name once though, or he'll think his cue is: Fido! Fido! Come! Come! Come Here Fido!

10.5 Practice Until the Behavior Becomes a Habit

Now practice calling Fido between family members in the house. Every time he goes to a family member who calls, he gets a treat and praise (or petting if his body language shows that he likes these things). Wait until he's finished eating the treat before another family member calls. Also play hide and seek, where you hide and call him and he looks for you. The goal is to make coming when called a fun game—more fun than other distractions around the house. If needed, you can practice with a retractable leash.

10.6 Troubleshooting

If Fido fails to come when called, look for these problems and solutions for improving:

- You use a military tone of voice instead of an exuberant voice, your tone of voice is too soft. Fido should think that running to you is fun. Your tone of voice should sound like you're cheering him on at a soccer game.
- You lean towards your dog. That body language tells him there's no need to rush. You should instead run away from him so he wants to chase after you.

- You often call him in situations where he's not likely to come so he learns to ignore you. Only call him when you know he'll come. You may need him to wear a long leash in the house. Avoid practicing off leash in cases where you should practice on leash. By having him on leash you can ensure that he comes running every time so that the good behavior becomes a habit.
- Fido runs right by you. To prevent this, for the first several times, lure Fido with a treat. That is, when he almost reaches you, show him the treat and once he catches up to it, position the treat so he sits. That way you're getting 2 uses out of your treat. You've stopped him in the correct position and then gotten him to sit. I call this quick presentation of the lure a "flash lure," and cover it more in *Perfect Puppy in 7 Days*. Only do this several times during your first practice session until he gets the idea, or this lure will become a bribe. Then progress to hiding the treat and wait until he sits before giving the treat.
- You bribe him by holding the treat out or waving it around to get his attention. You should instead have him on leash (when you need to), run away from him, and then once he catches up, wait for him to sit and then reward him. When using food as a lure or "flash lure," only use it sparingly. For instance, use it the first several times in a new situation and then switch to using the food as a reward that Fido doesn't get to see until after he's completed the task.
- Fido comes when called but after he gets his treat, he ignores you and walks away. You should give 2-5 treats in a row at unpredictable intervals, so Fido learns to continue watching you after he's gotten his first treat. He'll learn to continue watching you after he has come. The goal is to give the next treat before he looks or starts to walk away.

Step 1: Come When Called in the House



If your dog has selective hearing when you call his name, practice this exercise.

CHECKLIST

Day 1



Day 2



Day 3



If Fido doesn't come when you call him immediately every time, practice with him on a leash so that he has to follow when you run.



11.1 Which Dogs Should Learn This Exercise**11.2 Overview****11.3 Step 1: Targeting and Then Lying Down****11.4 Step 2: Reward After Lying Down****11.5 Step 3: Using Food as a Lure****11.6 Step 4: Place Without Luring****11.7 Step 5: Place From Different Directions****11.8 Practice in Different Locations in the House****11.9 Troubleshooting****11.1 Which Dogs Should Learn This Exercise**

Place is a required exercise for dogs competing in agility. It is also handy for any situation where you want to send your dog to a location where he will sit or lie down and stay. For the case where you're training your dog to lie down calmly in the face of high distractions such as visitors coming to the door, if you'd rather call your dog to his quiet location or lead him there, you can skip this stage of training.

Recommended Daily Practice: Two 15-minute sessions.

11.2 Overview

By now, Fido knows to go to his rug if you walk over with him and he has targeted many times. He's used to running to the rug. He should even go spontaneously to the rug on his own when he sees you bring out the Treat&Train™ system and rug. Now we'll teach him to run to his rug on cue with the system near the rug.

If Fido's not already going over quickly and happily to the rug, or if he wants to avoid his rug after you've taken him through the Down-Stay Game, refer to the Troubleshooting section (11.9) before you start working on Game 4—Place. If this is the case, spend a few days letting him earn all of his food by lying down on his rug with the machine as described in the Automatic Training Session in Chapter 8. Once he gets to the point that he immediately follows you to his rug when you bring out the Treat&Train™ system, go to Step 1 of Place.

11.3 Step 1: Targeting and Then Lying Down

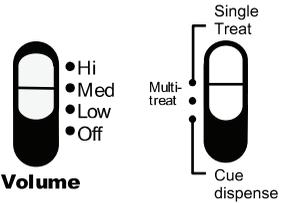
Target Fido several times and then follow him to his rug. Then while he's standing on his rug getting his treat for targeting, give him the verbal (or visual) cue to lie down. Once he's down, dispense a few more treats at varying intervals so he continues to remain staying in a down-stay rather than developing a pattern of getting up right after he gets his treats. You can even give him a "jackpot" by pressing the DISPENSE button for several seconds while he's lying down. When you're sure he's in a stable down-stay, go ahead and target him off again and repeat the exercise.

Make sure you target from many different directions relative to the rug so that Fido learns to lie down in the correct orientation, regardless of the direction from which he has approached the rug. And if Fido looks like he's going to lie down crookedly, just position yourself by stepping closer to the crooked side, so that he will straighten out before he lies down. If he lies down off his rug, then just target him to get him to stand up, and reposition him before you have him lie down. When Fido reliably runs to the rug after targeting and lies down quickly on the first "down" cue or without a cue 9 out of 10 times in a row, go to Step 2.

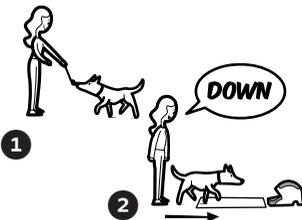
11.4 Step 2: Reward After Lying Down

In this step, when Fido targets, don't TONE & TREAT until after Fido lies down on his rug in front of the Treat&Train™ system. That is, after he targets he should automatically run to the system because it's a habit now. If he's really ready for this step, he should stay at the machine and look at it expectantly. Then, you can either wait a second to see if he'll lie down on his own, or cue him down verbally. You need to be sure he lies down in the right orientation. Remember to dispense several treats at irregular intervals once he's lying down, so that he doesn't anticipate that you will call him off to target. Once he's in a stable down-stay and doesn't look poised to get up, then you can target him off the rug. When he reliably runs to the machine after targeting and lies down to get his treat 9 out of 10 times in a row, go to Step 3.

NOTE: Any time your dog makes several mistakes, go back and repeat the previous step.



Step 1: Targeting and then Lying Down
Complete 9 out of 10 correct repetitions in a row.



CHECKLIST

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<input type="checkbox"/>				

Step 2: Reward After Lying Down
Complete 9 out of 10 correct repetitions in a row.

CHECKLIST

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Again, make sure you target him from many different directions relative to the rug so that he learns to lie down in the correct orientation, regardless of the direction from which he has approached the rug.

