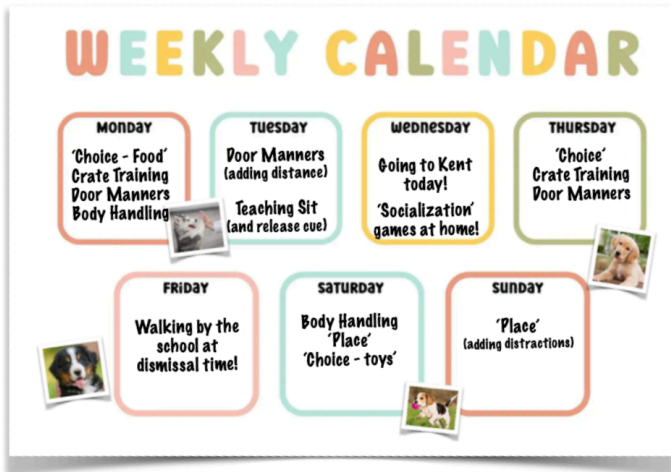


'Intentional' Training: Making 'Practice Dates'!

Training your dog will take a commitment to 'intentional training'. If you plan to only train with your dog 'on the fly', or if you do just one or two hour long training sessions a week, chances are you will be frustrated, your dog will be confused, and your success will be limited.

Instead, to have the success you want, you'll need to train your dog very frequently, for very brief sessions.



No matter what skill or behavior you want to achieve with your dog, the best path to training success is planning your 'practice date' with your dog, and putting the plan onto a 'Weekly Calendar'! Yep, just like your school or work 'Things to Do', make a schedule for your dog training! YOU decide what time of the day works best, and where you can most effectively schedule in 5-8 minutes with your dog for a 'practice date'.

HINT: The Dollar Store has great 'weekly' planners that are super useful to help you lay out your training plan! After just a few days, your training routine will become part of your day, as much as going to work or having your dinner.

Remember, the most effective training is done in 3-5 sessions per day, no longer than 5-8 minutes per session.

Don't do too much or go too long. If a training session is too long, your dog will learn to not love training; and you will be exhausted by the effort it seems to take. Your puppy or dog will learn best when sessions are fun, interesting, engaging...and short! Your dog will find joy in training. You'll find more joy in training your dog! Set realistic training sessions so you and your dog will be motivated to keep going! Dog training is a journey, not a single 'one and done'. Make it reasonable and doable for you both.

As your dog is successful and can perform the behaviors at home, with very few distractions, you can now start scheduling in the addition of one of the '3D's & an 'E' to your training schedule!

**DON'T SWEAT IT...
JUST 5-8 MINUTES. 3-4X PER DAY!**

Duration – for any length of time, after the cue is given, until you have indicated your dog can do something else or released him

Distance – regardless of how close or far away you are when you give a cue, or how far you end up being from the dog while he is 'in' a given cue, he should be able to 'perform' a given cue or 'hold' a position.

Distractions – regardless of the distraction: food, toys, other dogs, people, traffic, even squirrels: which may entice your dog to want to break from their cued behavior, they must hold position until released or respond to another cue.

***A new Environment** adds 'distraction' just because it is new and exciting! Train in a new environment ONLY when your puppy is great at the behaviors at home, and in every room in your house, then in your yard, then in your driveway, then on your street! Then, take it 'on the road' to parking lots, or public walking trails or just outside the Dog Park.

When will my dog be trained?

"Only your dog can tell you when the training is done."

"Remember - 'sometimes is anytime' to your dog, (be consistent) and...

'If you don't use it, you'll lose it' (keep practicing)!"