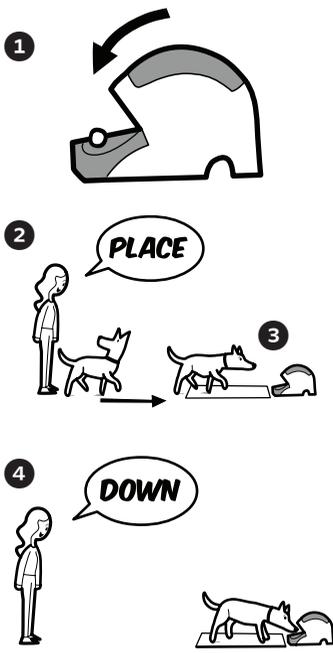
11.5 Step 3: Using Food as a Lure

Now Fido should clearly show that he likes lying down on his rug in front of the system – he knows that lying down in front of the system is what makes the treats come out. Now call him to you (or target him) and then gently grasp his collar before he can go back to his rug. When you call him to come, you can give him a treat for coming if you want so that he maintains a positive association with coming to you and having his collar held. When you're holding onto his collar, Fido should want to immediately go back to the machine so that he can lie down and get a treat.

Still holding his collar, from about 5-10 feet away, release a treat from the machine in order to lure Fido's attention to the Treat&Train™ system. He should be looking at the machine. Then say, "Place." Within a split second, release his collar. "Place" will come to predict that he gets the opportunity to run to the rug and lie down. Once he gets to the system and is eating his treat, tell him to lie down, then give him a few more treats at variable intervals. Make sure you continue giving treats until he's stable in his down-stay and gives no indication that he wants to run back to you.

TIP: Some dogs tend to lie facing the owner. Don't worry if, when you TONE & TREAT, your dog stands up and faces the system to get his treat. When he does, tell him to lie down and give him a few more treats. If he lies down facing you the second time, just TONE & TREAT and tell him to lie down again. Eventually after you repeat this part of Step 3 enough, your dog will lie down in the correct direction. It's easier to lie down in this direction to get the treat than it is to turn around and face you, and then have to get up to get a treat. Continue this exercise until the dog lies down facing the system and stays lying down to get treats. Then follow up with at least 2-5 treats for staying down facing the correct direction, before you call or target him off the rug.

Step 3: Food Lure
Complete 9 out of 10 correct repetitions in a row.



CHECKLIST

<input type="checkbox"/>				
<input type="checkbox"/>				

When your dog performs Step 3, 9 out of 10 times in a row correctly, go to Step 4. If he messes up more than 5 times, go back to Step 2. (If you plan to be able to “place” Fido without having to tell him to lie down, then don’t go to Step 4 until he automatically lies down for his second treat.)

11.6 Step 4: Place Without Luring

Repeat Step 3 but this time don’t TONE & TREAT until after Fido has run to his rug and laid down. You can still verbally cue him to lie down if that’s what you want for his final behavior. Otherwise, just wait until he automatically lies down before you TONE & TREAT. Once he correctly completes this step 9 out of 10 times in a row, go to Step 5.

11.7 Step 5: Place From Different Directions

Repeat Step 5 but from a different direction so that Fido learns to “place” from different directions and locations. You can gradually build up distance too if you want him to “place” from a long distance away. Once Fido completes 9 out of 10 repetitions in a row on cue, you’re finished with this game!

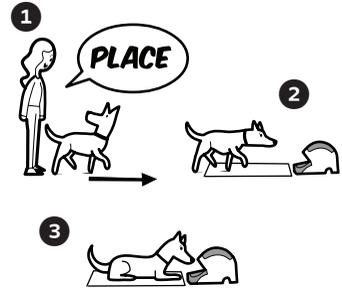
11.8 Practice in Different Locations in the House

You can practice in different locations in the house if you want—such as near the front door or in rooms where you want him to run to and lie down on a rug. You can even practice over longer distances so you can send him to a different room. Or you can zip though the same steps using his crate instead of just the rug.

11.9 Troubleshooting

- The dog avoids the rug: If Fido is not already going over happily to or if he wants to avoid his “rug” after you’ve taken him through the down-stay stage of training, you’ve either used food that’s not very high value to him, or he’s been reprimanded and associates the rug with bad things. If this is the case, spend a few days letting him earn all of his food by lying down on his rug with the machine, as described in the Automatic Training Session in Chapter 8 (or you can start over with a new rug). Once he gets to the point that he immediately follows you to his rug when you bring out the Treat&Train™ system, start working on “place.”
- My dog keeps lying down facing me instead of the machine: See the tip box in Section 11.5

Step 4: Place Without Luring
Complete 9 out of 10 correct repetitions in a row.



1 **PLACE**

2

3

Continue this exercise until the dog stays lying down to get treats.

CHECKLIST

Step 5: Place From Different Directions
Complete 9 out of 10 correct repetitions in a row.

CHECKLIST

12.1 Which Dogs Should Learn This Exercise**12.2 Overview****12.3 Step 1: The Moving Human Distraction****12.4 Step 2: The Running Human Distraction****12.5 Step 3: Loud Sounds and Talking****12.6 Step 4a: Toy Distraction From Far Away****12.7 Step 4b: Toy Distractions From Far Away but Timed Randomly****12.8 Step 5a: Toy Distractions Nearby****12.9 Step 5b: Toy Distractions Nearby but Timed Randomly****12.10 Step 6a: Knocking on the Door****12.11 Step 6b: Louder Knocking****12.12 Step 6c: Full-Force Knocking****12.13 Step 7: Opening the Front Door****12.14 Step 8: Combining All Distractions****12.15 Steps 9-16: Increasing the Treat Intervals****12.16 Troubleshooting****12.1 Which Dogs Should Learn This Exercise**

This chapter teaches how to systematically train Fido to ignore distractions and lie down calmly instead. Because he's getting treats for his good behavior he'll simultaneously learn to associate the distractions with positive experiences. This is important because sometimes Fido reacts to distractions because he's fearful. As a result, we can address some of his fears by changing his emotional state to "happy."

As you can imagine, this stage of training is useful for many types of high excitement situations. With slight modifications you can use it to decrease Fido's anxiety or excitement, and increase his polite, calm behavior in cases such as when:

- left alone in a room.
- in a room but required to lie down when exciting activities (such as kids or other pets playing) are occurring.
- riding in the car.
- fearful of inanimate objects such as the vacuum cleaner.
- reactive to specific stimuli that walk by, such as dogs walking by his crate.

12.2 Overview

At this point Fido knows down-stay for one minute and "place." Now we'll add in the common life distractions, many of which also occur when visitors come to the door. For this part of the training, put the rug in its final location near the door (or distracting location). The best type of location is one that's on the way to the door (or distracting location) so it will be easy for Fido to "place" because it's in a location where he can see the person who's at the door (or distracting location). It should also be in a location where it's easy for you to block him by stepping in front of him if he gets up to run to the door (or distracting location). (Leave-it exercise as demonstrated in Chapter 6 of the DVD.)

For this series of one-minute repetitions:

- Set the control panel to: TREAT RATE: 3, SINGLE TREAT, INTERVAL = FIXED.
- Always send Fido to his "place" from 5-10 feet away so he has practice running to the rug and lying down.
- At the end of each one-minute repetition give a few more treats at variable intervals, sometimes from your hand and sometimes from the Treat&Train™ system so that Fido doesn't anticipate when he should get off the rug.
- Then call Fido off or target a few times in between the one-minute repetitions.
- In this game, we will add one distraction at a time while doling treats out every 3 seconds. Once Fido completes 3 one-minute repetitions in a row at any step, go to the next step.
- If Fido ever messes up 2 or more times in a row, refer to the Troubleshooting section.

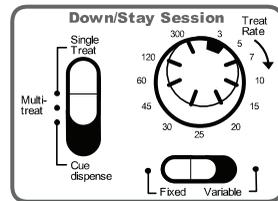
Recommended Daily Practice: Two 15-20 minute sessions with breaks. Stop while your dog is still motivated for the treats you're using.

12.3 Step 1: The Moving Human Distraction

Set the TREAT RATE dial to 3 seconds, SINGLE TREATS, FIXED INTERVAL. Send Fido to his rug and when he lies down, immediately hit the DOWN-STAY button so

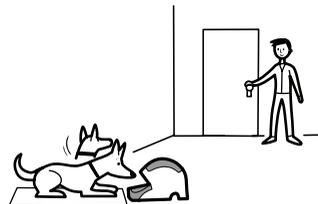
Set the control panel to:

- Power = on
- Volume = low, medium, or high
- Session = single treat
- TREAT RATE = 3 seconds
- Treat Interval = fixed



Step 1: The Moving Human Distraction

Send Fido to his spot, then start walking around. Dole out treats every 3 seconds and fast enough so that he doesn't think about getting up. Do this until Fido completes three correct trials in a row.



Put the rug in its final location near the door.

CHECKLIST



that treats automatically dispense every 3 seconds for one minute. Then start walking around. If you think this will be difficult for Fido, time all movements to occur when he has his head in the food bowl.

In any case, when you walk around, start by making it easy. That is, first walk in front of Fido or close by. When he seems primarily focused on the food rewards, then walk more toward his sides or back and all the way around. Then also add distance. Time more-difficult distractions when his head is in the treat bowl. During the first 1 or 2 one-minute repetitions, you may need to time all movement while he's eating. If you make the distraction too big and Fido gets up, immediately press the DOWN-STAY button to stop the repetition. Then have Fido lie down and start over. This time be more careful to prepare Fido for the distraction by starting with easy distractions and then making them harder – timing them while he's eating a treat. Once he does well with harder distractions timed with treats, time these distractions more randomly.

Target Fido several times between each one-minute down-stay-with-distractions repetition. Make sure that during this step you practice walking toward and away from the front door. When Fido completes 3 one-minute repetitions in a row, go to Step 2.

For dogs with separation anxiety or similar issues, make sure you practice walking towards the door and back towards Fido a lot. Only walk the distance away when he remains relaxed and focused on the food or the machine.

12.4 Step 2: The Running Human Distraction

Repeat as in Step 1, but this time intersperse short quick movements and running. At first, time the movements right as Fido's going for the food in his bowl. Once he's no longer excited or interested in your quick movements, start timing the quick movements right before he gets a treat and then more randomly. Work in any

Step 2: Running Human Distraction

Complete 3 one-minute repetitions in a row.

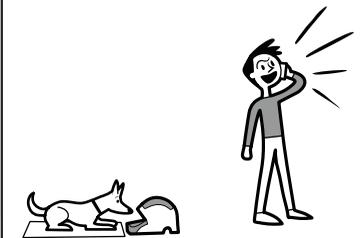


CHECKLIST



Step 3: Loud Sounds and Talking

Complete 3 one-minute repetitions in a row.



CHECKLIST



movements that you know tend to distract him such as dancing, leaning over to pick something up, or sitting down on the floor. When he completes 3 one-minute repetitions in a row, go to Step 3.

12.5 Step 3: Loud Sounds and Talking

Send Fido to his “place” and then dole out treats every 3 seconds by pressing the DOWN-STAY button. This time, practice yelling, cheering or making sudden loud (but not too scary) noises. Again, at first, time these distractions to occur right as Fido’s going for the food in the treat bowl. Also make sure that they are soft enough so that they don’t scare or overly excite Fido. Then systematically increase the loudness, suddenness, or level of distraction. When Fido looks like he’s no longer interested in these distractions and is focused primarily on the food reward, then present them more randomly. When he’s relaxed and completes 3 one-minute repetitions in a row, go to Step 4a.

12.6 Step 4a: Toy Distraction from Far Away

From here on, you only need to successfully complete 2 one-minute repetitions in a row before going on to the next step.

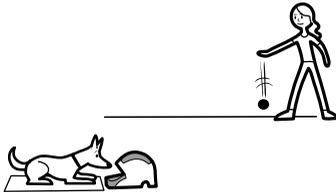
Take a toy like a squeaky ball (provided your dog likes toys; if he doesn’t then you can skip this step). Send him to his rug and then stand about 10 feet away with treats dispensing every 3 seconds. Squeak the toy or bounce the ball every time Fido has his head in his bowl. He should stay on his rug.

In between repetitions you can call him off his rug and then let him get off to get his toy. If he tends to run away from you with the toy, then keep him on the leash for this exercise. After a short toy-holding bout, take the toy from him (exchange for a treat if he doesn’t give it back readily) and have him go back

From here on you only need to complete 2 one-minute repetitions in a row successfully before going on to the next step.

Step 4a: Toy Distraction Far Away

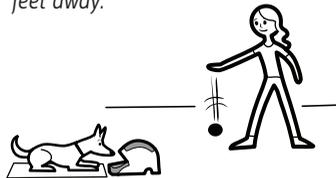
With treats coming every 3 seconds, stand 10 feet away and squeak the toy or bounce the ball every time Fido has his head in the bowl.



CHECKLIST



Step 4b: Repeat Step 4a, but this time squeak the toy or bounce the ball at random intervals from 10 feet away.



CHECKLIST



Step 5a: Toy Distraction Nearby

Repeat as in Step 4a, but stand about 5 feet away.

CHECKLIST



Step 5b: Repeat Step 4b, but stand 5 feet away.

CHECKLIST



and lie down.

If he tends to get up off the rug because he values toys more than food, then go to the Troubleshooting section at the end of this chapter. When he’s completed 2 one-minute repetitions in a row, go to Step 4b.

12.7 Step 4b: Toy Distractions From Far Away but Timed Randomly

Repeat Step 4a, but this time squeak the toy or bounce the ball at random intervals from 10 feet away. When Fido’s good for 2 one-minute repetitions in a row, go to Step 5a.

12.8 Step 5a: Toy Distractions Nearby

Repeat as in Step 4a where you time the squeak or bounce just as Fido’s getting the treat, but this time stand about 5 feet away. When he’s completed 2 one-minute repetitions in a row, go to Step 5b.

12.9 Step 5b: Toy Distractions From Nearby but Timed Randomly

Repeat as in Step 4b where you time the squeak or bounce the ball randomly but stand about 5 feet away. When Fido’s completed 2 one-minute repetitions in a row, go to step 6.

If you want, you can also work in more intense distractions where you toss the toy. As with the earlier steps, at first present the distraction as Fido’s receiving his treat. When he remains focused primarily on the food, then present the distraction more randomly.

12.10 Step 6a: Knocking on the Door

Send Fido to his “place” with treats coming every 3 seconds and knock on the door. Time all knocking to occur while Fido’s eating his treats. If he’s very reactive to knocking, then start with soft knocking and even just knock on the walls. Make sure that you knock softly enough so that he doesn’t bark or you may accidentally reinforce his barking. See the Troubleshooting section if your dog barks. When Fido’s relaxed and completes 2 one-minute repetitions in a row, go to Step 6b.

12.11 Step 6b: Louder Knocking: Repeat with louder knocking (but not loud enough to make Fido bark).

When he’s relaxed and nonreactive for 2 one-minute repetitions in a row, go to Step 6c. You may need to insert additional steps where you gradually increase the knock volume until you’re able to knock full force with no reaction from Fido.

12.12 Step 6c: Full-force Knocking: With treats coming every 3 seconds, knock on the door with full force, but time the knocks randomly.

When Fido's relaxed and nonreactive for 2 one-minute repetitions in a row, go to Step 7. If he barks more than once or twice, immediately go back to Step 6b or you may accidentally train him to bark more!

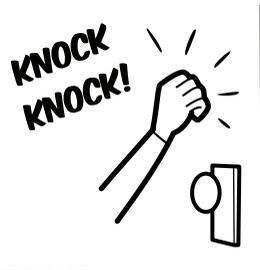
At this stage, if your dog is also very reactive to doorbells, you can repeat step 6b and 6c with doorbell ringing.

12.13 Step 7: Opening the Front Door

Send Fido to his rug, and then stand by the front door. With treats coming every 3 seconds, close and open the front door. First, time the distraction as his head's buried in the system's bowl. Then when he's focused primarily on the food rewards, time the distraction randomly. If he gets up to run to the door, quickly block him so it's clear he can't get by and wait patiently until he decides to go back to his rug. If he's worked on the say "please" by sitting exercises, he will stand in front of you when he can't get by. Then remember that when he can't get what he wants, he should try something else. That something else is generally running back to the rug to get rewards where he knows that they will occur. Similarly, if he sits, simply stand stationary (but in a way so that you can block him if he gets up). Let him figure out lying down is the only behavior that will earn rewards. If he doesn't lie down within 10 seconds, you can tell him once to lie down.

You may first have to start by just touching the doorknob or rattling the lock as he's eating his treats. Once he ignores these distractions, increase to opening the door just a quarter of the way and quickly shutting it. Work up to opening the door all the way. When he's relaxed and primarily focused on the treats for 2 one-minute repetitions in a row, go to Step 8.

Step 6a: Knocking on the Door



CHECKLIST



Step 6b: Louder knocking, timed with treats.

CHECKLIST

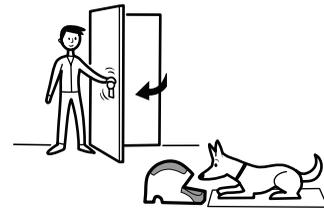


Step 6c: Now time knocks randomly.

CHECKLIST



Step 7: Opening the Front Door.



CHECKLIST



NOTE: This step is especially important for dogs with separation anxiety or similar issues. For these dogs, you'll also practice walking out the door and coming back in, and walking out the door and staying out for progressively longer periods of time. The goal is that you always come back before Fido has a chance to get anxious and get up.

12.14 Step 8: Combining All Distractions

Now combine all distractions with treats coming every 3 seconds. Especially concentrate on opening the door, running toward the door, pretending to talk to someone outside the door and add ringing the doorbell. If you find Fido's having trouble with one particular distraction, concentrate on timing that particular distraction when he's getting food treats. If he's overly reactive to the doorbell, you can practice several sessions with the doorbell distraction alone.

When Fido does well for 2 one-minute repetitions in a row, meaning you can present the distraction even when he's not eating his treat and he doesn't bark or try to get up, but remains relaxed, go to Step 9.

TIP: If you live in a household with more than one dog, you should repeat this step with the other dogs in the room if your end goal will be to have all the dogs out in the house when guests come to the door. For those with multi-dog households, see Section 14.4.

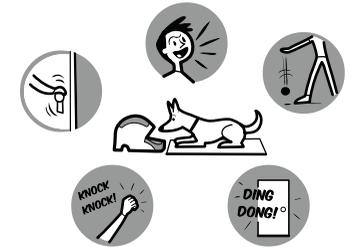
12.15 Increasing the Treat Time Intervals

From here on, we just increase the time interval between treats.

Step 9: Combine all distractions, with treats coming every 5 seconds. Time the distractions while or just before Fido gets a treat. When Fido can complete this step 2 times in a row, go to Step 10.

Step 8: Combine All Distractions

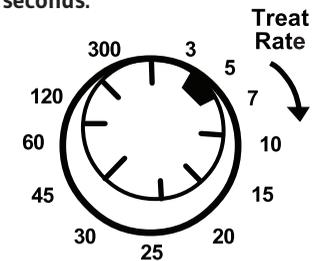
Have treats coming every 3 seconds.



CHECKLIST



Step 9: Combine distractions with treats coming every 5 seconds.



CHECKLIST



From here on, we just increase the time interval between treats.

Step 10: Repeat Step 9, but give treats every 7 seconds.

CHECKLIST



Step 10: Repeat Step 9, but with treats coming every 7 seconds. Make sure you present distractions at a high enough intensity in this early stage. Remember to do something different at the end of each trial so that Fido doesn't just learn to get up at exactly one-minute. When Fido can complete this step 2 times in a row, then go to Step 11.

Step 11: Repeat Step 10, with treats coming every 10 seconds.

Step 12: Repeat Step 11, with treats coming every 15 seconds.

Step 13: Repeat Step 12, but give treats every 20 seconds.

Step 14: Repeat Step 13, but give treats every 30 seconds.

Step 15: Repeat Step 14, but give treats at 45 seconds and one minute.

Step 16: Repeat Step 15, but give a treat after one minute. When you've completed this step 2 times in a row, you've completed this section! Now you're ready to practice with visitors coming to the door.

12.16 Troubleshooting

Trouble with Toys

- If Fido gets overly excited about toys and completely lacks impulse control at the sight of a squeaky, then take time to teach Fido that if he remains in a down-stay on his rug for several seconds you'll toss a toy for him. First show him his toy, and then have him earn it by lying down for a few seconds while you bounce, squeak or wave it but be careful to stay below the level of excitement that will cause him to get up.
- When he stays down for a few seconds (one bounce, squeak, or wave), say "OK" or use some other release word, then toss the toy and gesture that he can get it.

Step 11: Treats every 10 seconds.

CHECKLIST



Step 12: Treats every 15 seconds.

CHECKLIST



Step 13: Treats every 20 seconds.

CHECKLIST



Step 14: Treats every 30 seconds.

CHECKLIST

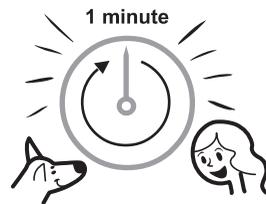


Step 15: Treats every 45 seconds and one minute.

CHECKLIST



Step 16: Treats after one minute.



CHECKLIST



- Repeat this 5-10 times per play session until he understands that he has to lie down on the rug in order to earn the toy. Then gradually increase the number of bounces, waves, or squeaks that will earn the toy.
- Intersperse these toy-earning sets throughout the distraction training.
- Also, when playing with toys inside or outside, always require that Fido sit, or better yet, lie down, before tossing the toy. Refer to Say "Please" by Sitting (Chapter 6) and Rewarding Calm Behavior (Chapter 9). Practice in sets of 5-10 tosses. When he reliably lies down to have his toy tossed you can also bounce, squeak, or wave the toy around one time before giving the OK, then tossing. Increase to 5-10 seconds of down-stay before you toss.

Fido Gets Up Prematurely

If Fido gets up, it's for one of the following reasons:

- You presented the distractions at too high an intensity. Go back and lower the intensity until Fido's relaxed.
- You presented the distraction at the wrong time. Make sure you time the difficult moves as Fido's nose is in contact with his treat bowl at first. He should be staring at the treat bowl when you present the distraction.
- Fido is not hungry enough. Test with higher value treats or stop the session and resume later in the day.
- You haven't removed the rug or system between sessions in Games 1-4, so Fido doesn't know that interacting with the rug **when asked** will earn him treats. TREAT RATE is too slow. Rate should be every 3 seconds until he is relaxed for all distractions.
- You are rewarding him for getting up — by petting or giving attention or by giving treats for getting up, then lying down again.
- You have not practiced say "please" by sitting or rewarding calm behavior, so he thinks that if he gets up to run to the door he will be able to get by you to go out the door.
- You've given treats while he's on the rug when you didn't ask him to go to the rug. He thinks he can come and leave the rug and be rewarded for it.



Fido Barks

- If Fido is starting to bark a lot, especially during the toy and door knocking phases, you have rewarded barking by giving treats after he barks. Generally you can tell you've rewarded this behavior because he barks and then looks to the machine for a reward. Also his bark may change from the alert bark, that he normally gives in a disturbance type of a situation, to a higher pitched attention-seeking bark. If you notice that Fido's starting to bark (e.g., he's barked more than 2-3 times in a row), lower the stimulus intensity and raise

TREAT RATE back to every 3 seconds so Fido does not have much chance to bark. Then systematically increase the interval between treats again with that particular distraction. (Refer to Step 6a [Knocking on the Door] for more information.)

- If Fido is still barking at distractions and it's not a trained bark, it's likely that you've increased the intensity of the distractions too quickly. Start from the beginning and slowly increase the level of the distractions.

13.1 Which Dogs Should Learn This Exercise**13.2 Overview****13.3 Step 1: What to Do When the Doorbell Rings****13.4 Step 2: Keep the dog in a Down-Stay Receiving Treats Until He Calms Down****13.5 Step 3: What to Do When the Guest Enters the House****13.6 Step 4: Increasing the Interval Between Treats****13.7 Troubleshooting****13.1 Which Dogs Should Learn this Exercise**

Any dog that barks or jumps on visitors, darts out the door, or barks and rushes around when people are leaving the house should learn to lie down calmly on a rug during these situations. Some dogs do well when rewarded with food for behaving calm. But the more challenging dogs need to learn to lie down calmly in a stepwise fashion in the face of these high distractions. And even if they've gone through the down-stay stage of training, they usually need to specifically work on the same "place" and DOWN-STAY behavior with the highest distraction of visitors at the door.

13.2 Overview

Your dog can "place" and down-stay on the rug with high-level distractions from Chapter 12. Now it's time to practice with actual visitors. You'll get the quickest results if you set up visits where neighbors, friends, or guests visit at least 2 times a day, until Fido gets the idea. In fact, it's best to have a bunch of visits in a short time span of several days to a week, especially if you tend to have a lot of people coming in and out of the house regularly, but you can also train just when you have your regular visitors come to the door.

At this point all visits should be controlled so that Fido ONLY has a chance to respond correctly when visitors come to the door. If 100% of visitor arrivals are correct, he'll soon have fantastic door behavior. If he gets opportunities when you aren't prepared and he doesn't behave correctly, it will take a long time to form a good habit. The more practice sessions you can get over a short time span (the first few days) the more quickly a good habit can form.

If you've been consistent about picking the Treat&Train™ system up between sessions and ending the training session before Fido loses interest, Fido should be glued to his rug whenever the system comes out. If this is the case, then you can now leave it out all the time.

- **Only reward Fido when you send him to his rug and then always call him off instead of letting him choose when to get off.** He will quickly learn that treats only come out when you cue him to "place."

If Fido goes to lie down on his own, don't reward him. Only reward him when he lies down on cue, and then call him off at the end. This way he'll learn that you're still in charge of the rewards and he can't just go back randomly to get rewards, then get off his "place" whenever he feels like it.

Recommended Daily Practice: At least two 5-minute guest visits (and any other time visitors come over).

Start with one dog:

If you have more than one dog who's misbehaved at the door, make sure only the dog in training is out during the early guest visits. You'll add the other dogs later, once you know Fido can be successful with this added distraction.

Dogs learn this step quickest if they know they can't get by you to reach the visitor because you've practiced the "Leave-it" exercise in Chapter 6 of the DVD. Dogs who love to jump on people will also get through this step faster if they have worked on the "Rewarding Calm Behavior" exercises in Chapter 9.

13.3 Step 1: What to Do When the Doorbell Rings

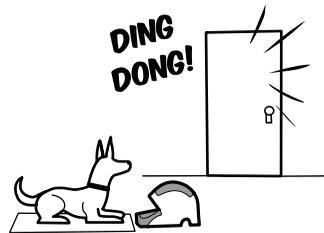
When the doorbell rings and your dog runs and barks at the door, tell him to "place." If he doesn't immediately place, then instead, stand near his rug and call him to come. If you've practiced your recall he should come readily. (Refer to Chapter 10.) If he doesn't come readily that means you'll have to have him on leash for this exercise until he's reliable. Once he reaches you, give him a treat by hand, and then tell him to "place." Often dogs will place on their own once you get them near their rug.

Alternatively instead of calling him, you can block him from getting to the door.

If you've worked on the say "please" by sitting and rewarding calm behavior and teaching impulse control, then he should quickly figure out that he can't get by and should do something else that's more rewarding, such as lie down on his rug. In fact, if he doesn't immediately "place" on cue (assuming your goal is to have him "place" on cue), or come when called doesn't work, and then focus on the blocking exercise. At this point it's essential that he learns he won't get rewarded for the unwanted behavior of rushing the door.

NOTE: If the rug is located on the way to the door and within 5 feet of the door, it will be easier to teach Fido to "place" with high distractions. It will also be easier to block him from getting to the guest if he stands up.

Step 1: When the doorbell rings and your dog runs and barks at the door, tell him to "Place." If he doesn't immediately place, then instead, stand near his "place" and call him to come.



13.4 Step 2: Keep the Dog in a Down-Stay Receiving Frequent Treats Until He Calms Down

As soon as Fido lies down on his rug, dispense treats using the remote every 2-3 seconds. Continue at this rate if he looks like he wants to get up or if he barks. You may need to give treats even faster to prevent barking. Again, if Fido gets off his rug to run to the door, block him as you learned in Say "Please" by Sitting on the DVD. If he has the choice between sitting and waiting or going back to the rug where he could also get treats, he'll go to the rug to get treats. When you block him, you shouldn't have to tell him to "place." He should make the choice on his own.

If Fido does not look relaxed after a minute, then have your guests leave and return a few minutes later and repeat the door procedure. You may have the visitor only press the doorbell so that the visit isn't as exciting. Continue practicing these one-minute or longer repetitions with guests remaining outside until your dog relaxes. This can take as little as one repetition, or it may take multiple guest visits over a number of days. Since the repetitions are short, each visitor can make as many as 5 or more visits during one training session.

Once your dog is relaxed with the person outside, you can slow the treats down as long as he stays lying down and remains quiet. Or you can go ahead and invite the person in.

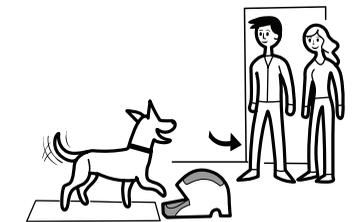
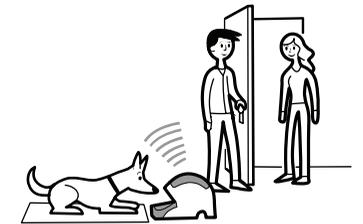
13.5 Step 3: What to Do When the Guest Enters the House

When your guest steps inside, make sure you stand between Fido and the guest so you can block Fido from getting to the guest if he gets up. Also, keep the treats coming fast enough so he doesn't get up. If your dog gets up once the visitor is inside, block him from getting to the person by stepping in front of the person well before Fido reaches the person.

Step 2: As soon as he places, dispense treats using the remote every 2-3 seconds. Continue at this rate if he looks like he wants to get up or if he barks.



Step 3: When the person steps inside, make sure you stand between your dog and the guest so you can block him from getting to the guest if he gets up.



The visitor should stand completely stationary as if there's no dog there. Once Fido figures out that he's not going to get to the guest, he should return to his rug. Once he gets there and lies down, give him treats every 3 seconds so he stays down consistently for at least 30 seconds and relaxes. If you give him only 1-2 treats and then he gets up again and you repeat this pattern multiple times, you may accidentally teach him to get up so that he can run back to the rug to lie down and get a treat.

After Fido is down and relaxed, the visitor can pet him when he's lying down on his rug (if Fido has no history of being possessive of his food or the Treat&Train™ system) but if he gets up, the visitor should immediately stop and stand up straight. In this step, Fido learns that he doesn't get attention when he gets off his rug; he only gets attention when he lies down on his rug, like he's supposed to. **You can give Fido treats rapidly enough so that he doesn't get up when he's being petted, if you think the guest won't be able to remove their attention in a split second.**

Repeat this door practice multiple times with each practice visitor. If Fido gets practice with many visitors over a short period of time, he'll quickly learn that he should stay on his rug when visitors come to visit.

13.6 Step 4: Increasing the Interval Between Treats

When your dog meets the following criteria when treats are dispensed rapidly, then you can systematically increase the treat rate:

- 1) He's fairly relaxed when visitors come to the door
- 2) He stays on his rug reliably because you've blocked him when he's gotten up prematurely

Congratulations! You and your dog have completed "Visitors at the Door" training.

13.7 Troubleshooting

What if my dog barks?

- If at this stage Fido still barks, you've probably accidentally rewarded him for barking by giving treats right after he barks, and not giving treats frequently enough when he's quiet. You can tell when you've rewarded the wrong behavior because your dog may bark a few times and then look at the Treat&Train™ system. Or if he barks every time you bring out the system, then he thinks that barking earns him treats. Additionally the tone of his bark may be higher pitched because it may now be an attention-seeking bark, rather than the disturbance bark that dogs give when they sense something new appearing in to the environment (like someone coming to the door).
- To change this behavior, when Fido's "placed" with someone at the door, give him treats continuously so he doesn't have a chance to bark and only has a chance to be rewarded for quiet time. Systematically increase the amount of quiet time you require before giving him a treat, and gradually increase the interval between treats. When doing this, make sure you still have the treats come rapidly enough so that he doesn't have a chance to bark.

- If Fido is still barking at distractions and it's not a trained bark, it's likely that you've increased the intensity of the distractions too easily. Start from the beginning and slowly increase the distractions.

What if my dog gets up to go to the door?

If Fido gets off his rug to run to the door, block him as you learned in Say "Please" by Sitting on the DVD. If he has to choose between sitting and waiting or going to the rug where he could also get treats, he'll go to the rug to get treats. When you block him, you shouldn't have to tell him to "place." He should return to his rug.

What if he gets up when the guest starts to pet him?

If he's getting up because he's overly excited and wants attention, then next time make sure he's getting treats so rapidly that he doesn't have a chance to get up. Have the guest pet in short bouts with 5-10 seconds rest times in between, while you slow the TREAT RATE way down. If they repeat this petting/food rewards while he remains lying down, Fido will soon understand that lying down while being petted is worthwhile.

Alternatively, you can have the visitor pet Fido with treats coming quickly at first and as Fido relaxes, increase the interval between treats.

What if Fido's possessive of his Treat&Train™ system with guests?

If Fido's possessive of the Treat&Train™ system only with guests but was never possessive with you, it can either be: 1) that he's not as comfortable or trusting with guests in general (he may even be fearful of them and that may need to be addressed separately) or 2) that because you frequently walked up and gave him better treats than what were in the Treat&Train™ system during the earlier stages of training, he's learned to associate you and your approach with positive consequences. He doesn't need to feel possessive with you because he knows you're not going to take his prized possession away. Rather, you're coming because you may give him something better.

If Fido has a history of being food-possessive, **discontinue this step**—changing this behavior requires a different program for training. See a qualified professional animal behaviorist.

What if he doesn't like being petted by guests?

If Fido's fearful of guests or just aloof, don't let them pet him. If you want to train him to enjoy being petted by guests and ensure that you are not actually increasing his fear and likelihood of aggression, then you might want to train him under the supervision of a properly accredited professional.

14.1 Which Dogs Should Learn This Exercise**14.2 Overview****14.3 Method 1: Rewarding With the Treat&Train™ System Away From the Rug****14.4 Method 2: Removing the Treat&Train™ System and Rewarding by Hand****14.1 Which Dogs Should Learn This Exercise**

- 1) If you have multiple dogs in the household and want to train a second dog using the machine.
- 2) You want to be able to send your dog to a rug without a Treat&Train™ system present.

14.2 Overview

At this stage, most dogs think “place” means go lie down in front of the Treat&Train™ system. But they don’t necessarily know it means lie on the rug without a system. You can tell because if you move the Treat&Train™ system away from the rug and say “place” your dog will probably run to the system. And if you remove the system from the room but leave the rug in its regular location and then say “place,” your dog may give you a puzzled look. In this last exercise of the system program, we’ll teach Fido “place” means specifically lie on the rug even when there’s no Treat&Train™ system present.

14.3 Method 1: Rewarding with the Treat&Train™ System Away from the Rug

Step 1: Start by setting the Treat&Train™ system about 10 feet from the rug. Walk Fido over to the rug and say “place.” When he lies down, give 1-2 treats by hand while he’s lying down on his rug. Then end the exercise by dispensing a treat from the system. Then call (or target) Fido back to you while you’re standing near the rug. When he gets back to you, tell him to “place” and then reward when he lies down on the rug. (It’s important to position yourself so that he will orient himself correctly on the rug.) When Fido can correctly repeat this step 10 times in a row, go to Step 2.

Step 2: Repeat as in Step 1, except that this time stand one step closer to the system so that Fido has to move away from the system in order to “place” on the rug. Repeat until Fido can run to his rug and lie down 9 out of 10 times in a row. If by this point Fido is able to start running to the rug even before you say “place” you’re ready for the next step. If he’s not quite there, repeat Step 2 but stand a little further from the rug and closer to the Treat&Train™ system. Otherwise, go to Step 3.

Step 3: Repeat Step 2, but with the Treat&Train™ system in many locations and different distances from the rug.

When you can put the Treat&Train™ system up to 10 feet away from the rug and say “place” and he goes to the correct location, you’ve successfully removed the need for the system during this exercise. However, you’ll probably want to use the system periodically to brush up on his behavior.

14.4 Method 2: Removing the Treat&Train™ System and Rewarding by Hand

An alternative to Method 1 is to put the Treat&Train™ system away and start giving treats by hand.

Step 1: First stand in the room with the rug you’ve been using for his “place” exercises. Then tell Fido “place” and walk him over to his rug. Once he lies down, reward with treats by hand at variable intervals of 3 seconds to one minute. Then call him off and repeat.

Step 2: Next, switch to walking only partway towards the rug. Say “place” and head to the rug, but stop $\frac{1}{2}$ or $\frac{3}{4}$ of the way before you reach it. Once he gets to the rug, you can tell him to lie down if he doesn’t lie down on his own. Give him a second or two to lie down on his own first, before you try a verbal cue. Repeat until he can run to the rug and lie down on cue or automatically (depending on what you want as your end goal) 9 out of 10 times in a row.

Step 3: When Fido consistently goes all the way to the rug even though you have stopped, and lies down automatically or on verbal cue, then switch to walking only a step or two towards the rug when you say “place.” Or, stand stationary and see if he will go to the rug on his own. When he can reliably (9 out of 10 times in a row) run to and do a down-stay on the rug when you are standing 10 feet away you have successfully faded out the machine.

Remember that if you do this when people come to the door, you may need to give him treats rapidly at first for the first few visits. If you do this consistently you’ll be able to wean him off the treats quickly too.

15.1 Overview

15.2 Apply the Treat&Train™ System Program to Similar Situations

15.3 Use the General Approach Introduced in Down-Stay With Distractions

15.4 Use the Treat&Train™ System for Exercise and Mental Stimulation

15.5 Train Behaviors at a Distance

15.1 Overview

Now that you’ve finished the entire program, what else can you use the Treat&Train™ system for? This chapter describes a few of these uses, such as training your dog to lie calmly in other situations, or to enjoy activities he formerly disliked. You can also use it to train behaviors at a distance and as a great tool to exercise and stimulate your dog. The possibilities are truly endless and using the system can reduce training time. To see videos showing some of these and other uses, visit www.treatntrain.com.

15.2 Apply the Treat&Train™ System Program to Similar Situations

If you’ve taken your dog through the entire program already, just use it in a slightly different situation such as training Fido to lie down calmly:

- In the car;
- In a travel carrier, crate or kennel;
- When separated in another room;
- At dinnertime on a rug when everyone wants to eat in peace;
- In any room where you would like Fido to be calm, quiet, and out of the way despite high activity;
- On a rug when people are leaving the house or the door is open and you want Fido to stay inside.

NOTE: For "less-challenging" dogs, you can sometimes reward them for being less calm in the situations above, without requiring them to learn to lie down calmly.

15.3 Use the General Approach Introduced in Down-Stay with Distractions

Once you’re familiar with the down-stay with distractions game, you can use the same protocol to train Fido to enjoy (or at least be neutral towards) things he dislikes or is afraid or reactive to. These activities or objects might include grooming, drying, or handling the feet, or introducing him to inanimate objects that might scare him. We will refer to the activity or object as “the distraction.” Follow these tips, which are essential for success.

- Only present the scary or irritating object or activity while Fido's eating from the Treat&Train™ system. You have to make sure he's comfortable enough around the "distraction" at the onset. Make sure you always present the "distraction" BELOW the level of intensity that will make Fido pay attention. Ideally he continues to eat when the distraction is presented.
- Unlike the down-stay with distractions protocol, you may decide to put the machine on multi-treat and dispense every 10 seconds. This will give you a longer amount of time to make sure Fido's eating and then to present, the stimulus and remove it before he's finished eating.
- While you don't absolutely need to have Fido in a down-stay when you are training him to ignore or "enjoy" the distraction, you will have best control of him when he's in a down-stay.

In situations where Fido is reactive to discrete situations that are difficult to mimic, you can still use the same type of program. For instance, if your dog is reactive in the car but only when you go through a tollbooth or drive-through you can still follow the down-stay with distractions, protocol's general approach. But in this case, since you don't have as much control over the length of the distraction, you'll dispense treats continuously the entire time the distraction is present, and try to keep the interaction as short as possible. Repeat this as many times as you can, given his daily allotment of food.

15.4 Use the Treat&Train™ System for Exercise and Mental Stimulation

We've already learned one game that required Fido to get up and run—that was Game 2: Targeting. Now you can place the target in its base so it stands on its own and place it far from the Treat&Train™ system base unit. Start with a distance you know Fido is willing to travel to touch the target and to get his food. Then gradually increase the distance so he has to run farther. Now you have a controlled way to have Fido sprint outside or in the house.

CAUTION Your dog shouldn't be sprinting and eating at the same time - this could cause choking/retching.

You can also train other running games. For instance, it's easy to train a dog to sprint to a tree, run around it and come back to you. If you need a game for rainy days inside the house, you can train your dog using the Treat&Train™ system to take a lap around the furniture or through the house.

15.5 Train Behaviors at a Distance

One of the huge benefits of the Treat&Train™ system is that it allows you to provide your dog rewards away from you. Because dogs tend to go where rewards are dispensed it can be especially beneficial for training behaviors such as:

- agility and obedience go outs.
- agility contacts.
- obedience and hunting dog directional retrieves.
- tricks such as putting toys into a basket (where you start with the system in the basket).
- good behavior when in another room.
- performing focused tasks in the absence of humans (such as for military or other operational work).

FCC

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a specific installation. If interference does occur to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult customer care, the dealer, or an experienced radio/TV technician for help.

CAUTION: Modification or changes to this equipment not expressly approved by Radio Systems Corporation may void the user's authority to operate the equipment.

ACMA

This device complies with the applicable EMC requirements specified by the ACMA (Australian Communications and Media Authority).

Battery Disposal

Separate collection of spent batteries is required in many regions. Check the regulations in your area before discarding spent batteries.

At the end of the product life, please contact one of our Customer Care Centers to receive instructions on proper disposal of the unit. Please do not dispose of the unit in household or municipal waste.

Important Recycling Advice

Please respect the Waste Electrical and Electronic Equipment regulations in your country.

This equipment must be recycled. At the end of the product life, do not place it in the normal municipal waste system. Please check the regulations in your area or return it to where it was purchased so that it can be placed in our recycling system. If these options are not possible, please contact the Customer Care Center for further information.

One Year Non-Transferable Limited Warranty

United States/Canada –

This product is warranted to be free from defects in material or workmanship for one (1) year from the date of purchase. Following the one (1) year warranty, a service charge will apply relative to the replacement of the product, with new or refurbished items at Radio Systems Corporation's sole discretion. This limited warranty is non-transferable and shall automatically terminate if the product is resold. To obtain warranty service, call the Radio Systems Corporation customer care center. In the United States or Canada, please call 1-800-732-2677. A sales receipt shall be required to obtain warranty coverage. Please keep this information in a safe place.

Australia/New Zealand –

In compliance with the Australian Consumer Law, Warranties Against Defects, effective January 1, 2012, warranty details of this Product are as follows: Radio Systems Australia Pty Ltd. (hereinafter referred to as "Radio Systems") warrants to the original retail purchaser, and not any other purchaser or subsequent owner, that its Product, when subject to normal and proper residential use, will be free from defects in material or workmanship for a period of one (1) year from the purchase date. An "original retail consumer purchaser" is a person or entity who originally purchases the Product, or a gift recipient of a new Product that is unopened and in its original packaging. When serviced by Radio Systems Customer Service, Radio Systems covers labour and parts for the first year of ownership; after the first year, a service or upgrade charge will apply relative to replacement of the Product with new or refurbished items at Radio Systems' sole discretion. The limited warranty is non-transferable and shall automatically terminate if the original retail consumer purchaser resells the Radio Systems Product or transfers the property on which the Radio Systems Product is installed. This Limited Warranty excludes accidental damage due to dog chews; lightning damage; or neglect, alteration, and misuse. Consumers who purchase products outside of Australia, New Zealand, or from an unauthorised dealer will need to return the Product to the original place of purchase for any warranty issues.

Please note that Radio Systems does not provide refunds, replacements, or upgrades for change of mind, or for any other reason outside of these Warranty terms.

Claims Procedure: Any claim made under this Warranty should be made directly to Radio Systems Australia Pty. Ltd. Customer Care Centre at:

Radio Systems Australia Pty. Ltd.
PO Box 3442, Australia Fair QLD 4215, Australia

Australia Residents: 1800 786 608

New Zealand Residents: 0800 543 054

Email: aus-info@petsafe.net

To file a claim, a proof of purchase must be provided. Without a proof of purchase, Radio Systems will not repair or replace faulty components. Radio Systems requests the Consumer to contact the Radio Systems Customer Care Centre to obtain a Warranty Return number, prior to sending the Product.

Failure to do so may delay in the repair or replacement of the Product. If the Product is deemed to be faulty within 30 days from date of original purchase, Radio Systems will organise for a replacement to be sent in advance of returning the faulty Product. A Post Bag will be included with the replacement Product for the return of the faulty Product. The Product must be returned within 7 days of receiving the replacement. If the Product is deemed to be faulty after 30 days from the date of original purchase, the consumer will be required to return the Product to Radio Systems at the consumer's own expense. Radio Systems will test and replace the faulty unit or its components and return to the consumer free of charge, provided the Product is within its said warranty period. This warranty is in addition to other rights and remedies available to you under the law. Radio Systems goods come with guarantees that cannot be excluded under the Australia Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the good repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Should you have any queries or require any further information, please contact our Customer Care Centre on 1800 786 608 (Australia) or 0800 543 054 (New Zealand).

Terms of Use and Limitation of Liability

1. Terms of Use

The use of this product is subject to your acceptance without modification of the terms, conditions and notices contained with this product. Use of this product implies acceptance of all such terms, conditions, and notices. If you do not wish to accept these terms, conditions, and notices, please return the Product, unused, in its original packaging and at your own cost and risk to the relevant Customer Care location together with proof of purchase for a full refund.

2. Proper Use

Proper Use includes, without limitation, reviewing the entire Operating Guide and any specific safety information statements. The specific temperament or size/weight of your pet may not be suitable for this product. If you are unsure whether this Product is appropriate for your pet, please consult your veterinarian or certified trainer prior to use. For products used with pets where training is desired, Radio Systems Corporation recommends that these training products are not used if your pet is aggressive and accepts no liability for determining suitability in individual cases.

3. No Unlawful or Prohibited Use

This product is designed for use with pets only. This product is not intended to harm, injure or provoke. Using this product in a way that is not intended could result in violation of Federal, State or local laws.

4. Limitation of Liability

In no event shall Radio Systems Corporation or any of its associated companies be liable for (i) any direct, indirect, punitive, incidental, special or consequential damage and/or (ii) any loss or damages whatsoever arising out of or connected with the use or misuse of this product. The Purchaser assumes all risks and liability from the use of this product to the fullest extent permissible by law.

5. Modification of Terms and Conditions

Radio Systems Corporation reserves the right to change the terms, conditions and notices governing this product from time to time. If such changes have been notified to you prior to your use of this product, they shall be binding on you as if incorporated herein.

